

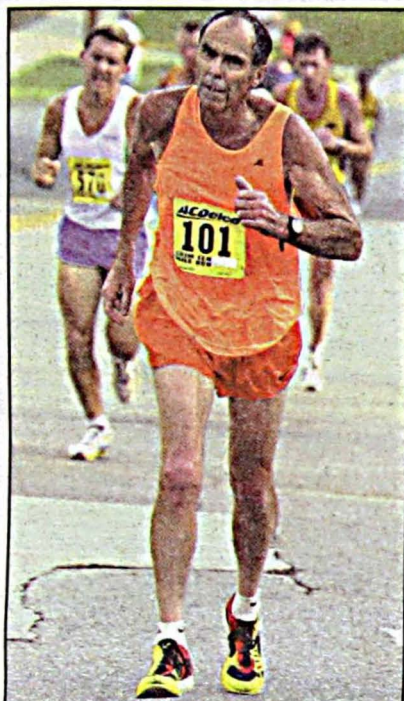
NATIONAL MASTERS NEWS

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

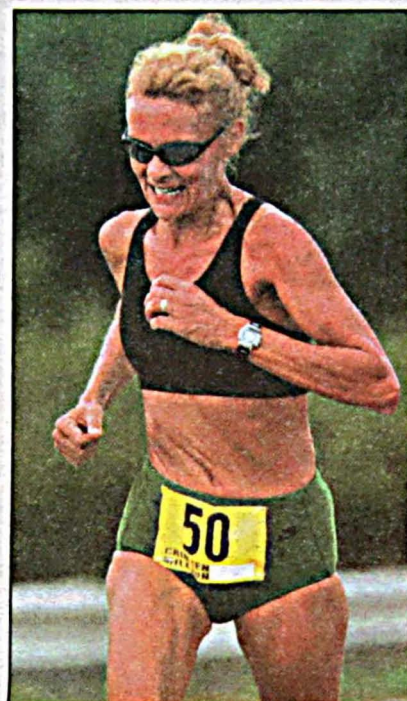
278th Issue

October 2001

\$2.50



CARTER SHERLINE PHOTO
Jim Forshee, 75, first M75 (1:16:14), at the Crim 10 Miler.



VICTOR SAILER / PHOTO RUN
Terry Mahr, 52, first W50 (64:21), Crim 10 Miler.

Masai, Burangulova Top Masters in Crim 10 Miler

By JERRY WOJCIK

Andrew Masai and Ramila Burangulova helped The Crim 10 Miler celebrate its silver anniversary held, fittingly, on Aug. 25 in Flint, Mich., by winning the masters contests.

Masai, 41, of Kenya/New Mexico, repeated his last year's victory with a 49:00, just four seconds slower than his win in 2000, but two minutes better than his closest opponent, Simon Karori, 42, also second in 2000, who ran a 50:56. Sam Ngatia, 41, was third in 51:31.

In other division races, Chris

Glowacki, Freeland, Mich., won the M45 in 56:34. Les Myers, St. Louis, Mo., second in 2000 with a 57:39, was second again in a much better 57:06. Doug Kurtis, Michigan's marathon king and director of the Detroit Marathon, was third in 57:35.

Canadian Aaron Ramial, third M45 (59:16) in the 2000 race, moved up to the M50 division and won it in 57:30.

Doug Goodhue, Highland, Mich., defended his M55 title with a 63:17. Brian Harris, 66, Royal Oak, Mich., ran a 65:40 to win the M65 division.

Continued on page 7

Masters Respond to NYC Tragedy

Our most sincere condolences go out to the families and friends of the victims of our national tragedy. Although athletics may not be our foremost focus during this time of solidarity, we are reassured that sports like track & field, long distance running, and racewalking contribute to the unified spirit of all people and have been instrumental in promoting world understanding and peace. — USA Track & Field

By FRANCIS SCHIRO

(Francis Schiro, an M45 sprinter, lives on the Lower East Side of New York City, less than a mile from the World Trade Center. On Tuesday, Sept. 11, from the roof of his workplace, he saw Tower One and Tower Two on fire and rushed to the scene. He was able to talk his way past three lines of patrols to get through to the site, where he stayed for 13 hours helping to supply water to the firemen, policemen and workers. He wrote the following on Sept. 16.)

The weather here on this Sunday

Continued on page 14

Syracuse Hosts USA Weight Pentathlon

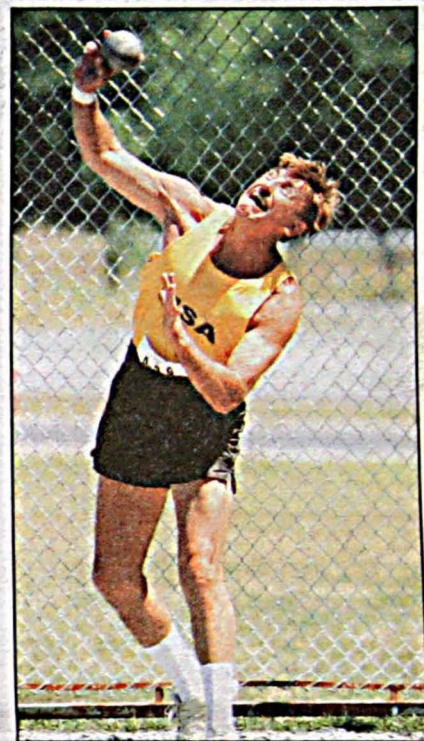
By GARY CRAWFORD

The USATF National Masters Weight Pentathlon was hosted by the Syracuse Chargers Track Club at Syracuse University's Skytop throwing area on Aug. 25. Seventy-two athletes, 52 men and 20 women, ages 30 to 88, competed in near perfect weather.

Dick Hotchkiss, USATF Masters Weight Events Coordinator, had predicted a greater than typical turnout. He was right, the entry was a record number. An earlier start time was initiated with a longer than usual day scheduled.

Oneithe "Neni" Lewis, Bayside, N.Y., 2000 Outstanding Athlete of the Year in both W35 and W40 divisions, broke W40 world records for the weight pentathlon (4797) and hammer (50.44). Ruth Welding, W45, Elk Grove, Ill., with a 3607, and Vanessa Hilliard, W60, St. Petersburg, Fla., with a 4866, set U.S. weight pentathlon records. Hilliard also broke a U.S. discus record (29.82).

Three men revised U.S. weight pentathlon records: Tom Gage, M55, Billings, Mont., 4932; Bob Ward, M65, Dallas, Texas, 4890; and Vince Sempronio, M75, Medford, Ore., 3771.

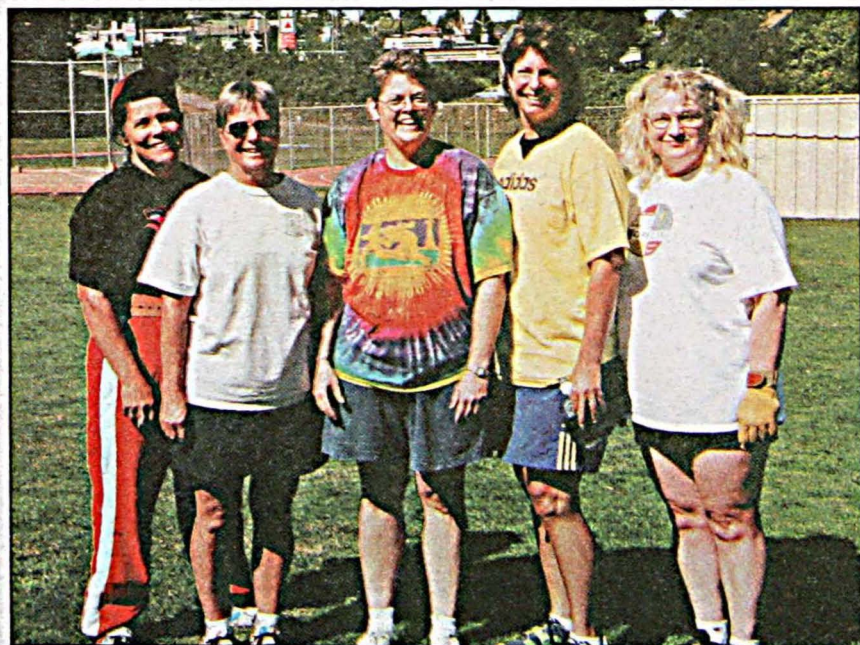


Chuck Polizzi, 64, M60 gold medalist, National Masters Weight Pentathlon Championships.

Other athletes who scored 4000 points or better were guest Ian Percy, M55, of Great Britain, 4385; Bob Humphries, M65, California, 4703; and Leonard Olson, M70, Florida, 4441.

Chuck Polizzi, 64, California, prevailed in a field of 11 M60s, the largest

Continued on page 7



SUZIE HESS
Women entrants in the National Masters Weight & Superweight Championships, Seattle, Sept. 8 (from l): Kathy Wetenhall, 48; Georgia Cutler, 58; Laurie Jenkins, 37; Carla Edman-Surina, 42; and Joyce Taylor, 51. See story on page 13.

Go beyond energy bars.
Accelerate to the next level.

Endurance is the ability to draw on deep reserves of energy when you need it most. Take that ability to a new level with Runners Advantage™ Creatine Serum™. It's been formulated specifically to help runners improve their training by providing a constant release of energy, safely.

Unlike energy bars, Runners Advantage supplies creatine directly to your muscles. This quickly helps boost your energy by supplying more ATP. This is the fuel we use for all muscle movement. Our formulation contains over 20 ingredients that will help maximize your performance, combat lactic acid buildup, protect your joints, and enhance your recovery. Ingredients include magnesium, glucosamine, amino acids and vitamin B12. All are in a completely safe and soluble liquid form, and are rapidly absorbed into your bloodstream. Runners Advantage won't cause any side effects, or make you bulk up. All it does is help you exercise harder and longer.

Runners Advantage has different formulations to maximize the benefits for both male and female athletes. Take 5ml a few minutes before exercise. You'll get a boost of sustained energy no bar can offer.



Runners Advantage™

Contains stable, soluble creatine that immediately refuels the muscles' ATP content.

Contains immediately absorbed glucosamine for joint protection and recovery.

Contains over 20 beneficial ingredients for endurance athletes.

Minimal calories, doesn't affect diet.

Convenient to use, no water required.

Instantly absorbed, bypasses the digestive system.

Energy Bars

Energy is provided through digestion of sugar, carbohydrates and protein.

Minimal or no joint protection.

Most contain large amounts of refined or unrefined sugars.

Most contain 200 or more calories.

Must be combined with water for maximum effectiveness.

Digestion can take up to one hour.



Achieve Results. Safely.

Call to order: 1-800-298-2398 for 24-hour service and 3-5 day delivery. Retailers and technical information call toll-free: 1-877-687-2537, 8am-4pm PST. Available at GNC LiveWell, Bally TOTAL FITNESS, Vitamin World, and other selected health food stores and gyms. For more information visit us online: www.creatine.com

© 2001 MMUSA, Inc. All rights reserved.

CONTENTS

DEPARTMENTS

USATF Officers	3
Letters to the Editor	4
Third Wind	6
Rankings Report	7
Ten Years Ago	7
The Foot Beat	8
T&F Report	9
Racewalking	10
New Age-Group Athletes ..	10
Master Scope	11
On the Run	12
Fifteen Years Ago	12
NMN Contacts	12
International Scene	15
WMA/USATF Specs	18
WMA Officers	19
Profile	20
Report From Britain	20
Five Years Ago	21
Masters Scene	21
Schedule	22
Twenty Years Ago	24
All-American Standards ..	25
Results	26

FEATURES

Crim 10 Miler	1
NYC Tragedy	1
Nat'l. Weight Pentathlon ..	1
New Haven 20K	4
Parkersburg Half-Marathon ..	4
Seattle Masters Classic	8
SCA Meet	8
Kathy Jager Returns	8
T&F Team Manager	9
Experimental Shoe	10
Nat'l. Weight/Superweight ..	13
T&F Committee Agenda ..	14
USATF Convention Preview ..	14
Statement of Ownership ..	21

ENTRY FORMS/RACE & PRODUCT INFO

Muscle Marketing	2
NMN Subscription Form ..	4
National 6K X-C	5
Southland Senior Olympics ..	6
Oklahoma City Marathon ..	7
Las Vegas Marathon	8
5K X-C	11
Publications Order Form ..	13
On Track	23
Ski & Travel, Intl.	24
Race Sponsorship	31
New Balance	32



NATIONAL MASTERS NEWS

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

Publisher and Editor: Al Sheahen
Senior Editor: Jerry Wojcik
Associate Editor: Angela Egremont
Administrative Editor: Suzy Hess
National Masters News Office
 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 Oakes (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; e-mail: 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 Masters Athletics. As an independent publication, its editorial policy is not necessarily that of USATF or WMA.
Executive Officers of USATF: Bill Roe, President; Craig Masback, Executive Director.
 To inquire about a USATF card, call USATF in your area, or 317-261-0500.
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.
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 state-

ments 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.

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 to the subscription Dept.

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 © 2001 by National Masters News. All rights reserved.

NATIONAL MASTERS OFFICERS OF USA TRACK & FIELD

Chair:
 George Mathews
 P.O. Box 80128
 Seattle, WA 98108
 (206) 396-0727
MTFCHAIR@ofanswers.com

Vice-Chair:
 Suzy Hess
 PO Box 5272
 Eugene, OR 97405
 (541) 343-7716 (W)
 (541) 345-2436 (Fax)
mtfvicechair@aol.com

Secretary:
 Bob Cahners
 4535 Lighthouse Lane
 Naples, FL 34112
 (941) 793-4574 (H)
 (941) 793-5744 (W)
mtfsec@aol.com

Treasurer:
 Frank Lulich
 2315 Shields
 Eugene, OR 97405
 (541) 343-8604 (H)
mtftreas@aol.com

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

Championships Sites:
 Ken Weinbel
 4103 Hillcrest Ave., S.W.
 Seattle, WA 98116
 (206) 938-3895 (H)
KWeinbel@home.com

Championships Games:
 Sandy Pashkin
 301 Cathedral Pkwy, #6U
 New York, NY 10026
 (212) 666-8603
spashkin@aol.com

Rankings:
 Jerry Wojcik
 P.O. Box 50098
 Eugene, OR 97405
jerrywoj@aol.com
Records:
 Pete Mundle
 4017 Via Marina #C-301
 Venice, CA 90291
pmundle@juno.com

Racewalking:
 Rod Larsen
 104 Eleventh Ave.
 Windermere, FL 34786
 (407) 876-4467 (H)
 (407) 876-5843 (Fax)
larsenrod@aol.com

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

Multi-Events:
 Jeff Watry
 24304 77th Street
 Paddock Lake, WI 53168
 (262) 843-3567 (H)
 (847) 235-1042 (W)
 (847) 473-0477 (Fax)
jwatry@parkson.com

Weight Events:
 Dick Hotchkiss
 14005 Meadow Dr.
 Grass Valley, CA 95945
 (530) 273-3660
ashglaze42@hotmail.com
Rules Coordinator:
 Graeme Shirley
 11212 Via Carroza
 San Diego, CA 92124
 (858) 292-6132

Regional Coordinators:
Southwest:
 Courtland Gray
 801 Legacy Dr., #1414
 Plano, TX 75023
 (972) 527-9960
cpgray@home.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

Midwest:
 Ruth Welding
 1212 Old Mill Ln.
 Elk Grove Village, IL 60007
 (847) 640-8907
ironbody@mcsinet.net

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
Bobfine@aol.com

Mid-America:
 Doug Schneebeck
 4250 Aspen Rd., NE
 Albuquerque, NM 87110
 (505) 255-4222 (H)
dgs@swcp.com

West:
 Mark Cleary
 18 Charca
 Rancho Santa Margarita, CA 92688
 (949) 589-0242
runnermark@home.com

Awards:
 Phil Byrne
 Constellation Wharf
 Charlestown, MA 02129
 (617) 242-8822 (H)
pmb02129@aol.com

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

WMA Delegates:
 George Mathews
 Rex Harvey
 Al Sheahen
 Alternates:
 1) Suzy Hess
 2) Phil Byrne
 3) Don Austin
 4) Joan Stratton
 5) Marilyn Mitchell
 6) Bob Fine
 7) Pete Mundle
 8) Mary Trotto

WMA Delegates: Women
 Rose Monday
 Suzy Hess
 Joan Stratton
 Alternates:
 1) Sandy Pashkin
 2) Becky Sisley

Substance Abuse Education & Testing
 Rose Monday
 805 Pinon Boulevard
 San Antonio, TX 78258
 (210) 481-7301
rosaria@swbell.net

NATIONAL MASTERS OFFICERS OF USA LONG DISTANCE RUNNING

Chair:
 Jerry Crockett
 1124 W. Eskridge
 Stillwater, OK 74074
 (405) 372-4010/(405) 372-3116 (Fax)

Secretary:
 Norm Green
 407 Freedom Blvd.
 West Brandywine, PA 19320-1559
runnorm@aol.com

Vice Chair:
 John Boyle
 P.O. Box 1700
 DeLand, FL 32721
 (904) 736-0002
 (904) 740-1047 (Fax)

Road Records & Rankings:
 Basil & Linda Honikman
 Road Running Information Center
 5522 Camino Cerralvo
 Santa Barbara, CA 93111
 (805) 683-5868
 (805) 967-5958 (Fax)
Honiikman@silcom.com
www.usaldr.org

Team Manager:
 Charles DesJardins
 PO Box 2281
 Carson City, NV 89702-2281
 (775) 884-9448
CRDJ@interqwest.com

Awards:
 Ruth Anderson - Women
 1901 Gaspar Drive
 Oakland, CA 94611
 (510) 339-0563 (h)
dogdew@earthlink.net
 John Boyle - Men (address above)

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

Rules Coordinator:
 George Kleeman
 5104 Alhambra Valley Rd.
 Martinez, CA 94553
 (925) 229-2927
 (925) 229-2940 (Fax)
georgekleee@aol.com

WMA Delegates:
 Norm Green, Mary Rosado
Championships:
 John Boyle (address above)

Championship Stats:
 Norm Green (address above)

Marketing Representatives:
 Don Lein
 13 Crosswinds Estates
 Pittsboro, NC 27312
 (919) 542-4790
 (919) 542-5157 (Fax)
dmlain@earthlink.net

Jack Wing
 4038 East 48th St.
 Tulsa, OK 74135
 (918) 742-5418 (H, W, Fax)
 (918) 292-2860 (Fax)

IAAF Veterans Committee:
 Charles DesJardins (address above)

Athlete Information & Publicity Coordinator:
 Barbara Arveson
 3216 Charing Cross
 Plano, TX 75025
 (972) 673-0735 (h)
 (972) 673-0094 (Fax)
barveson@wdt.net

Cross-Country Representative:
 Carole Langenbach
 4261 S. 184 St.
 Sea-Tac, WA 98188
 (206) 433-8868 (H, Fax)
pnf@wolfenet.com

Mountain, Ultra, Trail Representatives:
 Theresa Daus Weber
 Douglas Laufer
 Jim Garcia



RACEWALK JUDGING

Brisbane marked the sixth WAVA games in which I participated. My events were the 5K and 20K racewalks.

I began racewalking 20 years ago, and the sport has changed my life. I love competing. In fact, I love racewalking so much that I am no longer intimidated by the judges' disqualifications.

I challenge the straight-knee rule on impact every time I compete. Despite the fact that I know I can walk legally, I still manage to end each season with two to three DQs. What intimidates me more is my very own inflexibility – that's the challenge I face the rest of my life, not the judges! They're doing their job, some with more enthusiasm than others.

Upon my return from Brisbane, I



Jim Selby, M75 800 winner (2:47.8) and Ellen Brannigan, W65 first in the javelin (59-4), Crown Valley Senior Olympics, Pasadena, Calif., June 10.

mentioned to a colleague that I had not received so much as "boo" from any of the international judges, either in the 5K track race, or the 20K roadwalk. His comment was, "Apparently the foreign walkers must have the same ugly, knobby, protruded, bulbous knees as yours, so there's nothing to compare – you don't stand out!"

I found his comment quite amusing, but not for long. My first week back from overseas, I competed at an all-comers track meet, which included a 1600m racewalk, and received three warnings for a bent-knee in the first lap. I kid you not!

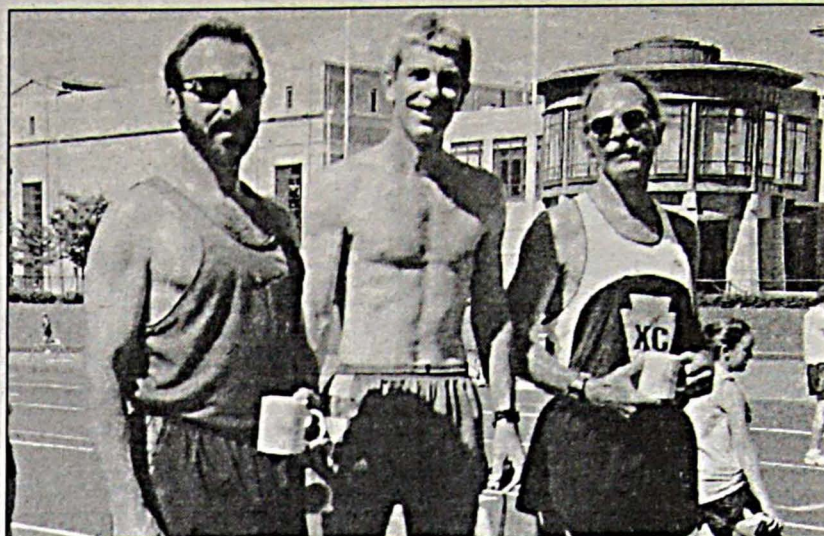
Could it be that our judges have become too overzealous with their scrutiny of the "straight-leg" issue? Some good masters racewalkers have stopped competing due to being discouraged and embarrassed for having been disqualified during a race. This is compounded by the fact that racewalking is one of the few sports that does not allow DQ'd athletes to finish the competition.

Our sport not only has lost competitors, but sadly and more importantly, these same good athletes have perhaps even lost the motivation to maintain a regular fitness regimen, at a time in their lives when it is vital to stay healthy and active.

Thanks to masters track and field, we have the opportunity to continue competing until 80 or 90. Let's encourage, not discourage.

Carl Acosta
North Hollywood, California

(For letters in response to our August editorial on the World Veterans Championships, please see the International Section on pages 15-19.)



JOHN MALICKY

Coaches went 1-2-3 in the M45 division in the Pittsylvania Mile Run, July 7, Pittsburgh, Pa. (from l): Lee Zolkowitz, Penn Hills High, Pittsburgh, 4:59.2; Barry Harwick, Dartmouth College, 4:43.9; and Dave Sobal, Point Park College, Pittsburgh, 5:14.0.

Richey, Chute Make Rounds at New Haven 20K

By SUSANNAH BECK

The New Haven 20K Road Race made its 24th circuit around the academic-industrial jewel of Connecticut, Sept. 3. In spite of an illustrious history that includes 20K open and masters world records, and technical improvements such as chip timing, the race maintains a low-tech, charmingly scrappy and spontaneous feel. It may be the last big 1970s race on the roads.

The loop course tours New Haven's diverse neighborhoods: leafy, middle-class residential to public housing projects, scrapyards to waterfront, Yale pomparchitecture to the rolling shade of East Rock Park.

Several hungover bands played hard rock along the course, and official and unofficial water stations provided runners with a sampling of the variety of tap-water flavors available in a 350-year-old city.

Slightly warm weather tempered fast times, but the mostly-flat course did its part to speed runners along, and the sea breeze was negligible.

Phil Richey, 43, Danbury, Conn., was the fastest master, 1:10:30, picking up \$500, and leading a close finish by Glenn Caffery, 40, Leyden, Mass., 1:11:09, and John Tolbert, 42, Branford, Conn., 1:11:19.

Jack Brennan, 60, Katonah, N.Y., continued his summer hot streak with an M60 win in 1:21:22. David Sonstroem, 65, Storrs-Mansfield, Conn., led the M65 in an evenly-paced 1:25:34.

Mary Chute, 41, New Fairfield, Conn., 1:18:20, came from behind to overtake Claudia Kasen, 44, Orlando, Fla., 1:19:15, and Mary Dunn, 49, Cheshire, Conn., 1:19:16, to take the women's masters title. Carol Kane, 56, Weston, Conn., 1:32:53, and Jean Poodiak, 61, New Fairfield, Conn., 1:51:22, also ran notably.

The New Haven 20K is sponsored by the City of New Haven, the Bayer Corporation, and Anthem Blue Cross, among many others. The race donates to more than a dozen local charities each year, and is directed by John Bysiewicz. □

Bakoulis, Hellebuyck Pique Parkersburg

Eddy Hellebuyck, 40, Albuquerque, N.M., ran away with the \$1000 masters purse at the Parkersburg Half-Marathon, Parkersburg, W.V., Aug. 18, two weeks after his IAAF World Championships marathon effort. Former Parkersburg overall champ, Mark Curp, 42, Lee's Summit, Mo., ran a respectable 1:10:57. Ohioans Terry McCluskey, 53, Vienna, 1:17:33, and Peter Wayte, 57, Maineville, 1:18:40, made the stateline river crossing to Parkersburg to shine in the M50 and M55.

Running Times senior writer Gordon Bakoulis, 40, New York City, led the W40+ in 1:19:38. Carolyn Smith-Hannah, 50, Pittsford, N.Y., 1:29:39, led a trio of Carolyns to the W50 medal stage, including Carolyn Mather, 52, Morganton, GA, 1:40:45, and Carolyn Ruffin, 51, Parkersburg, 1:41:53.

The weather was good again this year, tolerably not-hot and just a little humid, and runners were able to challenge the famously hilly course with little fear of heat stroke.

Parkersburg is an especially masters-friendly race with prize money five-deep to overall masters, and age-group cash awards four-deep. A lengthy and entertaining awards ceremony took place at Parkersburg's historic Smoot Theater, where many dozens of etched glass trophies were awarded.

The race complements Parkersburg's annual Homecoming Celebration, and is supported by the entire community to the tune of more than 18 water stations along the 13-mile course. Camden Clark Memorial Hospital is the half-marathon's principal sponsor. □

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

CZMN

2001 USA FALL CROSS COUNTRY CHAMPIONSHIPS

Saturday, December 1st 2001
USS Alabama Battleship Memorial Park
Mobile, Alabama

MEET SCHEDULE

11:00 - Youth 2k Fun Run
 11:30 - Community 6k Race
 12:15 - Women's Masters 6k Championships
 1:00 - Men's Masters 6k Championship
 1:45 - Senior Women's 6k
 2:15 - Senior Men's 10k Championship

AWARDS

Senior Championships (equal awards to men & women)
 USATF Championship Medals will be presented to:
 -The first ten finishers
 -All declared members of the first, second, and third place team
 -Fred Wilt Memorial Traveling Trophy to Team Champions

Prize Money:

Place	Individual	Team
1 st	\$200	\$1000
2 nd	\$150	\$500
3 rd	\$100	\$350
4 th		\$200

Masters Championships (equal awards to men & women)
 Medals will be presented to:

-The top three finishers in all age-divisions from 40-44 to 90+
 -The declared members of the winning team in each division.
 Championship patches will be awarded to the winners of each age division and to the declared members of the winning team in each division.

ELIGIBILITY

- Pre-event deadline is November 24, 2001.
 Entry fees are \$20 per person for entries received by November 24, 2001. Payment must accompany entry.
 - Late entry fees are \$30 per person for entries received after November 24, 2001. Faxed entries will not be accepted.
 Do not mail entries after November 24, 2001. Entries will be accepted at meet headquarters until 7 p.m., Friday, November 30, 2001. No entries will be accepted the day of the event. Team entries must be submitted on the team entry form. In addition, individual forms for each team member must be submitted with the team entry form. Team entries must be submitted by Wednesday, November 28.

DECLARATION AND SCORING

Teams may enter any number of runners. A maximum number of eight team members must be declared as scorers by 7PM, Friday, November 30, 2001. All members of an "association club" must reside within the boundaries of the same USATF Association or its Neighboring Association (Reg. 7-B).

Senior Championships

Team competition in the Fall National Cross Country Championships is limited to USATF Association club Teams.

Masters Championships

Team competition in the Masters National Cross Country Championships is limited to USATF Association club Teams. (Rule 271.7)

Travel info: Springdale Travel - (800) 874-0550 [Barbara Driver]

Hotel info: Holiday Inn I-65 [Meet HQ] - (888) 342-4200

Other info: (251) 470-7730

INDIVIDUAL ENTRY FORM

2001 USA FALL CROSS COUNTRY CHAMPIONSHIPS & NATIONAL MASTERS 6Km CROSS COUNTRY CHAMPIONSHIPS
 (Team entry forms available by calling (251) 470-7730)

First Name: _____ Last Name: _____
 Male ☐ Female ☐ Age (as of 12/1/01) _____ Date of Birth: _____ 2001/2002 USATF #: _____
 Address: _____ Apt #: _____ City: _____ State: _____ Zip: _____
 Citizenship _____ USATF Club: _____ Telephone: (____) _____ E-mail address: _____
 Event: ☐ Open Men's 10 Km ☐ Open Women's 6 Km ☐ Masters 6 Km

Mail entry fee & form to Cross Country Championships, 2900 Dauphin St., Mobile, AL 36606. Faxed entries will not be accepted.

WAIVER AND RELEASE: I know that participating in a cross country race is potentially hazardous activity. In consideration of your accepting this entry into the USA Fall National and Masters National Cross Country Championships, I hereby for myself, my heirs, executors and administrators waive and release any and all rights and claims of damages I may have against USATF, USATF-Alabama, Complete Sports Productions, the City of Mobile, Events Mobile, Inc., its employees, agents, officers, and the sponsors, the volunteers and their representatives, successors and assigns for any and all injuries suffered by me in said event, or as a result of my travel to and from the competition. I attest and certify that I am physically fit and have sufficiently trained for the competition and that my date of birth is as stated on this application. I authorize meet personnel and its agents permission to request emergency medical treatment or care as necessary to insure my well being. I agree not to cover or alter my competitor number in any way on pain of disqualification, and I acknowledge that my entry fee is non-refundable, including if the event is cancelled.

SIGNATURE: _____

DATE: _____



Third Wind

By MIKE TYMN

Do Women Age Faster Than Men?

My wife tells me that aging is harder on women than it is on men. She points out how some men tend to get better looking with age, while this almost never happens with women. On the other hand, I point out to her that women tend to outlive men by five or six years on the average. My explanation for this is that they harass, hound, and hassle their husbands to premature deaths.

While attending the National Track & Field Championships in Oregon last year, I did have the opportunity to compare women and men in the same age group and observed that the women in a particular age group did appear to be older than the men. Of course, that's a very subjective observation and a generalization. There are exceptions.

While writing my column for the July issue on inequities in the Boston Marathon, I began playing with some numbers to see if the women's age group world records fall off more rapidly as the age groups go up. Here is what I

found.

At 400 meters, the difference between the open men's (43.18) and women's (46.60) world records is 10.24%. The difference between the 40-44 records (48.10 v. 53.68) is 11.60%. In the 50-54 division, the difference is 13.85% (51.39 v. 58.51). In the 60-64 division, the percentage almost doubles, to 25.84% (53.88 v. 67.80). In the 80-84 division, the difference is 33.22% (75.4 v. 1:40.45).

Records Anomaly

In the 1500-meter run, there is a strange anomaly. While the difference in



GEORGE BANKER

Top finishers in the Go Fourth 8K, Alexandria, Va., July 4 (from l): John Haubert, first M55, 32:44; Paul Lackey, first M75, 41:39; Chan Robbins, first M60, 35:02; and Ray Blue, second M75.

the open records is 11.87% (3:26.00 v. 3:50.46), the gap between the 40-44 records is just 5.33% (3:47.64 v. 3:59.78). This continues into the 45-49 division, where the difference narrows to just 3.0% (3:58.3 v. 4:05.44). However, by 50, the ladies get back in line with the numbers in other age divisions, the difference being 15.46% (4:05.2 v. 4:43.10). At 60, the difference is 20.09% (4:28.66 v. 5:24.72) and at 80 the gap is 24.14% (6:04.28 v. 7:32.2s).

It would appear that the men's 40-44 and 45-49 records at 1500 are on the soft side. Eamonn Coghlan's 3:58.1 indoor mile time at age 41 converts to a 3:40.72 for 1500, some seven seconds faster than the men's outdoor record. If we use that 3:40.72 and compare it with Yekatarina Podkopayeva's 3:59.78, the difference is 10.9%, still a smaller gap than between the open records. Either Coghlan's mile time is soft or Podkopayeva has found the secret of outrunning Father Time. Podkopayeva also holds the 45-49 record.

Conversion Factors

Incidentally, I still run into masters who convert their 1500 times to mile times by adding 17 seconds, a good rule of thumb for a 3:50 miler, but not a very realistic one for a five-minute miler. The difference for a five-minute miler is roughly 22 seconds, while for a six-minute miler the difference is nearly 27 seconds. Use 1.079 as a conversion fac-

tor. For example, a 5:00 mile converts to 4:38.04 for 1500 meters (300 seconds divided by 1.079 = 278.04). A 5:00 for 1500 meters converts to a 5:23.70 for the mile (300 x 1.079 = 323.70).

Moving up in distances in our comparison of men's and women's decline with age, we find that at 10,000 meters, the difference in the open records is 11.94% (26:22.75 v. 29:31.78). In the 40-44 divisions, the difference is 12.94% (28:30.88 v. 32:12.07). In the 50-54 divisions, the gap is 14.79% (31:01.9 v. 35:37.0). In the 60-64 division, we jump up to a difference of 23.58% (34:14.08 v. 42:18), while in the 80-84 division, the difference is 31.88%.

There is an interesting anomaly in the 45-49 division, where the gap is just 8.42%. The 45-49 record of 32:34.06 was set by Evy Palm of Sweden in 1988.

So what can we conclude from these percentages? One conclusion might be that women do lose more physically than men do as they age. However, another possibility is that there is still much room for improvement in women's performances, especially in the older divisions. Clearly, there have been many more men involved in masters track than women. It may take another 10-20 years before women's times harden up to the point where the men are now. □

MEN V. WOMEN AS THEY AGE (Percentage Difference in World Records)

	400 m.	1500 m.	10,000 m.
Open:	10.24%	11.87%	11.94%
40-44:	11.60%	05.33%	12.94%
45-49:	13.19%	03.00%	08.42%
50-54:	13.85%	15.46%	14.79%
55-59:	22.62%	17.78%	15.31%
60-64:	25.84%	20.09%	23.58%
65-69:	28.15%	27.82%	27.81%
70-74:	29.12%	25.83%	25.50%
75-79:	32.22%	32.05%	26.56%
80-84:	33.22%	24.14%	31.88%

SENIORS AGE 50+

PREGAME ACTIVITIES
Opening Ceremonies
Fun Walk

SOCIAL ACTIVITIES
Dance • Team Bingo

COMPETITIVE EVENTS
Powerlifting • Ballroom Dancing
Basketball • Swimming • Golf
Horseshoes • Track & Field
Volleyball • Billiards
Table Tennis • Bowling
Softball • Tennis
Rock Climbing
Archery



SIGN UP NOW FOR THE

SOUTHLAND SENIOR OLYMPICS

Oct. 24-Nov. 14, 2001

REGISTRATION DEADLINE: OCTOBER 8

HOSTED BY LONG BEACH
and ANAHEIM, CALIFORNIA



FOR ENTRY FORMS, CALL (562) 570-3537
or visit our website @ www.lbparks.org

Rankings Report

By JERRY WOJCIK
USATF Masters T&F Rankings
Coordinator

The 2001 outdoor season rankers are listed below. If your best marks have not appeared in the NMN results sections by the January 2002 issue, send them with verification (name of meet, date, site, director's name, etc.) to the appropriate compilers. Marks sent to me for events that I am not compiling will not be forwarded. The deadline for submissions to the compilers is Jan. 31, 2002.

