

NATIONAL MASTERS NEWS

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

290th Issue

October 2002

\$3.00

Throwers Break Records in National Weight Championships

By JERRY WOJCIK
SEATTLE, Wash. – Weight throwers gathered again from all over the



JERRY WOJCIK
Leon Joslin, 90, set U.S. records in the weight and superweight, National Masters Weight Championships.

country at West Seattle Stadium for the USATF National Masters Weight and Superweight Championships on Sept. 7. The meet has been held here and hosted by the Seattle Masters Athletic Club for what seems like forever, but the facility is nonpareil and the weather usually outstanding, so it is well received, and athletes leave saying, "This is my favorite meet."

This year, 31 masters men and nine women from 12 states, including Florida, Ohio, and Pennsylvania, and Canada entered. As often happens in this meet, the division winner of the weight title also wins the superweight championship.

In the weight throw, Bob Cahners, M60, of Florida, with the 20#, was the farthest at 19.08, with Dick Hotchkiss, California, also in the M60 group, second farthest at 17.17. Joan Stratton, W50, Arizona, recorded a 12.50 with the 16# for distance honors among the women.

In the superweight Jim Wetenhall, Ohio, broke his M45 U.S. record of 10.52 with a 10.80 for the 56# weight. Dan John, Utah, another M45, was second longest (10.15).

Five more athletes broke superweight records: Bob Ward, M65, Texas, 56#, 6.50; Ray Feick, M70, Pennsylvania, 35#, 8.92; Vince

Continued on page 11

Johnson, Park First Masters in 50K Trail Championships

By RUTH ANDERSON
USATF MUT Committee Liaison

At the 7:00 a.m. start, the ridges were all shrouded in heavy fog, moving like the waves breaking on the sandy Rodeo Beach, where the runners began their quarter mile before heading north into the headlands in the USATF National Championships/Golden Gate Headlands 50K Trail Race, Sausalito, Calif., Aug. 24.

Alas, no chance to behold the many gorgeous views from the heights of the undulating ridges with the fog never breaking up all day. The course uses portions of the famous Dipsea Trail Race, including the "Hogsback," "Cardiac," "Insult Hill," and "Steep Ravine."

Other notorious sections describe savage climbs like "killer coastal" or nasty downhill near Ft. Cronkite past WWII vintage bunkers. Fortunately, the Miwok Trail has some fairly level sections.

Still, amazingly, the top three runners were under four hours, and the next two less than two minutes over four hours. The cool temperatures, not reaching 60 degrees all day, did contribute to these fast times, but there was an outstanding 98% finishing ratio for finishers (217 starters, 203 finishers).

The top male masters finisher was
Continued on page 7



RUTH ANDERSON
Luanne Park, 42, first W40+ (4:59:37), USATF National Masters 50K Trail Championships.



BRIDGET CUSHEN
Finalists in the W55 100, 13th European Veterans Championships (l to r): K. Foster (GER); Yvonne Priestman (GBR), third; A. Eriksen (GER); U. Littenheim (SWE); D. Gallep (GER); Ingrid Meier (GER), first (13.57); Val Parsons (GBR), second; and G. Sangermann (ITA).

M40 400m world record 47.86

European Championships Draw Record 4385 to Potsdam

By BRIDGET CUSHEN

Potsdam, Germany, the Brandenburg State capital, surrounded by lakes and the river Havel and a World Cultural Heritage site since 1991, welcomed a record 4385 athletes from 39 countries to the 13th World Masters European Championships, Aug. 15-25, a slight increase over Italy in 1998 with 4291 from 36 countries.

The biggest entry was, of course, from the host country with 1895, followed by Britain (310), and France (199).

While most of Germany was suffering from severe flooding, Potsdam enjoyed blazing sun and temperatures of 30°C with high humidity. Facilities were excellent: two tracks side-by-side with adjacent throwing areas. And with over 450 volunteer sports students from the local university, the

meet ran on time.

Free transport passes were issued to all competitors, and the highly efficient electric trams that criss-cross the city disgorged the competitors outside the stadium gate at 10-minute intervals.