Athletes whose best marks were made in the WAVA-Brisbane Championships (particularly in the combined events) or in the National Senior Games/Senior Olympics and did not appear in the NMN results section should send those marks to the rankers to make their task easier.

100, 200, 4x100, 4x400 – Larry Patz, 534 Gould Hill Rd., Contoocook, NH 03229.

400 – Ruth BreMiller, 590 W. 29th

Ave., Eugene, OR 97405; e-mail: brem@oregon.uoregon.edu.

800, 1500 – Erich Reed, 2359 Columbia, Eugene, OR 97403; e-mail: erichreed@yahoo.com.

Short hurdles, long hurdles, steeplechase, 5000 – David Ortman, 7043 22nd Ave., N.W., Seattle, WA 98117; e-mail: deom@jps.net.

High jump, pole vault – Joy MacDonald, 6721 NE 21st Road, Ft. Lauderdale, FL 33308; e-mail: ftled-skin.

Long jump, triple jump, shot put, discus – James Gerhardt, 834 Thornvine Lane, Houston, TX 77079.

Javelin – Tom Allison, 4925 Hunters Glen Dr., Eugene, OR 97405; e-mail: allisonjavelin@aol.com.

Mile, 3000, 10,000, hammer, weight, superweight – Jerry Wojcik, NMN, P.O. Box 50098, Eugene, OR 97405; e-mail: jerrywoj@aol.com.

Combined events – Alan Russell, 1713 Amherst Dr., Ames, IA 50014; e-mail: russell@iastate.edu. □

National Weight Pentathlon

Continued from page 1

of the meet, with a 3909. Forty-four throwers exceeded the All-American Standard for their age groups.

In the tradition of a post-championships feast as described in Len Olson's book, *Masters Track and Field*, a barbecue of Gianelli's chicken and sausage in the old Ski Lodge followed.

Jim Alexander and I, co-directors, wish to thank the officials of the Niagara and Adirondack Associations for their expertise and tireless work ethic. Allen Bradd, Syracuse U's new throws coach, complemented the team; his direction and assistance made it possible for me to mix it up with the M60s.

Syracuse Chargers TC Throwers are revisiting their organizational check-

list and look forward to hosting future events. To see action online, log on to www.trackmeets.com. □



Len Olson, M70 gold medalist, National Masters Weight Pentathlon Championships, Syracuse, N.Y.



SUZY HESS

Vanessa Hilliard, 60, Florida, broke the W60 U.S. weight pentathlon record with a 4866, National Masters Weight Pentathlon Championships, Syracuse, N.Y.

Crim 10-Miler

Continued from page 1

Michigander Jim Forshee, 75, repeated as M75+ winner and handed frequent racer John Cahill, 77, of Salt Lake City, a rare second place (80:35) with a 76:14. Forshee was the silver medalist in the 10,000 (45:25.86) and bronze medalist in the 5000 (22:12.17) at the 14th WAVA Championships, Brisbane.

Burangulova, 40, Russia, won her first Crim masters crown with a superb 55:29. Tatyana Pozdnyakova, W45, Ukraine, last year's winner (55:55) was runner up in 57:21. Cindy Keeler, W40, Cleremont, Fla., was third in 60:34.

Terry Mahr, 52, Oregon, Ohio, again won the W50 race (64:21). The W60 race provided the closest contest: Cathy Detman, Flint, Mich., second in 2000, won with an 88:27, with Janet Wallen, Flushing, Mich., second in 88:29, and last year's winner, Ellen Nitz, Milford, Mich., third, with the same time.

Belen Dziwura, 73, Flint, Mich., W70+ second in 2000 with a 2:36:15, won the race with a startlingly improved 2:13:27.

This year's weather was in the 60s with humidity in the 90s, somewhat better than last year's, which had a heat index of 85 degrees.

The Crim Festival of Races included a 5K run/walk, an 8K, and a mile, plus wheelchair races and children's activities.



CARTER SHERLINE

Michael McGlynn, 51, Jackson, Mich., ran a 1:04:28 at the Crim 10 Miler.

Primary sponsors included AC Delco, The Flint Journal, Home Depot, State Farm Insurance, and Coca-Cola. □

Subscription Problems? Moving?

To determine the status of your subscription, or to let us know of your new address, call or fax Circulation Director Darren Farris, at 818-760-8983; fax 818-985-1213. Or write to NMN, PO Box 16597, North Hollywood CA 91615.

TEN YEARS AGO October 1991

- Laurie Binder, 44, Runs U.S. 10-Mile Record 56:05 at Crim
- Gary Romesser, 40, Ends John Campbell's 46-Race Masters Winning Streak
- Jim Sutton, 60, and Frank Finger, 76, Set U.S. Track Marks



HONOR THEIR MEMORY
CELEBRATE LIFE
REACH FOR THE FUTURE
RUN THE OKLAHOMA CITY MEMORIAL MARATHON
marathon • 2 person relay • 5 person relay
wheelchairs • marathon walk
kid's marathon • memorial walk • expo

Sunday, April 28th, 2002
(405) 525-4242
www.okcmarathon.com





PAGLIANO'S PODIATRIC POINTERS

The Foot Beat

By JOHN W. PAGLIANO
D.P.M.

Running Can Cause Toe Fractures

Sesamoiditis is an inflammation or fracture of the two small bones that sit under the large toe joint and allow it to flex properly when we run. This is something that happens to runners after years of running, or running on hard surfaces with bad shoes.

This condition is difficult to diagnose. Sometimes an x-ray will not pick up the fracture, and they are hard to visualize. These can be x-rayed from the top, but I prefer a "tunnel" shot which shows a "head on" view of the bone.

A cushion under the affected area is a good idea. However, I would suggest a little more support from a Spenco orthotic. This will take the load off the front of the foot when you run. Foot taping or strapping can really help; have your podiatrist give you instructions.

Also, I would switch to a highly cushioned shoe such as a New Balance 853, and running only on grass or dirt until the problem subsides.

This could also be a tendinitis, which would be helped by taping and physical therapy to reduce the

symptoms.

If you have these symptoms, I would suggest having the area looked at a little more closely as this could become a chronic problem. □

(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; e-mail: Thefootbeat@aol.com.)



ART SHAHADE

Robert Zimmerman (far right lane), former Canadian champion, edged Ray Yeck #305, for the M50 100 victory, both timed in 12.6, Sheridan Groves #248, third, Visalia Masters Classic.

Douglas, Keston Catch Records in Seattle

By JERRY WOJCIK

Avril Douglas, of Canada, and John Keston, of Oregon, were the sensations of The Seattle Masters Classic held at West Seattle Stadium, Aug. 17-18. Douglas broke the W55 400 world record of 64.50 with a 63.41. The present record, set in 1995, is held by Brunhilde Hoffman, Germany. Douglas also posted the fastest 200 (28.37) among the women.

John Keston, of Oregon, broke the M75 U.S. record for the 5000 with a 20:38.0. Alfred Funk holds the record at 20:55.39 in 1989.

Sprinters Lee Southern, of British Columbia, and Charles Brocato, of Washington, staged the best sprint race in the M55 100, with both timed in 12.96, Southern getting the nod. George Lyden, of Washington, recorded the second-fastest 200 time of 25.59 of all M40+ to win over Brocato

(26.39) and Southern (26.61).

Maureen de St. Croix, W45, gold medalist in the 800 and 1500 at WAVA-Brisbane, won the 800 in 2:23.0.

Top high jumpers were Charles Rader, M50, of California, 1.75, and Martha Mendenhall, W40, of Washington, 1.55. Mike Lariza, M45, of Oregon, triple-jumped 13.22.

Grove Bolles, M70, of Idaho, 2001 national discus champion at Baton Rouge, won here with a 43.66.

Joyce Taylor, W50, of Oregon, was the women's standout in the throws, with wins in the hammer (36.44), 16# weight (11.96), and 25# superweight (9.35). Her husband Todd Taylor, M50, registered a 17.36 weight throw, one of the best U.S. marks with the newly-adopted 25# implement.

Stan Chraminski, M50, of Washington, was the quickest in the 5000 racewalk with a 26:43. □

Davidson Smashes U.S. W80 10,000 Record

By JANE DODS

The USATF Southern California Association Championships at Veterans Memorial Stadium, Long Beach City College, Aug. 4, yielded an outstanding performance by Gerry Davidson, W80, in the 10,000. Running a 62:50.20, Davidson took off over 16 minutes from the 79:25.20 set by Mary Haines in 1995.

The M30 sprints belonged to Bwabo Tshimanga (10.86/22.43), with Ketrell Berry, M35, matching Tshimanga's 200 in his division. Diethart Reichardt, M55, also doubled in the sprints (12.90/26.82).

Hugo Velasquez, M50, sped to a 2:19.49 victory in the 800. William

Wall, M65, won the 800 (3:09.34) and 1500 (6:09.25).

In the field events, Joe Greenberg, M50, let loose a 210-8 javelin throw (A-G 88.8%). Larry Stuart (167-9) and Gary Reddaway (167-7) were inches apart in the M60 javelin.

Other highlights included Angel Cachinero, M50, long jump (17-5 $\frac{1}{4}$); Keith Nelson, M45, high jump (6-4); Phil Fehlen, M65, high jump (5-4 $\frac{1}{4}$); and Lorraine Tucker, W50, shot put (31-2 $\frac{1}{4}$).

The meet concluded with the 4x400 relay, the M40 race going to Joe Gilboy & Friends (4:12.46) and the M70 win to Jim Selby & Friends (6:23.93). □

Kathy Jager is Back

By KEN STONE

Kathy Jager, the 58-year-old sprinter from Glendale, Ariz., who made world news when she became the oldest track athlete in history to receive a two-year drug ban, returned to competition Sept. 15 at the San Diego Senior Olympics after USATF and the IAAF lifted her suspension.

Jager won the 50, 100, and 200,

plus several throws, in the W55 age group at the 14th annual San Diego Senior Sports Festival. It was her first meet since August 1999, when she won two golds, three silvers, and a bronze medal at the World Veterans Athletics Championships in Gateshead, England – her first international competition.

Results, photos and a story of the meet will appear next month. □



OPEN 24 HOURS

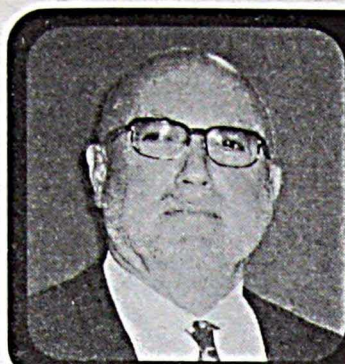
VONS
VALUE

Register Online or
Download Entry Form from
Web Page or Write To:
Las Vegas Marathon
P.O. Box 81262
Las Vegas, NV 89180

Tel/Fax: +1 702 876-3870
lvmarathon@aol.com



<http://www.lvmarathon.com>



T&F Report

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

Convention Business & Other Important Matters

On Sept. 7, three out of four of your elected officials met in Seattle for our first annual retreat to work on your budget and plan for the USATF 23rd Annual Convention to be held in Mobile, Ala., Nov. 27-Dec. 1. Those attending were Frank Lulich, treasurer, Suzy Hess, vice-chair, and George Mathews, chair. Bob Cahners, secretary, could not attend because this meeting was not budgeted for, but will be in the future. Bob sent along his input in advance of the meeting. Jerry Wojcik, NMN Senior Editor, also attended and made major contributions.

The group spent serious time analyzing all aspects of our committee's 2002 budget. From this, we have come up with some very specific recommendations for the Masters Executive Committee, who will have a conference-call meeting in October to review our recommendations. Thus, by the time the Executive Committee meets again, as the first meeting of the Convention, all subjects will have been thoroughly reviewed and well thought out.

All members of USATF Masters will have a chance for input to our agenda. The tentative agenda is published in this issue of *National Masters News* (p.14) and will appear on the USATF Masters Web site. You are urged to make any contributions you may have through your regional coordinator by Oct. 15.



JERRY WOJCIK
Guest competitor, Roger Parnell, 52, Susanville, Calif., was first in the long jump with a 5.65, USATF Northwest Regional Masters Championships, Gresham, Ore., June 23-24.

Our agenda will be finalized by Nov. 1. In this convention we will seriously follow the time allowances published in the agenda. If delegates don't prepare now with subjects that are important to the good of the *entire* Masters Committee, there will be no time for spur-of-the-moment, off-the-wall subjects that haven't been presented to the Executive Committee in advance.

This convention is not meant to be a free wheeling "I'll go there and give my opinion" type of thing, but we want to hear everyone's opinion. Now is the time to give it. Especially if you are not attending. Your regional coordinators and association masters delegate are the people to represent your position. Just like the democratic form of government by which we run our country.

Most of your elected officials' recommendations are driven by our budget parameters. They include:

Legends

With our limited budget, we need to limit ourselves to the meets where we can best present the masters movement. At this time, those meets should be the indoor and outdoor USATF Senior (open) Championships. Other meets might showcase masters athletes, but we need to focus our energies and funds on these two meets until greater funding is found. Also, funds must be spent to send the Legends chairperson to these two meets at least two days in advance to facilitate a smooth inculcation with the rest of the meet.

We can't afford to give out prize money and won't promise any.

No transportation, housing or food will be underwritten for the athletes. We don't have the money and this should be no different than if the athletes were attending a National Masters Championships.

Criteria for participants will be advertised in the NMN and on our website three months prior to the event. Athletes will participate by invitation only. The chairperson will act as the team manager and collect all entry fees from the athletes and turn over the



JERRY WOJCIK
The USATF Masters T&F Executive Committee meeting at the 2001 National Masters Championships, Baton Rouge, Chair George Mathews (center in black) presiding.

proceeds to the meet director as a lump sum.

This process will make it much easier for the meet organizer to give our athletes the best showcase status.

Team Manager

After our experiences in the last World Championships, we believe that we need to have three team managers in the future. With three and sometimes four venues at some of these meets, our athletes are not being served at the level they deserve.

We recommend a head team manager, the top vote-getter in the election, who will be fully funded, and two assistants, partially funded. It would be best if these individuals do not compete in the championships.

Awards

We would like our new awards chairman, Phil Byrne, to revamp the way we handle this important part of our program. He will make his recommendations, but we would like the following considered: a) plaque awards to be given out at the awards breakfast at the National Convention; other awards to be mailed to athletes after publication at the National Convention, in the NMN and on the USATF Website; and b) election of award winners to be done, obviously in advance of the convention, with three candidates for each award to be voted on by the Awards Committee by fax, e-mail or snail mail, à la Hall of Fame.

Rankings

Jerry Wojcik, Masters T&F Rankings Coordinator, can no longer satisfactorily do the rankings under the present process. He will be responsible for the annual indoor rankings to be published in the July NMN and annual Outdoor Rankings Book on a budget of \$3000 per year. He will present a bill to USATF annually for \$3000 for his services. Any revenues or losses he receives for this risk belong to him. Your elected officers highly recommend this arrangement.

Weight Coordinator

Your officers recommend that the coordinator spend his budget to visit the site of the weight pentathlon venue awarded after each convention. If the

awarded site doesn't meet the requirements, then the site of the second vote-getter should be visited, out of other surplus funds generated by a surcharge to be levied through meet application (\$5.00) and/or from a games committee surcharge from the other championships.

These are but a few of the subjects we think are important at this time. USATF member input is appreciated.

Because of the success of this retreat, your elected officers have decided to meet for at least two days next year during the third week in August in Eugene, Ore. Since two out of the four officers live there, and one other lives on the West Coast, we think this is the most cost-effective location at which to meet. □

Team Manager Position Open to Applicants

The Masters Track & Field Executive Committee is accepting applications for the position of T&F team manager for the WMA Championships in 2003 in Puerto Rico. It is expected that the team manager will be fully funded. Selection will be by vote of the T&F Executive Committee. Two assistants, partially funded, will also be selected.

The team manager's duties consist of organizing relay teams; solving athletes' problems that may arise; registering formal protests, if necessary; and other duties that help the U.S. participants perform at the best of their abilities.

Applicants should send vitae to Bob Cahners, Masters T&F Secretary, 4535 Lighthouse Lane, Naples, FL 34112; e-mail: mtfsec@aol.com, no later than Nov. 15. Details on the selection of a Masters LDR team manager will be announced at a future date. □



Masters Racewalking

By ELAINE WARD

Ian Whatley on the Push Off and Hip Rotation

Ian Whatley served as Sports Science Representative to the National Racewalking Committee during the 1990s and is the author of numerous articles on racewalking. He graduated from Loughborough University in England with a degree in bioengineering and was brought to the United States by NIKE on a unique skills visa to set up an applied research section in the 1980s. He holds over 20 patents. He competed for the United States internationally in the 20K outdoor walk. He is one of the most knowledgeable persons on racewalking technique and shoes in the country.

Push Off

The ability to push off the toes until the foot is almost vertical is very difficult to achieve. The problem is that this skill involves a Catch-22 or circular trap. You cannot get stronger for a full push off unless you work the calf muscles through a full range of motion. However, you cannot work through this full range of motion until you are strong enough.

I suggest three things to help develop full range of motion and strength:

1. Focus on pushing off the toes of the trailing foot, whatever the speed. The sensation is like "trying to kick sand up behind you." I sometimes repeat a phrase in my head to remind me of this part of walking form when training. "All the push is behind me." That is to say, I want no front knee lift, just a long back push after heel contact with the leg almost vertical under my center of gravity.

Experimental Shoe

By IAN WHATLEY

I have been experimenting with a new shoe that Bill Kraemer tested at Ball State. The European lab in Lausanne has also had interesting results from the shoe, which is being used for the Swiss bobsled team to train for their modified sprint/push start.

The shoe has a thick and rounded forefoot that lets you roll right up to the tip of the toes when racewalking. It wasn't designed for this, but I have been doing repeat 100-meter sections with the shoe to train my trail foot for a complete push off.

I know the shoe technician who got the samples made and have a pair he sent. I'm an experiment of one (never trust such a small sample), but the effects are very beneficial for me.

2. Work the calf muscles through a full range against resistance. Keeping the supporting leg straight, stand on one foot with the toes resting on a step or curb. Push right up as far as you can with a rapid calf contraction. Drop back to your start position. (Control the drop. Don't go down at full speed, since it could strain or at least make the calf muscles sore.) Repeat a bunch. You can add weights to the shoulders or hold them in the hands to add more resistance.

There is a variation on this exercise that is closer to true walking form. Stand about three feet in front of and facing a doorframe. (Open the door or you'll get a flat nose!) Place each hand on the respective doorposts at about belly button level. One leg is extended backwards with the foot flat on the ground; the front leg is bent at the knee and the foot rests lightly on the ground to stabilize you. Upper body is vertical.

3. Push forward with the straight rear leg by using the calf muscles. Allow your body to move forward but not upward, by using your arm muscles to resist. The upper body is kept vertical and the rear leg stays straight through the whole pushing motion. Relax the calf and let your heel go back to the ground. Repeat a bunch.

Hip Rotation

The action of the hips increases the length of stride behind the walker. At the point of heel strike, the hip-thigh joint of that leg should be vertically above the foot, while the pelvis as a whole is rotated back and downward toward the pushing foot.

When you put your foot down, the leg is straight and should be close to vertical. Your hips will be positioned so that the hip-to-thigh bone joint of your front leg is higher than that joint of the push off leg. This position is produced by rotating the hips during the stride. As you roll forward from heel strike, you should twist the pelvis so that the hip joint goes backward and downward until the pushing foot comes off the floor and starts to swing back into position for the next foot

strike.

This back and downward pelvis (hip bone) rotation of the supporting leg increases the stride length behind the body by keeping the toes in contact with the ground. The only other sport that uses this movement repetitively is classic style cross-country skiing.

How can you train this hip motion? Sit on a soft surface, such as an idyllic grass field close to a babbling brook with birds gently lolling along in summer flight through the clear blue firmament overhead. If this is not available locally, you can use a carpet.

Sit with your legs straight out in front of you. Bend your arms at ninety degrees and "walk" forward on the bony points at the base of your pelvis. Focus on pushing down and backward with alternate sides as you "walk" forward in this way. □

(This exercise was introduced with *FranBands* in the video "How To Walk Faster, Tips from the Pros." Elaine Ward can be contacted by e-mail at narwf@aol.com.)



JERRY WOJCIK

Rich Friedlander, USA, and Andrew Jameson (c), AUS, and Patrick King, IRE, in the 5000 racewalk, WAVA-Brisbane.

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, OCT. 2001

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
CAROLE A. SMITH (GBR)	10-16-61	40-44
KAREN WAMELING (WHITESBORO, NY)	10-12-61	40-44
DANA BAUMCARTEN (LONGWOOD, FL)	10-26-61	40-44
SHEREE ROBERTSON (MADISON, WI)	10-11-56	45-49
CATHIE BELLAMY (OR)	10-14-56	45-49
DEBBIE BARRAZA (CAPISTRANO, CA)	10-26-56	45-49
STEVE PLASENCIA (US)	10-28-56	45-49
MINDY IRELAND (ALPINE, CA)	10-14-51	50-54
VIV O'LIVER (GBR)	10-25-51	50-54
NATE ROBINSON (DEARFIELD, FL)	10-28-51	50-54
CAROL URISH-MCLATCHIE (HOUSTON, TX)	10-1-46	55-59
RON BELL (GB)	10-5-46	55-59
LEEN VAN BREMDT (BEL)	10-1-46	55-59
JUDY BANDIERA (AUS)	10-1-46	55-59
JUDITH ROWLAND-SMITH (AUS)	10-1-46	55-59
DENNIS WILLIAM MARTZ (DETROIT, MI)	10-10-46	55-59
LARRY OLSEN (CA)	10-14-46	55-59
SUSAN HENDERSON (BOULDER, CO)	10-16-46	55-59
PAMELA DUNCAN (CAN)	10-17-41	60-64
ANNE MARY DAY (WILLMAR, MN)	10-27-46	55-59
JUDY DALY (AUS)	10-30-46	55-59
JOHN PATTERSON (US)	10-0-41	60-64
THERESIA BAIRD (AUS)	10-1-41	60-64
CARL WALLIN (HANOVER, NH)	10-4-41	60-64
URSULA MIEHE (GER)	10-4-41	60-64
MARIE MICHAEL JOHN (STONY BROOK, NY)	10-8-41	60-64
JARI SMART (US)	10-10-41	60-64
ILEANA SILAI (ROM)	10-11-41	60-64
RONA PATTERSON (NZL)	10-15-41	60-64
SEPP BOLSHINGER (WG)	10-19-41	60-64
FRANK DUARTE (LOS ANGELES, CA)	10-20-41	60-64
JANICE DAVIES (AUS)	10-20-41	60-64
MARY LUKER (AUSTON, TX)	10-20-41	60-64
JAN MCCLURG (SEATTLE, WA)	10-21-41	60-64
SUE JOHNSON (OAKLAND, CA)	10-21-41	60-64
BILL BURRELL (NY)	10-29-41	60-64
LLOYD HIGGINS (LOS ANGELES, CA)	10-31-41	60-64
RAY ADAMS (WASH. DC)	10-2-36	65-69
KEN MUELLER (BELLINGHAM, MA)	10-4-36	65-69
GENE CHASE (NY)	10-4-36	65-69
DONNA COOIN (SAN DIEGO, CA)	10-12-36	65-69
REGINALD AUSTIN (AUS)	10-16-36	65-69
TORSTI HELMINEN (FIN)	10-16-36	65-69
MARTA MAESTRELLI (ITA)	10-18-36	65-69
DARRYL BEARDALL (SANTA ROSA, CA)	10-22-36	65-69
KENT GUTHRIE (PLEASANT HILL, CA)	10-22-36	65-69
ETSUKO IWAMA (JPN)	10-27-36	70-74
JOHN CALLELL (PASO ROBLES, CA)	10-0-31	70-74
WALTER MCCONNELL (WHARTON, NJ)	10-2-31	70-74
DAVE TUCKER (NZL)	10-3-31	70-74
THANE BAKER (DALLAS, TX)	10-4-31	70-74
MASAKO SHIMAZAKI (JPN)	10-4-31	70-74
JOSE KOPITAR (YUG)	10-11-31	70-74
ARNE SAETHER (NOR)	10-14-31	70-74
JUTTA SCHAEFER (GER)	10-17-31	70-74
IMRE TRENY (HUN)	10-19-31	70-74
RUDY ENDERS (POTOMAC, MD)	10-19-31	70-74
DONNA FERRARI (SAN FRANCISCO)	10-21-31	70-74
SARA ZINMAN (PT. LOOKOUT, NY)	10-22-31	70-74
ASTA LARSSON (SWE)	10-23-31	70-74
WALTER RENAUD (MALDEN, MA)	10-24-31	70-74
AINA ALKSNE (URS)	10-25-31	70-74
SINO HELMINEN (FIN)	10-28-31	70-74
BILL MCCAFFREY (CROTON, NY)	10-2-26	75-79
PATRICIA FRANKUS (US)	10-4-26	75-79
JOSEFA VOCOS (ARG)	10-4-26	75-79
PEPPER DAVIS (ORLANDO, FL)	10-10-26	75-79
RODNEY BROWN (CEDAR CITY, UT)	10-11-26	75-79
JEANNE DE WILDE (BEL)	10-14-26	75-79
SHIRLEY DITTMER (CH (BERKELEY, CA)	10-15-26	75-79
LESLEY FOLEY (AUS)	10-20-26	75-79
RICHARD BERGENBECK (CHATTANOOGA, TN)	10-23-26	75-79
DONALD JACKSON (OAKDALE, CA)	10-25-26	75-79
RUDY HOCHREITER (AUS)	10-26-26	75-79
HELEN DEMPSEY (TRENTON, NJ)	10-29-26	75-79
MARY ANN BOE (WY)	10-30-26	75-79
TUTTSKE HAN (S. AFR.)	10-31-26	75-79
CISSIE MALAN (S. AFR.)	10-4-21	80-84
FRANK DEBERNARDI (SAUGUS, CA)	10-12-21	80-84
JIM GORRELL (APPLE VALLEY, CA)	10-15-21	80-84
JONATHAN HUTCHINSON (TORRINGTON, CT)	10-19-21	80-84
TIM MURPHY (IRVING, TX)	10-25-21	80-84
ARTHUR DREHER (GER)	10-30-21	80-84
GEORG WOLFF (WG)	10-1-16	85-89
BILL MORALES (SANTA ANA, CA)	10-17-16	85-89
EINO LEPPANEN (FIN)	10-18-16	85-89
ELISABET MIGHOFER (GER)	10-18-16	85-89
BERNARD METCALFE (GB)	10-19-16	85-89
MARGARET BILLS (US)	10-23-16	85-89
HERMAN HUBER (AUS)	10-29-16	85-89
SHIGEMITSU KAWATO (JPN)	10-21-16	90+
PAUL FAIRBANK (BETHESDA, MD)	10-21-16	90+
VICTOR BLANCO (SPAIN)	10-21-16	90+
JAKOB SCHUMANN (WG)	10-4-1	95+

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



Master Scope

By SHAWN MURPHY

Hooked On the Marathon

"I can do anything!" That's what still crosses my mind when I think about completing my first marathon on May 13 in Ottawa, Canada. To be honest, I didn't feel so confident last winter when I started training with a small band of runners out of a funky local outdoor gear shop called Bushtukah. In fact, I wondered what I was doing every time I left my warm bed on Sunday mornings for my weekly long run - in temperatures that often dipped below -20C.

Was I crazy? Was it a mid-life thing? (I'm 41). The weather alone would have been enough to discourage anyone. Ottawa is the world's coldest capital after Moscow. Last winter the city recorded its third biggest snowfall ever. Figures!

I'll confess I was no stranger to running. I've been at it for about a dozen years, mainly to relieve stress and get some time alone. I never varied from my comfortable routine of running 8-10K five or six times a week, and never once raced.

Breaking Old Habits

Coach Pat Kelly's 24-week clinic was about to break me from a few old patterns, I could tell. Also, his program strategy was a mystery. With no long-distance training or racing experience, I had no idea how carefully a runner has to develop the physical and psychological stamina needed to get through longer distances.

It soon became clear. The training consisted of four six-week cycles, focused first on building endurance, and sustaining a pace over long distances, followed by race preparation, and tapering just before the race. By the end of cycle three, Pat said we'd be so tired nobody would want to live with us. He gave us fair warning.

The long runs and the interval work loom large in my memory. The program had us cover increasingly long distances until we clocked a 40K run three weeks out from race day. Running in messy spring conditions, I felt barely able to complete the distances. By February, I had developed Achilles problems from the volume of snow underfoot. The injuries nagged me until spring. As Pat predicted, I had little energy to spare and my confidence was low. Had I trained well enough? Would I cross the finish line?

Improved Speed

The results of the interval work seemed more rewarding. Pat pushed us to improve our time over 1K distances, but was great about letting each of us find our comfort zone. I was amazed at how much speed I gained, and how much I would improve from the beginning to the end of a session of six 1K intervals.

National Capital Marathon (www.ncm.ca) day dawned crystal clear with a cool 5 degrees (about 40 F). During the training, three of us ran at a similar pace, so Pat wanted to keep us together to coach us right to the finish line. This was a gracious move on his part, considering he can run a 2:40 marathon.

He also had other motives. We were so pumped with adrenalin, he talked us down to a reasonable pace in the first 3K. He was worried we'd bolt out too fast and fade before crossing the finish line. It's conceivable I could have done that.

He also made us stop at every water station, grab two cups of water and pull over to drink them quickly. No liquid, no energy! I'm convinced I may not have finished if I had not done this.

Three-Quarters Done

I was so excited, I'm sure I was at the 28K mark before I realized I was actually running. Reality struck by the 32K mark when I started to feel tired. But by then there were only 10K left to cover. Urging me to loosen up, Pat dropped back to join a team member running behind me.

Was someone moving the kilometer markers in the last 5K? They seemed farther apart to me. I longed for the next station - less for the water than the chance to stop moving for a moment. I felt all I had left was my sense of humor.

As I rounded the last corner to the finish line I was amazed by the time on the clock. Pat estimated I'd finish in 3:15. I expected to run it in 3:30. My recorded time ended up being 3:09:32. Decent.

At a celebratory dinner the following Tuesday, one runner asked several times, "So, what's next?" Well, I would be sleeping in the following Sunday morning, that's for sure. After that, more marathons.

I'm hooked! ☐

An updated Clubs list will be published in the November issue. Additions and changes should be sent to the *National Masters News*, P.O. Box 50098, Eugene, OR 97405, or natmanews@aol.com before the Oct. 10th deadline.



USATF National Masters 5K Cross Country Championships



Sunday: November 18, 2001

8AM

DeLand, Florida

SCHEDULE OF ACTIVITIES

3-6PM Saturday Nov. 17 packet pickup, team declarations and registration at Holiday Inn; 7-7:45AM Sunday Nov. 18 packet pickup and registration; 8AM Sunday men's and women's 50 and over race; 9AM Sunday men's and women's 40-49 race; 10AM awards presentation; Historic downtown DeLand is also hosting 40,000 visitors for it's annual Art Festival on race weekend. Enjoy!

AWARDS

USATF membership and US Citizenship is required for Championship medals
INDIVIDUALS: Top 5 in Age Groups 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85-89; 90-94 etc
TEAM ENTRIES: Only USATF Association clubs are eligible to compete for team titles. Association or National Teams are not allowed. (Each team member must complete entry form which are mailed jointly) Proof of team membership is required. A copy of the club's USATF Certificate or a letter from it's local USATF Association. This should be mailed with team entries.

Championship medals presented to scoring members of top 3 teams in each division
Men 40-49, 50-59 5 score, declare up to 8
Men 60-69, 70 & over 3 score, declare up to 5
All Women's teams 3 score, declare up to 5

COURSE

Loop course winds through Sperling Complex and surrounding wooded areas. 80% grass, 19.99% hard dirt, .01% paved. Very flat.

ENTRY FEES

\$20 Before 11/9; \$25 on 11/17; \$30 Race Day
Entry fees non-refundable

MORE INFORMATION

John Boyle-386 736-0002; www.cuattheraces.com

DIRECTIONS

SPERLING SPORTS COMPLEX-MARSH RD

FROM ORLANDO- take I-4 to Exit 56 (RT.44) go west to 2nd traffic light (RT 4101) Kepler Rd.; Right to US 92. Take left on 92 & go 1/4 mile to Marsh Rd; Right on Marsh Rd., 1 mile to Sperling Complex

FROM I-95-DAYTONA BEACH take US 92 west; look for signs to Sperling Complex on right, 1/4 mile west of Kepler Rd traffic light; Right on Marsh Rd., 1 mile to Sperling Complex

FROM DAYTONA AIRPORT -take US 92 west, pass I-95 and follow directions above

Holiday Inn-400 E. Int. Speedway. Blvd. [US-92]-386 738-5200. About 2 miles west of Marsh Rd on left heading west toward DeLand. Near US 92/Rt. 17 intersection

MAIL TO ALTA VISTA, USATF XC; POB 1700; DeLAND, FL 32721:
CHECKS PAYABLE TO ALTA VISTA SPORTS

USATF NO. _____ [to be eligible for awards, runners must be members; USATF will accept new applications at registration]

NAME _____ AGE _____ SEX _____ DOB _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

email address _____ TEL () _____

LONG SLEEVE CHAMPIONSHIP SHIRTS \$12; SIZE S() M() L() XL()
TOTAL AMOUNT ENCLOSED \$ _____

ONLY TEAM MEMBERS NEED TO FILL IN:

TEAM [CLUB] AFFILIATION _____
TEAM CAPTAIN _____ TEAM AGE DIV _____

I know that participating in this event is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by any decisions of a race official relative to my ability to safely complete. I assume all risks associated with participating in this event including but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road., all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself, and anyone entitled to act on my behalf, waive and release the city of DeLand, the County of Volusia, USA Track & Field, Alta Vista Sports and any and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence on the part of persons named in this waiver.

Signature _____ Date _____



On The Run

By HAL HIGDON

The Far Side of Marathoning

The lobby of the Campus Inn in Columbia, Missouri, was jammed to capacity on Sunday of Labor Day weekend: maybe a dozen runners picking up packets for Monday's Heart of America Marathon. Race director Joe Duncan suggested that with 175 pre-registered, there might be a record entry. Duncan wouldn't know for sure until the gun sounded at 6:00 a.m. the next day. Walk up at that time with \$20 and you still could start.