The future of masters athletics, although never in any doubt, looks even brighter with 66 entries in the M40 100, 67 in the 800, 60 in the 10,000, and 95 lining up for the marathon alongside 102 M50s. At 1245, however, the total number of women remains static.

With several ex-Olympians, particularly from Russia and Germany, tempted back to renew rivalry, records soon fell by the proverbial dozen. Six world, 47 European, and 121 championships records were set during the

Continued on page 14



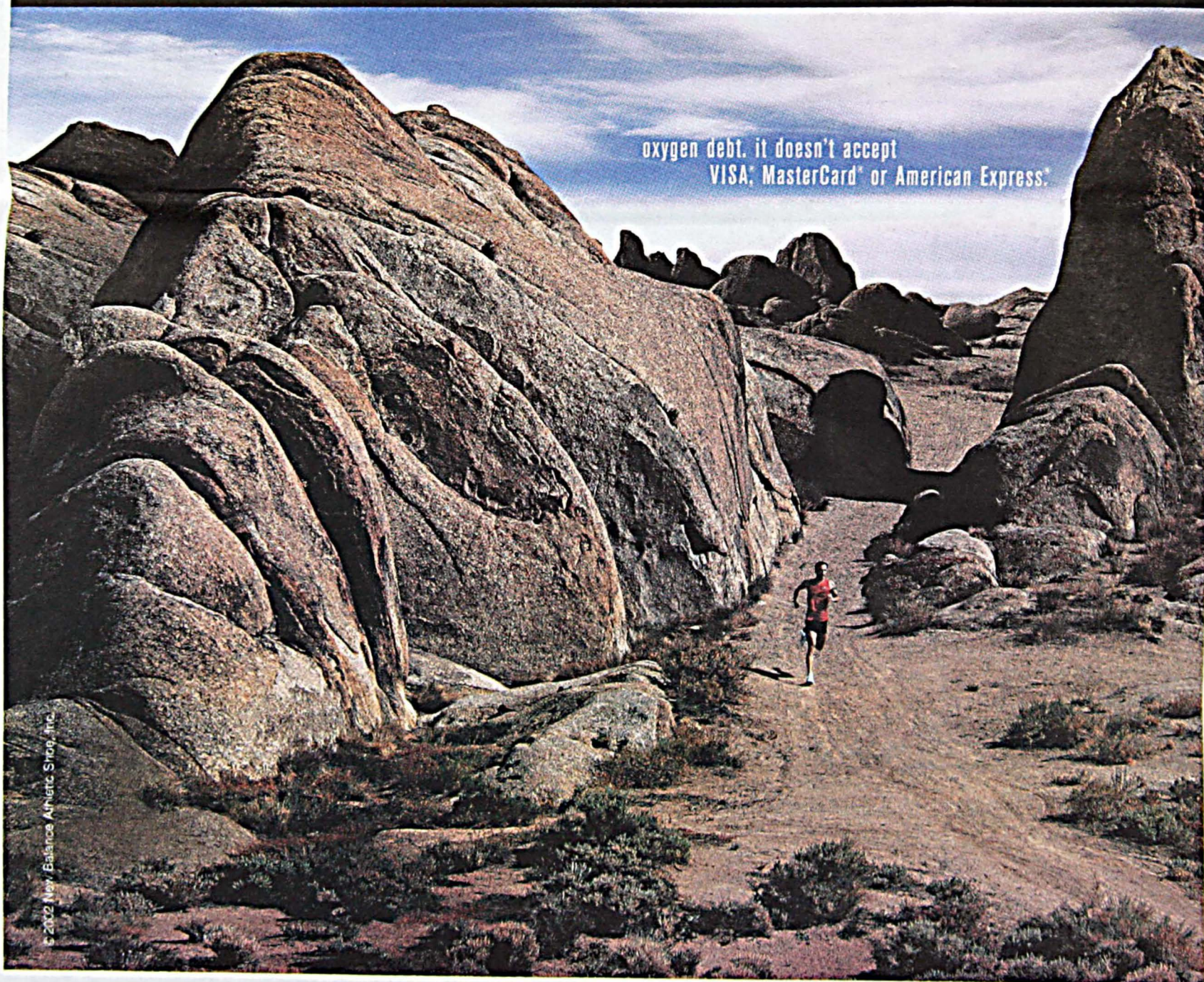
achieve **new balance**

www.newbalance.com 1-800-253-SHOE

M764 MEN'S RUNNING SHOE

A supportive cushioned trainer • Abzorb® cushioning in the heel and forefoot • Stability Web® provides midfoot support and torsional stability • Combined blown and solid rubber outsole for durability and cushioning • C-Cap® Midsole with a Dual Density medial support system • Available in widths: D, 2E, 4E

oxygen debt. it doesn't accept
VISA® MasterCard® or American Express®.



USATF Office
Letters to the
T&F Report
Third Wind
The Foot Bea
Five Years Ag
Profile - Odis
Racewalking
Ten Years Ag
Weight Room
Fifteen Years
Rankings Up
On the Run
New Age-Gro
Twenty Years
Report form I
WMA Officer
International
Masters Scene
Schedule . . .
All-American
Results . . .

National Weig
National 50K
European Me
LDR Athlete
Crim 10 Mile
Statement of
LDR Ranking
Road Race St
National 40K
S.E. Regional
Mexico Entry

New Balance
NMN Subscri
Long & Stron
National 10K
Sri Chinmoy
Pataki Catalo
Nat'l Weight
Larry Stuart
Publications
Ski & Travel
Track & Fiel
Outdoor Ran
Age-Graded
National 8K



CONTENTS

DEPARTMENTS

USATF Office	
Letters to the Editor	
T&F Report	
Third Wind	
The Foot Beat	
Five Years Ago	
Profile - Odis	
Racewalking	
Ten Years Ago	
Weight Room	
Fifteen Years Ago	
Rankings Update	
On the Run	
New Age-Group	
Twenty Years Ago	
Report from Br	
WMA Officers	
International Sc	
Masters Scene	
Schedule	
All-American Standards	19
Results	20

FEATURES

National Weight Meet	1