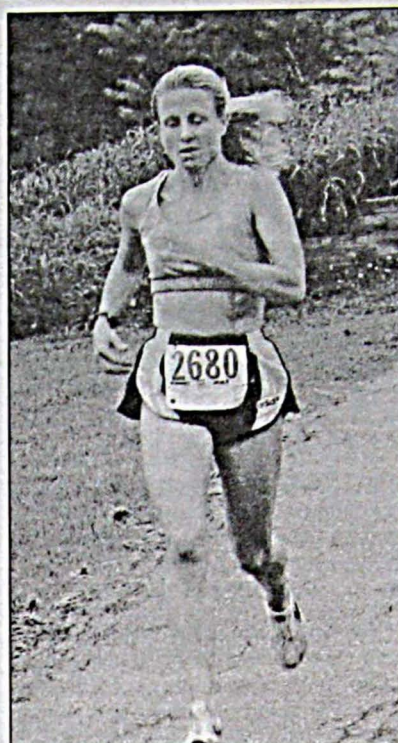
A runner appeared wearing a propeller cap and a smile-face racing uniform. He had run the Tupelo (Mississippi) Marathon earlier that day, then had driven to Columbia en route to running 100 marathons in his first two years of running. This was

definitely the Far Side of marathoning.

Earlier in the weekend, I had visited Virginia Beach for the Rock 'n' Roll Half-Marathon, which attracted 15,000 in its first year. In October, I would run The LaSalle Bank Chicago Marathon with 37,500 expected. Heart of America is America's fourth oldest marathon (behind Boston, Yonkers and Western Hemisphere), yet attracts only a handful of crazies. I wasn't wearing a propeller, but since I was running 7 marathons in 7 months to celebrate my 70th birthday and help raise \$700,000 for 7 separate charities, I was definitely Far Side.

Runners vs. Boxers

Heart of America remains small in the midst of a running boom, partly because of a rock 'n' roll course with six significant hills, but also because of guaranteed hot weather. The race began in 1960 as a challenge between local runners and boxers, but only the runners appeared. Joe Schroeder, a Missouri University track athlete, put



GEORGE BANKER

Sarah Buckheit, 41, finished the Run For the Roses 5K, Wheaton, Md., with a 22:20.

tape over his spikes because he didn't own flats and won in around 4 hours. Somehow Heart of America has persevered, if not prospered.

I included Heart of America on my 7-7-70 schedule, because I won the race in 1968 two weeks after dropping out of the Olympic Trials Marathon. Disgraced, I was looking for redemption and found it with a 2:41:45, a performance better than it seems today. But 34 years later, cresting Easley Hill at 13 miles, I looked at my watch and noted that I was already slower than my earlier time and was only halfway home!

Easley is one reason why Heart of America mostly attracts Far-Siders. Coming after a flat stretch beside the Missouri River, Easley climbs 240 feet in less than a mile. In comparison, the Boston Marathon course rises 187 feet through Newton over 5 miles culminating in Heartbreak Hill. You know a hill is tough when it has a name on it.

Relentless Sun

It was less Easley's vertical profile that caused me to slow than the prospect of more road with little shade and a glowering sun in a cloudless sky. The temperature was 88. At 20 miles, I sat down on a stone face wondering if I could continue. Steve Kearney, a

friend and pacer, moved between me and the sun to offer shade. Too many people had pledged too much money for me to quit as I had in the Olympic Trials. I stood and began moving.

Soon I spotted Yolanda Holmes, one of my daughter Laura's best friends from high school who now lived in Columbia. Looking like a guardian angel, she held a "Go Hal Higdon" sign in one hand, a bottle of frozen water in the other. Earlier that week, my daughter had sent me a prayer: "I believe that friends are quiet angels who lift us to our feet when our wings have trouble remembering how to fly." I began to run again.

First Then, Last Now

Near 22 miles, I overheard a woman in a car tell a course official, "He's the last runner." The irony of being recorded as finishing both first and last in the same marathon intrigued me. Alas, at 25 miles I passed another runner moving into a more anonymous next-to-last. By then, Holly Campbell who was using one of my training programs to train for Chicago appeared to walk me in the final mile.

My time in 126th place was 6:22:05, a Personal Worst by nearly an hour. Given time in the sun, believe me, it's tougher to run 6-hours-plus than 2-hours-plus. Joe Duncan said afterwards that the race had fallen short of its record entry, but there's always next year. As my 7-7-70 quest continued, I had five weeks to prepare for Chicago and the anonymity of a larger pack. Despite my visit to the Far Side, I would not be wearing a propeller. □

(Hal Higdon is a senior writer for *Runner's World*. His training programs can be found at www.halhigdon.com; he can be contacted at halhigdon@home.com.)



TESH TESHIMA

Kit Smith, first M65 (73:48), Hickam 15K, Honolulu.

FIFTEEN YEARS AGO October 1986

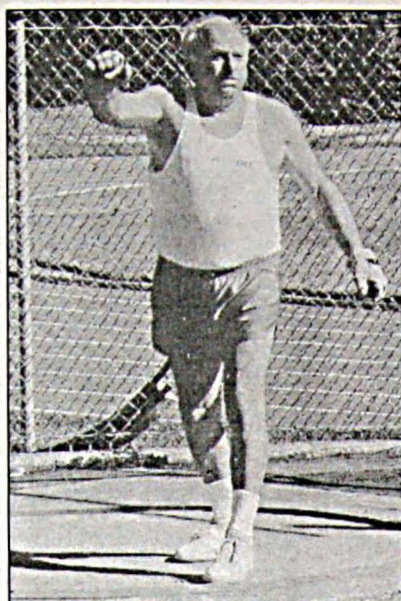
- 5th European Veterans Championships Draws 2418 to Malmö, Sweden
- First NMN Age-Graded T&F Meet Held in Van Nuys, Calif.
- England's Ron Taylor Sets M50 200 WR of 22.91 in 5th European Veterans Championships

CURRENT NMN PHONE/FAX NUMBERS AND ADDRESSES

- **Results, Schedule, All-American, Letters, Publications, Editorial:**
Phone: 1-541-343-7716 (Jerry Wojcik, Suzy Hess, Jane Dods, Susannah Beck)
Fax: 1-541-345-2436
Mail: P.O. Box 50098, Eugene, OR 97405
natmanews@aol.com; www.nationalmastersnews.com
- **Publisher, International**
Phone: 1-818-981-1996 (Al Sheahan)
Fax: 1-818-981-1997
Mail: P.O. Box 2372, Van Nuys, CA 91404
- **Advertising:**
Phone: 1-541-343-7716 (Suzy Hess)
Fax: 1-541-345-2436
Mail: 1675 Willamette St., Eugene, OR 97401
Phone: 1-610-967-8883 (Heidi Shelhamer)
Fax: 1-610-967-8883
- **Subscriptions:**
Phone: 1-818-760-8983 (Sonia Avila)
Fax: 1-818-985-1213
Mail: P.O. Box 16597, North Hollywood, CA 91615



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



SUZY HESS

Vince Sempronio, M75, Oregon, double winner at the National Masters Weight & Superweight Championships, Seattle, Sept. 8, broke the M75 U.S. weight pentathlon record with a 3771 at the Weight Pentathlon Championships, Syracuse, N.Y., Aug. 25.

National Weight Meet Held in Seattle

By JERRY WOJCIK

Throwers from across the country converged on the designer facility at West Seattle Stadium for the USATF Masters Weight and Superweight Championships on Sept. 8. In addition to regional athletes, others came from Tennessee, Ohio, Montana, and Florida. As in past Championships here, the entrants, 21 men and 5 women, found perfect weather and plenty of officials, and responded with 27 meet records.

In a display of stunning strength, six of the 10 meet records for the 300# weight in the Ultra Weight Classic were broken. Jim Wetenhall, Ohio, topped the field with an M45 record 1.60; Matt Burks, Washington, was two centimeters shorter with an M30 record 1.58. Wetenhall also had meet records in winning the 35# weight (15.05) and 56# superweight (10.14). Laurie Jenkins, W35, Washington, broke five meet records for the 20#, 35#, 56#, 98#, and 200# weights.

The meet records included those made with the newly-adopted WMA weights for M50+.

The farthest throw among the men was an 18.29 with the 20# weight by Richard Hotchkiss, M60, California. The longest throw by a woman was an 11.52 with the 16# weight by Joyce Taylor, W50, Oregon.

Tim Edwards, Colorado, won the Ultra Weight Classic for M30-59 with a 4814 total, Wetenhall, second (4747). Pay Carstensen, Florida, won the M60+ contest with a 4645, John White, second (4276). Taylor took the women's award with a 3937.

Entry fees included the much sought after T-shirt and a post-meet barbecue. The Seattle Masters Athletic Club hosted the meet under the directorship of Ken Weinbel. □

PUBLICATIONS ORDER FORM

Quantity Total (US\$)

Masters Age Records (2001 Edition)

Men's and women's world and U.S. age bests for all track & field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 2000. 56 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$5.00.

Masters Track & Field Rankings (2000)

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

McMahon Family Trust Masters Track & Field Indoor Rankings (2001)

Indoor rankings for 2001. 4 pages. \$1.50.

Masters Age-Graded Tables

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

Masters 5-Year Age-Group Records

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

Masters 5-Year Indoor Age-Group Records

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

Competition Rules for Athletics (2001 Edition)

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

USATF Directory (2000/2001)

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

USATF Governance Handbook (2001)

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

International Scoring Tables

Complete scoring tables for 21 men's and 17 women's individual events. All events, and the event orders, in normal multi-events are included: pentathlon, 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.

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

Masters 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.

Masters Track and Field: A History, by Leonard Olson

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

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.

2001 Road Race Management Directory

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

Running Research News

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

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 WOJCICK

Weight Room will resume in the November issue.

USATF Convention Heads for Mobile

The city of Mobile, Ala., will host the 23rd USA Track & Field Annual Convention beginning on Nov. 27 and running through Dec. 1, at the Arthur R. Outlaw Convention Center. The theme of this year's meeting is A World of Opportunity.

All members of national committees and registrants at the 2000 convention will be sent registration and hotel materials. An early-bird fee of \$150 is in effect for registrations postmarked on or before Nov. 6, after which the cost will be \$200, with no exceptions.

Additional registration forms are

available from One RCA Dome, Suite 140, Indianapolis, IN 46225; 317-261-0500; fax: 261-0481; www.usatf.org. USATF bylaws stipulate that all participants be members of USATF.

Housing request forms are available from Housing Bureau, P.O. Box 204, Mobile, AL 36601-0204; fax: 251-208-2060.

Meeting schedules should be on the USATF website - www.usatf.org - effective Oct. 1. A copy of schedules will be mailed to each registered individual and committee chairs.

The convention includes a wide



SUZIE HESS

Finalists in the W45 hammer (from l): Esther Rosales, guest athlete; Ruth Welding, 1st (31.65); and Cheryl Mellenthin, 2nd (19.34), at the award ceremony in the evening of July 25, National Masters Championships, Baton Rouge, La.

social agenda, highlighted on Friday, Nov. 30, with a breakfast buffet and, in the evening, the Jesse Owens/Hall of Fame Awards Banquet, presented by Xerox.

The National Masters 6K Cross-Country Championships are scheduled for Saturday, Dec. 1. For more information on the race, contact Mobile Sports at 251-470-7730; www.mobilesports.org. □

NYC Tragedy

Continued from page 1

morning in NYC is incredibly gorgeous. I hear the church bells sounding in the distance; other than that, it's quite still. The incessant sirens of the past five days seem to have faded. On every street I have walked down I pass hundreds of handmade "missing" posters...fathers, mothers, sons, daughters all gone...strangers embrace, tears flow and we face the coming day of more tragic news.

My dear friend and training partner, Dr. Alan Bautista, a 38-year-old sprinter and proud member of the Central Park Track Club, was one of the first medical personnel to respond to the tragedy on Tuesday. "I saw what happened on TV and immediately put on my U.S. Navy (reserve) uniform, grabbed my medical pack and hitched a ride to Ground Zero," Bautista said later. A lieutenant commander assigned to U.S. Marine support, he quickly gathered a group of Marine corpsmen and headed into Hell.

I myself was on the scene, and it is absolutely impossible to describe the destruction and horror we saw and felt as two 110-story skyscrapers vanished into an enormous pile of rubble. This is where Bautista led his men, side-by-side with the NYC firemen, policemen and EMS workers. His group was able to save only one person. "His name was Lenny; I'll never forget that," said Bautista. "We pulled him out, got him stabilized and moved to the next."

Bautista spent the next eight hours tending to the firemen, policemen and other rescue workers. His experience as an ER doctor at Our Lady of Mercy Hospital was invaluable in this chaotic

situation. The stability he brought to the center of the tragedy helped many, many people who will never even know his name.

As we in NYC still reel from this terrible blow, it's people like Alan who gave us hope and showed us the way to taking positive action, regardless of the personal danger. I look forward to getting back on the track with Alan once again...hopefully soon. □



JERRY WOJCICK

Jim Gerhardt, Texas, M70 shot put second (11.69) and discus third (38.20), USATF National Masters Championships, Baton Rouge, La.

MASTERS TRACK & FIELD COMMITTEE AGENDA Mobile, Alabama

Tuesday, November 27, 2001

5:30 p.m. - 8:30 p.m. Masters T&F Executive Committee Meeting

Wednesday, November 28, 2001

9:00 a.m. - 12:00 noon USATF Opening session

1:00 p.m. - 2:30 p.m. Hall of Fame Subcommittee

1:00 p.m. - 3:00 p.m. Regional Coordinators

1:00 p.m. - 4:00 p.m. Awards Subcommittee

5:30 p.m. - 8:00 p.m. Masters T&F Committee

Roll call of Delegates

Election of Active Athletes

Approval of Minutes

Approve Revised Agenda

Reports - verbal (all other reports written as per bylaw section VII-F)

Law & Legislation changes and submissions - Tom Light

Chair Report - George Mathews

Budget Report - Frank Lulich

Rules - Graeme Shirley - Approval of Tabled Rules 2000

WMA 2001 Activities - Rex Harvey

Standing Subcommittee Reports - Written

Web Site - Rex Harvey

Games Committee - Sandy Pashkin

Thursday, November 29, 2001

8:00 a.m. - 8:30 a.m. Masters T&F Committee

Roll Call and Announcements

8:30 a.m. - 10:00 a.m. Presentations - Future Championship Sites

Site Selection Voting: Indoor, Outdoor, Multi Events Championships

Update, Q&A Re: Orono and Boston 2002

1:00 p.m. - 3:30 p.m. Joint Meeting Masters LDR and Track & Field

Friday, November 30, 2001

10:00 a.m. - Noon Masters Track & Field Committee

Roll Call and Announcements

Old Business

Meet Manual - Ken Weinbel

National Teams - Courtland Gray

2:00 p.m. - 5:00 p.m.

New Business

Rule 262 - Regional Champion Awards Interpretation

Substance Abuse

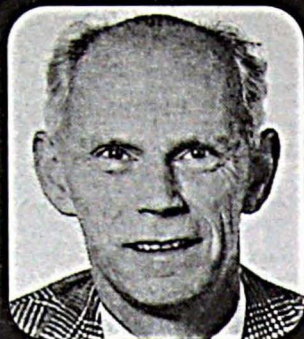
Awards - Phil Byrne

Legends

Saturday, December 1, 2001

USATF Closing General Session

Note: There will be a specified time period at the beginning of each meeting when any member may give input or make a brief statement to the Committee.



International Scene

By **TORSTEN CARLIUS**
WAVA President

Reply to NMN Editorial

In the August issue of the *National Masters News*, Al Sheahan published two articles on the WMA World Championships in Brisbane, plus another one under "From the Editor" titled "Which Way WMA?" The first two give accurate pictures of the Championships and the General Assembly, but in the third one he raises a number of issues and criticizes WMA and the Brisbane LOC for weaknesses and shortcomings. Sheahan, being a WAVA Council Treasurer for many years, is no doubt aware of all the problems in organizing our World Championships, and it is surprising to read his comments with the background he has.

I would also like to emphasize that most athletes were very satisfied with the Brisbane organization. The LOC and their staff did a wonderful job and worked with great dedication and goodwill to give us the best-ever Championships. I guess we will always have complaints from individual athletes, but the overall impression of Brisbane was a World Championships on a very high level as was also the case in Gateshead in 1999.

However, I will not say that Sheahan is wrong in all his comments, and cannot help wondering why he did not raise many of his issues in Brisbane when we had a chance to talk to each other. As I do not side with Sheahan in all of his complaints I am, of course, very interested in answering him and will here attempt to do so issue by issue.

Cutting costs

The WMA Council is fully aware that today's Championships are not a financial success in themselves. The costs are very high – resulting both from the LOC's ambitions and the athletes' expectations – but unlike the IAAF and other World Championships, the sponsors' contribution is small and the main income is from entry fees. These cover basic costs, but only if the entry is large. This is something that Sheahan must be very aware of with his experience as WMA Treasurer since Melbourne (1987).

Both in Gateshead and Brisbane, we found that our WMA World Championships do have something that is attractive to the cities that bid for the Championships. This is the huge amount of money that the athletes bring into the respective city's economy. In Brisbane this amount was estimated at between AUD 22 and 25 million, and seen from this angle the Championships suddenly become a success story to the local economy and can justify necessary municipal contributions.

We understood from the bidders for the 2005 WMA World Championships that this is something they had understood and I am sure that future bidders will also look upon our Championships in the same way.

However, this does not mean that

there will be – or were in Brisbane – free resources, and every LOC/city will look carefully on the various costs. In Brisbane this fell upon the bus transportation that, if bought from a bus company, would have cost AUD 2 million. We could not simply require this.

Booth at the Airport

We will require that there is always a booth at the airport but there will be no LOC free transportation from the airport to hotels. It must be pointed out that the LOC in Brisbane had volunteers at the airport to welcome and help – and they were indeed very helpful.

Lack of Signs

Yes, the observation is correct that there was a lack of signs – but only initially. It was pointed out to David Lloyd and his staff that more signs were necessary and this was corrected.

Volunteers

I am surprised by Sheahan's reference to volunteers and low-paid staffers. I think we are all very aware that our Championships rely to a very great extent on all those who spend weeks to officiate and help, without requiring any salary for their contribution. As long as I have been involved, this has been an important consideration, and I doubt that any future organizer will be able to do without volunteers. On the contrary, I think we should all be very grateful that people do want to spend vacation time to organize our World Championships with the only salary being the feeling of doing something positive.

Hip Numbers

In all competitions I have been involved in – and they are many – I have never seen that runners in events in separate lanes are given hip numbers and I see no reason why they would be necessary in our WMA World Championships.

Opening Ceremony

I do not share Sheahan's view that we got dull and low-budget entertainment. However, the evening was cold due to the moon and starlit sky. If people left before all was over I think this was more a result of the chilly climate than a "dull and low-budget entertainment," but, of course, we were many people there and we do not all appreciate the same things.



SUZY HESS

Finalists in the M50 400, 14th WAVA Championships, Brisbane, Australia, (from l): Stuart Hayward, AUS; Steve Hardison, USA, 3rd (53.52); Hans Van Bavel, AUS; Jesse Norman, USA; Bill Collins, USA, 1st (52.22); Vincenzo Felicetti, ITA, 2nd (53.28); Robert Minting, GBR; and Len Claasen, RSA.

I liked the program as did many with me but, again, this is a personal opinion.

International Party

Again, we have varying tastes. Some people appreciated the party, others did not, and my only comment is that those who feel they do not appreciate such a party should not attend. My feeling is that we had a nice evening with good food and drinks, but the WMA Council will take a greater interest in future parties and discuss price and program with the LOC as the issue is raised.

Results

Here Sheahan is right. The result-giving during the first days was not satisfactory. We (WMA) must take some of this responsibility as we should have checked more closely to ensure that the IT-system/organization would work better. It did improve over the days; however, we have learned a lesson and will check more carefully in the future.

Announcing

I did not visit the announcer's booth and cannot comment upon the temperature or other conditions here, but if they were not satisfactory I am surprised that the announcers did not ask for better conditions during the Championships.

As for the announcing, I had no complaints, but am fully aware that some people can want more details while others do not. Sheahan was one of the announcers, and again I am surprised at the criticism afterwards. Why not correct the situation during the Championships?

No Evening Events

We (WMA) wish to avoid competitions that extend late into the evening, and the schedule was set up accordingly. It is no pleasure to compete day-after-day until 10:00 p.m. and then start early again the next morning. We will continue to set up schedules that allow athletes, officials and others to have free evenings to spend elsewhere than in the stadium, which I think is also the wish of all involved.

Closing Ceremony

Here again, we have different opinions. I felt a warm atmosphere at the Closing Ceremony, but it is obvious that Sheahan did not. I am sorry for that as the program was designed to give all athletes and others a nice farewell, and if we did not succeed it is regrettable. The good intention was there anyway.

2005 Bidders/Awards

I think we are all in agreement that the order we have always had at the General Assemblies, with the candidates presenting their bids at the end of the agenda, is no good. The bidding in Brisbane was not well organized by us. We must change the timetable and start with the presentations as the first item at the Assembly so that we can tell the bidders when they will be invited to present their bids and give them a chance to answer questions. Here Sheahan is right, but, on the other hand, we have had this order for many years without any criticism.

Further I do not find Sheahan's statement correct that the bidders ran away from the Assembly very upset. I talked to Helsinki and San Sebastian representatives after the Assembly, and we calmly discussed the presentation and outcome. Sacramento disappeared, unfortunately, before I had a chance to talk to them, but I have no idea if it was their transportation that caused this.

Lack of Openness

I do not understand Sheahan on this issue. He says that it was hard to get me to call for a vote on an important issue – I do not know which one. He says that Mary Rosado, USATF Masters Law and Legislation Representative, was thrown out of three Standing Committees – I am not aware of this and have not thrown anyone out of a Committee. I guess that he refers to the open meeting of some committees. When the committees proceed to have their closed meeting, only the committee members are allowed to attend. Sheahan must be well informed about this as it has been the way we have operated the last ten years.

At the Women's Assembly, Bridget Cushen maintained that she was elected in Gateshead for a four-term period, i.e., up to 2003. I was of the opposite opinion, i.e., that her election from Durban in 1997 was prolonged to four years and consequently ended now in Brisbane.

I do not know if Sheahan was absent from the Assembly when I finally said that we must check the decision in Gateshead. At the General Assembly I asserted that Cushen was nominated, but the overwhelming opinion at the Assembly convinced me that the Delegates wanted an election. I accept-

Continued on page 16

International Scene

Continued from page 15

ed this and Marina Hoerncke-Gil – one of four candidates – won. There were delegates who thanked me afterwards for good democratic behavior, which to me is very far from “lack of openness.”

Kuala Lumpur vs. Puerto Rico

The way we award our Championships has some weaknesses as it is always the WMA Council that is criticized if anything goes wrong, even though it is the General Assembly that awards the Championships. Sheahen's comments are another good proof of this weak system.

I have no intention of taking the awarding away from the General Assembly, but, and here I am strongly convinced, the Council must have the power to act if the conditions require, which was the case in Kuala Lumpur vs. Puerto Rico. There were certain problems in Kuala Lumpur that could not be resolved even if we (WAVA Council) gave the LOC seven weeks to do so. I will not bring up a long discussion here again as we have explained everything to Kuala Lumpur and have overcome all bad feelings, but the contention is that the Council must have the right to act if necessary.

VIPs

I can understand Sheahen's view on this, but do not share his opinion. There have always been identification cards indicating “athletes,” “officials,” “volunteers,” and “VIPs,” and this is just to separate functions. To maintain that VIPs are some special kind of people is just stupid. Sheahen must realize with his long-time experience as a Council Member that he has been a “VIP” many times – why complain now?

Doping

Drug abuse is, to my mind also, the biggest challenge to our movement. I got the feeling at the General Assembly that all delegates shared this opinion. I am happy for that and for the approval of the Council's anti-doping policy. We will now also seek the contact with WADA – the new World Anti-Doping Agency – as outlined in the policy. In this context I would also like to point out that the World Masters Games will now introduce drug testing as one effect of their recognition by the IOC. WMA is by no means the only masters' organization that has an anti-doping program.

I do really hope that Sheahen is not of another opinion regarding our anti-doping program, but in his comments I lack the knowledge that any athlete has the right to apply for exemption to use prohibited substances. This is laid down in the IAAF “Procedural Guidelines for Doping Control,” §5 – procedures that WMA has agreed to follow. We have had some such applications of which one or two have been approved on medical grounds.

Nationalism

There was a proposal from Australia that “all competitors in WAVA World Championships must wear uniform clothing that is approved by their National Governing Body.” The propos-

al, amended to read “wear a singlet or vest that...” was approved by the General Assembly almost unanimously (6 no votes and 1 abstention).

I cannot see that this will support nationalism in the sense that Sheahen stresses. To me, and obviously also to the delegates, it is simply a way of order, which makes it much easier to see who the athletes are.

May I also point out that the affiliates march in at the Opening Ceremony behind their national flags and signs, which I never have heard anyone criticize – on the other hand we were criticized when we tried to reduce the ceremony in Gateshead. I think that some positive “nationalism” is both welcome and good for the spirit of our Championships. If not, why do our relays always attract so much interest?

WMA Arrogance/Europeans Control WMA

I must say that I was very disappointed to read these sections. As I see it, Sheahen tries to build up a picture where the WMA Council, the LOC, and sponsors would live in one world and the athletes in quite another. However, I do agree with him more than 100% that the WMA President shall not be a “His Excellency” and I want strongly to underline that I have no such ambitions. My interest is concentrated upon the athletes' performances and organizing good Championships. I was myself present at most technical morning meetings, and I and all Council Members spent most of our time in the stadium enjoying just what Sheahen says he likes most, i.e., the good atmosphere and the athletes' performances. I hope I am far from any “His Excellency” position.

It is correct that the WMA Council was invited to some receptions together with the LOC and sponsors. It has been so at all World Championships, as I think it will continue to be in the future as there are some social contacts that require the Council's attendance. As Treasurer, Sheahen took part in the same and I never heard him questioning them. The reference that “the whole thing smacked of elitism, royalty vs. the rabble,” is something that Sheahen is guilty of on his editorial mountain.

In all, the Brisbane WMA World Championships were a great success. There will always be some who feel they were treated badly, but I am doubtful if we will ever – like all other world organizers – reach the 100% level. The only thing I can promise is that the WMA Council, with the athletes' best interests in mind, will do its utmost to make the Championships as good as possible and Brisbane was definitely a very great success.

How we will succeed in the future is up to the athletes to judge. All of us can do without prophets of doom and gloom.

(In addition to the comments by Torsten Carlus, NMN also received six other letters in response to our August editorial. Those letters are printed below.)

The Local Organizing Committee



JERRY WOJCIK

The third-place (6:53.58) USA W65 4x400 team, WAVA-Brisbane (from l): Fei-Mei Chou, Mary Harada, Shirley Dietderich, and Lois Calhoun.

(LOC) of the 14th WAVA World Veterans' Athletics Championships was deeply disappointed by Al Sheahen's editorial viewpoint of the Championships. Sheahen never formally approached David Lloyd, General Manager of the WAVA Championships, for an interview. As such, we question the integrity of his article and ask if it is more Sheahen's personal opinion, rather than a true reflection of the facts of the event.

His article does not reflect the opinion of the LOC, the Brisbane City Council, or the State Government of Queensland, and we must strongly express our disappointment and anger at the allegations made.

Economics

Queensland Events Corporation, representing the Queensland State Government, bid for the rights to host the Championships in the city of Brisbane. While a major reason to bid for this event was to generate an economic benefit for the state (and is the main reason that most cities bid for major events), the LOC's charter was to ensure that it delivered an event, as contracted, that was acceptable to the WAVA Council and the athletes who attended the Championships, and to conduct the event in a professional manner and in “friendly competition, equality and fairness.”

Sheahen has raised a series of concerns regarding this event. He quoted David Lloyd as saying, “There is no way to make money on these games.” It was not the intent of the LOC to make money on the games. The LOC was a not-for-profit entity that worked as part of the Queensland Government's efforts to bring the games to the City of Brisbane.

The implication that “the event lost up to \$500,000 Australian dollars” was incorrect. The LOC has presented final statements showing that the event made budget.

Transportation

Did the LOC cut costs as Sheahen suggests?

“The LOC promised frequent free shuttle bus services from the hotel to the venues, as in Gateshead in 1999, and as specified in the WAVA contract. But it reneged without WAVA's okay,” Sheahen wrote.

The LOC worked closely with the

WAVA Council in the lead-up to the Championships and consulted them extensively on all aspects of competition, transport, ceremonies, protocol, and athlete services. The discussions between the WAVA Council and the LOC were open and upfront with no hidden agendas. The LOC spent considerable time liaising with each member of the Council, in particular with vice-presidents Ron Bell and Jim Blair, on the competition aspects, and with Rex Harvey on scheduling and technical aspects of the Championships.

At no stage did the LOC deliberately seek to mislead the Council on how the event was being conducted. Such an inference is slanderous to the integrity and professionalism of the staff and Board of the Brisbane LOC.

As far as the LOC is aware, Sheahen was not privy to our contract to WAVA as negotiated and signed by both parties in 1999. In this contract, the LOC stated that it would provide free bus transportation from all agreed accommodation precincts to all venues. This was further confirmed in all promotional literature provided by the Brisbane Committee to all athletes and national governing bodies. At no stage, did the LOC state that it would provide transport from the hotels to the venues as was provided in Gateshead in 1999.

The transport schedules were developed in conjunction with Brisbane Transport, which provides the public transport system for the City of Brisbane, and which has provided similar services to major events for the city, including the World Masters Games in 1994 and the Goodwill Games conducted in September 2001.

The Brisbane City Council agreed to provide the transport system through Brisbane Transport for the WAVA Championships in the initial bid in 1997. The WAVA bus pass, provided free to all registered persons, enabled the athletes and accompanying persons to choose their bus service using a comprehensive transport service, which was backed up with an intricate communications and operations procedure.

The schedule was developed so that athletes would be able to travel to the stadia in an efficient manner. They would have the option to choose to trav-

Continued on page 17

International Scene

Continued from page 16

el to both stadia venues via a city hub and not have to travel out to one stadia to transfer back to the other stadia, as occurred in Gateshead, thus adding another 40 minutes to their journey.

We are curious as to why Sheahen said that the services decreased from two-and-a-half hours in week one, to one-hour on week two, when the schedule for the buses did not change during the Championships. Utilizing an existing Brisbane service meant that all schedules were adhered to as per every day of the year. Buses departed the city every 8-15 minutes (dependent on the time of day) to the main venue with the capability to transfer 1500 persons an hour on these services.

A shuttle service departed the bus station located closest to the QEII Sports Service bringing passengers directly into the venue. This service was added to the schedule in the last stages of the plan for the following reasons:

First, the existing service to ANZ Stadium dropped participants on the roadside on Mains Road opposite the stadium. However, Mains Road is one of the busiest four lane roads in Brisbane, and this caused concern among the transport planners as to the dangers of participants crossing the road at this point.

In addition, with Australian driving being on the left side, there was concern for those athletes from Europe and America looking the wrong way when crossing the road. While the above service may have added up to 20 minutes to the transport times, the LOC felt that providing this shuttle was vital to athletes' well being and safety.

We had anticipated that there might be long waits on specific occasions, especially after the Opening Ceremony and International Party; however, all athletes and spectators were cleared from ANZ Stadium after the Welcoming Ceremony within 45 minutes of the close of the ceremony. A regular bus service departed from the International Party starting from 10:00 p.m. until midnight. All taxi services were fully briefed on the Championships and, when needed, were quick to respond to athlete bookings and to our Transport Manager.

Party

"The International Party cost US\$28 for some chicken and burgers. Drinks were extra," Sheahen wrote.

Which event did Sheahen actually go to? There were ten different types of food available including two versions of oysters, scallops, chicken skewers, crocodile sausages, soups, stir-fried vegetables, and the above-mentioned chicken and burgers. There was no limit to how much you could eat.

The food service commenced at 7:00 p.m. with the last food station closing just after 10:00 p.m. In addition, a selection of gourmet biscuits and tartlets were available at the coffee station. The catering was conducted by Caxton

Street Catering, an award-winning Queensland establishment.

Two stages were used for entertainment during the event, which enabled one side of the hall quiet time between the "loud and raucous" music while the other side partied. While certain party styles are not to everyone's liking, at least half of the attendees were there until the close of the function at midnight.

In 1999, the equivalent price of the ticket was US\$33 for one plate (only) of roast meat, salad and some vegetables followed by a frozen packaged dessert; drinks were extra.

Scheduling

Sheahen commented that "the LOC, in an apparent effort to garner even more tourist dollars, completed each day's events in the mid-afternoon so athletes could go into town at night and spend more money."

The scheduling of events was planned for the following reason only. The WAVA Championships were conducted in Brisbane's winter, which means that the sun is usually set by 5:30 p.m., and at this time the temperature drops from 20 degrees to below 15 degrees Celsius. Concerns were raised shortly after Gateshead as to these temperature conditions being detrimental to athletes' well being, performances and health.

The scheduling of events to finish before or around 5:00 p.m. (not mid-afternoon) was not to garner more "tourist dollars" as Sheahen stated. In future events, does Sheahen wish for LOCs to extend an already tight event schedule into the early evening to alleviate his concerns that athletes may have a good time and want to spend the evenings with friends exploring the city that they have travelled thousands of miles to visit?

Announcers

Two to three announcers worked each venue on a daily basis and the LOC never considered announcing a low priority. The USA official who was originally assigned to work the vertical jumps volunteered to undertake announcing and when given the chance to be relieved of this duty to return to the field, declined as he was "having a great time."

Athletes' Hip Numbers

While initially there was only one hip number given out to distance runners from 800m events and up (a requirement if there is only one camera in photo finish), two hip numbers were then given out to alleviate concerns by lap counters.

Two hip numbers would not have made a difference to the reading of a close race, since only one camera was used for photo finish in both stadia at QEII Sports Complex. It is hard to photograph a competitor from the other side if there is no camera!

Signage

The LOC conducted an intensive signage audit prior to the Championships for all venues. Over 400 signs were allocated throughout all venues during the Championships, directing athletes and spectators to various areas. At least half



SUZY HESS

Finalists in the W40 400, 14th WAVA Championships, Brisbane, Australia, (from l): Bronwen Loizou, AUS, 2nd (58.36); Leanne Smith, AUS; Karen Gillum-Green, NZL; Elaine Pretorius, RSA, 1st (58.36); Irena Gazda-Sagolla, GER, 3rd (58.58); Rose Monday, USA; and Angela Beadnall, GBR.

of these were in four languages – English, French, Spanish and German. If the other half were not in English, we can only apologize to Sheahen for not understanding "Australian."

Media Coverage

For a "non-media" event, the LOC was very happy with the coverage of the Championships. The local media was outstanding in its coverage of the event with both the local suburban newspaper and the city/state newspaper providing coverage on the event every day of the Championships. News was also broadcast on television locally and nationally. This has continued throughout Australia with many local suburban newspapers producing stories about their athletes on their return home.