National 50K	1
European Meet	1
LDR Athlete Selection	6
Crim 10 Mile	7
Statement of Ownership	8
LDR Rankings	8
Road Race Standards	8
National 40K RW	10
S.E. Regional Meet	11
Mexico Entry Fees	15

ENTRY FORMS/RACE & PRODUCT INFO

New Balance	2
NMN Subscription Form	4
Long & Strong Journal	5
National 10K X-C	7
Sri Chinmoy Meet	9
Pataki Catalog	10
Nat'l Weight Pentathlon	11
Larry Stuart Javelin Video	11
Publications Order Form	13
Ski & Travel	14
Track & Field News	15
Outdoor Rankings Book	18
Age-Graded Tables	27
National 8K X-C	28



NATIONAL MASTERS NEWS



Your satisfaction is guaranteed or you will receive a full refund on all unmailed issues.

Name _____
Address _____
City _____
State _____ Zip _____

Circle Applicable sports:
☐ 3 years \$70
☐ 2 years \$48
☐ 1 year \$26
☐ 6 months \$15
☐ 3 years \$115
☐ 2 years \$80
☐ 1 year \$42
☐ 3 years \$125
☐ 2 years \$85
☐ 1 year \$45

(Air Mail)
(Prepaid in U.S. funds)
Foreign rates: (T=100, L=LDR, R=RW)
☐ Payment enclosed
☐ Bill me later

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. It's a bargain at 12 issues a year for only \$26.00. Subscribe now.

Track & Field Rankings: Jerry Wojcik
Contributing Editors: Hal Higdon,
Dr. John Pagliano, Mike Tymn, Elaine Ward
Correspondents: Ruth Anderson (CA), George Banker
(MD), Maury Dean (NY), Bob Fine (FL), Paul Heitzman
(KS), Bob Koch (CA), Carol Langenbach (WA), Ron
Marinucci (MI), Marilyn Mitchell (NY), Phil Mulkey (GA),
Paul Murray (NY), Jim Oaks (AL), Mike Polansky (NY),

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 541-
343-7716 and request current rate card. Send all print-
ed material and ad copy to: Carol Covey, Foothill
Publishing, 10001 Commerce Ave., Tujunga, CA
91042. Closing date for all copy and ad space reser-
vations 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
\$28.00 (mailed 2nd class). Add \$17 for 1st class
(USA & Canada) or \$20 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 © 2002
by National Masters News. All rights reserved.

NATIONAL MASTERS OFFICERS OF USA TRACK & FIELD

Chair
George Mathews
PO Box 80128
Seattle, WA 98108
206-396-0727 (P)
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
Regional Coordinators
East
Roz Katz
170-11 65th Ave.
Flushing, NY 11365
718-358-6233
throwerfca@aol.com
Mid-America

Midwest
Gerry Krainik
15124 Hillside Ave.
Oak Forest, IL 60452
708-687-2124
gkrainik@attbi.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

Southeast
Bob Fine
3250 Lakeview Blvd.
Delray Beach, FL 33445
561-499-3370
bobfine@aol.com

Southwest
Courtland Gray
801 Legacy Dr. #1414
Plano, TX 75023
972-527-9960
cpgray@attbi.com

West
Mark Cleary
18 Charca
Rancho Santa Margarita, CA 92688
949-589-0242
runnermark@cox.net
www.xro.com/cleary.html

Active Athletes Representative
Dave Clingan
1849 SE 20th
Portland, OR 97214
503-231-6345
xroads@xro.com
All American Standards
Len Olson
3 Oceans West Blvd., #5C4
Daytona Beach, FL 32118-5991
Tedodiscus@aol.com

Awards
Phil Byrne
55 Constellation Wharf
Charlestown, MA 02129
617-242-8822
pmb02129@aol.com

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

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

Combined-Events
Jeff Watry
24304 77th Street
Paddock Lake, WI 53168
262-843-3567 (H)
217-367-8438 (W)
jwatry@gillathletics.com

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

Marketing Director
Jeff Stamp
Masters Invitational Program
Mark Cleary (see West above)

Racewalking
Rod Larsen
104 Eleventh Ave.
Windermere, FL 34786
407-876-4467 (H)
407-876-5843 (Fax)
larsenrod@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 90292
pmundle@juno.com

Rules Coordinator
Graeme Shirley
11212 Via Carroza
San Diego, CA 92124
858-292-6132

Substance Abuse Edu. & Testing
Rose Monday
805 Pinon Boulevard
San Antonio, TX 78258

(210) 481-7301
rosaria@swbell.net
Team Manager
Sandy Pashkin (address above)
Web Site Chair
Rex Harvey
6744 Connecticut Colony Cir.
Mentor, OH 44060
440-225-0751 (H)
440-954-8122 (W)
440-954-8111 (F)
rexjh@aol.com

Weight Events
Dick Hotchkiss
14005 Meadow Dr.
Grass Valley, CA 95945
530-273-3660
ashglaze42@hotmail.com

WMA Delegates
George Mathews
Rex Harvey
Al Sheahan
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

NATIONAL MASTERS OFFICERS OF USA LONG DISTANCE RUNNING

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

Secretary:
Barbara Leininger
5115 Park Ave.
Minneapolis, MN 55417
(612) 823-2554

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

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

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

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)
mrosadoesq@prodigy.net

WMA Delegates:
Mary Rosado (address above)
Charles DesJardins

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

Championships:
Ken Robichaud

Championship Stats:
Norm Green (address above)

Marketing Representatives:
Don Lein (address above)
Jack Wing
4038 East 48th St.
Tulsa, OK 74135
(918) 742-5418 (H, W, Fax)
(918) 292-2860 (Fax)

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

Athlete Information Center
Coordinator:
Barbara Leininger (address above)

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

Mountain, Ultra, Trail
Representatives:
Theresa Daus-Weber
Douglas Laufer
Roy Pirrung