Welcoming Ceremonies

The Welcoming (Opening) Ceremony, after consultation with the WAVA Council, focused the entertainment to the athletes, with the seating of the athletes in the stands, so that they were the audience for the formal part of the ceremony. This included the welcoming speeches, a performance by a local band, a presentation by the local indigenous theatre and dance group and concluded with a fireworks theatrical display not conducted in Brisbane before.

From our accounts, we did not see any of the athletes depart during the ceremony, which was kept to a minimum to ensure that the athletes were not seated in the cold for an extensive period of time.

VIP Functions

We acknowledge that VIP functions were conducted throughout the event for the sponsors and stakeholders who, combined, contributed over AUD \$1 million to the event. These functions were informal, conducted in a business environment, and some athletes were invited to attend. They were also conducted during competition so that the sponsors and stakeholders had the opportunity to witness firsthand the spectacle of the Championships.

In addition, the Lord Mayor of Brisbane conducted a civic reception for those athletes who have participated in every World Championships conducted,

with an additional list of athletes invited to attend.

Closing Ceremonies

The Closing Ceremony was never altered from its original plan. A band commenced in the Piazza to entertain athletes from 6:00 p.m., followed by the formal closing of the WAVA Championships at 7:00 p.m. with a fireworks spectacular over the river at 7:30 p.m. Music continued in the Piazza after the spectacular.

The fireworks display was dedicated to the conclusion of the Championships and was a public display to allow all residents of Brisbane to say farewell to the event. Sheahen's statement that the "Closing Ceremonies were, in effect, cancelled" was completely false and the "promised singing of 'Waltzing Matilda'" didn't happen because it wasn't promised in the first place.

Staffing

"Volunteers and staffers did much of the work." With a full-time staff of 13 and additional part-time staff of eight, who were the others who were supposed to do the work?

Sheahen's comment "that the event succeeded at all was remarkable," is both distressing to the staff and volunteers who worked hard to make this event a success. This is the largest IAAF athletics event in the world and, unfortunately, due to its nature does not achieve the large degree of sponsorship or media attention that other higher profile sporting events achieve. As such, the World Veterans' Athletics Championships have always relied on its officials and volunteers to ensure that each event runs as smoothly as possible.

The dedication and effort of these volunteers cannot be underestimated, nor can the work that was conducted by our staff in the months leading into the Championships. His comments have demeaned the effort that our entire team put into ensuring that the athletes truly enjoyed competing in Brisbane.

On behalf of the Board and the staff of the 14th WAVA World Veterans' Athletics Championships, I would like to thank each and every athlete, accompanying person, official, and volunteer

Continued on page 18

International Scene

Continued from page 17

who participated in the Brisbane Championships and wish Puerto Rico and San Sebastian every success in conducting this event which we were extremely proud to host.

*Kerry Watson, Chairman
Local Organizing Committee
14th WAVA World Veterans'
Athletics Championships
Brisbane, Australia*

Al Sheahen's personal credibility over the years is unquestioned. But he has delivered to our wonderfully hard-working friends in Brisbane – from all their volunteers to the most qualified officials' team we have ever assembled – a swift, painful kick in the teeth.

He has also called into question the credibility of a Council, which consists of individuals elected by their clubs,

countries, regions, and/or General Assembly. Not one of those tireless volunteers would have advanced at all by being secretive or arrogant.

He begins: "... managed to stagger through another moderately successful world masters track and field championships." So much implied in so few words. When our hosts have just written a happy chapter in the story of the biggest championship in the world, warmly welcoming our masters population to an exciting and different venue, to general pleasure at the way it all went, then why the negativism? We will, indeed, "stagger" if we build a reputation for being ungrateful. Far better to analyze in private than indulge in headline journalism at the expense of our image.

On obtaining sponsorship, there is no question the title "Veterans" has hurt us. Now, at least, we have the opportunity to begin again using our original title "Masters." On entry fees, which of us has not tried to keep local fees down in

our own meets?

Sheahen conjures up a false image of cost-cutting, beginning with transportation. The WAVA contract did not call for transport from individual hotels. The LOC met its obligations. Why accuse it of renegeing? I found the Brisbane bus service to be the best of any city I have ever visited.

There were booths at the international and domestic airports. Multi-language signage is always a problem at our meets. Brisbane produced an excellent handbook with maps and detailed instructions, which should have left no doubt in any athletes' mind. The quality and effort that went into it was hardly cost-cutting.

I've only had positive feedback on both the opening and closing ceremonies. Beauty is in the eye of the beholder, after all.

Our Oceania rep, Stan Perkins, agrees that results were "a disaster we're still working on." If we insist on using Hytek, we should manage the computer system ourselves throughout the meet. Smooth production of results is a must. Too much reliance was placed on chips in the off-track races. The chip technology can speed up results production, but a manual check is essential.

Announcing? Yes, it could have been much better, but the LOC couldn't find enough volunteers.

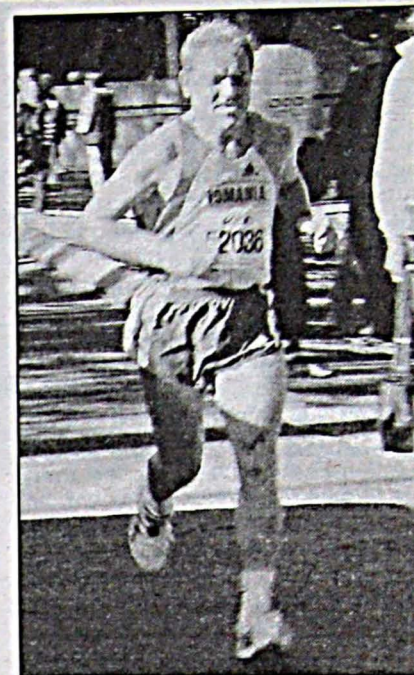
As always, bid presentations were to be at the end of the agenda in the Assembly. As the day wore on, many of us became concerned. I agree that, in the future, bid presentations should be made in the morning rather than late afternoon. Far from treating our bidders shabbily, as you suggest, we were all trapped. We regret the way things turned out and hope our bidders will forgive us.

Must all meetings be always open to all comers? There is great value in the members of any small committee being able to talk freely amongst themselves on important issues – being frank with each other. Such vital exchange would be dreadfully inhibited if all meetings were open, especially to sensation-seeking reporters.

The surprise situation on the Women's representative startled me, too. Our constitution has always been specific that the Council may not nominate the Women's representative. It calls for nominations for all offices, including the Women's rep, to be "in the hands of the Secretary 90 days prior to the Assembly." Bridget (Cushen) and Torsten (Carlus) may have imagined, in the absence of opposition, that she was entitled to continue into a second term. Secrecy? No. Confusion, yes.

Re officiating, if an athlete steps over the inside line in the 400, he should be disqualified. If we don't want our meet to be regarded as "just a tourist event," then perhaps we should demonstrate that we are serious. I agree we've lost some of the fun, but I was called naive when I said we started this movement determined to avoid nationalism and to compete as individuals.

The affiliates gave massive support to strict enforcement of IAAF drug rules. The notion that we might, eventu-



SUZY HESS

Toader Manda, 51, Romania, halfway through the marathon, 14th WAVA Championships, Brisbane, Australia.

ally, be able to devise a set of rules for exemptions for masters did not, as you said, reach the floor. Re VIP functions, we don't want to be discourteous to our hosts; that would really be arrogance. But perception is all, so perhaps we'd better be careful. The point was made, even if it was overkill.

When we held our first meet in 1975 and laid the foundation for all that followed, we conceived of masters athletics as being free from nationalism, politics, and drugs. We rejoiced in our new-found ability to hold age at bay, to enjoy our sport as long as we wished, to meet new friends from throughout the world. We were all pioneers.

Our individual members, in all countries, are still pioneers. Each one pushes personal limits, while exploring the world during this short time we have to spend in it. However, the task of the world organization is to stage the best track meet in the world. The Council's primary responsibility is the meet.

"Nationalism, politics, drugs." These were the issues already destroying our sport at the open level in '75. The damage is now done. Our sport no longer has credibility in the public mind. No matter how spectacular the record-breaking performance, the question is always "how was it done?" The truly significant triumph is either discounted or ignored.

In the beginning we sought to avoid all such nonsense. We sought only the camaraderie of friendly, but tough, competition. Now, through your editorial, we are faced with yet another threat from our daily world, that of tabloid-style journalism, within which the editor and reporter may create provocative headlines without regard for the feelings of those directly involved and sometimes regardless of the truth.

In our efforts to stage the best meet in the world every two years, we encounter willing bands of volunteers. In Australia, as sports-minded a country as

Continued on page 19

WMA/USATF Hurdles and Implements Specifications

HURDLES

WOMEN

Age Group	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	No. of Hurdles
30-39	100m	.840m 33"	13.00m 42'8 1/2"	8.5m 27'10 1/2"	10.5m 34'5"	10
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	8
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
60+	80m	.686m 27"				
30-39	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
40-49						
50-59	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
60+	300m	.686m 27"				

MEN

30-39	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
40-49						
50-59	100m	.914m 36"	13.00m 42'8"	8.50m 27'10 1/2"	10.50m 34'5"	10
60-69	100m	.840m 33"	16.00m 52'6"	8.00m 26'3"	12.00m 39'4"	10
70-79	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.0m 62'4"	8
80+	80m	.686m 27"				
30-49	400m	.914m 36"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
50-59	400m	.840m 33"				
60-69	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
70+	300m	.686m 27"				

IMPLEMENTS

AGE GROUP	SHOT PUT	DISCUS	HAMMER	JAVELIN	WEIGHT	SUPER WEIGHT
Women						USATF
30-49	4.00k	1.00k	4.00k	600 gms.	20#	35#
50-59	3.00k	1.00k	3.00k	500 gms.*	16#	25#
60+	3.00k	1.00k	3.00k	400 gms.	12#	25#
Men						
30-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.	35#	56#
50-59	6.00k	1.50k	6.00k	700 gms.*	25#	56#
60-69	5.00k	1.00k	5.00k	600 gms.	20#	56#
70-79	4.00k	1.00k	4.00k	500 gms.*	16#	35#
80+	4.00k	1.00k	4.00k	400 gms.*	12#	35#

Steeplechase: men 30-59: 3000m/36" (.914m); men 60+ and women: 2000m/30" (.762m)
WMA weights are used for USATF weight pentathlons.

Note: The 50m, 55m, and 60m indoor hurdle races use the same heights, distance to first hurdle, and distance between hurdles as the outdoor hurdle races for the respective age groups.

* New 1999 IAAF specifications.

International Scene

Continued from page 18

you may ever hope to find, we met and came to know a wonderful group of people. We worked with them for four years. As the meet approached, they worked increasingly hard.

They reached out to their community for volunteers. They brought in the Sydney Olympics officials and 150 international officials. They were at all times warm and enthusiastic. They became good friends. On people like that we depend. We ask them to give us a chunk of their lives. It is in the best future interests of WMA to recognize true effort; to applaud it and be grateful. We want future bidders to know their best efforts will be appreciated.

To our friends in Brisbane, on behalf of their huge gang of new friends and happy visitors, I can only say "Thanks, mates; we loved it."

*Brian Oxley, WAVA Council Member
Parry Sound, Canada*

I was not in Brisbane, so it is not possible for me to judge Al Sheahan's comments. Having known and worked with him over many years, I have the greatest respect for his abilities. His article, together with letters from Sylvester Stein and Diane Palmason, raise major issues beyond the Brisbane logistics.

Rules

In 1991, WAVA voted by a small margin to move under the umbrella of the IAAF. Running out of a lane is a violation whether the athlete is age 20 or 90. Rules should be applied. It is the responsibility of the team managers to ensure their athletes are properly briefed.

Drugs

Masters must observe the same anti-drug procedures as open athletes, even though this may be difficult for those who require a range of medications.

Nationalism

I agree with Palmason's comment (Sept. NMN) about masters competing for the "joy of it and for their own satisfaction." All of us applaud achievement no matter the country of origin. It would be regrettable if competitors were forced to wear national uniforms. In this segment of our lives, who really cares if Country X wins more gold medals than any other nation.

WMA Council

Palmason's comments about the current WMA leaders are somewhat harsh. Presidents and councils are elected to lead and make decisions which cannot always be immediately put before a democratic assembly. However, the WMA Council must take great care to communicate to their worldwide electorate clearly and promptly, and run the General Assembly with understanding and respect.

Kuala Lumpur

No specific reasons were given for moving the 2003 Championships from Kuala Lumpur. Delegates are entitled to know why their decision at the 1999 General Assembly was thrown out. This lack of transparency by the Council can

lead to perceptions of arrogance.

Bid Presentations

I was astonished that, despite the KL debacle, bidders for 2005 were allowed a pitiful 20 minutes to present and, incredibly, the President did not permit any questions to the bidders. This was a gross error in judgment. Yes, the assembly day is a long one, but it occurs only once every two years. Delegates should be prepared, particularly as the location of the championships is of paramount importance to the well-being of WMA.

Women's Representative

The President seems to have made a curious decision in allowing the Assembly an impromptu vote after Ms. Cushen had been confirmed at what was the last meeting of the Women's Assembly.

Council Members

The Council members are not arrogant people, but individuals who work hard for the sport they love.

Finally

Sheahan paid me the compliment of naming me as one of the founders of WAVA. This is not so. The leading Canadian member of the team of people from various countries who founded WAVA was the late Don Farquharson. My role was as WAVA Treasurer 1983-87; WAVA Secretary 1987-91; and a leading member of the Canadian Masters Executive 1976-95.

I retired to my native Scotland in 1997 and am currently enjoying my 54th year of running.

*Alastair Lynn,
Honorary-Life Member, WMA
Naim, Scotland*

I have to take issue with the intimation in Al Sheahan's editorial column (August NMN) that the Brisbane officials and Jury of Appeals were at fault for the large number of disqualifications. If there is any fault to be assigned beyond those competitors who did not stay within the rules, it should clearly be assigned to folks who dislike the rules, but don't work to get them changed.

Any meet that follows your suggestion – to excuse some participants from adherence to competition rules – is flirting with favoritism and chaos. Further, in the case of lane violations on a curve, a blind eye would compromise the integrity of all records and honors in those events. Could you have reported, as you did for Brisbane, that the "officiating... was excellent" following such a meet?

Beyond faulting the wrong people in this case, you somehow equated enforcement of the rules with a personality defect! Without citing a single incorrect action by an official, you blamed many disqualifications on officials with "no life and no power." Your diatribe defamed all the Brisbane officials without ever saying that you knew of a single maladjusted person among them.

Having been a competitor, fan, official, organizer, and occasional coach in the sport for over three decades, I contend that, as a whole, officials are by far the most selfless of these groups. To mention that not everyone in one large group is perfect while ignoring the shortcomings within the other groups

(well, okay, you did rag on the Brisbane organizers quite a bit) is blatantly unfair. Saying a few nice things as a lead-in didn't make your commentary balanced, just scattershot.

The sentiment of "Kill the umpire!" is unacceptable among civilized people. Widespread countenancing of that sentiment is what discourages a lot of nice people from being officials.

*Dave Gwyn
E-Mail*

Putting on the WAVA Games, like politics, is the art of the possible. The parameters were set when the budget was drawn up.

Years ago, Brisbane agreed to pay WAVA an amount in US dollars. The AUS dollar was then worth 70+ cents. By the time of the Games it had dipped to 50 cents. Brisbane was locked into a deal and the only way through it was to cover costs. Grin and bear it. We did.

Instead of a costly bus shuttle service we gave free passes on city buses. Instead of a Games booth at the airport some volunteers were on hand to help. Volunteers and low-paid staffers did the work of preparing, organizing and officiating at the Games. I would call that a plus. The opening ceremony was low budget. Maybe, but it had a good feel, and an ostentatious display as at the Olympics would not be in the spirit of veteran athletes.

There weren't sheets and sheets of redundant results floating around everywhere. So we saved a few thousand trees. Good.

The events generally finished in mid-afternoon. How many such carnivals do you know of which ran to the timetable? That should be a plus.

I would agree with some of Sheahan's criticisms, e.g. lack of sig-

nage, economies on hip numbers, amateur announcing, the call room (which he missed), that there was room for improvement. There always has been and there always will be.

Many of his criticisms were about the WAVA bigwigs, not the Brisbane LOC. He is possibly right to note a schism between the top echelons of WAVA and the grass roots athletes and volunteers. But to take it out on the people of Brisbane (and Australia) who did all the work, and to spoil their warm feelings of satisfaction in a hard job well done, is just not on.

*Colin Browne
Entries clerk, Australia*

Regarding Al Sheahan's article "Which Way WMA?" (August NMN), I have to wonder which meet my friend was talking about? I ran in three events – 18,000 meters of competition – and had a wonderful time. The venues, volunteers, weather, competition, ceremonies...you name it, were all great!

As a delegate, I did my homework and was aware of the attributes of the various bidding sites, so I didn't miss the standard questions put to the bidders. The vote does seem rushed – as everyone wants to get out of there after eight hours.

I'm sure that in Carolina, Puerto Rico, all of the bidders will have web sites up well before the vote so that all of the delegates can make a studied decision for 2007.

*Doug Smith
E-Mail*

(Regarding transportation in Brisbane, the contract between WAVA and the LOC stated: "The LOC shall provide free shuttle bus transportation from the (major) accommodations to and from all competition venues." – Ed.)

PRESIDENT:

Torsten Carlus
Smalandsgratan 25
S-25276 Helsingborg, Sweden
Fax: 46-42-128-956

EXECUTIVE

VICE PRESIDENT:

Tom Jordan
P.O. Box 10825
Eugene OR 97440 USA
Phone: 1-541-687-1989
Fax: 1-541-687-1016

VICE-PRESIDENT:

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

VICE-PRESIDENT:

(Non-Stadia)
Ron Bell
25 Llwyn Menlli, Ruthin
Denbighshire LL15 1RG
Great Britain
Phone/Fax: 44-1-824-705250
e-mail: wava@enterprise.net

SECRETARY:

Monty Hacker
PO Box 2277
Houghton 2041, South Africa
Phone: 27-11-444-4011 (h)
27-11-483-3313 (o)
27-11-483-3392

WORLD MASTERS ATHLETICS

TREASURER:

Peppo Galfetti
Bahnhofstrasse 1
CH 8956 Killwangen
Switzerland
Phone: 41-56-401-2311
Fax: 41-56-401-2319

WOMEN'S REPRESENTATIVE

Marina Hoernicke-Gil
Les Oblades 3
La Mont Goda
E-17310 Loret de Mar
Spain
Phone or fax: 0034972-365457
E-mail: marhoer@teleline.es

IAAF REPRESENTATIVE:

Cesar Moreno Bravo
Camino a la Piedra del
Comal No. 24 Col. Tepepan
16020 Xochimilco, D.F. Mexico
Fax: 52-5-653-3159

DELEGATE OF: AFRICA

Hannes Booysen
P.O. Box 5180
1403 Delmerville
South Africa
Fax: 27-11-827-7590

SOUTH AMERICA

Jose Figueras
Rincon 682 Of. 18
11000 Montevideo, Uruguay
Phone: 598-2 308 17 68
Fax: 598-2 916 34 23
e-mail: josefigueras@yahoo.com

ASIA

Hari Chandra
1300 Opal Circle
Lawrenceville, GA 30043
Fax: 1-770-682-6500

EUROPE

Jacques Serruys
Kammakkersstraat 37
B-8000 Brugge, Belgium
Phone: 32-50-341-781
Fax: 32-50-334-325
E-mail: evaa.serruys@skynet.be

OCEANIA

Stan Perkins
106 Silkwood St.
Alger, Queensland
Australia
Phone: 61-7-5564-0507
Fax: 61-7-5564-0498
E-mail: stan@mastersgames.com.au

NORTH AMERICA

Brian Oxley
259 McDougall Road
Parry Sound, Ontario
Canada P2A 2W7
brianoxley@sympatico.ca
Phone: 705-746-4942
Fax: 705-746-9748

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

PROFILE

Carlos Loaiza Londono - Aging Up In Style

By CATHY BAAR

“Who is that Blue Streak?” is a question that was probably asked by the M50 runners in the 800 and 1500 in Brisbane. There was one slim, tenacious runner who seemingly came out of nowhere in both finals to take silver medals. No one knew him before, but now there he was, with his million-dollar smile, on the award podium... twice!

That resolute man is Carlos Loaiza Londono, a just-turned-50 runner from Medellin, Colombia. I met him in 1999 at Gateshead, where he finished miserably in the M45 800 finals, and then failed to qualify in the next day's 400.

“I want my children and my company to be proud of me; I want to bring them something next time,” he said after his debacle. When asked how he would do that, he said, “You would have to see how I work, to know how much I want to win a medal to bring back to Colombia.”

Mile High Advantage

The following year, I watched him train on one of the best tracks in South America. Medellin has the same altitude as Denver, a big advantage for runners. He practices daily with the university teams. The students are only a little older than his grandchildren, yet he outruns them in sprints and keeps up with them in their longer workouts.

Some of them ask, “How can you possibly beat me? You are so much older than I am!” He answers, “I am the best I will ever be. You are just beginning. Keep on trying, and soon you will beat me.” Then, this man without any formal athletic training of his own helps these runners who someday will surpass him.

Carlos actually did not start running until 10 years ago, when, at age 40, he quit smoking and decided that he was going to run. He doesn't remember what pushed him to do it; he only remembers the increasing difficulty he was having making the daily long walks required on his job as a city messenger.

He recalls soon being able to walk a little faster. Walking turned into jogging. Then he heard about WAVA Buffalo; his company offered him a sponsorship, and he was on his way!

In Buffalo, he didn't make it to any finals. But he was hooked, and four years later, he did get to Gateshead, where he made the 800 finals and acquired the determination to succeed in Brisbane.

A Close Call

He then decided to concentrate on the middle distances, because of injuries suffered in 400m races. Speaking of injuries, he did have one that nearly cost him his life. He was doing a hurdle workout, and his toe hit one. The rusted stanchion at the bottom of the hurdle hit him in the armpit, went straight through his body, and came out in his neck.

Someone loaded him into a cab, hurdle and all, and rushed him to the nearest hospital. The doctors pulled the hurdle out, gave him a few tetanus shots, and “fixed him up.” The hurdle went

through him less than half an inch from the jugular vein - a very close call!

Back on Track

After a three week layoff, he was back on the track working out again, but avoiding hurdles like the plague! (Subsequently, to the gratitude of Colombian hurdlers, the stanchion style was changed to the U.S. standard.)

Carlos now does intervals five days a week, hills on the sixth day, and rests on the seventh. The next day he is back to his daily long walks at work, followed by the track workouts and the late-night bus trip home.

When two years ago his company designated him “Most Inspirational Employee,” he decided that if he could win a medal in Australia, he would present it to his company. Now, he can keep one for himself.

Exceeding Expectations

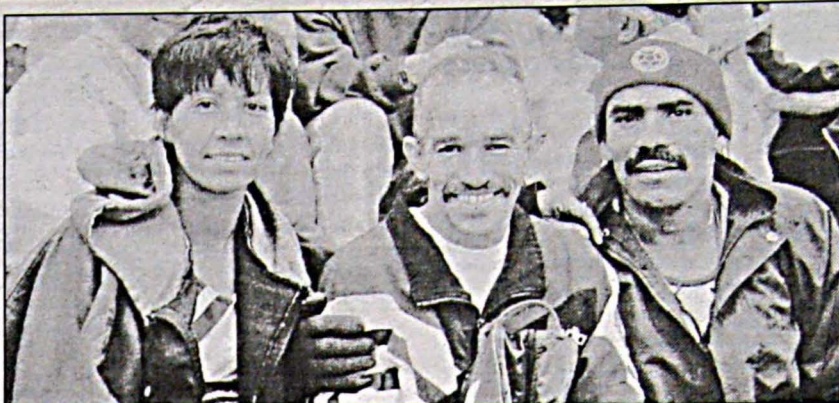
I wasn't in Australia, but did hear from Dave Clingan, who saw both M50 finals in the 800 and 1500. We had expected that Nolan Shaheed would win both races, but were hoping Carlos might get one silver or one bronze between the two races. Carlos outdid even his highest expectations. Clingan wrote me (on the 800), “He was sensational. He came from behind on the last lap and just smoked a couple of guys on the home stretch ... (the 3rd place winner) tried to challenge Carlos, but Carlos fought him off. He was fantastic!” And on the 1500: “Again, fantastic. He came from a couple positions deep on the last lap, moved into second on the final curve and held off a strong challenge to claim the silver.”

I asked Carlos before Australia how many medals he was going to win. He said only, “I don't think about it. I think only about working hard to do my best, and if it results in a medal, great. If I don't win, I can't get depressed, because that will ruin my next race.” That, as well as a heck of a good kick on the homestretch, must be his secret.

A New Name to Remember

Before this July, no one knew who Carlos Loaiza Londono was. Now, runners who have heard this name will be looking behind them and thinking, “Watch out! Time to put on your best kick. He's blazing in again.”

Carlos is looking forward to WMA 2003 in Puerto Rico, but is also interested in running meets elsewhere; his company will be working on sponsorships with him



CATHY BAAR

Carlos Loaiza Londono (c) with two teammates at the 2000 Colombian National Championships.

in this respect. He can be reached at campeon800@hotmail.com. □

(Editor's Note: Cathy Baar, known as Cathy Alam when she ran in New York City prior to moving to Puerto Rico, did not make it to Brisbane this

year because she is fighting Hodgkin's lymphoma at a cancer center in California. However, she expects to be ready for her “home games” in San Juan. She can be reached at tsunami786@aol.com.)

Report from Britain

By MARTIN DUFF and BRIDGET CUSHEN

Great Britain boasts a virtual university, where students can study from home to gain degrees, and it was to the home campus of the university at Milton Keynes that the British Veterans (yes, we are still called veterans) journeyed on Aug. 26 for the 5K Road Race Championships.

Held around a 3.5-lap course on traffic-free roads on the campus, the event was adjudged a great success. Mike Boyle, a new M40, took the main race in 15:09, after leading all of the way, but double Malta world champion Mike Hager, missed the separate M50 event to pit himself against the fastest M40 runners in an attempt to break 1999 world champion Ahmed Amraoui's 15:11 British best. It was not to be and Hager fell short with 15:30.

This was well to the good of the M50 winner Peter Hyde, who made it four in a row at this event with a 16:31. Les Presland just held on, ahead of Fred Gibbs, to win the M60 event in 17:49. John Taylor, another Malta double champion, added the M70 title in 20:36.

A new name to veterans running, Jo Newcombe took the W35 title in 17:21 after getting away from Jane Clarke, the first W40, soon after the opening kilometer. Newcombe, like last year's winner, Zara Hyde-Peters, believes that women should not be veterans (or masters) at 35, but wait until they are 40, like the men. After all, women do live longer!

Clarke is only in her third year of running and her 17:37 was a personal best. W50 winner Josie Heffernan and W55 winner Pat Gallagher ran identical 19:25 times, but were in separate races.

Both had a story to tell. Heffernan had won a couple of silver medals in the World Veterans cycling championships in Austria during the week before the race, while Gallagher had set a British W55 best of 19:18 ten days before. The former world champion also had to miss Brisbane after being diagnosed with “deep vein thrombosis”

but now seems to be well.

Up the groups, there was a good time by Pam Jones, W65, 22:40, while Betty Forster's 28:28 seems to be a British W70 best.

Hyde-Peters, W35, won the Cardiff 10K on Sept. 9 in 35:24 by four seconds from a very strong field of over 2000 runners. She recorded 4:35.4 for 1500 a week earlier.

Competing for her open club against younger athletes in the final promotion or relegation match of the season, S. Yeomans cleared 2.72 for a W45 British pole vault record. The European record of 2.60 was held jointly by Karin Kunke and Ute Ritte of Germany since Gateshead until Heli Kenttamaa of Finland cleared 2.80 for the world title in Brisbane.

Down in Burton-on-the-Water, a weight pentathlon attracted some of the best veteran throwers in the country. Mother and daughter Barbara and Wendy Dunsford must have set some sort of a record in this particular discipline. Mum Barbara amassed 2063 points to take the W65 trophy, while Wendy got a bronze medal in the W40 with 2349, won in a new U.K. record by Diane Smith with 3267.

Neil Griffin scored 4023 in the M50, and 60-year-old J. Kee took the M60 with 3801.

After three months of intense club competition in the Southern Track & Field League, which covers London and bordering counties, the top athletes are then selected to represent their county or area of London in a final inter-league match. This match took place in Battersea Park on Sept. 2.

Although only the best competed, including several medalists from Brisbane, it was felt that the meet does not have quite the same atmosphere as the traditional “which is the stronger club overall” rivalry.

Sylvester Stein set an M80 British 200 record of 34.3. Another British record (13.77) went in the M60 shot put to J. Scott. Betty Norrish lowered the Veterans AC W70 1500 club record to 8:53.6. □

Masters Scene

NATIONAL

• The W40 4x100 team of **Joy Margerum**, **Veronica Amarasekara**, **Elaine Iba**, and **Joy Sargis** broke the present U.S. record of 50:23 with a 50:21 at the National Masters Championships, Baton Rouge, La. **Jane Dana**, Redlands, CA, credited with a pending W80 U.S. record for the 10K RW (1:20:13) in the September results of the National Championships, Baton Rouge, LA, also broke the record for the 5000 RW (track) with a 37:46.76. The present record is 37:56.64 by **Polly Clarke** in 1992.

• **David Dobrzynski**, of Franklin, Mass., has been selected as the RRCA's executive director and will take over on Oct. 1, replacing **Henley Gabeau**, who announced her retirement in May. Dobrzynski received a full four-year athletic scholarship in cross-country/track from Georgetown U. in the '70s and graduated with a business administration degree. Recently, he completed the 2000 Bay State Marathon, first master in 2:45:33. He is married and planned to relocate to the Washington, D.C., area with his wife and three teenage daughters in September.

• The RRCA hosts a series of women-only road races around the USA. For more information and 2001 and 2002 dates, contact the RRCA at 510 N. Washington St., Alexandria, VA 22314. 703-836-0558; www.rrca.org.

EAST

• **Don DiDonato**, M40, in 16:27, and **Kathy Martin**, who turned 50 on Sept. 30, in 18:40, scorched the masters fields for firsts in the Brentwood Cookie Run 5K, on Monday evening, Aug. 20, Brentwood, N.Y. **Richard Murphy** took the M65 race in 20:58; **Marie Louise Michelsohn** won the W55 contest in 20:54. The race is part of the LITF Grand Prix Series, sponsored by Keyspan Energy of Long Island.

• Canadian **Diane Legare**, 50, Montreal, reeled off an 18:09 masters victory at the Chris Thater Memorial 5K, Binghamton, NY, Aug. 26. **Margret Betz**, 64, Conklin, NY, sped to a 21:25. **Francis Kamau**, 40, Kenya/Westchester, PA, handed a rare defeat to **Andrey Kuznetsov**, 42, Russia/Baltimore, MD, 14:43 to 14:53. **Donald DiDonato**, 43, Hicksville, NY, outpaced the rest of the masters field with his third overall 16:02.

• **Jack Brennan** is tearing up the roads this summer. After an M60 win at Falmouth in 45:23, Aug. 12, Brennan, 60, Katonah, NY, nabbed age-group wins at the Crim 10 Miler, Flint, MI, 66:26, Aug. 25, and the New Haven (CT) 20K, 1:21:22, Sept. 3.

• W40+ winner **Lee DiPietro**, 43, Ruxton, MD, 18:29, and Avon Rep. **Judy Walls**, 43, Piedmont, SC, 18:49, won free trips to the Avon National Championship in Phoenix, Dec. 9, with their division wins at the Avon Running/Baltimore 5K, Sept. 9. Walls, the representative to the Avon World Championship in Milan last year, was second in the W40+. **Hedy Marque**, 84, Alexandria, VA, did not win any free trips, but did set a pending U.S. single age record with her 31:36.

• **Madelyn Noe-Schlenz**, W40, cruised to an overall win in 28:51, Run For Life 5 Mile/USATF NJ Championships, Picatinny Arsenal, Aug. 25. **Tom Bowmaster**, M40, 26:06, captured the M40+ win with a 26:06. Other notable name winners included **Roger Price**, M50, 28:51; **Pat Cosgrove**, M60, 31:50; **Dudley Healy**, M85, 74:31; and **Toshiko d'Elia**, W70, 42:13.

SOUTHEAST

• **Dave Vandergriff**, 45, improved on his masters world best 5.92 for the 98# weight with a 5.97, at the First German-American Throws Championships, Rocky Mount, NC, Aug. 11.

• 1992 Olympic marathoner **Ramila Burangulova** turned 40 on July 11 and hasn't wasted any time scooping up masters riches. On Aug. 12, the Gainesville, FL-based Russian was

third W40+ at the Falmouth Road Race, 38:56; Aug. 19, she was third overall at America's Finest City Half-Marathon in San Diego, smashing the previous 40+ CR there by several minutes with a 1:14:45; and Aug. 25, she won the 40+ title at the Crim 10 Miler, Flint, MI, 55:29, preventing Ukrainian **Tatyana Pozdnyakova**, 46, 57:21, from winning her sixth consecutive Crim 40+ title.

• **Cindy Keeler**, 43, Clermont, FL, 1:16:54, and **Jorge Ramos**, 46, Coral Gables, FL, 1:12:45, were each second overall at the Naples on the Run 20K, Naples, FL, Sept. 9. **Joe Burgasser**, 62, St. Petersburg, FL, 1:20:21, took the M60 at Naples just two weeks after his M60 win at the Parkersburg (WV) Half-Marathon, Aug. 18.

MID-AMERICA

• **Jim Hannon**, 42, Rochester, MN, ran 1:13:08 to place second in his hometown race, the Holiday Inn Half-Marathon, Aug. 18. **Deb Thomforde**, 43, Zumbrota, MN, was the W40+ winner at 1:30:58.

MIDWEST

• The Park Forest Scenic 10 Miler, Park Forest, IL, was chock-a-block with excellent masters performances, Sept. 3. **Janet Robertz**, 41, Shorewood, MN, was first W40+, fourth overall, and set a pending U.S. single-age record with her speedy 56:32. **Mary Knisely**, the former Olympic trackster and field hockey ace, 42, Naperville, IL, was second W40+, sixth overall in 56:54. **Eileen Nelson**, 69, River Forest, IL, set a U.S. single-age record with her 1:23:39, while Park Forest Hall-of-Famer and pancake-eater **Warren Utes**, 81, Park Ridge, IL, ran the second fastest 10 miler ever by an American over 80 with his 1:18:09.

SOUTHWEST

• **Bill Carter's** 4.88 LJ in the Texas Masters Championships, Dallas, July 7, is a pending M75 WR. His mark age-grades to a 100+% for age 78. **Mazumi Morita**, Japan, holds the present record of 4.78, set in 1988.