CONTENTS

DEPARTMENTS

USATF Officers	3
Letters to the Editor	4
T&F Report	5
Third Wind	6
The Foot Beat	8
Five Years Ago	8
Profile - Odis Sanders	9
Racewalking	10
Ten Years Ago	10
Weight Room	11
Fifteen Years Ago	11
Rankings Update	11
On the Run	12
New Age-Group Athletes	12
Twenty Years Ago	12
Report from Britain	14
WMA Officers	14
International Scene	15
Masters Scene	16
Schedule	17
All-American Standards	19
Results	20

FEATURES

National Weight Meet	1
National 50K	1
European Meet	1
LDR Athlete Selection	6
Crim 10 Mile	7
Statement of Ownership	8
LDR Rankings	8
Road Race Standards	8
National 40K RW	10
S.E. Regional Meet	11
Mexico Entry Fees	15

ENTRY FORMS/RACE & PRODUCT INFO

New Balance	2
NMN Subscription Form	4
Long & Strong Journal	5
National 10K X-C	7
Sri Chinmoy Meet	9
Pataki Catalog	10
Nat'l Weight Pentathlon	11
Larry Stuart Javelin Video	11
Publications Order Form	13
Ski & Travel	14
Track & Field News	15
Outdoor Rankings Book	18
Age-Graded Tables	27
National 8K X-C	28



NATIONAL MASTERS NEWS

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

Publisher: Suzy Hess
Editor: Jerry Wojcik
Editor-at-Large: Al Sheahan
Associate Editor: Angela Egremont
Assistant Editors: Susannah Beck, Jane Dods, Erich Reed
National Masters News Office
 PO Box 50098 Eugene, OR 97405
 541-343-7716, Fax: 541-345-2436
e-mail: natmanews@aol.com
Masters Web Sites:
 www.nationalmastersnews.com
 www.usatf.org
 www.mastertrack.com
 www.usaldr.org
 www.world-masters-athletics.org
Schedule: Jerry Wojcik, jerrywoj@aol.com
Advertising Representative:
 Suzy Hess 541-343-7716
Production: Carol Covey, Kim McGill
Printing: American/Foothill Publishing Co.
Track & Field Records: Pete Mundle
Long Distance Records:
 Road Running Information Center
 Racewalking Records: Bev LaVeck
Track & Field Rankings: Jerry Wojcik
Contributing Editors: Hal Higdon, Dr. John Pagliano, Mike Tynn, Elaine Ward
Correspondents: Ruth Anderson (CA), George Banker (MD), Maury Dean (NY), Bob Fine (FL), Paul Heitzman (KS), Bob Koch (CA), Carol Langenbach (WA), Ron Marinucci (MI), Marilyn Mitchell (NY), Phil Mulkey (GA), Paul Murray (NY), Jim Oaks (AL), Mike Polansky (NY),

Phil Raschker (GA), Ken Stone (CA), Pete Taylor (VA), Mike Tynn (HI).

International Correspondents: Jorge Alzamora (CHI), Ron Bell (GBR), Leo Benning (RSA), Torsten Carlus (SWE), Bridget Cushen (GBR), Martin Duff (GBR), Jim Tobin (NZL).

Photographers: George Banker (MD), Suzy Hess (OR), Mike Polansky (NY), Vic Sailer (NY), Tesh Teshima (HI), Thom Weddle (MN), Jerry Wojcik (OR).
Creative Art: Eugene Paasinen, Herb Parsons
 The National Masters News (ISSN-07442416) is published monthly, with an annual subscription rate of \$28.00. 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 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 statements made in any advertisement or article are to be necessarily construed as a recommendation or an endorsement by NMN.

Advertising information and rates: Please call 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 \$28.00 (mailed 2nd class). Add \$17 for 1st class (USA & Canada) or \$20 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 © 2002 by National Masters News. All rights reserved.