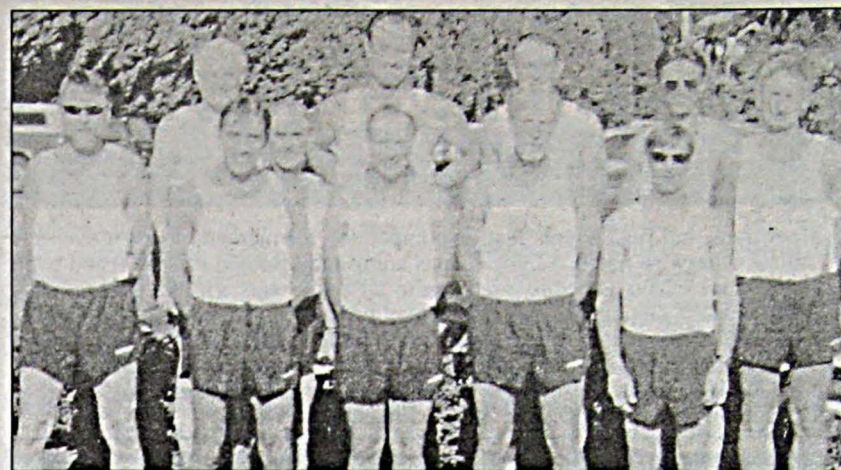
• **Tom Gage** smashed the M55 ARs for the WP with a 5082 and the 56# SW with a 9.88, Cat Spring Grunt Meet in Texas, Aug. 11. **Richard Hotchkiss** holds the present WP record of 4499 in 1995; **Bob Backus** has the SW record at 9.08 in 1986.

• **Ron Wall**, 44, in 16:56, and **Priscilla Godi**, 40, 2000 Oklahoma Runner of the Year, with a second-female 18:11, galloped to masters firsts in the Tulsa RC Mohawk 5000, Tulsa, OK, July 28. **Martha O'Rourke**, 50, was seventh in 20:35.

WEST

• **Gregg Horner**, 47, with a second-best M40+ ever (33:42) in the 23-year history of the race, and **Patty Weissner**, W40, in 43:59, scooped the masters fields in the McConnell's Ice Cream Endurance Events 10K, Santa Barbara, CA, Aug. 19. In the 5K, **Steve Blum**, M40, 17:18, and **Robin Smith**, W40, 21:00, nabbed masters wins. **Paul Gilbert**, 87, the race's oldest finisher ever, ran a 59:11.

• The Nationwide Insurance Hood to Coast Relay in Oregon saw many masters course records fall the weekend of Aug. 24-26, mostly by experienced teams improving on their own past triumphs. **Reebok Road Kill Cafe** of Los Osos, CA, set a new M40 CR in 17:57:05 for the 196.4 mile, 12-person, 36-leg trek from Mt. Hood's Timberline Lodge to the beach at Seaside. The **Tahoe Trail Babes** by Igloo, based in Homewood, CA, just missed their '00 CR, running 23:23:29. Eugene, OR's **Aging Heroes** men's supermaster team triumphed again, lowering their '00 CR to 20:37:08. Ladies' supermaster



Members of the Aging Heroes team, after winning the Supermasters Division (50+) with a course record 20 hours, 37 minutes, 8 seconds, Hood to Coast Relay, Aug. 24 (from l): rear row, Les Castle, Terry Parks, Jack Miller, John Olsen, Dave McLunkin; front, Ken Travis, Peter Wayte, Bernie Blazek (third from left), Bob Mow, Marc Wiitala, and Dave Taylor.

dynamos, **Hot Shoes Returns**, of Portland, OR, lowered their own CR by a staggering three hours to 24:21:02.

• **Danny Reed**, 40, Laguna Niguel, CA, 15:30, and **Diane Haney**, 40, Laguna Niguel, CA, 18:36, won overall at the San Clemente, CA, Fiesta 5000, Aug. 12. **Sandy Fischer**, 40, Allison Park, PA, 18:41, was second woman overall.

• **Shirley Matson** broke the W60 U.S. 5K record of 19:53 in 1990 by **Sister Marion Irvine** with a 19:37 in the Susan B. Anthony 5K, Sacramento, Aug. 11. The time also eliminates the age-60 record of 20:12 by **Barbara Miller**. A month later, on Sept. 9, Matson ran a 68:16 in the Buffalo Stampede 10 Mile, Sacramento, to reduce Miller's U.S. W60 record of 69:45 in 1999.

INTERNATIONAL

• **Paula Schneiderhan**, one of Germany's most successful masters athletes, died Aug. 31, after suffering from a stroke in August. She was 79. After two strokes in 2000, Schneiderhan lived in a nursing home and was able to get around in a wheel chair. She dominated the sprints and long jump in her age category at international championships. At the WAVA Championships-Gateshead, she won the 100, 200, 400, and LJ. She holds age-group WRs in the W70 and W75 100 and 200, the W75 400, and the W65, W70, and W75 LJ.

LOST & FOUND

• **Mary Roman** lost a black Reebok weight belt at the East Regional Championships, Springfield, Mass., Aug. 11-12. She would appreciate the finder mailing it C.O.D. to 1 Birchside Dr., Norwalk, CT 06850. Roman will be at the Huntsman Senior Games in Utah in October.

CORRECTION

• In the USATF East Regional results (Sept. NMN), the following are corrections: Philippe

FIVE YEARS AGO October 1996

• **NCCWAVA Championships** Draw 631 from 16 Countries to Eugene, Ore.

• **Martin Mondragon** (42, 49:51) and **Tatyana Pozdnyakova** (40, 54:46) Win in Crim 10 Mile

• **Throwers Set Eight Age Records** in Weight Championships in Seattle

Statement of Ownership Management and Circulation

1. Title of publication: National Masters News. 2. Publication No. 0744-2416. 3. Date of Filing: 9-14-01. 4. Frequency of Issue: Monthly. 5. No. of Issues Published Annually: 12. 6. Annual Subscription Price: \$26.00. 7. Publication Mailing Address: P.O. Box 50098, Eugene, OR 97405. 8. General Business Office Address: 14155 Magnolia Blvd., #338, Sherman Oaks, CA 91423.

9. Publisher/Editor: Al Sheahan, P.O. Box 2372, Van Nuys, CA 91404. 10. Owner: Rodale Press, Inc., 33 E. Minor St., Emmaus, PA 18098. 11. Bondholders, Mortgages and Other Security Holders: None. 12. Not applicable.

13. Publication Title: National Masters News. 14. Issue Date for Circulation Data Below: 09/01.

15. Extent and Nature of Circulation: Average no. copies each issue during preceding 12 months: A. Total No. Copies (net press run), 7512. B. Paid Circulation 1) Paid/Requested Outside-County Mail Subscriptions Stated on Form 3541. (Include Advertiser's proof and exchange copies), 6015. 2) Paid In-County Subscriptions (Include advertiser's proof and exchange copies), 260. 3) Sales Through Dealers and Carriers, Street Vendors, Counter Sales, and Other Non-USPS Paid Distribution, 228. 4) Other Classes Mailed Through the USPS, 446. C. Total Paid Circulation, 6949. D. Free Distribution by Mail (Samples, complimentary, and other free), 0. E. Free Distribution Outside the Mail (Carriers or other means), 540. F. Total Free Distribution (Sum of 15d. and 15e.), 540. G. Total Distribution (Sum of 15c. and 15f.), 7489. H. Copies not Distributed, 23. I. Total (Sum of 15g. and h.), 7512. J. Percent Paid and/or Requested Circulation (15c. divided by 15g. times 100), 92.8.

No. Copies of Single Issue Published Nearest to Filing Date: A. Total No. Copies (net press run), 7300. B. Paid Circulation 1) Paid/Requested Outside-County Mail Subscriptions Stated on Form 3541. (Include Advertiser's proof and exchange copies), 5845. 2) Paid In-County Subscriptions (Include advertiser's proof and exchange copies), 253. 3) Sales Through Dealers and Carriers, Street Vendors, Counter Sales, and Other Non-USPS Paid Distribution, 222. 4) Other Classes Mailed Through the USPS, 433. C. Total Paid Circulation, 6753. D. Free Distribution by Mail (Samples, complimentary, and other free), 0. E. Free Distribution Outside the Mail (Carriers or other means), 525. F. Total Free Distribution (Sum of 15d. and 15e.), 525. G. Total Distribution (Sum of 15c. and 15f.), 7278. H. Copies not Distributed, 22. I. Total (Sum of 15g. and h.), 7300. J. Percent Paid and/or Requested Circulation (15c. divided by 15g. times 100), 92.8.

16. Publication of Statement of Ownership will be printed in the 10/01 issue of this publication. 17. Signature and Title of Editor, Publisher, Business Manager or Owner: Al Sheahan, Publisher - Date: 9/14/01.

I certify that the information furnished on this form is true and complete. I understand that anyone who furnishes false or misleading information on this form or who omits material or information requested on the form may be subject to criminal sanctions (including fines and imprisonment) and/or civil sanctions (including civil penalties).

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

November 27 - December 1. USATF 23rd Annual Convention, Mobile, Ala. USATF, PO Box 120, Indianapolis, IN 46206-0120. 317-261-0500; fax: 261-0481; www.usatf.org

February 9, 2002. USATF National Masters 6K Cross-Country Championships, Fort Vancouver, Wash. Al Beck, 39400 Pioneer Blvd., #11, Sandy, OR 97055. 541-676-9601; karal@centurytel.net; www.USATF-Oregon.org. Masters money.

March 22, 2002. USATF National Masters Indoor Pentathlon Championships, Boston. Men: 60H/LJ/SP/HJ/1000; women: 60H/HJ/SP/LJ/800. See below.

March 22-24, 2002. USATF National Masters Indoor Championships, Reggie Lewis Center, Boston. Steve Vaitones, USATF NE Association, 617-566-7600; fax: 734-6322; www.usatfne.org; email: office@usatfne.org

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

EAST

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

January 13, 2002. Brown University Masters Indoor Invitational, Providence, R.I. Send SASE to Bob Rothenberg, Brown Track Office, Box 1932, Brown U., Providence, RI 02912. 401-863-1041.

SOUTHEAST

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

October 4-6. North Carolina Senior Games, Raleigh. 919-851-5456.

November 4. Clearwater Weight Pentathlon/Throwers Classic, Clearwater, Fla. 727-725-8139; jselleh@aol.com

November 27-December 1. Florida Senior Games State Championships, Lakeland. 850-488-8347.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

October 12-13. Louisiana Senior Olympic Games, LSU, Baton Rouge. 225-925-1748

October 13. Lions/Waterloo 12th Annual Relays, McNeil HS, Austin, Texas. Field events @9:30 am; track events @1:00 pm. Seth Brower, 512-345-9573; www.geo.cities.com/hurdle4fun

WEST

Arizona, California, Hawaii, Nevada

October 13. KelField 9th Annual Throws Meet, Santa Cruz, Calif. 831-458-0300; kelfield@aol.com. BBQ & beverages.

October 20. 4th annual Great Punkin Open Throws Meet & Weight Pentathlon, Nevada Union HS, Grass Valley, Calif. USATF sanctioned. 10:00 am. Most implements supplied; bring own javelins. \$10. No prizes or medals. Dick Hotchkiss, 14005 Meadow Dr., Grass Valley, CA 95945. ashglaze42@hotmail.com

October 21. Sri Chinmoy Masters Games, CSU-Long Beach, Calif. M&W40+. Bigalita Egger, 310-645-0271.

October 24-November 14. Southland Senior Olympics, Long Beach & Anaheim, Calif. Entry deadline Oct. 8. 50+. 562-570-3537; www.Lbparks.org.

November 10. KelField Throws Meet #99, Santa Cruz, Calif. 831-458-0300; kelfield@aol.com

November 10-25. Hawaii Senior Olympics, Honolulu. 808-732-8805.

March 2, 2002. Saddleback Masters Relays, Saddleback College, Mission Viejo, Calif.

NORTHWEST

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

October 8-20. Huntsman World Senior Games, St. George, Utah. T&F-9th & 10th. Huntsman Senior Games, 82 West 700 South, St. George, UT 84770. 800-562-1268; 435-674-0550; fax: 435-674-0589; hws@infowest.com

INTERNATIONAL

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

October 6-7. Russian Multi-Event Championships, Sochi. Vadim Marshev, fax: 7-095-5734150; marshev@cs.msu.su

January 12-19, 2002. 11th Oceania Veterans Athletic Championships, Geelong, Australia. 2002 Oceania Veterans Games, PO Box 1819, Geelong 3220, Australia.

August 20-24, 2002. North & Central American & Caribbean WMA Regional Championships, Leon, Mexico.

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

July 2-12, 2003. 15th World Masters Athletics Championships, Carolina, Puerto Rico. www.puertorico2003.org

LONG DISTANCE RUNNING

NATIONAL

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

October 27. USATF National Masters 15K Championships/Tulsa Run, Tulsa, Okla. Jack Wing, 4038 E. 48th St., Tulsa, OK 74135. 918-292-1939.

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

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

December 1. USATF National Masters 6K Cross-Country, Mobile, Ala. Steve Schoenwald, 6509 Timbers Dr., Mobile, AL 36695. 251-470-7730.

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

EAST

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

October 7. Leaf Peepers Half-Marathon & 5K, Waterbury, Vt. Central Vermont Runners, 1152 North St., Montpelier, VT 05602. 802-223-2080; email: teef30@aol.com

October 7. 20th Annual Wineglass Marathon/Merrill Lynch Team Relay. Bath-Coming, N.Y. 800-284-3352, x615; www.wineglassmarathon.com

October 7. Georgetown Classic 10K, Washington, D.C. 301-871-0400; www.run.washington.com

October 7. NYRR Fred Lebow 5K Cross-Country, Van Cortlandt Park, NYC. 212-860-4455; www.nyrrc.org

October 7. NYRR Grete's Great Gallop Half-Marathon, Central Park. See Oct. 7 above.

October 7. New Jersey Cross-Country Championships, Readington Twp. Julie Schick, 732-296-0006; usatfnj@aol.com

October 8. Ocean State Marathon, Warwick-Providence, R.I. 401-885-4499; www.OSM26.com

October 8. Tufts Health Plan 10K for Women, Boston, Mass. 888-767-RACE; www.tuftshealthplan.com

October 13. Aetna Greater Hartford Marathon, Half-Marathon, & 5K, Hartford, Conn. 860-652-8866; www.hartfordmarathon.com

October 14. Army Ten-Miler, Washington,

ON TAP FOR OCTOBER

TRACK & FIELD

The T&F portion of the Huntsman Senior Games takes place on the 9th-10th. The Lions/Waterloo Relays run on the 13th in Austin, Texas. The Great Punkin Weight Pentathlon is available in Grass Valley, Calif., on the 20th. Men and women age 40+ can head for the Sri Chinmoy Masters Games at CSU-Long Beach on the 21st.

LONG DISTANCE RUNNING

Minneapolis/St. Paul again hosts the National Masters Marathon Championships on the 7th in the Twin Cities Marathon. Masters runners return to the Tulsa Run 15K for their National Championships. An expansive menu includes the St. George Marathon in Utah on the 6th; Chicago and Sacramento marathons on the 7th; Tufts Health Plan 10K, Boston, Mass., on the 8th; Army Ten-Miler, Washington, D.C., and Mohawk-Hudson River Marathon on the 14th; Baltimore, Bay State, Indianapolis, Detroit, Columbus, St. Louis, and Humboldt Redwoods marathons on the weekend of the 20th-21st; and the Silicon Valley and Marine Corps marathons on the 28th. The Avon Running 10K Global Championships will be decided in Budapest on the 14th.

RACEWALKING

Racewalkers will be contesting in the National Masters One-Hour Championships, Worcester, Mass., on the 7th, and the 100K Championships in Yellow Springs, Ohio, on the 27th. □

D.C. 202-685-3361; www.armytenmiler.com

October 14. Atlantic City Marathon, Half-Marathon, 10K, & 5K. SASE to AC Marathon, Box 2181, Ventnor, NJ 08406. www.active.com

October 14. Mohawk-Hudson River Marathon/USATF Adirondack Championships, Schenectady-Albany. 518-435-4500; www.hmrrc.com

October 14. B.A.A. Half-Marathon, Boston, Mass. www.baa.org

October 14. NYRR Kurt Steiner 5K Cross-Country, Van Cortlandt Park, NYC. See Oct. 7.

October 14. Mid-Atlantic 15K Championships/Delaware Distance Classic, Wilmington, Del. 302-798-4179.

October 20. Baltimore Marathon, Baltimore, Md. 800-487-0607; www.TheBaltimoreMarathon.com

October 20. Shelter Island 5K, Shelter Island, N.Y. SI 5K, PO Box 599, Shelter Island, NY 11964. 10:00 am. 631-749-0479.

October 21. Bay State Marathon, Tyngsboro, Mass. 978-433-9909; www.bay

Continued on page 23

Need

Back Issues?

Most back issues of the *National Masters News* are available for \$2.00 each, plus \$1.50 postage and handling for each order.

Send to:

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

Continued from page 22
state.marathon.com

October 21. Great Pumpkin Classic 4 Miler, Trumbull, Conn. msrunningproductions@yahoo.com

October 27. Seaside 10 Mile & 5K, Ocean City, Md. www.ocean.com

October 27-28. Mystic Places Marathon, Rocky Neck State Park, Conn. 2000 limit. 203-481-5933; www.mysticplacesmarathon.org

October 28. Mayor's Cup Cross-Country, Franklin Park, Dorchester (Boston), Mass. 617-566-7600.

October 28. 26th Marine Corps Marathon, Washington, D.C. Rick Nealis, 800-RUN-USMC; www.marinemarathon.com

October 28. Compass Bank Cape Cod Marathon & Relay, Mass. 1200 limit. 508-540-6959; www.capeodmarathon.com

October 28. Long Island Cross-Country Championships, Bethpage, N.Y. Mike Polansky, 516-349-7646; Spolansky@aol.com

November 4. New York City Marathon. NYRR, 9 E. 89th St., New York, NY 10128. 212-860-4455; www.nyrrc.org

November 10. Pittsylvania Cross-Country 8K Challenge, Frick Park, Pittsburgh, Pa. 11:15 a.m. West Penn TC, John Harwick, 348 Morris St., Clymer, PA 15728. 724-254-2369.

November 10. Veterans Day 5K Cross-Country/RRCA Eastern Regional Championships, Northport, N.Y. SASE to Veterans Day 5K, 6 Todd Court, Huntington Station, NY 11746. 631-424-7169; www.nrcrun.org

November 11. Stockade-athon 15K, Central Park, Schenectady, N.Y. HMRR, 435-4500.

November 11. Nasdaq Veterans Day 10K, Washington, D.C. 301-871-0400; www.runwashington.com

November 11. Ocean State Marathon, Warwick, R.I. 401-885-4499; fax: 885-3188; www.osm26.com

November 18. Philadelphia Marathon & 8K. 215-685-0054; www.philadelphiamarathon.com

November 18. MacArthur Airport 8K, Ronkonkoma, N.Y. Bohemia TC, PO Box 384, Bohemia, NY 11716. 631-234-7733.

November 22. Manchester Road Race 4.75, Manchester, Conn. 860-643-5295; www.manchesterroadrace.com

November 24. NYRR Knickerbocker 60K, Central Park, NYC. 212-496-3099; www.nyrrc.org

December 1. NYRR Hot Chocolate 15K, Central Park, NYC. 212-860-4455; www.nyrrc.org

SOUTHEAST

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

October 7. Disney's 10K Classic, Orlando, Fla. 407-938-3398; www.disneyworldsports.com

October 13. Peachtree City Classic 15K/RRCA National Championships, Peachtree, Ga. Peachtree City RC. Carolyn Gulick, 770-487-7652; gulick@aol.com

October 13. Women's Distance Classic 5K, Fort Myers, Fla. 941-542-1242; www.ftmyertrackclub.com

October 20. Paint the Town Pink 4K, Mobile, Ala. Port City Pacers, PO Box 6427, Mobile, AL 36660. 251-473-7223.

October 27. William and Mary Homecoming 5K, Williamsburg, Va. Rick Platt, 757-229-7375; rickplatt@juno.com

October 27. Governor's Cup 8K & Half-Marathon, Columbia, S.C. 803-929-1996; www.carolinamarathon.org



GEORGE BANKER

John Tuttle, 42, fourth overall (30:22), Sallie Mae 10K, Washington, D.C.

November 3. Delchamps Senior Bowl Charity 10K, Mobile, Ala. Port City Pacers, PO Box 6427, Mobile, AL 36660. 251-473-7223.

November 10. SunTrust Richmond Marathon & NTELOS 8K, Richmond, Va. 804-673-RACE; www.richmondmarathon.com

November 10. YMCA Turkey Trot 5K for Women, Bristol, Tenn. Patty Bailey, 423-968-9444; www.ywcabristol.org

November 17. Turkey 10 Miler, Mobile, Ala. Port City Pacers, PO Box 6427, Mobile, AL 36660. 251-473-7223.

November 17. Avon 5K Run/Walk, Tampa Bay, Fla. 800-748-1047, x5350; www.avonrunning.com

November 22. Atlanta Marathon, Atlanta, Ga. 404-231-9065; www.atlantatrackclub.org

November 22. Time Turkey Trot 10K, Clearwater, Fla. 727-442-5838; www.runwestflorida.com

November 22. Outback Distance Classic Half-Marathon & 6K, Jacksonville, Fla. 904-729-1917; www.1stplacesports.com

December 2. Hops Marathon, Half-Marathon, & Relay, Tampa, Fla. SASE #10 to Hops-RJ, PO Box 1881, Tampa, FL 33601-1881. 813-229-7866; www.doit-sports.com/Hopsmarathon

December 2. Raleigh Marathon/Relay & Half-Marathon, Raleigh, N.C. 5K, Dec. 1. 919-266-2444; www.raleighmarathon.com

December 2. First Tennessee Memphis Marathon, Memphis, Tenn. Kim Cherry, 800-893-7223; www.runmemphis.com

December 8. Huntsville Times Rocket City Marathon/RRCA Southern Region Championships, Huntsville, Ala. HTC, PO Box 43, Huntsville, AL 35649. 256-828-6207; M.E.Gillis@att.net; www.HuntsvilleTrackClub.org

December 15. Jacksonville Marathon & Half-Marathon. 904-739-1917; www.1stplacesports.com

MIDWEST

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

October 7. LaSalle Bank Chicago Marathon. 312-904-9800; 1-888-243-3344; www.chicagomarathon.com

October 20. Indianapolis Marathon, Lawrence, Ind. 317-826-1670; www.indianapolismarathon.com

October 21. Detroit Free Press/Flagstar Bank International Marathon, Detroit, Mich. 313-222-6676; www.freep.com/marathon

October 21. Illinois Championships/Frank Lloyd Wright 5K, Oak Park, Ill. 708-383-0002; usatfvn@aol.com

October 21. Columbus Marathon & 5K, Columbus, Ohio. www.columbusmarathon.com

October 26. Lady's Only 5K, Gahanna, Ohio. UltraFit USA, 614-481-9077; www.ultrafit-usa.com

November 22. Thanksgiving Turkey Trot 10K, Detroit, Mich. 248-544-9099; www.motorcitystriders.com

November 22. Running Spot Thanksgiving Day 10K, Cincinnati, Ohio. 513-474-1399; www.racedmc.com

MID-AMERICA

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

October 6. USATF Mid-America Region Masters Cross-Country (5.8K) Championships, U. of Colorado-Buffalo Ranch. Held after UC Rocky Mountain Shootout X-C Championships. Also open 8K and women's

5.8K. Tim Dolen, 303-499-3841; tdolen@compuserve.com

October 6. New Mexico Championships/The Whole Enchilada 5K, Las Cruces, N.M. 505-524-7824.

October 7. Avon 5K Run/Walk, Kansas City, Kansas. 800-748-1047, x5350; www.avonrunning.com

October 13. Hobo Day 5K, Brookings, S. Dak. Steve Britzman, 319 5th Ave., Brookings, SD 57006. 605-697-9058; www.brookings.com/striders

October 20-21. Spirit of St. Louis Marathon, Relay, & 5K (20th), St. Louis, Mo. 314-725-9884; www.stlouismarathon.com

November 10. Rim Rock Run, Grand Junction, Colo. Elaine (SASE), P.O. Box 3685, Grand Junction, CO 81502. 970-243-4055; www.rimrockrun.org

November 22. Mile High United Way Turkey Trot 4 Mile, Denver, Colo. 303-694-2202; www.bklltd.com

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

October 13. Brazosport Run for the Arts 10 Mile, Lake Jackson, Texas. 281-370-8149; www.runforhearts.com

October 20. Arkansas 10K Cross-Country Championships, Fayetteville. Joe Fennell, smorris@tcac.net

October 20. Reuel Little Classic Half-Marathon/USATF Oklahoma Championships, Madill.

October 27. Arkansas 20K Championships, Benton, Ark. 501-455-2643; pirel@prodigy.net

November 10. Boot Scoot & Run

Continued on next page

You put too much effort into
your sport to trust your
equipment to anyone else.



Big Pat Ryan
gets set to throw
for Olympic gold
in Antwerp, 1920.

On Track knows you look for quality equipment to fit a Masters athlete's budget. It's here—just a phone call away. On Track also is proud to be the exclusive supplier of official USA Masters Track & Field uniform apparel. We accept VISA, MasterCard and Discover Card.

Order through our toll-free number.
Call for a FREE catalog.

ON TRACK
800.697.2999

Online? Check out our e-catalog @
www.ontrackandfield.com

Continued from page 23

5K/USATF Oklahoma West Championships, Fairview.

November 11. San Antonio Marathon, Half-Marathon, & 8K, San Antonio, Texas. 210-246-9652; www.samarathon.org

November 17. Turkey Trot 10K/USATF Oklahoma East Championships, Tulsa.

November 22. Dallas YMCA Turkey Trot 8 Mile, Dallas, Texas. 972-560-3879; www.the-trot.com

December 9. Dallas White Rock Marathon/Relays, Dallas, Texas. 972-943-4696; runtherock.com

April 28, 2002. Oklahoma City Memorial Marathon, Oklahoma City, Okla. Marathon, relays, walks. 405-525-4242; www.okcmarathon.com

WEST

Arizona, California, Hawaii, Nevada

October 7. Sacramento Marathon. 707-678-5005; starlite99@aol.com

October 14. Arturo Barrios Invitational



JERRY WOJCIK

Joy Margerum, California, W40 winner in the 80H (12.76) and 400H (69.56), USATF National Masters Championships, Baton Rouge, La.

10K Run/Walk & 5K Run/Walk, Chula Vista, Calif. Elite Racing, 858-450-6510; www.eliteracing.com

October 14. Lake Tahoe Marathon, Half-Marathon, 10K, & 5K, Calif. 530-544-7095; fax: 544-6061; www.laketahomarathon.com

October 20. Light the Night 5K, San Diego, Calif. 858-792-2900; inmotionevents.com

October 21. Pacific Championships/Humboldt Half-Marathon, Weott, Calif. spowers@northcoast.com; www.northcoast.com/~hrm

October 21. Komen Inland Empire Race for the Cure Women's 5K Run/Walk, Temecula, Calif. Also Coed 5K, 909-695-0457; www.IEKOMEN.com

October 21. Humboldt Redwoods Marathon, Weott, Calif. 707-443-1220; spowers@northcoast.com

October 28. Silicon Valley Marathon, San Jose, Calif. 831-477-0965; www.svmarathon.com

November 4. Santa Clarita Marathon, Half-Marathon & 5K, Santa Clarita (30 miles north of L.A.), Calif. 888-823-3455; www.scmarathon.org

November 10. CPVA 10K & 5K, Seal Beach, Calif. 714-841-5417; www.nealand.com/finishline

November 10. Big Sur Trail Marathon, Big Sur, Calif. 415-868-1829; www.envirosports.com

November 11. Long Beach International City Marathon, Long Beach, Calif. 562-728-8829; www.runlongbeach.com

November 17. Jet to Jetty 5K & 10K, Playa del Rey, Calif. AMCS, 310-670-1410.

December 1. Diamond Valley Lake Challenge Marathon, Half-Marathon, & 5K Race/Walk, Diamond Valley Lake (s. of Hemet), Calif. 714-841-5417; www.nealand.com/finishline

December 2. Western Hemisphere Marathon, Culver City (Los Angeles), Calif. Jack Nakanishi, Culver City Rec. Dept., 4117 Overland Ave., Culver City, CA 90230. 310-253-6668.

December 2. California International Marathon, Sacramento. 916-983-4622; www.runcim.org

December 9. Avon 5K Run/Walk, Phoenix, Ariz. 800-748-1047, x5350; www.avonrunning.com

December 9. Tucson Marathon, Tucson, Ariz. Pam Reed, 520-320-0667; www.tucsonmarathon.com

December 9. Honolulu Marathon. 808-734-7200; www.honolulumarathon.org

February 3, 2002. Las Vegas Marathon and



JERRY WOJCIK

Top three M40 triple jumpers (from l): James Singleton, second (12.27), Bryan Johnson, first (13.30), and Mortimer Sellers, third (11.58), National Masters Championships, Baton Rouge, La.

Half-Marathon, Las Vegas, Nev. Las Vegas Marathon, P.O. Box 81262, Las Vegas, NV 89180. 702-876-3870; web: www.lvmarathon@aol.com; e-mail: lvmarathon@aol.com

NORTHWEST

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

October 6. St. George Marathon, St. George, Utah. Carlene Garrick, 435-634-5850; www.stgeorgemarathon.com

October 15. Inland Northwest Half-Marathon Championships, Spokane, Wash. Dori Robertson, 509-238-9591; onice@ice-house.net

October 20. See Jane Run 5K, Coos Bay, Ore. Pete Dawson, South Coast RC, 2469 Oak St., North Bend, OR 97459. 541-267-6329.

November 25. Seattle Marathon & Half-Marathon, Seattle, Wash. Louise Long, 206-729-3660; www.seattlemarathon.org

December 23. Christmas Marathon, Olympia, Wash. Bob Green, 360-236-7852; www.ontherun.com

CANADA

October 21. Casino Niagara International Marathon, Half-Marathon, & 5K, Niagara Falls, Canada. 905-356-9460; www.niagarafallstourism.com

INTERNATIONAL

October 6. BVAF Cross-Country Championships, Swansea, Wales. BVAF X-C, 40 Twyni-Teg, Killay, Swansea SA2 7NS, Wales.

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

October 14. 20K de Paris, Paris, France. 33-1-45-75-22-44; fax: 33-1-45-75-84-00; email: sport.leader@wanadoo.fr

October 28. Venice Marathon, Venice, Italy. 800-444-4097; www.marathonontour.com

October 29. Dublin Marathon, Dublin, Ireland. See Oct. 28.

November 4. Athens Marathon, Athens, Greece. 800-444-4097; www.marathon-tour.com

May 24-26, 2002. WMA Non-Stadia Championships, Riccione, Italy (s. of Venice).

RACEWALKING

October 4. Florida 20K RW Championships, Coconut Creek. Bob Cella, 954-747-9465.

October 6, 13, 20. Potomac Valley TC Fall RW Clinic, Alexandria, Va. 703-671-2520; www.pvtrc.org

October 7. USATF National Masters One-Hour RW Championships, Worcester, Mass. Justin Kuo, 39 Oakland Rd., Brookline, MA 02445. 617-731-9889.

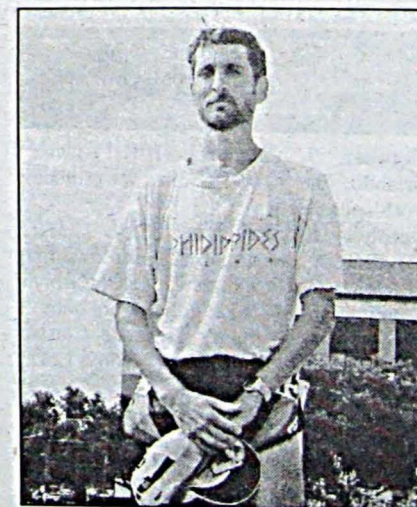
October 10-11. Huntsman Senior Games 1500 (track) & 5K (on 11th) Racewalks, St. George, Utah. Clinic by Viisha Sedlak on Oct. 10 before 1500. See T&F - Northwest.

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

October 27. Pacific 10K RW Championships, Seaside, Calif. Hansi Rigney, rigney@redshift.com

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

December 8. Texas Largest Judged 5K RW, Pharr, Texas. 8:00 am. A.C. Jaime, 800-383-5733.



JERRY WOJCIK

Brian Pope, Mississippi, M35 winner in the 5000 (15:17.87) and 10,000 (32:14.59), USATF National Masters Championships, Baton Rouge, La.

SKI & TRAVEL

INTERNATIONAL, Inc.

Tel/Fax: 218-847-0410

E-mail: skiescape@lakesnet.net

www.ski-escape.com

WMA REGIONAL CHAMPIONSHIPS

Leon, Mexico

Aug. 20-24, 2002

WORLD MASTERS GAMES

Melbourne, Australia

Oct. 5-13, 2002

WMA INTERNATIONAL CHAMPIONSHIPS

San Juan, Puerto Rico

July 1-12, 2003

We have packages to the above games!!

Contact us NOW!!!

Paul Geyer

TWENTY YEARS AGO October 1981

- John Alexander, 61, Scores 3611 to Win M60 National Masters Pentathlon Championships

- Sister Marion Irvine Sets W50 U.S. 10K Record of 38:16

- Canadian Jean Cleator Breaks W55 5000 WR With a 21:18.5 in North American Masters Championships

RECIPIENTS OF ALL-AMERICAN AWARDS

M35-39
Norm Bouthillier mile 4:29.75 3-29-01
800m 2:01.88 3-25-01
1500m 4:17.40 1-14-01
5K 15:47 10-28-00

M40-44
Barry Coffman 800m 2:03.23 7-27-01
Douglas Johnson 1500RW 6:41.52 8-11-01
Dennis Morris J 54.59 7-27-01
WF Newhall 5000 16.20.9 8-11-01
Mortimer Sellers TJ 11.58 7-28-01

M45-49
Ron Bamberg WP 3021 8-25-01
Frank Sharpe TJ 10.92 7-28-01
Neil Steinberg 100 11.95 6-16-01
200 23.92 6-16-01
Larry Washington 3000 10:20.6 4-22-01

M50-54
Buzz Gagne J 143-8 6-10-01
J 153-5 6-16-01
John Ray HJ 1.62 6-20-01

M55-59
Robert Rice J 42.03 7-25, 28-01

M60-64
Gene Thacker D 42.66 6-28-01
Thom Weddle 1500 5:07 6-08-01
Rodger Young 100hh 19:45 8-10-01

M65-69
Richard Croak 400 68.2 8-17, 18-01
Herman Lofton 800 2:39.56 7-25, 28-01
Alan Rosen D 128-7 6-10-01
Leonard Rosen D 137-0 7-7-01
SP 40-3 7-21-01
Neil Saling SP 44.65 3-31-01

M70-74
Rudy Bredenbeck SP 11.14 8-4-01
D 34.15 8-4-01
LJ 12-8 5-5-01
CL Bruce TJ 23-11 3/4 8-12-01

Edward Doucette Mile 6:38.02 3-25-00
John Poche WP 3335 6-6-01
Ray Propst J 31.63 6-16-01
80hh 16.87 7-12-00

M80-84
Dan Geer 3000 18:19.18 1-7-00

W45-49
Deb Topham 5K 28.25 4-28-01

W50-54
Linda Romansic H 28.9 8-25-01
W 8.19 8-25-01

W75-79
Mary Holland J 15.94 7-17-01

U.S. MASTERS ALL-AMERICAN STANDARDS

FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
55	6.8	6.9	7.1	7.2	7.4	7.9	8.1	8.4	8.9	9.4	10.4	11.8	13.5
60	7.4	7.55	7.7	7.85	8.05	8.5	9.0	9.25	9.5	10.0	11.2	12.8	16.6
100	11.0	11.3	11.5	11.9	12.2	12.6	13.2	13.8	14.6	16.0	18.0	23.0	
200	22.4	23.2	23.8	24.6	25.5	27.0	27.9	29.5	32.0	35.0	40.2	52.0	
400	51.5	52.5	53.8	56.0	57.5	62.0	65.0	69.0	75.0	88.0	98.0	120.0	
800	2:02	2:04	2:06	2:11	2:16	2:25	2:35	2:45	3:06	3:35	4:30		
1500	4:20	4:22	4:24	4:35	4:45	5:10	5:20	5:45	6:30	7:20	8:10	9:20	
Mile	4:40	4:40	4:50	5:00	5:10	5:30	6:00	6:15	6:55	8:20	8:45	10:15	
3000	9:25	9:40	10:00	10:25	10:45	11:15	11:50	12:45	13:40	15:50	19:10	23:00	26:00
5000	15:45	16:00	16:15	16:45	17:30	18:25	19:30	21:00	23:30	26:00	29:00	32:30	
10000	32:30	32:50	33:30	36:00	38:00	39:00	40:30	44:00	48:30	54:30	61:15	68:30	
55H	8.6	8.7	9.0	9.5	10.0	10.3	10.6	10.9	11.2	11.6	12.5		
60H	9.0	9.3	9.4	9.8	10.3	10.6	10.9	11.1	11.4	12.0	13.6		
110H	15.4	16.5	17.8	18.8									
100H					18.0	19.0	20.0	21.0					
80H									18.0	21.0	25.0	30.0	
400H	58.0	60.0	62.0	64.0	68.0	71.0							
300H					48.0	51.0	55.0	60.0	67.0	75.0	85.0	95.0	
3K-SC	10:10	10:30	11:45	12:40	13:30	14:00							
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30	
HJ	1.90	1.85	1.76	1.68	1.60	1.50	1.45	1.38	1.25	1.15	1.00	0.80	
6-2 1/2"	6-2 1/2"	6-2 1/2"	5-9 1/2"	5-6	5-3	4-11	4-9	4-8 1/2"	4-1 1/2"	3-9 1/2"	3-3 1/2"	2-7 1/2"	
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 1/2"	13-5 1/2"	12-11 1/2"	12-1 1/2"	11-7 1/2"	10-8	10-10 1/2"	7-10 1/2"	7-6 1/2"	6-6 1/2"	5-10 1/2"	4-3 1/2"		
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	20-1/2	19-2 1/2"	18-4 1/2"	17-8 1/2"	16-7 1/2"	14-9	13-9 1/2"	12-5 1/2"	10-11 1/2"	9-4 1/2"	7-2 1/2"		
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 1/2"	41-4 1/2"	37-8 1/2"	35-5 1/2"	34-1 1/2"	31-2	29-2 1/2"	26-11	22-10	21-4	19-6	19-5 1/2"		
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 1/2"	39-4 1/2"	42-0	37-8 1/2"	36-1 1/2"	29-6 1/2"	26-3	19-8 1/2"		
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 1/2"	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 1/2"	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 1/2"	45-11 1/2"	42-8	39-4 1/2"	32-9 1/2"	29-6 1/2"			19-8 1/2"	16-4 1/2"	13-1 1/2"	9-10		
25#Wt.						11.50	10.00	9.00	7.30	5.30	4.50		
37-8 1/2"						32-9 1/2"	29-6 1/2"	23-11 1/2"	17-4 1/2"	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 1/2"	27-10 1/2"	26-3	19-8 1/2"	18-1/2	16-4 1/2"	14-9	11-5 1/2"	9-10	8-2 1/2"	6-6 1/2"		
Pent.	2800	2600	2600	2600	2600	2600	2600	2600	2400	2200	2000		
Decath.	5500	5250	5250	5000	5200	5000	4500	5000	4800	4200	3000	2500	
Wt. Pent.	2800	2700	2800	3000	3000	3000	3000	3000	2600	2700	3000	3000	

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

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

FOR WOMEN

	1.5K	Mile	3K	5K	8K	10K	15K	20K	25K	30K	40K	50K
W30	7:13	7:47	14:50	25:38	42:04	52:43	1:21:56	1:52:06	2:24:43	2:59:15	4:08:45	5:37:30
W35	7:22	8:03	15:18	26:27	43:11	53:56	1:23:29	1:53:32	2:26:51	3:01:53	4:12:21	5:42:23
W40	7:37	8:21	15:53	27:26	44:47	55:56	1:26:37	1:58:06	2:32:33	3:08:56	4:22:13	5:55:48
W45	8:03	8:41	16:32	28:33	46:35	58:10	1:30:08	2:03:00	2:38:56	3:17:00	4:33:31	6:11:25
W50	8:25	9:05	17:15	29:49	48:36	1:00:41	1:34:08	2:08:30	2:46:11	3:26:08	4:46:23	6:29:09
W55	8:55	9:31	18:05	31:14	50:54	1:03:33	1:38:40	2:14:48	2:54:26	3:36:33	5:01:03	6:49:24
W60	9:17	10:01	19:01	32:51	53:32	1:06:50	1:43:51	2:21:54	3:03:54	3:48:29	5:17:54	7:12:43
W65	9:48	10:35	20:06	34:43	56:33	1:10:37	1:49:50	2:30:12	3:14:51	4:02:20	5:37:25	7:39:46
W70	10:26	11:15	21:22	36:54	1:00:02	1:15:01	1:56:49	2:39:54	3:27:38	4:18:30	6:00:18	8:11:30
W75	11:10	12:01	22:51	39:28	1:04:10	1:20:14	2:05:05	2:51:18	3:42:50	4:37:46	6:27:35	8:49:28
W80	12:03	12:58	24:41	42:37	1:09:13	1:26:38	2:15:15	3:05:24	4:01:36	5:01:39	7:01:26	9:47:35
W85	13:13	14:15	27:05	46:45	1:15:50	1:35:01	2:28:37	3:24:00	4:26:20	5:33:10	7:46:16	10:39:15
W90	14:56	16:06	30:36	42:14	1:25:30	1:47:18	2:48:13	3:51:12				
MEN												
M30	6:31	7:01	13:21	23:05	37:57	47:49	1:13:10	1:38:18	2:05:12	2:32:17	3:27:30	4:31:00
M35	6:43	7:14	13:47	23:46	38:55	48:53	1:14:28	1:39:43	2:06:56	2:34:14	3:30:17	4:34:53
M40	6:58	7:29	14:16	24:24	40:15	50:32	1:17:03	1:43:13	2:11:29	2:39:47	3:37:53	4:44:49
M45	7:13	7:46	14:47	25:31	41:44	52:25	1:19:58	1:47:10	2:16:35	2:46:05	3:46:36	4:56:24
M50	7:33	8:05	15:23	26:33	43:25	54:32	1:23:14	1:51:37	2:22:20	2:53:13	3:56:29	5:09:29
M55	7:50	8:26	16:04	27:43	45:19	56:55	1:26:56	1:56:38	2:28:52	3:01:19	4:07:41	5:24:22
M60	8:13	8:51	16:50	29:02	47:28	59:38	1:31:10	2:02:23	2:36:20	3:10:33	4:20:30	5:41:23
M65	8:38	9:19	17:43	30:33	49:56	1:02:45	1:36:01	2:08:58	2:44:53	3:21:11	4:35:15	6:01:01
M70	9:08	9:50	18:44	32:18	52:46	1:06:21	1:41:37	2:16:35	2:53:56	3:33:31	4:52:23	6:23:51
M75	9:43	10:28	19:55	34:20	56:04	1:10:35	1:48:13	2:25:34	3:05:02	3:48:05	5:12:40	6:50:54
M80	10:26	11:14	21:22	36:50	60:06	1:15:44	1:56:15	2:36:31	3:20:50	4:05:57	5:37:34	7:24:11
M85	11:21	12:13	23:14	40:04	65:20	1:22:26	2:06:43	2:50:48	3:39:31	4:29:18	6:10:11	8:07:50
M90	12:41	13:39	25:58	44:45	72:52	1:32:08	2:21:52	3:11:28	4:06:38	5:03:17	6:57:43	9:11:37

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

U.S. MASTERS ALL-AMERICAN STANDARDS

FOR WOMEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100	13.8	14.1	14.4	15.0	15.5	16.4	16.8	18.6	19.8	22.0	25.0
200	28.0	28.8	30.0	31.6	33.0	35.0	37.0	39.0	42.0	48.0	52.0
400	63.5	65.5	68.0	70.0	78.6	80.0	83.0	84.0	86.0	98.0	104.0
800	2:33	2:35	2:40	2:46	2:54	3:10	3:20	3:36	3:56	4:30	5:40
1500	5:10	5:20	5:30	5:40	6:00	6:20	6:45	7:30	8:00	8:50	10:10
5 Mile	5:40	5:50	6:10	6:30	6:50	7:00	7:40	8:10	8:50	9:40	10:45
3000	11:30	11:50	12:00	12:30	14:00	14:30	15:00	16:00	18:30	20:00	23:00
5000	19:45	20:15	21:00	22:00	23:30	24:50	26:00	28:00	30:00	34:00	36:00
10000	41:30	42:40	44:00	48:00	50:00	52:00	56:00	60:00	66:00	76:00	85:00
100H	17.2	18.2									
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0
400H	75.0	79.0	84.0	88.0							
300H					66.0	72.0	79.0	87.0	96.0	110.0	120.0
HJ	1.40	1.35	1.27	1.22	1.12	1.07	1.02	0.97	0.92	0.89	0.84
	4-7	4-5	4-2	4-0	3-8	3-6	3-4	3-2½	3-0½	2-11	2-9
PV	2.70	2.40	2.10	1.80	1.50	1.20	1.10	1.00	0.90	0.80	0.70
	8-10½	7-10½	6-10½	5-10½	4-11	3-11½	3-7½	3-3½	2-11½	2-7½	2-3½
LJ	4.60	4.42	4.04	3.81	3.40	3.20	3.10	2.60	2.30	2.10	1.50
	15-1	14-6	13-3	12-6	11-1½	10-6	10-2	8-6½	7-6½	6-10½	4-11
TJ	9.50	9.09	8.43	7.49	7.01	6.40	6.20	6.00	5.50	4.50	3.89
	31-2	29-10	27-8	24-7	23-0	21-0	20-4½	19-8½	18-½	14-9	12-9
Shot	10.30	9.32	8.51	8.40	8.00	7.77	7.50	6.60	6.00	5.20	4.30
	33-9½	30-7	27-11	27-6½	26-3	25-6	24-7½	21-8	19-8½	17-½	14-1½
Javelin	35.00	33.50	28.00	25.00	23.00	22.15	20.00	17.00	16.00	15.00	12.00
	114-10	109-11	91-10	82-0	75-5½	72-8	65-7½	55-9½	52-6	49-2½	39-4½
Discus	32.00	30.00	25.00	24.00	22.00	21.00	18.00	16.00	14.00	13.00	11.00
	105-0	98-5	82-0	78-9	72-2½	68-10½	59-½	52-6	45-11½	42-8	36-1½
Hammer	35.00	32.50	30.00	25.00	23.00	22.00	21.00	18.00	14.00	12.00	9.00
	114-10	106-7	98-5	82-0	75-5½	72-2½	68-10½	59-½	45-11½	39-4½	29-6½
20#Wt.	10.00	9.00	8.00	7.01							
	32-9½	29-6½	26-3	23-0							
16#Wt.					8.00	7.00	6.00	5.54	5.18	5.00	4.75
					26-3	22-11½	19-8½	18-2	17-0	16-4½	15-7
Sup.Wt.	6.50	6.00	5.50	5.00	5.25	5.00	4.75	4.50	4.00	3.50	3.00
	21-4	19-8½	18-½	16-4½	17-2½	16-4½	15-7	14-9	13-1½	11-5½	9-10
Wt.Pent.	2600	2500	2500	2500	2800	2600	2600	2500	2500	2400	2300

TRACK & FIELD RESULTS

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

NATIONAL

USATF National Masters Weight Pentathlon Championships Syracuse, NY; August 25

	Age	Points	ST	SP	D2	J2	WT
----- M30 -----							
1 Deep, Norm	M30	2668	40.50m	13.39m	32.98m	28.58m	13.60m
2 Rains, Roy	M30	1578	29.54m	8.44m	18.12m	23.07m	9.12m
----- M40 -----							
1 O'Higgins, Robert	M41	3460	49.44m	12.91m	44.30m	34.80m	14.10m
2 Stewart, Richard	M43	3202	45.36m	11.37m	41.34m	40.42m	12.24m
3 Doherty, Brian	M40	2533	38.30m	9.70m	28.19m	36.34m	10.69m
4 Ryan, Frank	M41	2530	26.90m	10.89m	33.26m	40.80m	9.85m
----- M45 -----							
1 Baty, Jeff	M46	3567	39.68m	12.49m	38.65m	40.56m	13.23m
2 Edmonston, John	M48	3134	40.28m	10.74m	32.21m	37.02m	11.67m
3 Reichard, Carl	M49	3126	41.76m	10.75m	32.27m	32.58m	12.33m
4 Watson, Richard	M48	3038	31.28m	10.03m	33.46m	47.84m	10.21m
5 Cedrone, Bob	M45	3036	42.32m	10.26m	32.44m	26.84m	12.87m
6 Bamburg, Ron	M48	3021	34.22m	10.67m	36.11m	37.08m	10.63m
7 Sutton, Gary	M47	2569	26.94m	9.82m	27.90m	34.74m	10.33m
----- M50 -----							
1 Edwards, Tim	M53	3730	44.78m	10.71m	43.08m	29.85m	18.12m
2 Romanic, Jack	M53	2937	32.96m	10.17m	39.52m	30.60m	11.08m
----- M55 -----							
1 Gage, Tom	M58	4932	55.98m	14.15m	44.46m	33.74m	19.18m
2 *Percy, Ian GBR	M56	4385	43.40m	12.75m	42.62m	40.51m	15.58m
3 Bitko, Mickey	M58	3942	44.14m	11.90m	36.64m	31.31m	15.20m
4 Bookin-Weiner, Jerry	M55	3810	38.72m	11.38m	40.30m	32.06m	14.16m
5 Russell, Tom	M57	3625	36.64m	10.59m	32.40m	33.83m	15.31m
6 Weikert, Doug	M55	3235	33.10m	9.80m	34.62m	31.74m	11.67m
----- M60 -----							
1 Polizzi, Chuck	M64	3909	36.32m	11.59m	42.96m	39.66m	13.57m
2 Hotchkiss, Dick	M62	3802	45.05m	10.25m	44.07m	20.20m	17.00m
3 Hodge, Russ	M61	3706	29.29m	12.59m	42.43m	32.08m	14.58m
4 Herron, Robin	M64	3221	36.59m	10.51m	34.76m	27.58m	11.59m
5 Crawford, Gary	M60	3118	30.34m	11.59m	36.96m	21.82m	12.11m
6 Crater, Harold	M62	2974	26.81m	11.70m	34.66m	24.28m	10.90m
7 Turner, James	M62	2818	24.30m	9.42m	32.66m	32.58m	10.03m
8 Primm, Gene	M62	2733	26.36m	10.08m	26.67m	30.58m	9.93m
9 Schilloff, Walter	M63	2590	29.84m	9.67m	28.78m	29.08m	6.85m
10 Sheinker, Abe	M61	2094	29.67m	7.49m	21.90m	14.50m	9.43m
11 Biddinger, Steven	M63	1851	24.68m	6.85m	22.04m	14.12m	8.34m
----- M65 -----							
1 Ward, Bob	M68	4890	48.32m	12.11m	45.06m	34.60m	16.51m
2 Humphreys, Bob	M68	4703	43.88m	12.17m	47.74m	31.84m	15.48m
3 Feick, Ray	M69	3757	33.42m	10.44m	33.52m	32.90m	13.10m
4 Yost, Chuck	M66	3276	28.08m	10.36m	30.80m	27.42m	11.35m
----- M70 -----							
1 Olson, Leonard	M70	4441	39.28m	11.91m	39.26m	29.89m	15.62m
2 Gatzrahan, William	M74	3967	31.32m	11.40m	34.36m	33.51m	12.93m
3 Allison, Tom	M71	3691	28.34m	10.95m	31.60m	32.93m	12.03m
4 Quinn, Reed	M71	2736	31.36m	9.97m	29.60m	26.83m	FOUL
5 *Velez, Luis PUR	M71	2649	37.14m	7.41m	18.12m	14.24m	11.42m
----- M75 -----							
1 Sempronio, Vince	M75	3771	25.98m	10.95m	28.96m	25.30m	12.21m
2 Gamble, John	M76	3612	29.11m	9.85m	31.08m	23.06m	10.45m
3 Stein, Jacob	M77	2712	23.24m	6.60m	26.83m	18.77m	8.62m
4 Snaden, Bill	M75	2283	18.21m	7.74m	18.33m	16.44m	7.66m
5 Dew, Robert	M77	1417	13.00m	5.67m	12.10m	6.76m	6.95m
----- M80 -----							
1 Ricciardi, Armando	M81	2738	21.27m	6.89m	20.27m	18.02m	9.34m
----- M85 -----							
1 *Gonzalez, Gilbert PUR	M88	2742	18.54m	6.82m	15.80m	14.84m	7.48m
1 Detweiler, Bob	M85	1660	9.67m	4.42m	12.90m	8.71m	6.24m
----- W30 -----							
1 Thompson, Kelly	W34	1672	FOUL	8.36m	26.96m	20.14m	8.94m
----- W40 -----							
1 Lewis, Onetha	W41	4797	50.44m	14.26m	42.68m	31.99m	17.21m
2 Finsrud, Carol	W44	4253	40.40m	12.69m	46.18m	32.75m	14.14m
3 Hallen, Sue	W44	2503	31.10m	8.40m	23.08m	20.27m	9.19m
----- W45 -----							
1 Welding, Ruth	W45	3607	34.52m	10.29m	35.44m	23.85m	10.42m
2 Thompson, Irene	W45	2021	11.14m	7.93m	16.30m	25.59m	6.15m
----- W50 -----							
1 Lopiccolo, Barbara	W54	2698	22.34m	9.16m	25.60m	22.26m	9.13m
2 Tucker, Lorraine	W54	2578	21.18m	8.94m	20.82m	26.70m	8.21m
3 Romanic, Linda	W53	2030	28.96m	6.94m	13.54m	11.94m	8.15m
----- W55 -----							
1 Katz, Roslyn	W59	2919	29.34m	7.31m	21.48m	17.01m	10.11m
2 Wright, Karen	W59	2305	17.13m	8.02m	19.90m	16.87m	6.79m
----- W60 -----							
1 Hilliard, Vanessa	W60	4866	39.78m	10.76m	29.82m	23.47m	16.68m
2 Young, Carol	W60	3534	33.78m	7.83m	17.42m	19.72m	13.12m
----- W65 -----							
1 Hicks, Amy	W68	3210	21.82m	6.37m	21.80m	20.06m	8.33m
2 Roman, Mary	W65	2916	21.73m	7.60m	15.49m	12.75m	9.49m
3 Crooks, Marcia	W67	2795	17.09m	7.12m	17.91m	15.77m	8.08m
----- W70 -----							
1 Snaden, Lillian	W72	2356	15.80m	5.80m	9.60m	10.55m	7.69m
----- W80 -----							
1 Gradick, Katherine	W83	2594	10.70m	4.73m	11.53m	11.16m	5.56m
----- W85 -----							
1 Jarvis, Betty	W86	2704	9.06m	3.96m	11.36m	9.57m	5.14m

USATF Masters Weight & Superweight Championships Seattle, WA; Sept. 8

Weight	
(M30-49 35# M50-59 25#)	
(M60-69 20# M70-79 16# M80+ 12#)	
(W30-49 20# W50+ 16#)	
M30 Matt Burks	14.09
M40 Larry Schrader	12.19
M45 Jim Wetenhall	15.05
Mark Neal	13.16
M50 Tim Edwards	18.56
Todd Taylor	17.08
Bob Sager	15.21
Steve James	15.17
Ray Allen	13.98
M55 George Mathews	17.06
M60 Dick Hotchkiss	18.29
John White	15.56
Robin Herrin	14.10

Jack Kuhn	13.17
M65 Bob Lawson	13.92
Pay Carstensen	13.82
M70 Jerry Wojcik	13.16
Ken Weinbel	12.20
M75 Vince Sempronio	12.43
Robert Horsley	11.29
M80 Armando Ricciardi	10.22
W35 Laurie Jenkins	10.90
W40 Carla EdmanSurina	8.94
W45 Kathy Wetenhall	8.98
W50 Joyce Taylor	11.52
W55 Georgia Cutler	10.58
Superweight	
(W30-49 35# M70+ 35#)	
(W30-49 35# W50 25#)	
M30 Matt Burks	WA 9.62
M40 Larry Schrader	TN 6.89
M45 Jim Wetenhall	OH 10.14
Mark Neal	WA 7.82

M50 Tim Edwards	CO 9.29
Todd Taylor	OR 8.95
Bob Sager	MT 7.50
Steve James	BC 6.90
Allen Ray	OH 6.76
M55 George Mathews	WA 8.61
M60 Dick Hotchkiss	CA 7.28
John White	WA 6.96
Jack Kuhn	CA 5.08
Robin Herrin	CO 4.99
M65 Pay Carstensen	FL 5.65
Bob Lawson	WA 5.07
M70 Ken Weinbel	WA 7.13
Jerry Wojcik	OR 7.03
M75 Vince Sempronio	OR 6.80
Robert Horsley	WA 5.05
M80 Armando Ricciardi	NV 3.98
W35 Laurie Jenkins	WA 7.18
W40 CarlaEdmanSurina	WA 5.41
W45 Kathy Wetenhall	OH 4.38

W50 Joyce Taylor OR 9.17
W55 Georgia Cutler OR 6.96

EAST

Bill Jameson Weight Pentathlon Lansdowne, MD; July 12

M45 Keith Mathis	45	2306
M65 Ed McComas	67	3384
M70 Robert Leishear	72	2586
W65 Sharon Goode	68	1449

Potomac Valley TC Meet Alexandria, VA; July 22

100m	
M30 Ricky Ervins	11.10
M35 Lorenzo Thomas	12.80
M40 Kinley Hill	12.00
M50 Chuck Williams	12.50
200m	
M30 Andrew Higgins	23.30
M40 Kinley Hall	24.30
W30 Samantha Kirby	29.90
400m	
M35 Matthew Beer	54.50
M40 Steve Nearman	53.40
W30 Samantha Kirby	1:07.40
800m	
M40 Joe Varrone	2:23.90
W40 Kathie Watson	3:24.90
1 mile	
M30 Alex Grant	4:59.70
M35 David Griffin	4:56.80
M45 Scott Eden	5:04.50
M50 Dan Eddy	5:08.40
M55 James Verdier	6:04.40
M75 Ray Blue	8:03.60
3000m	
M35 Ted Poulos	10:07.10
M40 John Rusinko	10:09.90
M45 Raymond Olivier	12:07.10
M65 James Keat	14:15.80
High Jump	
M45 Keith Mathis	4-8
M60 Jack McDonald	4-2
Long Jump	
M40 Stephen Jackson	15-6.75
M45 Keith Mathis	15
Triple Jump	
M40 Stephen Jackson	29-11.50
M45 Keith Mathis	32-2.75
Shot Put	
M40 James Brown	38-4.25
M50 Eric Gyaki	26-5
Discus	
M35 Chris Pendergrass	147-11
M45 Keith Mathis	66-5
M50 Eric Gyaki	69-7
M60 Roger Peterson	109-9
Javelin	
M30 Kevin Kanyan	203-9
M45 Keith Mathis	128-8
M50 Eric Gyaki	86-1
M60 Jack McDonald	90-6
Weight Throw	
M40 James Brown	38-9.25
1 mile RW	
M60 Michael Schwed	9:34.80
3000m RW	
M60 Michael Schwed	18:59.30
M80 Ed Dewey	28:23.10
W40 Kathy Obert	27:07.30
W45 Jan Schoenbauer	21:13.50
W55 M Hennessey	24:08.10
M85 Mary Lathram	26:39.60

Potomac Valley TC Meet Alexandria, VA; Aug. 5

100m	
M30 Ricky Ervins	10.80
M35 Lorenzo Thomas	12.70
M45 Thomas Jones	11.20
M50 Chuck Williams	12.80
M55 Matt Texier	12.10
M60 Larry Colbert	13.10
W40 Maureen Sturgill	15.22
W50 Hillen Stubendorff	15.36
W55 Sonja Flanagan	20.26
W60 Evelyn Wright	16.56
W80 Carla Convery	25.70
200m	
M30 Ricky Ervins	22.90
M35 Daemon Dartouzos	29.20
M40 Paul Allen	24.50
M45 Thomas Jones	23.20
M50 Chuck Williams	25.40

Continued from previous page

W55 Kate Clark	3'8"
W60 Arlene Dupius	3'1"
W70 Brigitte Langer	3'1"
W75 Anne McGowan	2'6"
Shot Put	
M55 Herb Bachorik	37'1"
M60 Carl Wallin	49'9"
M65 Len Rosen	39'1"
M70 P. Xanthopoulos	41'1"
M75 George Brown	26'2"
M80 John McCarthy	23'2"
M85 Bruno Maki	24'6"
W50 Kathleen Hayes	18'7"
W55 Patricia Fogg	27'1"
W60 Judy Scott	21'9"
W65 Marcia Crooks	23'3"
W75 E. O'Connor	17'6"
Discus	
M50 Francis Maineri	92'5"
M55 Herb Bachorik	114'8"
M60 Carl Wallin	130'4"
M65 Len Rosen	135'2"
M70 P. Xanthopoulos	128'7"
M75 Jay Charles	42'3"
M80 John McCarthy	91'1"
M85 Bruno Maki	64'4"
W50 Kathleen Hayes	42'11"
W55 Patricia Fogg	60'0"
W60 Joan Youngs	60'11"
W65 Marcia Crooks	58'7"
W75 J. Berlepsh	37'3"
Javelin	
M50 Bob Powers	160'6"
Buzz Gagne	158'11"
M55 Herb Bachorik	107'2"
M60 Carl Wallin	119'3"
M65 Louis Capano	91'1"
M70 P. Xanthopoulos	114'9"
M80 John McCarthy	73'3"
M85 Bruno Maki	76'9"
W50 Cindy Smith	76'10"
W55 Patricia Fogg	61'0"
W60 Joan Youngs	67'1"
W65 Dorothy Bemis	49'1"
W70 Fran Farwell	25'7"
W75 J. Berlepsh	40'5"

MAC Masters Championships Astoria Park, Queens, NYC Aug. 19

100m	
M35 Tony Ringgold	20.65
M40 David Cherry	12.19
Paul Augello	12.91
Craig Plummer	13.57
M45 John Brooks	11.81
M50 Bill Collins	11.77
M55 Bob Edmonds	15.64
M60 Richard Rizzo	14.16
David Rosenthal	15.44
M65 Tom Talbott	17.74
W35 Charlene Landrum	14.84
W40 Everette Barcliff	16.80
200m	
M40 Keith Royster	23.99
M45 Archie Glasby	24.17
M50 Bill Collins	23.28
M55 Ron Johnson	25.25
M60 Richard Rizzo	28.79
M65 Tom Talbott	36.75
W40 Louise ClarkFeaster	28.72
400m	
M40 Anselm LeBourne	53.78
M55 Richard Hamner	58.33
John Kuhl	68.70
Bob Edmonds	73.04
M60 David Rosenthal	86.47
M65 Tom Talbott	87.96
W40 Louise ClarkFeaster	66.67
800m	
M40 Craig Plummer	2:32.48
M50 Victor Diaz	2:26.14
M55 John Kuhl	2:46.60
1500m	
M40 Craig Plummer	5:00.65
Adebola Awofeso	5:29.59
3000m	
W35 Marion Cook	18:33.62
W55 Judith Carol	19:33.56
5000m	
M35 Allen Sangeap	20:41.38
M75 Des Margetson	34:37.21
Long Jump	
M40 Craig Plummer	4.63
M50 Ivan Black	4.97
M60 David Rosenthal	3.31
M65 Tom Talbott	2.23
W35 Dawn Best	4.05

Triple Jump

M50 Ivan Black	10.89
M60 Richard Rizzo	8.70
David Rosenthal	8.01
M65 Tom Talbott	4.43
W35 Dawn Best	7.51
3000m Racewalk	
M50 James Leone	22:41.88

MIDWEST

Cleveland Track Classic Independence, OH; Aug. 4

60m	
M30 Eric Burgess	7.76
M35 Bob Walters	7.80
M40 Gordon Miller	7.77
M45 Ronald James	8.39
M50 Tom Timmerman	8.50
M55 Tim Butts	8.15
M65 Paul Williams	9.37
M70 Ev Poe	9.33
M80 John Means	9.77
W40 Patricia Finley	10.35
W60 Essie Kea	10.40
100m	
M30 Eric Burgess	11.65
M35 Bob Walters	12.54
M40 Rodney Wilson	12.44
M45 Ronald James	13.70
M50 Tom Timmerman	13.87
M55 Tim Butts	13.25
M65 Paul Williams	14.57
M70 Ev Poe	15.32
M80 John Means	16.28
M95 Everett Hosack	41.01
200m	
M30 Eric Burgess	24.19
M40 Willie Burnett	25.32
M45 Ronald James	32.66
M50 Tom Timmerman	28.44
M55 Ralph Hughley	35.40
M70 William Bergen	37.14
M80 John Means	36.49
W35 Debbie Thomas	29.26
400m	
M40 Lawrence Finley	1:11.33
M45 Bob Thomas	56.55
W30 Sheri Liebschner	1:12.39
W35 Richee Cunningham	1:10.02
800m	
M30 John Plymak	2:17.6h
M45 Bob Thomas	2:13.4h
W30 Sheri Liebschner	2:48.5h
W35 Richee Cunningham	2:40.8h
1500m	
M30 Jeff Day	4:42.0h
M35 Mike Ryan	4:29.0h
M40 Peter Pachlofer	4:55.0h
M45 Vytas Skrabulis	6:34.0h
M50 Randy Barkacs	5:19.0h
M55 Bob Kuebler	5:40.0h
W35 Denine Ryan	5:52.0h
W40 Joanne Siegel	5:43.0h
3000m	
M30 Jeff Day	9:40.0h
M40 Rich Coreno	13:57.0h
M45 Vytas Skrabulis	13:54.0h
M50 Jeff Gerson	12:53.0h
M55 Bob Kuebler	11:45.0h
W40 Joanne Siegel	12:26.8h
W45 Kathryn Trzeciak	15:46.5h
Short Hurdles	
M55 Ralph Hughley	22.06
M75 Fred Hirsimaki	16.19
High Jump	
M35 Jim Timoch	4-8
M40 Clyde Shaw	5-6
M65 Glenn Blair	4-2
M70 Ev Poe	3-6
M75 Denver Smith	4-0
W30 Willetta Taylor	4-10
W60 Essie Kea	3-6
Pole Vault	
M40 Jeff Sprague	12-3
M70 Ev Poe	7-3
M75 Denver Smith	7-9
Long Jump	
M35 Bob Walters	13-9.75
M45 Mark Schervish	14-3.50
M50 Jerry Boswell	17-6.50
M55 Tom Hamilton	11-10.50
M70 Ev Poe	10-2.25
M75 Fred Hirsimaki	12-4
W30 Willetta Taylor	13-3

Triple Jump

M35 Bob Walters	29-9.50
M40 Bill Harris	25-5.50
M45 Mark Schervish	8.45
M50 Jerry Boswell	36-11.50
M75 Denver Smith	26.25

Shot Put

M35 Jim Timoch	8.87
M45 Joe Klamar	9.25
M50 Andrew Vencauskas	10.44
M55 Bill Miele	7.17
M60 Max Schindler	9.20
M70 Len Olson	12.30
M75 Richard Clarke	8.74
W35 Julie Bredenbeckcorp	11.66
Discus	
M35 Jim Timoch	27.95
M45 Joe Klamar	28.22
M50 Andrew Vencauskas	28.20
M55 Bill Miele	17.86
M60 Russell Van Put	39.98
M70 Len Olson	41.44
M75 Denver Smith	31.44
M80 Gene Abdenour	25.83
M95 Everett Hosack	9.84

Hammer

M35 Jim Timoch	59-2
M45 Mark Schervish	71-8
M55 Bill Miele	59-9
M60 Abe Sheinker	96-9
M70 Len Olson	124-2
Javelin	
M35 Jim Timoch	115-3
M40 Rodney Wilson	113-5
M45 Mark Schervish	113-2
M50 Jeff Gerson	87-7
M60 Russell Van Put	90-1
M70 Len Olson	91-10
M75 Fred Hirsimaki	98-7
M95 Everett Hosack	19-11
W35 Julie Bredenbeckcorp	104-8
W70 Ona Vasis	29-10

12# Weight Throw

M95 Everett Hosack	4.62
20# Weight Throw	
M45 Mark Schervish	39-5
M55 Bill Miele	26-1
M70 Len Olson	46-7

25# Weight Throw

M45 Mark Schervish	32-7
M50 Allen Ray	47-4
M55 Bill Miele	21-3
M70 Len Olson	37-11

35# Weight Throw

M55 Bill Miele	18-11
----------------	-------

56# Weight Throw

M50 Allen Ray	24-4
---------------	------

98# Weight Throw

M50 Allen Ray	11
---------------	----

200# Weight Throw

M50 Allen Ray	5-10
---------------	------

300# Weight Throw

M50 Allen Ray	2-9
---------------	-----

3000m RW

W35 Debbie Thomas	29:26
-------------------	-------

MID-AMERICA

Blair Open Track Meet Blair, NE; July 29

100m	
M30 Jeff Hageman	11.85
M40 Fred Sillik	NTA
M50 Stanley Cox	14.9h
M70 Byron Winter	19.7h
200m	
M40 Fred Sillik	25.96
M60 Ross Greathouse	31.0h
M70 Byron Winters	43.5h
400m	
M40 Steve Styers	1:00.66
M60 Ross Greathouse	1:09.99
M70 Byron Winters	1:39.44
1600m	
M30 Mike Durman	5:59.08
M40 Craig Christmas	4:40.5h
W30 Maria Bledsoe	7:58.0h
W40 Penny Silver	6:55.0h
3200m	
M40 Randy Raymond	13:22.3h
W40 Rose Wignall	16:06.0h
High Jump	
M30 Lyle Whitaker II	NHA
Long Jump	
M30 Lyle Whitaker II	13-2