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

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

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

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

Regional Coordinators
East
 Roz Katz
 170-11 65th Ave.
 Flushing, NY 11365
 718-358-6233
 throwercaf@aol.com

Mid-America

Midwest
 Gerry Krainik
 15124 Hillside Ave.
 Oak Forest, IL 60452
 708-687-2124
 gkrainik@attbi.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

Southeast
 Bob Fine
 3250 Lakeview Blvd.
 Delray Beach, FL 33445
 561-499-3370
 bobfine@aol.com

Southwest
 Courtney Gray
 801 Legacy Dr. #1414
 Plano, TX 75023
 972-527-9960
 cpggray@attbi.com

West
 Mark Cleary
 18 Charca
 Rancho Santa Margarita, CA 92688
 949-589-0242
 runnermark@cox.net
 www.xro.com/cleary.html

Active Athletes Representative
 Dave Clingan
 1849 SE 20th
 Portland, OR 97214
 503-231-6345
 xroads@xro.com

All American Standards
 Len Olson
 3 Oceans West Blvd., #5C4
 Daytona Beach, FL 32118-5991
 Tedodiscus@aol.com

Awards
 Phil Byrne
 55 Constellation Wharf
 Charlestown, MA 02129
 617-242-8822
 pmb02129@aol.com

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

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

Combined-Events
 Jeff Watry
 24304 77th Street
 Paddock Lake, WI 53168
 262-843-3567 (H)
 217-367-8438 (W)
 jwatry@gillathletics.com

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

Marketing Director
 Jeff Stamp

Masters Invitational Program
 Mark Cleary (see West above)

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

Rankings
 Jerry Wojcik
 P.O. Box 50098
 Eugene, OR 97405
 jerrywoj@aol.com

Records
 Pete Mundle
 4017 Via Marina #C-301
 Venice, CA 90292
 pmundle@juno.com

Rules Coordinator
 Graeme Shirley
 11212 Via Carroza
 San Diego, CA 92124
 858-292-6132

Substance Abuse Edu. & Testing
 Rose Monday
 805 Pinon Boulevard
 San Antonio, TX 78258

(210) 481-7301
 rosaria@swbell.net
Team Manager
 Sandy Pashkin (address above)

Web Site Chair
 Rex Harvey
 6744 Connecticut Colony Cir.
 Mentor, OH 44060
 440-225-0751 (H)
 440-954-8122 (W)
 440-954-8111 (F)
 rexjh@aol.com

Weight Events
 Dick Hotchkiss
 14005 Meadow Dr.
 Grass Valley, CA 95945
 530-273-3660
 ashglaze42@hotmail.com

WMA Delegates
 George Mathews
 Rex Harvey
 Al Sheahan

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

NATIONAL MASTERS OFFICERS OF USA LONG DISTANCE RUNNING

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

Secretary:
 Barbara Leininger
 5115 Park Ave.
 Minneapolis, MN 55417
 (612) 823-2554

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

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

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

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

WMA Delegates:
 Mary Rosado (address above)
 Charles DesJardins

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

Championships:
 Ken Robichaud

Championship Stats:
 Norm Green (address above)

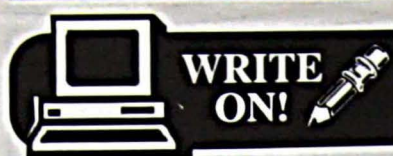
Marketing Representatives:
 Don Lein (address above)
 Jack Wing
 4038 East 48th St.
 Tulsa, OK 74135
 (918) 742-5418 (H, W, Fax)
 (918) 292-2860 (Fax)

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

Athlete Information Center
Coordinator:
 Barbara Leininger (address above)

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

Mountain, Ultra, Trail
Representatives:
 Theresa Daus-Weber
 Douglas Laufer
 Roy Pirrung



Address Letters to: National Masters News
P.O. Box 50098, Eugene, OR 97405 or
E-mail: natmanews@aol.com

27" HURDLES

In response to Al Guidet's question (Sept. NMN) regarding the hurdle heights in Puerto Rico, the 27" hurdles will definitely be available at the World Championships. They plan to buy a set of new ones that will go down to 27". If that should fall through for any reason, their backup plan is to take an existing set of hurdles and saw them off.

Rex Harvey
WMA VP-Stadia

MT. EVEREST VS. THE MARATHON

I respectfully disagree with Mike Tymn's column (Sept. NMN) about equating the climbing of Mt. Everest with a 3:00 marathon. I've written a book, *Sports Comparisons, You Can Compare Apples to Oranges*, in which varying feats like this are discussed and rated.