Triple Jump

M40 Terry Kovar	34-7.50
Shot Put	
M30 Todd Davis	46-9
M50 LaVane Johnson	37-11
Discus	
M30 Todd Davis	165-8
M50 Bob Maltby	110-7

Rocky Mountain Senior Games Greeley, CO; July 31-Aug. 5

50m	
M65 Donald Blaine	8.25
M70 Paul Lind	8.69
W65 Doris Butler	11.94
W70 Chloe Childers	10.76
100m	
M50 Hank Thode	13.01
M55 Jim Francis	14.09
M60 George Cairns	14.25
M65 Richard Getz	14.28
M70 George Walby	15.69
M75 David Rocha	16.50
M80 Ed Carter	16.97
W55 Sharon Raham	17.47
W60 Joan Schempp	21.90
W65 Joyce Franks	22.37
W70 Betty Gendler	24.42
W85 C Keefer	28.72
200m	
M50 Burke Grandjean	25.78
M55 John Luksic	29.03
M60 George Cairns	29.87
M65 James Leggett	29.81
M75 David Rocha	37.59
M80 Ed Carter	35.93
W65 Joyce Franks	50.47
W75 Helen Miller	1:16.38
400m	
M50 Hank Thode	59.88
M55 Jim Francis	1:04.78
M60 Robert Trester	1:11.16
M65 James Leggett	1:06.75
M70 Rodman Smythe	1:24.81
M75 David Rocha	1:27.81
M80 Gershon Gendler	2:33.44
W60 Judith Smythe	1:42.78
W65 Joyce Franks	1:51.85
W70 JoAnne Olson	1:51.53
W80 Elnora Martinelli	2:30.71
800m	
M50 Chet Thompson	2:36.69
M55 James Taylor	2:49.24
M60 Robbert Trester	3:04.47
M65 George Mathes	2:45.44
M75 David Rocha	4:19.40
W55 Jane Wheeler	3:41.31
W80 Elnora Martinelli	5:20.94
1500m	
M50 Donald Ford	5:28.78
M55 Max Peters	6:23.84
M60 Mike Mills	6:54.13
M65 George Mathes	5:54.47
M70 Rodman Smythe	7:05.13
W55 Jane Wheeler	7:26.34
W60 Judith Smythe	7:50.50
W70 JoAnne Olson	8:58.54
W75 Helen Miller	13:02.00
High Jump	
M50 Dennis Barth	4-0
M55 Mike Martinez	3-10
M60 Larry Carter	4-6
M65 Armand Zahn	4-10
M70 Joseph Craze	3-8
W55 Sharon Raham	3-5
W75 Willie Gatz	2-7
W80 Elnora Martinelli	3-1
Long Jump	
M50 Dennis Barth	12-10
M55 Richard Spong	14-3
M60 George Cairns	15-4
M65 Richard Getz	13-6
M70 Frank Condie	8-2
M75 George Gutcho	9-9.50
M80 Ed Carter	11-2
M85 Philip Simon	6-7
W55 Sharon Raham	10-4
W70 Pat Craze	5-4
W75 Willie Gatz	4-4.50
Shot Put	
M50 Douglas Arendell	46-7.50
M55 Ian Percy	39-5
M60 Roger Corliss	40-1.25
M65 Robin Herron	34-8.50
M70 Frank Condie	24-8

M75 Roger Lee	29-1
M80 Frank Bowles	30-7.50
M85 Frosty Straight	17-2.25
W50 Cynthia Kuchenbrod	18-7.75
W55 Sharon Raham	26-8
W60 Joy Kaylor	22-2.50
W65 Emilie Connelly	21-3.75
W70 Pat Craze	21-1.75
W75 Charlotte Acton	19-1
W80 Elnora Martinelli	20
Discus	
M50 Dennis Barth	65-9
M55 Mike Martinez	97-7
M60 Arlan Wieland	96-4
M65 Robin Herron	132-9
M70 Robert Carlson	79-7
M75 George Butchko	82-1
M80 Frank Bowles	87-8
M85 Harry Dietrich	43-2
W50 Cynthia Kuchenbrod	36-5
W55 Sharon Raham	77-3
W60 Joy Kaylor	66
W70 Pat Hutson	52
W75 Charlotte Acton	47-4
W80 Elnora Mattinelli	39-10
Hammer	
M50 Tim Edwards	158-4
M55 Jerry Bookin-Weiner	131-7
M60 Arlan Wieland	62-10
M65 Robin Herron	119-3
M75 Roger Lee	85-2
M80 Frank Bowles	63-11
W60 Joy Kaylor	73-6
W75 Charlotte Acton	54-6
Javelin	
M50 Tad Deutsch	87-1
M55 Jim Francis	98-6
M60 Cliff DeLano	95-6
M65 Ron Leggett	99-6
M70 Joseph Craze	84-1
M75 George Butchko	71-6
M80 Frank Bowles	92-7
M85 Harry Dietrich	31-3
W55 Sharon Raham	77-4
W60 Joy Kaylor	52-2
W65 Emilie Connelly	48-9
W70 Pat Craze	41-1
W75 Dorothy Morgan	56-6
1500m RW	
M55 Daryl Meyers	8:36.83
M65 John Lyle	10:02.66
M70 Richard Weaver	10:04.91
M75 Klaus Timmerhaus	10:36.06
M80 Eugene Fisher	12:17.71
W50 Sandra Strong	11:09.37
W55 Sharon Padilla	11:09.40
W65 Joyce Franks	13:08.90
W75 Joyce Gust	11:12.62
W85 Ellen Charlie	14:39.03
5000m RW	
M55 Daryl Meyers	29:22
M65 John Lyle	34:18
M70 Richard Weaver	34:54
M75 Klaus Timerhaus	36:18
W50 Sandra Strong	40:02
W55 Sharon Padilla	39:24
W75 Joyce Gust	39:26
5K Road Race	
M50 Steve Santana	18:23
M55 Max Peters	24:17
M60 Paul Driskill	24:11
M65 George Mathes	20:46
M75 Raymond Sons	31:18
M80 Leslie Whittemore	40:15
W65 Charlotte Belless	30:05
10K Road Race	
M50 Steve Santana	39:56
M55 Donald Feldhaus	54:49
M60 Paul Driskill	46:26
M65 George Mathes	46:08
M70 Rodman Smythe	53:26
M75 Raymond Sons	1:01:57
M80 Leslie Whittemore	1:28:46
W60 Judith Smythe	1:02:05
Nebraska Senior Games Kearney; Aug. 16-19	
100m	
M50 David Lee	12.89
M55 Tom Bassett	12.29
M60 Howard Weissner	13.54
M65 Jonn Watson	14.60
M70 Lee Alexander	17.84
M75 Otto Lohrenz	17.44
M80 Ed Cohn	18.81

Continued from previous page

1500m RW		
M50 Thomas Johnson	11:04.42	
M55 Bob Gaston	10:10.12	
M60 Bufe Morrison	11:28.29	
M65 Dick Bright	11:17.69	
M70 Frank Bollinger	13:09.88	
W55 Mary Morrison	11:13.11	
W60 Rosemary Holeman	13:24.24	
5000m RW		
M65 Ronald Kolbe	45:15.46	
W55 Mary Morrison	40:24.23	

Rocky Mountain Masters Games
Boulder, CO; Sept. 1-2

50M		
W35 Burtis, Julie	7.3	
W40 Galloway, Robin	7.5	
W45 Martin, Rebecca	8.8	
W50 Harrington, Jane	8.6	
W50 Scoville, De-De	9.0	
W55 Raham, Sharon	8.7	
W60 Althaus, Mary	9.2	
W65 Onderdonk, Carole	10.7	

Franks, Joyce	11.0	
Miller, Christel	9.1	
M30 Honeycutt, Tyrone	6.5	
M35 Moore, Eddie	6.7	
Whitaker, Robert	6.7	
M40 Pritchard, Jim	6.6	
Ehret, Chas	6.6	
M45 Chaplin, Mark	6.9	
M50 Smith, Scott	6.9	
Blankenship, Paul	7.0	
Schoedel, Warren	8.0	
M60 Sims, Gary	7.0	
Carter, Larry	7.5	
M65 Franks, Ray	7.6	
White, Ritch	7.8	
Wiedman, Chuck	9.1	

100M		
W30 Culligan, Stephanie	16.1	
W35 Burtis, Julie	13.7	
W40 Galloway, Robin	14.1	
W45 Drotar, Teresa	15.2	
Martin, Rebecca	16.3	
W50 Harrington, Jane	16.3	
W50 Scoville, De-De	17.1	
W55 Raham, Sharon	16.8	
W60 Althaus, Mary	17.7	
W65 Onderdonk, Carole	20.9	

Franks, Joyce	21.8	
M30 Honeycutt, Tyrone	11.9	
Culligan, Jeff	12.6	
M35 Dennis, Michael	12.0	
Moore, Eddie	12.8	
M40 Pritchard, Jim	12.1	
Willson, John	12.2	
Mosier, Mike	12.3	
Cook, Dan	13.3	
M45 Bowen, Robert	11.7	
Reynolds, Trip	12.3	
Zahn, Robert	12.4	
Chaplin, Mark	12.8	
Brazier, Rogers	14.0	
M50 Smith, Scott	13.1	
Blankenship, Paul	13.2	
Hahn, Robert	14.0	
Schoedel, Warren	15.2	
M55 Hartfield, John	12.4	
M60 Sims, Gary	12.7	
McKisson, Rich	13.6	
Arnold, Ed	15.7	
M65 Franks, Ray	14.7	
White, Ritch	14.8	
Clowser, Al	16.6	

200M		
W35 Burtis, Julie	29.3	
W40 Galloway, Robin	29.5	
W45 Drotar, Teresa	32.0	
Martin, Rebecca	35.7	
W50 Harrington, Jane	34.9	
Scoville, De-De	35.9	
W60 Althaus, Mary	39.4	
W65 Franks, Joyce	47.3	
M30 Honeycutt, Tyrone	24.2	
M35 Dennis, Michael	24.4	
Whitaker, Robert	27.5	
M40 Barrett, Yogi	24.5	
Willson, John	24.8	
Mosier, Mike	25.0	
Pritchard, Jim	25.1	
Gilliland, David	29.3	

M45 Bowen, Robert	23.3	
Reynolds, Trip	25.1	
Chaplin, Mark	26.5	
M50 Smith, Scott	27.8	
Blankenship, Paul	28.4	
Schoedel, Warren	32.4	
M55 Rose, Chuck	28.8	
M60 Sims, Gary	27.2	
McKisson, Richard	29.2	
M65 Franks, Ray	32.0	
Clowser, Al	35.1	
M75 MacDonald, Ernie	42.2	

400M		
W40 Galloway, Robin	1:15.5	
W50 Scoville, De-De	1:26.5	
W65 Franks, Joyce	2:00.0	
M40 Barrett, Yogi	56.1	
Mosier, Mike	57.5	
M45 Chaplin, Mark	1:02.7	
M50 Hemme, Don	1:02.9	
Schoedel, Warren	1:12.6	
M55 Francis, Jim	1:04.8	
M60 Sims, Gary	1:06.2	
McKisson, Richard	1:08.7	
M65 Larkin, Richard A.	1:14.6	
Franks, Ray	1:17.0	

800M		
M35 Schultz, Jon	2:07.8	
M40 Kellogg, Tim	2:43.8	
M45 Albo, Dave	2:10.7	
Sarbaugh, Vance	2:16.8	
White, Parker	2:39.3	
M50 Schoedel, Warren	2:42.6	
M65 Larkin, Richard A.	3:14.8	
M70 Hayes, R. Stan	3:17.3	
1500M		
W75 Adams, Louise	9:21.6	
M40 Green, Woody	5:04.0	
M50 Schoedel, Warren	5:28.9	
M70 Hayes, R. Stan	6:45.8	

3000M		
M60 Smith, Theodore	14:54.4	
5K RACEWALK		
W35 Fleck, Carolyn	18:20.6	
W40 Parish, May-Britt	22:21.1	
W45 Gossert, Sherrie	18:32.5	
W50 Martino, Marianne	17:32.9	
Brandon, Gail A.	24:39.0	
W60 Sinkovec, Rita	18:32.3	
W65 Franks, Joyce	26:59.4	
W70 Elkins, Claire	25:12.8	
M40 Blanchard, Mike	15:44.9	
M55 Guiff, Ed	21:22.8	
M65 Lyle, John	20:08.2	
Strautins, Vilmar	20:37.0	
Clowser, Al	24:39.0	
M70 Elkins, Cliff	20:28.0	
M75 Timmerhaus, Klau	20:54.62	

POLE VAULT		
M30 Culligan, Jeff	3.76	
M45 Pirsch, Garry	2.44	
M50 Halik, Ed	3.56	
M65 Fitzhugh, Ray	2.44	
Flint, Bill	2.13	
Zahn, Armand	1.98	
Colonell, Paul	1.98	
M70 Donley, Jerry	2.90	

HIGH JUMP		
W45 Gilmour, Patti	.96	
W55 Raham, Sharon	.96	
W65 Miller, Christel	1.2	
W75 Gatza, Willie	.81	
M40 Mitchell, Roger	1.17	
M45 Pirsch, Garry	1.73	
Snezko, Valeriy	1.57	
Johnson, Keith	1.57	
M50 Schaffer, Terrell	1.57	
M55 Leczinski, Dennis	1.27	
M60 Carter, Larry	1.32	
Herron, Robin	1.22	
Arnold, Ed	1.12	
M65 Zahn, Armand	1.37	
Fitzhugh, Ray	1.32	
White, Ritch	1.27	
Colonell, Paul	1.17	
Wiedman, Chuck	1.17	
M70 Donley, Jerry	1.22	
Craze, Joe	1.12	

LONG JUMP		
W35 Burtis, Julie	4.27	
W50 Vestal, Deb	2.34	
W55 Raham, Sharon	2.96	
W75 Gatza, Willie	1.39	
M45 Pirsch, Garry	4.54	
Brazier, Rogers	4.18	
M50 Iwen, Gene	4.64	

Blankenship, Paul	4.61	
Schoedel, Warren	3.59	
M55 Leczinski, Dennis	4.29	
M60 Herron, Robin	3.61	
Arnold, Ed	3.31	
Fitzhugh, Ray	4.01	
M65 Campbell, Murdo	3.42	
White, Ritch	3.15	
Wiedman, Chuck	3.00	
M80 Trimmell, William	1.32	

TRIPLE JUMP		
W50 Vestal, Deb	5.61	
W55 Raham, Sharon	6.81	
W75 Gatza, Willie	3.49	
M40 Gilliland, David	10.51	
M45 Pirsch, Garry	9.30	
Johnson, Keith	11.21	
Iwen, Gene	9.18	
Schoedel, Warren	6.92	
M55 Leczinski, Dennis	8.15	
M60 Herron, Robin	7.53	
M65 Wiedman, Chuck	6.09	
100 H HURDLES		
M50 Hahn, Robert	16.0	
Iwen, Gene	16.1	
110 H HURDLES		
M40 Schneebeck, Doug	16.4	
Cook, Dan	17.6	
M45 Zahn, Robert	16.8	

400 IM HURDLES		
M30 Williams, Nat	45.00	
M40 Schneebeck, Doug	58.8	
M50 Iwen, Gene	1:06.1	
JAVELIN		
W45 Gilmour, Patti	12.62	
W55 Raham, Sharon	21.63	
W65 McCoy, Sondra	21.06	
Miller, Christel	21.99	
W75 Acton, Charlotte	9.69	
Gatza, Willie	12.57	
M30 Kucmerlin, John	39.22	
M40 Mitchell, Roger	23.11	
M45 Brenner, Ken	39.22	
M50 Pettito, Rocco	45.71	
Schaffer, Terrell	36.16	
M55 Rice, Robert	44.25	
Percy, Ian	42.33	
M60 Cairns, George	33.06	
Herron, Robin	26.68	
King, John W.	26.64	
M65 Campbell, Murdo	36.54	
Fitzhugh, Ray	29.89	
Zahn, Armand	22.14	
Clowser, Al	21.24	
M70 Hayes, R. Stan	33.92	
Craze, Joe	25.14	
Krocker, Harold	18.28	
M80 Bowles, Frank P.	27.16	

SHOT PUT		
W45 Gilmour, Patti	6.45	
W55 Raham, Sharon	7.82	
W60 Kaylor, Joy	7.58	
W65 Miller, Christel	7.85	
W75 Acton, Charlotte	5.44	
Gatza, Willie	75.11	
M30 Kucmerlin, John	13.07	
M35 Girourd, Milton	14.10	
M40 Mitchell, Roger	8.33	
M45 Pirsch, Garry	9.40	
Brenner, Ken	9.07	
M50 Schoedel, Warren	7.33	
Muller, Tim	14.61	
Hill, Mike	10.73	
Fuehrer, Tim	10.43	
M55 Economides, Paul	14.03	
Percy, Ian	12.47	
Rice, Robert	10.64	
M60 Springer, Jerrol	9.99	
King, John W.	7.98	
Soule, George	11.66	
M65 Clowser, Al	9.75	
Wiedman, Chuck	9.09	
Zahn, Armand	11.50	
Harshbarger, John	10.57	
Campbell, Murdo	10.14	
M70 Krocker, Harold	8.06	
Hayes, R. Stan	10.36	
M75 Lee, Roger	8.95	
M80 Bowles, Frank P.	9.57	
Trimmell, William	9.02	

DISCUS		
W45 Gilmour, Patti	18.15	
W50 Vestal, Deb	15.89	
W55 Raham, Sharon	22.64	
W60 Kaylor, Joy	20.91	
W75 Acton, Charlotte	14.00	
Gatza, Willie	11.38	

M30 Kucmerlin, John	33.23	
M35 Bedard, Brian	43.91	
Girourd, Milton	42.15	
M40 Janzen, Barry	40.42	
Mitchell, Roger	17.60	
M45 Brenner, Ken	27.69	
Pirsch, Garry	21.16	
Muller, Tim	44.46	
Schaffer, Terrell	34.72	
Hill, Mike	30.41	
Fuehrer, Tim	27.47	
M55 Economides, Paul	43.63	
Percy, Ian	41.76	
M60 Springer, Jerrol	36.83	
Herron, Robin	36.72	
Soule, George	36.27	
King, John W.	34.61	
M65 Harshbarger, John	39.66	
Spencer, Vern	38.67	
Zahn, Armand	33.30	
Fitzhugh, Ray	30.61	
Clowser, Al	29.25	
Wiedman, Chuck	26.68	
M70 Krocker, Harold	27.41	
Hayes, R. Stan	26.73	
M75 Lee, Roger	21.76	
M80 Bowles, Frank P.	26.18	
Trimmell, William	15.57	

HAMMER		
W60 Kaylor, Joy	26.56	
W65 Miller, Christel	17.43	
W75 Gatza, Willie	9.17	
Acton, Charlotte	17.0	
M30 Kucmerlin, John	28.58	
M40 Treece, Rande	44.80	
Brenner, Ken	19.97	
M50 Broce, Ron	44.45	
Schaffer, Terrell	30.70	
Hill, Mike	23.27	
M5 Percy, Ian	44.40	
Economides, Paul	42.64	
M60 Herron, Robin	34.44	
M65 Spencer, Vern	38.50	
M70 Krocker, Harold	27.03	
Kaylor, Robert	15.12	
M75 Lee, Roger	24.45	
M80 Bowles, Frank P.	19.19	

WEIGHT THROW		
W60 Kaylor, Joy	8.69	
W75 Acton, Charlotte	5.68	
Gatza, Willie	5.15	
M30 Kucmerlin, J	9.92	
M40 Treece, Rande	13.49	
M45 Brenner, Ken	8.26	
M50 Edwards, Tim	18.38	
Broce, Ron	16.28	
Schaffer, Terrell	10.63	
M65 Spencer, Vern	13.88	
M70 Krocker, Harold	11.07	
Kaylor, Robert	5.25	
M75 Lee, Roger	9.20	
M80 Bowles, Frank	10.51	

M30	Kuemmerlin, John	33.2
M35	Bedard, Brian	43.9
	Giourd, Milton	42.1
M40	Janzen, Barry	40.4
	Mitchell, Roger	17.6
M45	Brenner, Ken	27.6
	Pirch, Garry	21.1
M50	Muller, Tim	44.4
	Schaffer, Terrell	34.7
	Hill, Mike	30.4
	Fuehrer, Tim	27.4
M55	Economides, Paul	43.6
	Percy, Ian	41.7
M60	Springer, Jerrol	36.8
	Herron, Robin	36.7
	Soule, George	36.2
	King, John W.	34.6
M65	Harshbarger, John	39.6
	Spencer, Vern	38.6
	Zahn, Armand	33.3
	Fitzhugh, Ray	30.6
	Clowser, Al	29.2
	Wiedman, Chuck	26.6
M70	Kroeker, Harold	27.4
	Hayes, R. Stan	26.7
M75	Lee, Roger	21.7
M80	Bowles, Frank P.	26.1
	Trimmell, William	15.5
HAMMER		
W60	Kaylor, Joy	26.5
W65	Miller, Christel	17.4
W75	Gatza, Willie	9.17
	Acton, Charlotte	17.0
M30	Kuemmerlin, John	28.5
M40	Treece, Rande	44.8
	Brenner, Ken	19.9
M50	Broce, Ron	44.4
	Schaffer, Terrell	30.7
	Hill, Mike	23.2
M5	Percy, Ian	44.4
	Economides, Paul	42.6
M60	Herron, Robin	34.4
M65	Spencer, Vern	38.5
M70	Kroeker, Harold	27.0
	Kaylor, Robert	15.1
M75	Lee, Roger	24.4
M80	Bowles, Frank P.	19.1
WEIGHT THROW		
W60	Kaylor, Joy	8.69
W75	Acton, Charlotte	5.68
	Gatza, Willie	5.15
M30	Kuemmerlin, J	9.92
M40	Treece, Rande	13.4
M45	Brenner, Ken	8.26
M50	Edwards, Tim	18.3
	Broce, Ron	16.2
	Schaffer, Terrell	10.6
M65	Spencer, Vern	13.8
M70	Krocker, Harold	11.0
	Kaylor, Robert	5.25
M75	Lee, Roger	9.20
M80	Bowles, Frank	10.5

Continued from previous page

W40 Debbie Selby	36.98
400m	
M30 Darren Hawkins	51.42
M35 Marc Sukes	1:00.02
M40 Mark Cleary	57.83
Jim Davis	58.04
M45 Charles Williams	58.62
David Sheraton	1:02.59
M50 Gary Shapiro	59.35
John Tomaschke	1:00.39
Glenn Johnson	1:04.87
M55 Barnum	57.56
Ron Salupo	1:00.72
M70 Jim Selby	1:15.44
Bob Frier	1:26.75
W40 Debbie Barraza	1:10.46
800m	
M40 Dave Cook	2:17.08
M45 David Sheraton	2:18.61
M50 Hugo Velazquez	2:19.49
Chuck Foote	2:31.36
M55 Bob Russell	2:27.72
M60 Robert McAlpine	2:29.74
George Cohen	2:34.42
M65 William Wall	3:09.34
Ray Archibald	3:20.70
Al Ray	4:19.56
M70 Jim Selby	2:54.68
Efrain Sanchez	3:15.75
James Wilke	3:17.90
W45 Tracey Cox	3:05.74
1500m	
M30 Donzell Jones	4:45.48
M40 Mark Cleary	4:29.90
M50 John McAndrews	4:49.84
Bill Fitzpatrick	4:52.05
Q Craddock	5:24.83
M55 Rob Russell	5:16.78
M65 William Wall	6:09.25
Ray Archibald	6:57.51
Al Ray	8:46.40
M70 Efrain Sanchez	6:47.24
James Wilke	6:49.84
Harold Willis	7:53.99
W30 Toby Warden	4:58.88
W40 Debbie Barraza	5:15.19
5000m	
M30 John Moss	16:05.22
M35 Deo Jaravata	23:42.66
M40 Rick Berrios	19:07.56
M55 Dennis Mihora	18:50.36
M60 Don Truex	19:48.96
W45 Wendy Bracamonte	21:21.79
10,000	
M35 Deo Jaravata	45:36.5
M45 Takashi Yagisawa	37:32.0
Chris Skafie	37:44.3
M50 Ed Boulden	1:01:30.0
M65 G McClenethen	46:26.0
W80 Gerry Davidson AR	1:02:59.2
(Mary Haines/1:19:25.20/1995)	
Short Hurdles	
M30 Richard Holmes	15.20
M40 Chris Tave	16.70
M45 Todd Christiansen	18.42
M50 Sheridon Groves	17.03
W45 Nancy Cochran	18.23
Long Hurdles	
M45 Andrew Hecker	1:09.24
M50 Sheridon Groves	1:09.05
W45 Nancy Cochran	1:36.78
W55 Anne Fisk	1:34.33
Steeplechase	
M40 James Marquez	10:47.84
Dave Cook	11:16.65
4x400m Relay	
M40 Joe Gilboy & Friends	4:12.46
M70 Jim Selby & Friends	6:23.93
High Jump	
M40 Henry Watson	1.63
M45 Keith Nelson	1.93
Jason Meisler	1.68
Richard Watson	1.43
M50 Charlie Rader	1.73
M55 Roberto Pozzi	1.63
Joe Faust	1.58
James Goodrich	1.58
M60 Davie Perry	1.53
M65 Phil Fehlen	1.63
Nick Newton	1.43
M85 Leland McPhie	1.01
W40 Karen Vaughn	1.33
W50 A Steekelenburg	1.33

Long Jump	
M50 Angel Cachinero	5.38
Carl Flowers	5.02
M65 Roger Tsuda	4.54
M85 Clarence Trahan	2.54
W50 Lorraine Tucker	3.98
Brenda Matthews	3.86
W55 Anne Fisk	3.18
Triple Jump	
M45 Todd Christensen	10.40
M50 Angel Cachinero	11.46
M80 Charles Mercurio	6.45
W55 Anne Fisk	6.15
Shot Put	
M60 Chuck Polizzi	11.20
Hal Sheakley	10.98
M65 Hal Smith	14.03
Alan Rosen	9.79
M85 Leland McPhie	6.02
W40 Karen Vaughn	9.25
W50 Lorraine Tucker	9.52
A Steekelenburg	7.83
W55 Hattie Perry	6.71
Anne Fisk	6.58
Discus	
M35 Andy Parker	39.67
M40 James Barry	35.02
Eugene Anton	31.44
M45 Richard Watson	32.91
Todd Christensen	32.54
M60 Joe Marino	46.61
Chuck Polizzi	41.76
Hal Sheakley	27.55
M65 Hal Smith	39.44
Alan Rosen	38.44
M85 Leland McPhie	17.79
W55 Anne Fisk	17.62
Javelin	
M40 Eugene Anton	28.25
M45 Richard Watson	45.81
Vern McGarry	33.20
M50 Joe Greenberg	64.22
Sy Silverstein	38.73
Ron Rook	38.63
M55 Brennan James	31.85
M60 Larry Stewart	52.15
Gary Reddaway	51.09
Chuck Polizzi	40.93
M65 Leon Barette	17.46
M70 Allan Trefry	35.77
M85 Leland McPhie	16.43
W55 Anne Fisk	17.62
5000m RW	
M35 Deo Jaravata	33:16.89
M45 Mike Kroll	33:24.7h
M55 Stewart Ray	33:32.6h
Michael Blakeman	36:26.3h
M60 Bob Nymen	32:11.92
Gary Arps	39:51.5h
M65 Carl Acosta	30:53.93
Arvid Rolle	32:36.91
Leon Glazman	33:16.3h
W35 Margaret Govea	27:59.87
W50 Donna Cunningham	28:53.24
W55 Carol Pierce	39:51.8h

Prescott Senior Games Prescott, AZ; Aug.

50m	
M50 Chris Jensen	NTA
M55 Carl Brown	7.66
M60 Steve Bowles	7.30
M65 Dick Glasgow	7.53
M75 Johnny Gibson	9.49
M85 Paul Hall	12.09
M90 Oscar Baer	14.59
W50 Kathy Lehman	9.01
W55 Elke Davis	10.44
W75 Betty Gaudy	11.41
Virgil McIntyre 100m	
M50 Al Lamicelli	14.75
M55 Garry Cox	14.02
M60 Steve Bowles	13.31
M65 Norb Wedepohl	12.93
M75 Johnny Gibson	18.92
M85 Paul Hall	22.24
M90 Oscar Baer	30.41
200m	
M50 Roger Antony	31.76
M55 Carl Brown	36.31
M65 Bob Wedepohl	27.77
M70 Fred Goldman	39.19
M75 Johnny Gibson	42.77

M85 Paul Hall	51.69
M90 Oscar Baer	1:11.66
W75 Betty Gaudy	49.91
400m	
M50 Bruce Manziello	1:13.01
M55 Garry Cox	1:10.47
M65 Dave Douglass	1:16.18
M70 Ray Michalek	1:27.13
M90 Oscar Baer	NTA
W50 Kathy Lehman	1:27.03
800m	
M50 Bruce Manziello	2:42.56
M55 Dennis Elley	3:00.58
M60 James Stuckey	3:12.13
M70 Fred Goldman	3:25.17
W50 Kathy Lehman	3:18.85
Wes Santee Mile	
M50 Bruce Manziello	5:44.56
M55 Dennis Elley	6:32.46
M60 Ray Bellum	7:55.85
M70 Ray Michalek	8:34.75
W50 Kathy Lehman	7:06.34
W60 Chris Freeman	8:50.28
High Jump	
M60 Bob Bergfeldt	4-6
m65 Dave Douglass	4-0
M80 Roy Clark	3-0
M90 Virgil McIntyre	2-6
Long Jump	
M55 Carl Brown	11-3
M60 Bob Bergfeldt	14-4
M65 George McGrady	11-3
M75 Johnny Gibson	9-7
M80 Paul Hall	4-5
Shot Put	
M50 Phil High	34-1
M55 James Rivard	29
M60 Bob Beck	35-7
M65 Ben McGrady	40-7
M70 Donald DeMars	34-3
M75 Murlin Miller	25-3
M80 Roy Clark	21-7
M90 Oscar Baer	12-4
W50 Kathy Lehman	19-50
W55 Elke Davis	17-5
W60 Karen Bergfeldt	20-1
5K	
M50 Bruce Manziello	27:13
M55 Phil Davis	32:25
M65 Charlie Brown	25:35
10K	
M50 John Poplaski	59:05
M55 Sam Corso	46:45
M60 Allen Day	51:24
M70 Woody Lunsford	1:06:24
W50 Barbara Gardner	51:15
1500m RW	
M60 James Stuckey	9:24.33
M80 Roy Clark	14:27.09
M90 Virgil McIntyre	14:26.72
5000m RW	
M60 James Stuckey	32:19.00
M80 Roy Clark	48:38.00
W55 Elsie Kallal	36:57.00
W60 Lucy Diana	39:30.00

Hawaii Masters T&F Meet Honolulu, HI; Sept. 2

100m	
M45 Bill Blair	12.6
M50 Mike Suenaga	13.2
M55 Jack Karbens	14.1
M60 Lionel Low	15.4
800m	
M40 Philip Oyape	2:38.2
M45 Bob Gill	2:36.8
High Jump	
M40 Philip Oyape	4-2
M55 Bob Larson	3-10
M60 Lionel Low	4-6
Shot Put	
M40 Kevin Kruszona	29-11
M55 Bob Larson	30-2.50
M60 Bob Molyneux	28-2

NORTHWEST

Seattle Masters Classic West Seattle Stadium, WA; Aug. 17-18	
100m	
M30 Will Holland	12.33
M35 Paul Scarlett	12.13
Ken Petroff	12.26
Greg Font	12.83

M45 John Wells	12.66
Aaron Sims	13.11
R G Sanchez	14.07
M50 William Venable	13.30
Vance Jacobson	13.43
Richard Ying	14.49
M55 Lee Southern	12.96
Charles Brocato	12.96
George Lyden	13.00
M60 Wayne Bennett	13.69
Paul Stepan	14.68
M65 Jim Schlewitz	15.74
M70 Jack Coy	15.15
W40 Jorjana Pederson	14.39
W55 Marg Radcliffe	15.79
Rose Schlewitz	19.60
W60 Becky Sisley	17.71
Laura Stepan	20.81
W75 D McLeodSmith	22.38
W90 Mabel O'Hare	48.83
200m	
M30 Will Holland	24.81
M35 Paul Scarlett	24.63
Ken Petroff	24.79
Rod Wilcox	25.33
M45 Garry Osmond	25.50
John Wells	25.60
Aaron Sims	26.52
M50 Vance Jacobson	26.26
Andrew Delecki	28.89
Richard Ying	29.09
M55 George Lyden	25.59
Charles Brocato	26.39
Lee Southern	26.61
M60 Wayne Bennett	27.30
M65 Paul Stepan	29.53
Jim Schlewitz	32.56
Patrick Logan	34.20
M70 Jack Coy	30.71
Don Bramante	34.35
W40 Jorjana Pederson	28.96
W45 Ava Wong	34.27
W55 Avril Douglas	28.37
Marge Radcliffe	32.62
W75 D McLeodSmith	50.95
400m	
M45 Garry Osmond	57.60
Robert Johnson	61.26
Edward Diaz	62.82
M50 Tom Rowland	62.30
M55 Will Leslie	64.15
M60 Paul Stepan	68.40
M70 Don Bramante	84.05
W55 Avril Douglas	WR63.41
(Hoffmann/64.50/1995)	
800m	
M35 Dean Janz	2:11
M40 Ken Franklin	2:06
M45 Dave Clingan	2:04
Amy Stonkus	2:13
M50 Terry Parks	2:16
Dean Koga	2:23
Andrew Delecki	2:27
M65 Larry Wright	2:54
W35 Pam Wilmot	2:38
W45 M de St Croix	2:23
1500m	
M35 John Barresi	4:22
Dean Janz	4:24
M40 Ken Franklin	4:21
Dave Flowers	4:33
Ted de St Croix	4:44
M45 Jim Jones	4:33
Michael Allison	4:34
Amy Stonkus	4:34
M50 Terry Parks	4:51
Ken LeCourt	5:08
Dean Koga	5:11
M65 Larry Wright	5:48
M75 John Keston	5:47
W55 Pam Turner	5:44
W60 Laura Stepan	8:02
5000m	
M35 Jim Bogus	17.15
M40 Bruce Ross	15.35
M50 Doug Sturm	22.26
M60 Jerry Lewis	24.47
M65 Larry Wright	21.23
Bruce Katter	22.30
M75 John Keston	AR20:38
(Funk/20:55.39/1989)	
W30 Tatiana Salazar	16.45
4x100m	
M30-34 ---	50.32
(Holland/Diez/Wells/Scarlett)	
M50-59 PNW-A	49.15
(Brocato/Southern/Jacobson/Lyden)	
4x800m	
M40-49 All Corners Mstrs	9:23
(Stonkus/Flowers/Allison/Franklin)	
High Jump	
M30 Phil Pohl	1.95
M35 Rod Wilcox	1.75
Rand Crippen	1.70