Basically, the number of athletes achieving a standard is my main basis of comparison. Since only approximately 1000 people have climbed Mt. Everest all-time, whereas, a 3:00 marathon is pretty commonplace, the feats are not even close. I found 1000 men broke 2:33:40 in just one year, 1981 (see *Runner's World 1981 Annual*).

According to my calculations, climbing Mt. Everest with oxygen tanks works out to about a 2:15:24 marathon. When one considers factors such as number of athletes achieving the two feats all-time, altitude, the expense of getting to Everest (that narrows the field a bit), the duration of the two events, that is what I came up with. Please feel free to write me: 18584 Carlwyn Dr., Castro Valley, CA 94546, or e-mail: daleharder@attbi.com.

Dale Harder
Castro Valley, California

MILLROSE RELAY TEAMS

Men's masters 4x400 teams interested in competing at the 2003 Millrose Games on Feb. 7th can contact me at the addresses below. Applicants should please note the following:

•Team relay times from Jan. 1 through Dec. 31, 2002, indoors or outdoors, will be accepted.

•The six fastest teams will be chosen. A seventh team will have "stand by" status.

•Times must be from USATF TEAMS ONLY. Times submitted must be from teams consisting of actual team members only. A time submitted by a team with an "unattached" athlete WILL NOT BE ACCEPTED.

•All members listed MUST be members of that team, and registered as such. Unattached athletes "joining" a team for the sole purpose of running at the Millrose Games will result in that team's ineligibility.

•A team contact person must be provided for ongoing communications.

We are still seeking sponsorship for this event. With sponsorship, the time frame of the race could be adjusted to put the race in the "middle" of the program before a full house.

Please feel free to contact me with any questions, suggestions or concerns regarding this prestigious event.

Frank Schiro
524 East 5th St., #1
New York, NY 10009
212-260-3141

e-mail: DMargeta@aol.com

RACING RECORDS

Milo Sather wrote (Sept. NMN) that he has run 1000 races in 23 years of racing, and wonders if anyone keeps records on this. I don't know if such a record exists, but Tom Osler, 62, Glassboro, N.J., has run over 1700 races in 48 consecutive years of

racing.

Seth Bergmann
Glassboro, New Jersey

NATIONAL CHAMPIONSHIPS

Congratulations to the meet organizers and officials for an excellent championships in Orono. Each event had many experienced and courteous officials. This was a model of how a meet should be run. Also the awarding of the same U.S. medals to foreign competitors was much appreciated.

The announcing by Pete Taylor made the events even more enjoyable and exciting. We are fortunate to have an announcer who does detailed research on the accomplishments of many athletes from the U.S. and abroad.

I would like to comment on the age-graded percentages that were listed in the Orono results. My research indicates these were based on five-year age groups rather than single-age as listed in the Age-Graded Tables.

On the specific age basis, the percentages would be several percent higher than age-group percentages, particularly for athletes near the top of their age group. I much prefer specific age percentages for all meets as athletes may not win their event but can have the satisfaction of a higher age-graded percentage than the winner. Also, you can see if you are slipping or improving compared to previous years. Maintaining or improving our specific age-graded percentages should be everyone's fervent goal, even though slowing down with age.

Earl Fee
Mississauga, Ontario, Canada

A big "thank you" to the large number of personnel at the U. of Maine and Orono area for staging an outstanding track & field championships. Eugene, Ore., and future championship sites have a high standard to strive for.

I noticed at the conclusion of the M50 discus that some competitors took the time to thank the officials for their efforts. This is a good example for all of us. It would do wonders for our sport if competitors were courteous and thanked officials and meet administrators for all of their hard work at the conclusion of an event.