M45 Bruce McLean	1.65
M50 Charles Rader	1.75
Dan Cole	1.55
M60 Ora Bannister	1.20
Don McCrea	1.20
W35 Pam Wilmont	1.35
W40 Martha Mendenhall	1.55
Jorjana Pederson	1.35
W55 Marg Radcliffe	1.25
W60 Sandra Anderson	1.20
Eleanor Richardson	1.20
W75 D McLeodSmith	0.90
Pole Vault	
M40 Doug Porter	4.30
Louis Baucom	3.60
M50 Josef Pfister	3.60
Richard Ying	3.00
M60 Don McCrea	2.60
M75 Don Grosh	2.20
W40 Pam Trautman	2.30
W60 Becky Sisley	2.30
Long Jump	
M35 Mike Toll	6.14
Rod Wilcox	5.62
Greg Font	5.54
M45 Bob Blackburn	5.54
Richard Hallett	5.05
M50 Dan Cole	5.14
M60 Victor Chaney	4.04
Don McCrea	3.22
Richard Zerbe	3.20
M65 Norman MacLeod	4.32
W55 Marge Radcliffe	3.61
W60 Sandra Anderson	3.12
W75 D McLeodSmith	2.03
Triple Jump	
M35 Mike Toll	11.65
M45 Mike Lariza	13.22
M60 Pete LaBarge	8.83
M65 Norman MacLeod	9.08
Shot Put	
M30 Matt Burks	15.37
M40 Blake Surina	13.51
Ray Roff	9.74
M45 Mark Neal	11.73
Bob Blackburn	9.26
M50 Jerry Ford	12.42
M55 Jack Miller	0.76
M60 Ora Banister	9.37
Don McCrea	9.23
John King	7.32
M65 James Koch	12.15
Bob Lawson	11.84
Neal Saling	11.57
M70 Tom Allison	11.62
Harvey Lewellen	11.18
Carl Fennema	9.88
M80 Warren Schramm	5.86
M85 Ross Carter	8.46
W35 Laurie Jenkins	9.66
W40 Carla EdmanSurina	9.68
W50 Joyce Taylor	9.43
W55 Georgia Cutler	6.85
W60 Sandra Anderson	8.72
Eleanor Richardson	7.98
W75 D McLeod Smith	5.50
Discus	
M30 Matt Burks	35.01
M40 Blake Surina	38.97
Ray Roff	26.46
M45 Mark Neal	38.33
Russ JacquetAcea	26.53
Bob Blackburn	23.03
M55 Jack Miller	32.80
M60 Conrad Sundholm	38.74
John King	33.08
Ora Banister	30.75
M65 Bob Lawson	43.06
Neal Saling	42.89
Gene Lohman	29.47
M70 Grove Bolles	43.66
Harvey Lewellen	36.27
Tom Allison	31.23
M80 Warren Schramm	15.34
M85 Ross Carter	26.47
W35 Laurie Jenkins	24.50
W40 Carla EdmanSurina	28.36
W50 Joyce Taylor	22.67
W55 Georgia Taylor	21.63
W60 Eleanor Richardson	20.61
Sandra Anderson	19.38
W75 D McLeod Smith	12.12
Hammer	
M30 Matt Burks	45.68
M40 Blake Surina	41.34
M50 Todd Taylor	50.83
M55 George Mathews	46.23
M60 Pete LaBarge	35.79
M65 Bob Lawson	33.26
M70 Harvey Lewellen	36.68
Ken Weinbel	29.76
Tom Allison	28.78
M75 Robert Horsley	26.40
M85 Ross Carter	15.49

Continued from previous page
 Robert Horsley 79 1460
 (11.29/5.05/-/-/-/-)
 M80 Armando Ricciardi 82 2051
 (10.22/3.96/2.40/1.18/0.26)
 W30-49 (WT/SW/56/198/1200#)
 W35 Laurie Jenkins 37 2976
 (*10.90/7.18/4.03/2.01/0.86)
 W40 C Edman Surina 42 2956
 (8.94/5.41/3.50/1.70/0.70)
 W45 Kathy Wetenhall 48 3020
 (8.98/4.38/2.82/1.54/0.79)
 W50+ (WT/SW/35/156/198#)
 W50 Joyce Taylor 51 3937
 (11.52/9.17/5.54/2.64/1.59)
 W55 Georgia Cutler 58 3515
 (10.58/6.96/3.98/2.25/1.02)
Award Winners:
 M30-59 1) Tim Edwards/2nd

Jim Wetenhall; M60+ 1) Pay
 Carstensen/2) John White; W30+
 Joyce Taylor
 *Meet record

CANADA

**Canadian Masters Weight
 Pentathlon Championships**
 Stouffville, Ontario; Aug. 4
 Garry Bachman 79 3763
 John Kasperski 57 3694
 Juhon Toomes 65 3688
 Max Woerle 71 3417
 Arvid Zakis 80 3303
 David Morris 63 2700
 Jean Francois Latour 38 2509
 Aleks Upmalis 83 2283
 Kristen Dajia 38 2666

LONG DISTANCE RESULTS

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

EAST

Pittsylvania Mile Run Pittsburgh, PA; July 7

Mile	
M30 Hans Rottmann	4:35.3
Dan Holland	4:46.1
Mark Hunkele	5:02.3
George Wehrle	5:11.8
J. McCullough	5:31.9
Rahil Bandumuli	6:02.1
Chris Walliser	7:42.8
M40 Ian Bath	4:52.1
D. Wyzomirski	4:55.4
Mark Studnicki	5:10.2
P. Baranowicz	7:14.9
M45 Barry Harwick	4:43.9
Lee Zelkowitz	4:59.2
Dave Sobal	5:14.0
G. Dieffenbach	5:28.8
Don Slusser	5:48.3
Mark Hospodar	5:52.7
Bob Harwick	6:25.8
Barry Shields	6:29.1
Ron Ferguson	6:38.2
Larry Barnes	6:47.8
Bob Freund	7:20.2
M50 Dale Dix	5:34.8
Louis Marsak	5:46.3
Bob Gracie	5:51.7
Jerry Richey	5:55.4
Joe Silverio	6:21.6
Ken Balkey	6:21.9
M55 George Carroll	5:36.2
William Wise	5:41.2
Bill Plues	5:58.5
Jack Eaton	6:27.9
M65 John Harwick	7:46.5
Elmer Gasper	8:48.5
W40 Silvia Paesano	9:09.0
W45 Karen Andrews	8:24.4

Sayville 4 Mile Sayville, NY; Aug. 4

Overall	
Rob Black	20:19
Regina Ronan	23:11
M40 Robert Piechnik	23:40
Robert Clasen	23:43
Paul Bonanni	25:03
M45 Peter McNeil	22:00
Charles Vetter	24:40
John Byrnes	26:38
M50 Alan Oman	22:34
Charlie Bailey	24:57
David Oakley	25:52
M60 Richard De Palma	32:20
George Hubbard	33:07
M70+ John Moran	37:25
W40 Phoebe Anderson	27:21
Suzanne Tyrie	27:33
Patti Clifford	28:38
W45 Mary von Bevern	29:59
Kathy McNeill	31:36
Susan Rofrano	33:24
W50 Estella Clasen	30:07
Ellie Gavin	31:18
W60 Marge Smith	55:25

NYRRC Manhattan Half- Marathon Central Park, NYC; Aug. 5

Overall	
Ryan Grote 27	1:08:37
Leteyesus Berhe 23	1:18:58
M30 Toby Tanser 32	1:11:38
Rafael Veras 31	1:12:08

M40 Henry Correa	1:14:18
Jerry Macari	1:17:24
Jose Guzman	1:20:52
M45 Ezekiel Usher	1:20:35
Amador Ybanez	1:21:48
Edmundo Bermudez	1:24:17
M50 Alston Brown	1:18:21
Jan Maliniak	1:24:48
John Pontes	1:26:26
M55 Julio Aguirre	1:25:29
Samuel Skinner	1:27:46
Keith Temperton	1:29:29
M60 Jack Brennan	1:28:12
Peter Cerqua	1:39:08
Jose Mendez	1:40:33
M65 Alfred Finger	1:37:07
Frank Dudley	1:57:45
David Kenney	1:58:42
M70 Kenneth Jones	1:41:33
Moises Salama	2:05:25
Gordon Koota	2:06:46
M75 Sab Koide	2:17:52
Sheldon Zinn	3:11:22
M80 Clifford McGaughey	1:42:58
Yu Huang	2:20:47
Thomas Gibbons	2:59:15
W30 Kim Griffin 39	1:21:27
Dora Fekete 30	1:27:16
Judith Cassel 33	1:27:25
W40 Terri Sonenlar	1:35:26
Anastasia Stekas	1:36:14
Janis Hubschman	1:37:53
W45 Marie Wickham	1:34:06
Leah Whipple	1:37:30
Mary Moloney	1:44:00
W50 Dee Jacobs	1:40:12
Irene Jackson-Schon	1:40:56
Deborah Barchat	1:43:26
W55 Ruth Fairbrother	1:57:09
Claudette Legault	1:59:32
Susan Sideman	2:00:27
W60 Mary Nathan	1:45:55
Patty Parmalee	1:53:21
Sara Herz	2:12:08
W65 Lisa Praskins	1:55:05
Joy Rose	2:17:55
Naomi Vogel	2:26:27
W70 Joan Zinn	3:40:00

Falmouth Road Race 7.1 Miles Falmouth, MA; Aug. 12

Overall	
John Korir 25	32:26
Lomah Kiplagat 27	36:26
M40 Andrew Masai	33:55
Simon Karori	34:25
Andrew Kuznetsov	35:03
Isidro Rico	35:33
Paul Evans	35:44
Eddy Hellebuyck	35:51
Peter Fleming	36:31
Graeme Fell	36:51
Kenneth Gartner	39:21
Marc Dulude	39:40
M50 Bill Rodgers	39:29
Larry Olson	39:51
Robert Briglio	43:34
Peter Paulding	44:57
Bill Lord	46:00
Joseph Kvihaug	46:25
Bob Moritz	46:30

Roger Roark	48:38
James Laurent	48:50
Philip Riposo	48:51
M60 Jack Brennan	45:23
Richard Molloy	49:04
Daniel Beigel	50:02
M65 William Riley	46:08
Richard Bishop	56:50
James McLaughlin	57:45
Otis Dewan	59:25
Raymond Rogers	60:26
M70 Robert Borglund	55:32
Bob Davidson	57:46
Paul Woodberry	60:51
M75 John Cahill	53:32
Richard Horne	57:11
Sab Koide	65:58
M80+ Bill Tribou 80	65:03
Phil Campbell 83	86:06
Abe Weintraub 91	108:18
W40 Elena Fidatov	38:43
Judi St. Hilaire	38:52
Ramila Burangulova	38:56
Tatyana Pozdnyakova	39:18
Catrina Dowling	42:37
Janice Addison	43:10
Marge Bellisle	44:24
Nanci Cahalane	45:31
Susan Kenney	47:09
Judith Copley	47:29
W50 Anne Roden	48:38
Judith Hine	48:49
Cathy Klim	48:17
Sharon Sinerate	51:40
Susan Manning	52:19
Louise Boland	53:20
Peggy Couper	53:50
Karen S-Rohrborg	54:51
Paula Buckley	55:07
Barbara Zack	55:37
W60 Elizabeth Scary	60:10
Kathleen Dunn	61:20
Peggy McDermott	61:29
Kathleen White	62:08
Carole Hand	62:37
W65 Elizabeth Jazowski	60:14
Virginia Fettig	64:27
Doris Beatty	69:27
W70 Marylou Flood	84:47
Sumi Koide	87:26
Shirley Simmers	90:59
W75 Dottie Gray	79:40
W80+ Louise Rossetti	80:88.44

NYRRC Challenge of the Unattached 8K Central Park, NYC; Aug. 18

Overall	
Dmitri Bogush 30	26:27
Laurie Meacham 32	32:56
M30 Matt Chaston 33	26:40
M40 Robert Cox	29:16
M45 Randall White	27:34
M50 Chris Neuhoff	32:35
M55 Samuel Skinner	31:31
M60 Pat Cosgrove	32:21
M65 Michael Goldman	36:30
M70 Leo Schonhaut	44:23
M75 Sab Koide	45:36
M80 Mel Freidel	58:56
M85 Vincent Camev	1:13:51
W30 Joanne Boothby 36	33:17
W40 Debi Snyder	37:21
W45 Gillian Small	41:05
W50 Elizabeth Sadoff	43:19
W55 Yvonne Franck	41:48
W60 Patty Parmalee	38:57
W65 Joy Rose	47:44
W70 Bertha McGruder	55:37
W75 Jozi Neulinger	1:15:04
W80 Althea Jureidini	1:19:05

Brentwood Cookie Run 5K Brentwood, NY; Aug. 20

Overall	
Kevin Krause	15:33
Debbie Cuttitta	18:21
M40 Don DiDonato	16:27
Richard Delasota	17:03
Ed Von Bevern	17:54
M45 John DiCamillo	17:13
Chris McKnight	18:16
John Lupski	18:34
M50 Jim Walsh	19:11
Peter Martin	19:47
Roger Soulagnet	20:56
M55 Julio Aguirre	18:22
Michael Service	20:16
Lutz Hoffman	20:20
M60 Jose Mendez	21:12
Charlie Watts	22:39
Floyd Thornton	23:03

M65 Richard Murphy	20:58
Hilton Goring	22:55
Roy Richey	25:09
M70 Guy Froehig	24:32
Bert Jablon	25:46
M75 John McManus	27:37
George Dennis	33:01
M80 Bill Benson	33:47
W40 Elizabeth Ratner	19:07
DeLores Doman	21:11
Sheela Arcuri	22:02
W45 Kathy Martin	18:40
L Harfenes Melnik	20:34
Linda Ottaviano	21:16
W50 Melissa Kennedy	21:29
Estella Clasen	23:51
Joanne Gallo	24:22
W55 Marie Michelson	20:54
Betty Horstmann	22:43
Frances Doyle	26:46
W60 Patricia Cataldo	25:06
Nike Mizelle	28:44
W65 Alexandria Finger	31:24
W70 Dolly Finkelstein	29:52

Run For Life 5 Mile/USATF NJ Masters Championships Pictinny Arsenal; Aug. 25

Overall	
Fouzi Alaoui, Paterson	25:46
Madelyn Noe-Schlentz	28:51
M40 Tom Bowmaster	26:06
Henry Correa	26:22
Jeremy Stratton	26:52
John Papp	26:55
Jose Guzman	27:15
Randall White	26:57
Dave Hoch	29:54
Thomas Fitzgerald	30:24
Bill Plough	30:38
Ray Schuck	30:57
Roger Price	28:51
Bill Bowman	28:57
Gary Wallace	29:23
Steve Kohorst	29:41
Christopher Lehman	30:40
Douglas Brown	30:28
Feliciano Pereira	31:10
Ron Ayre	32:20
Edward Smith	32:38
John Nowakowski	32:51
Pat Cosgrove	31:50
Jeff Martin	34:31
Richard Stowe	36:19
Joe Saley	36:40
M65 Don Bergman	37:59
William Richardson	38:48
Richard Wilde	46:11
M70 Mark Lannigan	38:30
Angel Aponte	43:26
Bill Walsh	47:22
John Nervetti	58:15
Bill O'Brien	68:00
Dudley Healy	74:31
W40 Madelyn Noe-Schlentz	28:51
Janice Morris	32:03
Mario Quinn	33:18
Linda Cooper	33:24
Sherrie Felton	35:45
W45 Jane Parks	33:53
Judith Christian	35:26
Jan Farnung-Knuse	36:20
W50 Jo Ann Coffee	37:49
Lynda Boynton	46:01
W55 Patricia O'Hanlon	39:29
Natalie Grabow	39:44
Susan Pascoe	56:10
Imme Dwyer	41:14
Cindy Peterson	48:21
Carolyn Connell	50:36
W70 Toshiro d'Elia	42:13

Chris Thater Memorial 5K Binghamton, NY; Aug. 26

Overall	
Sammy Ng'eno 27	13:28
Anne Marie Lauck 32	16:11
M40 Francis Kamau	14:43
Andrey Kuznetsov	14:53
Donal Di Donato	16:02
M45 Tom Carter	17:06
Drew Wasko	18:27
M50 Bob Giambalvo	16:49
Bong Joon Yoon	18:33
M55 Tom Hamlin	20:46
Thomas Hoke	23:42
M60 Robin Vieyra	21:10
Fred Bostrom	22:44
M65 Kevin Huang	28:06

Leonard Murphy	28:32
M70 Louis Novello	27:18
W40 Suzanne Myette	19:03
Sarah Falso	19:18
Eileen Mushalla	21:31
W45 Karla Eisch	21:42
Mary Muse	23:48
W50 Diane Legare	18:09
Coreen Steinbach	19:51
Sharon Bigart	21:24
W55 Carol Litynski	26:55
Betsy Knapp	28:18
W60 Margret Betz	21:25
Rose Hendrickson	34:47

26th Annapolis 10 Mile Annapolis, MD; Aug. 26

Overall	
Chris Chattin 37	54:54
Elizabeth Scanlon 30	1:00:30
M40 Joseph Abernathy	56:50
Douglas Kuderna	58:19
M45 David Webster	1:00:34
Jim Adams	1:01:44
M50 Al Rich	1:02:57
Mick Slonaker	1:03:27
M55 Arthur Burger	1:08:12
Dwight Edris	1:09:02
M60 Dick Hipp	1:12:41
Stan Neumann	1:13:17
M65 Geo. Yannakakis	1:15:53
Richard Williams	1:18:10
M70 Larry Dickerson	1:21:13
Pat Nutt	1:24:36
W40 Jill Hargis	1:05:12
Jeanne Grillo	1:07:06
W45 Christine Heiby	1:14:15
Laura Roman	1:14:45
W50 Deborah Gebhardt	1:15:13
Maria Shields	1:17:13
W55 Linda Tice	1:17:37
Cris Sterling	1:20:10
W60 Brenda Murray	1:39:35
Kathleen Guerrieri	1:44:40
W65 Pat Dixon	1:35:48
Marjorie Lane	1:56:33
W70 Hedy Marque	1:55:26

New Haven 20K Road Race New Haven, CT; Sept. 3

Overall	
Dan Browne 26	1:00:09
Milena Glusac 25	1:07:48
M40 Phil Richey	1:10:30
Glenn Caffery	1:11:09
John Tolbert	1:11:19
M45 Carl Barone	1:14:10
Bill Evans	1:15:47
Brad Charron	1:16:29
M50 Thomas Hiten	1:17:10
Steve Johnson	1:17:26
Rafael Torres	1:19:27
M55 Douglas Schumann	1:20:45
Alex Silverman	1:23:06
Charles Buzinsky	1:23:39
M60 Jack Brennan	1:21:22
Mark Guadiana	1:22:38
Fred Tanner	1:30:14
M65 David Sonstrom	1:25:34
Fred Savage	1:39:31
Myron Genel	1:47:42
M70+ Geo Etherington	1:35:50
Ayer Raghavan	1:49:22
Ted Holly	1:54:01
W40 Mary Chute	1:18:20
Claudia Kasen	1:19:15
Maureen Burns	1:22:42
W45 Mary Dunn	1:19:16
Sharon Vos	1

Continued from previous page

M45 Jorge Ramos	1:12:45
Gary Bloome	1:18:01
M50 Robert Dozoretz	1:21:59
Rick Pardon	1:27:37
M55 Roger Sweeney	1:25:36
Bill Buffum	1:26:40
M60 Joe Burgasser	1:20:21
Tony Deniro	1:42:50
M65 Anthony Orofino	1:44:58
John Bolus	1:51:42
M70+August Leone	7:11:53:42
Alberto Martinez	7:11:55:51
W40 Cindy Keeler	1:16:54
Carol Postigo	1:26:37
W45 Karen Miles	1:28:16
Denise Skinner	1:32:39
W50 Mira Bedo	1:38:22
Debbie White	1:42:40
W55 Carol Leavitt	2:07:25
Lenore Rupert	2:07:35
W60 Elizabeth Scarry	1:55:36
Rosanne Elakman	2:39:38
W65 Mary Boness	2:07:47

MIDWEST

Camden Clark Parkersburg Half-Marathon	
Parkersburg, WV; Aug. 18	
Overall	
Dan Browne 26	1:03:55
Milena Glusac 25	1:12:13
M40 Eddy Hellebuyck	1:07:27
Mark Curp	1:10:57
Larry Taylor	1:12:57
M45 Tim Anstaeht	1:18:22
Barry Ross	1:18:43
Joe Sliman	1:20:19
M50 Terry McCluskey	1:17:33
Dale Leeper	1:22:32
Duane Dombek	1:23:30
M55 Peter Wayne	1:18:40
Harold Deaton	1:33:32
Earl McCormick	1:34:08
M60 Joe Burgasser	1:23:57
Fay Bradley	1:28:25
Walter Seamon	1:30:00
M65 Donald Hammond	1:43:38
Willis Ridemour	1:48:01
D. T. Jeter	1:50:18
M70 Larry Dickerson	1:48:28
Matt Morris 73	1:47:50
Jim Blount 72	1:50:59
W40 Gordon Bakoulis	1:19:38
Lee DiPietro	1:22:28
Robin Cannon	1:28:21
W45 Shelley Ralston	1:37:12
Julie Rathbone	1:37:46
Joni Adams	1:39:12
W50 C Smith-Hannah	1:29:39
Carolyn Mather	1:40:45
Carolyn Ruffin	1:41:53
W55 Merle Hines	1:45:00
Brenda Cooter	1:50:03
Mary Thompson	1:59:31
W60 Susie Klutz	1:50:22
Pat Darling	2:18:12
Sue Pritchard	3:10:00
W65 Harriet Locke	2:02:18
W70 Marge Hoffman	1:58:38

Crim 10 Mile Race

Flint, MI; Aug. 25	
Overall	
Laban Kipkemboi KEN 23	48:41
Catherine Ndereba KEN 29	52:36
M40 Andrew Masai	49:00
Simon Karori	50:56
Sam Ngatia	51:31
M45 Chris Glowacki	56:34
Les Myers	57:06
Doug Kurtis	57:35
M50 Aaron Ramial	57:30
John Newton	1:00:25
Randy Bulla	1:00:47
M55 Doug Goodhue	1:03:17
Gerard Malaczynski	1:03:46
James Carlton	1:04:00
M60 Jack Brennan	1:06:26
Fay Bradley	1:08:57
Bill Roney	1:09:14
M65 Brian Harris	1:05:40
James Matherley	1:10:07
Bob Daly	1:14:14
M70 Jerry Johncock	1:14:30
John Kolmetz	1:21:45
Herman Graham	1:24:28
M75+Jim Forshee 75	1:16:14
John Cahill 77	1:20:35
Joe Thornburg	8:42:08:13
W40 Ramilia Burangulova	55:29
Cindy Keeler	1:00:34
Monica Joyce	1:01:21
W45 Tatyana Pozdnyakova	57:21
Jackie Blair	1:12:04

Laurel Cihak	1:12:18
W50 Terry Mahr	1:04:21
Brenda Lynch	1:05:13
Nancy Cassell	1:07:05
W55 Grace Harrison	1:16:18
Kathleen Morse	1:21:39
Nina Bovio	1:22:23
W60 Cathy Dufman	1:28:27
Janet Wallen	1:28:29
Ellen Nitz	1:28:29
W65 Chris Swanson	1:38:28
Dee Crowe	1:54:18
Ardis Bowers	1:56:08
W70 Belen Dziwra	2:13:27
Betty Dunlap	2:14:37

Park Forest Scenic 10 Mile Run**Park Forest, IL; Sept. 3**

Overall	
Patrick Nthiwa 19	47:20
Naomi Wangui 23	55:02
M40 Steven Wilson	54:13
Bruce Hall	55:01
Mike Yukasz	55:28
M45 Chuck Wathen	59:39
Bob Theodore	1:00:23
Keith Holzmueller	1:01:16
M50 Gary Romesser	54:41
Jim Pelarske	56:51
Gary Moss	59:25
M55 Tom Cleary	1:04:51
Bob Walsh	1:06:58
Andrew Suozzo	1:08:59
M60 John Craig	1:06:42
John Quinton	1:11:22
Rick Brodine	1:11:26
M65 George Suter	1:23:50
Davis Sullivan	1:29:17
Juan Barajas	1:29:57
M70 Dick Lammeyer	1:26:16
Joseph Paleczny	1:28:23
Hal Weatherford	1:34:05
M75 Robert McKeague	1:22:28
George Hosokawa	1:33:46
Dennis Lane	1:36:14
M80 Warren Utes 81	1:18:09
W40 Janet Robertz	56:32
Mary Knisely	56:54
Linda Somers-Smith	57:06
W45 Sandi Coletto	1:11:34
Jude King	1:12:47
Christine Stocker	1:16:45
W50 Catherine Wides	1:08:34
Susan Croll	1:09:59
Nancy Rollins	1:10:44
W55 Dorothy Tanner	1:17:01
Sandy Kutenbach	1:24:51
Janet Omer	1:27:42
W60 Kay Golden	1:42:05
Betty Lavis	1:49:00
Connie Ratzel	1:56:49
W65 Eileen Nelson	1:23:39
Barbara Kummerer	1:42:36
Norine Weatherford	1:46:44
W75 Kathleen McDonough	1:58:24

MID-AMERICA

Fair St Louis 10K	
St Louis, MO; July 1	
Overall	
Paul Aufderberge 36	32:50
Melinda Stock 33	36:10
M40 Mike Ferguson	35:18
Louis Gassman	36:14
Gerald Holtmeyer	36:33
M45 Les Myers	34:59
Gary Holda	37:02
Dave Daum	39:02
M50 Bernie Violand	35:38
M W Hosler	37:26
M55 Mike Toolen	38:10
Neil Ackerman	40:40
M60 Renzo Dreon	44:39
Jim De Laet	49:49
M65 Harold Dix	47:44
Bill Stewart	47:46
M70 Arnold Mueller	50:23
Marion DeMuri	51:37
W40 DeeDee Schleicher	42:08
Jeanne Cody	46:44
W45 Gail Ford	44:27
Key McVey	48:42
W50 Rae Mohrmann	47:17
Kathleen Heagney	50:11
W55 Pam Chaffin	53:08
Jackie Corn	54:25
W60 Donna Sondag	59:57
W65 Sue Fay King	65:09
W75 Dottie Gray	69:14

Tall Corn Festival 5K**Rossville, KS; Aug. 11**

Overall	
Mark Holcomb	16:31
Erin Mortimer	19:53

M40 Mark Yokely	19:20
Lyle Leppke	20:33
Al Hunt	22:45
M45 Brad Rhoden	18:36
Joe Wagenblast	18:43
Tom Eck	20:43
M50 Larry Everly	20:28
Smitty Belcher	22:25
Fred Wiens	25:16
M55 Everett Murphy	21:09
Jim Dicker	21:50
Larry Kietzman	22:02
M60 Bobby Kincaid	22:47
Jim Price	23:18
Jon Fetterhoof	23:22
M65 Melvin Miller	25:37
Raly Mansfield	30:33
M70 Paul Heitzman	20:04
Gerald Davis	32:33
Cliff Hunter	34:57
M75 Frank Creason	27:59
W40 Phyl Rhinehart	26:42
W45 Sharon Patnod	26:23
Sonya Harper	29:41
W50 Donna Romans	25:29
Claire Phillips	31:12
W55 Dorie Rogers	25:50
W65 Betty Severson	34:42

Sprint for Slight 5K**Wichita, KS; Aug. 25**

Overall	
Jacques Van Rensburg	15:03
Deborah Tormeden	18:08
M40 Bob McAnany	16:58
Mike Valdois	18:06
M45 Greg Records	19:25
Tony Travella	19:32
M50 Tom Shook	19:41
Terry Pollock	20:03
M55 Leon Matlocks	22:38
M60 Gene Wright	23:05
Bobby Kincaid	23:11
M65 Charles Doze	24:50
M70 Paul Heitzman	20:13
W40 Deb Tormeden	18:08
Trina Brock	19:16
W45 Barb Holzman	20:56
Debbie Stuffer	26:52
W50 Trudy Calloway	22:31
Judy Cox	25:07
W60 C Buckler	23:25

SOUTHWEST**Tulsa RC Mohawk 5000****Tulsa, OK; July 28**

Overall	
Daniel Stone 21	15:53
Charlotte Sanderson 22	17:21
M35 Kevin Bender	18:13
M40 Ron Wall	16:56
Tom Lam	17:09
M45 Doug Vaughn	17:47
M50 Mike Christenson	18:48
M55 Ron King	19:46
M60 Jim McFadden	20:57
M65 David Mitchell	24:02
M70 Paul Heitzman	20:13
M75 Tom O'Connell	31:10
M80+Fisher Lewis 80	29:13
W35 Terri Foreman	19:15
W40 Priscilla Godi	18:11
W45 Jill Tollison	21:30
W50 Martha O'Rourke	20:35
W60 Eva Welch	34:09
W65 JoAnne Maness	89:08
W70+ Marilyn Thompson	33:46
Racewalkers	
1 Mick Champion 57	35:23
1 Linda Goeller Jay 41	35:20

Watermelon 5K**Hope, AR; Aug. 11**

Overall	
Neal Andrews 27	16:00
Kerry Allen 20	18:23
M40 Keith Francis	17:39
M45 Greg Scharlau	18:14
M50 Andy Bryant	17:56
M55 Jimmy Green	20:34
M60 Tom Mayfield	19:49
M65 Harold Wilson	20:25
M70 Parker Johnston	25:51
M80 Albert Davis	29:56
W40 June Barron	20:28
W45 Joyce Deason	19:40
W50 Angie Ransom	21:32
W55 Coreen Frasier	29:26
W60 Argie McCarley	27:04
W65 Jean Schooler	29:19
W75 Shirley Goff	32:41

WEST**Fiesta 5000****San Clemente, CA; Aug. 12**

Overall	
Danny Reed 40	15:30
Diane Haney 40	18:36
M40 Danny Reed	15:30
Tom Garcia	16:38
M45 Mark Bradbury	17:32
Bob Morris	18:23
M50 Severo Sanchez	18:35
Michael Duvall	19:18
M55 Steve Rodriguez	21:11
Jerry Harber	22:08
M60 Peter Jones	20:51
Carlos Saldivar	21:52
M65+John Camalez 66	25:44
Ernie Morales 65	26:02
W40 Diane Haney	18:36
Sandi Fischer	18:41
W45 Debra Chassagne	22:21
Bonnie Brown	23:00
W50 Linda Shivanian	23:21
Mary Hanna	24:27
W55 Diann Heyer	27:39
Gail Jiles	28:08
W60 Marilyn Hansard	28:31
Elaine Hill	29:57
W65 Dorie Smith 70	31:45
Mary Storey 77	32:48

McConnell's Ice Cream 10K & 5K**Santa Barbara, CA; Aug. 19**

Overall	
Matt Rouane 27	33:26
Chrystee Perkins 31	37:41
M40 Gregg Horner 47	33:42
Jim Triplett 43	33:54
Larry Hyde 46	35:31
M50 Jim Kornell 50	35:56
Carl Schulhof 55	36:19
Dennis Mihora 56	39:04
M60 Don Trux 64	41:25
Tim McCollum 64	46:57
G McClenath 67	47:45
M70+Gene Welch	72:12
Richard Young	72:16
W40 Patty Weissner 41	43:59
Debra Flores 48	44:19
W50 Judy Kewley 56	51:52
TioKim Kong 53	57:07
W60 Pauline Freeland	60:53:30
R Rockenbach	59:35

Overall -5K-

Ramiro Guillen 19	15:37
Mary Colburn	18:13
M40 Steve Blum	17:18
Jose Lopez	17:32
Gary Nitti	17:59
M50 Barry Schaeffer	17:46
Jack Bianchi	20:38
Al Sladek	22:05
M60 Ralph Philbrick	29:54
Tony Chapman RW	31:02
M70 Bill Kennedy	27:24
M80+Paul Gilbert 87	59:11
W40 Robin Smith	21:00
Kathy Holland	22:35
W50 Vicky Williams	27:24
Fran Malinoff	28:30
W60 Helen Westland	41:08
W70+R DiSandra	39:31

America's Finest City Half-Marathon**San Diego, CA; Aug. 19**

Overall	
Wilson Onare	1:02:44

Margaret Okayo	1:10:37
M40 Sammy Ngatia	1:11:33
Jim Hage	1:12:49
Thomas Garcia	1:16:13
M45 Farley Simon	1:11:57
Martin Ellison	1:17:47
Rigoberto Vega	1:18:50
M50 Jose Aponte	1:24:51
Gary Fryatt	1:26:55
Jacob Sutter	1:31:08
M55 Hal Goforth	1:22:48
Juan Cabeza	1:24:09
Wayne Mitchell	1:26:27
M60 Jose Torres	1:31:37
Steven Brenneck	1:31:54
Warren Foy	1:36:39
M65 Larry Dervin	1:41:12
Bob Mangrum	1:43:21
Warren Osborn	1:44:21
M70 Ruben Vigil	1:45:44
Edward Maher	2:08:31
Ollie Olivares	2:08:47
M75 John Cross	2:32:17
Tom Edwards	3:08:51
W40 Ramila Burangulova	1:14:45
Mary Knisely	1:18:40
Ima Goez	1:26:15
W45 Marina Jones	1:27:55
Maria Madueo Rios	1:30:12
Mriat Fernandez	1:31:46
W50 Alfreda Iglehart	1:32:29
Carol Richardson	1:36:42
Christine Young	1:37:50
W55 Betty Bulich	1:50:48
Gloria McCoy	1:54:34
Jeanie Thompson	1:55:55
W60 Ursula Rains	1:55:26
Eileen Pue	1:56:37
Una Marie Pierce	2:08:06
W65 Martha Walker	2:12:11
Sally Byram	2:17:30
Elsie Billy	2:19:54
W70 Faith Ramirez	2:23:31

Silver State Marathon, Half-Marathon and 10K**Washoe Valley, NV; Aug. 26**

Marathon	
Overall	
Rae Clark	3:08:42
Denise Gilroy	3:30:14
M40 Rae Clark	3:08:42
M50 Jim Rucker	3:21:16
M60 Floyd Whiting	3:36:33
M70+Paul Gionfriddo	5:49:04
W40 Connie Ridenour	3:

after a few miles, the weight of the world isn't so heavy.

dinner with mom

Abby's report card

sales forecasts

snow tires

wrinkles

taxes

tuition

Bill's birthday

clean basement

W854 WOMEN'S RUNNING SHOE

- A high-mileage stability training shoe
- Abzorb™ cushioning in the heel and forefoot
- Graphite Rollbar™ stability technology
- T.P.U. Medial Post™ provides motion control
- Stability Web™ offers lightweight midfoot support
- C-Cap™ Midsole provides maximum cushioning and flexibility
- N-Durance™ heel pad for increased durability
- Available in four widths: 2A, B, D, 2E

achieve new balance

www.newbalance.com 1-800-253-SHOE
© 2001 New Balance Athletic Shoe, Inc.