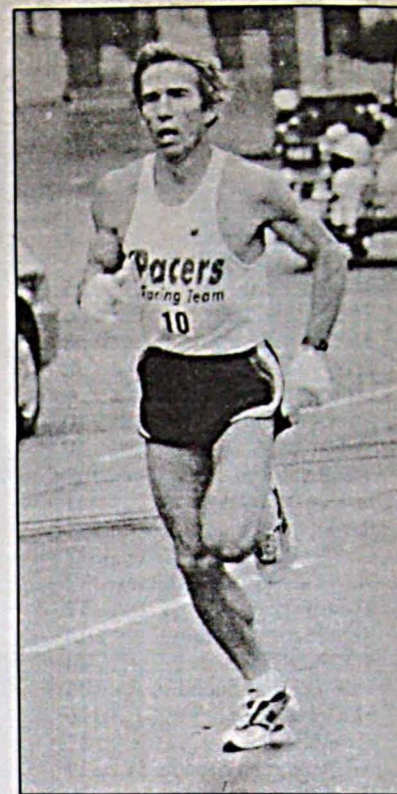
Dennis Umshler
Albuquerque, New Mexico

I would like to commend Rolland Ranson, Willi Gallant, and all the others who worked so hard to make the USATF National Masters Championships in Orono, Me., possible. The facilities, officials, and volunteers all contributed to a well-organized meet.

Pete Taylor deserves special appreciation for his endless hours of exquisite announcing. He excels in his knowledge and recognition of all the participants, positive and encouraging race commentaries, and a clear voice over the microphone.

Thanks to everyone involved for a GREAT meet!

Lynn Naftel
Escondido, California



GEORGE BANKER

Chuck Moeser, 50, Sterling, Va., shown here in the 2002 St. Patrick's Day 10K, won the M50 race (34:42), Lawyers Have Heart 10K, Washington, D.C.

SPIRIT OF THE MASTERS

After competing with 75-year-old Wilford Scott at the National Championships in Orono, I feel compelled to write in admiration of him. In the last couple of years, he suffered a heart attack, and before coming to Orono, he needed at least one knee operated on. His heart is functioning at much less than 100%.

In the 100 at Orono, he was leading when his knee gave out on him. However, he got up and still finished fourth. The next day in the 200 finals, he lead right up to the finish line, finished second in 29.61, collapsed, and needed medical attention for an hour. He had a knee operation on Aug. 28.

It makes me proud to compete with a gentleman of his caliber, and I am proud to call him a special friend.

Bill Melville
Platteville, Wisconsin

ANNOUNCING

Peter Taylor should be recognized for the outstanding job that he does in announcing at the track and field events. The juice he injects into the events greatly contributes to the enjoyment of spectators and the performance of the athletes.

Perhaps more than a few records should have his name attached. And the nimble way he balances facts, persona, coffee, the microphone, umbrella and papers is reminiscent of a circus performance of the '50s.

He certainly deserves the recognition and should be nominated as Administrator of the Year.

Kathy Martin
Charles M. Gross
Northport, New York

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 racewalking. It contains information you can't get anywhere else. Subscribe Now.

2nd Class rates:

(USA, Canada, Mexico)

☐ 6 months \$16
☐ 1 Year \$28
☐ 2 Years \$52
☐ 3 Years \$75

1st Class rates:

(USA, Canada, Mexico)

☐ 1 Year \$45
☐ 2 Years \$86
☐ 3 Years \$124

Foreign rates:

(Air mail)

☐ 1 Year \$48
☐ 2 Years \$91
☐ 3 Years \$134

☐ Payment enclosed

☐ Bill me later

☐ \$_____ as a contribution to your work

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

Name _____

Address _____

City _____ State _____ Zip _____

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

Or Call:
818-760-8983

CZZMN



Now

Last month's marketing this is veing on your point ones I am hearing

Those who want their information you e-groupers. mail to members Executive Comm to get a vote ionships qualify medal standar Convention in K to let your assoc know how you t

Mission Stat

The other cerns our miss suggestions I much like the N except they are and field and rac lenged everyone differentiate our idea is proving c

I would ask e suggestions to m it should be. I information Committee and monality in you

The Execut work on sever Masters Commi convention. Spe forward to me s think we shoul convention. We posed agenda i and accept othe December 1. U little time at th with unplanned

Marketing

Another topic



Sal Allah won Championships.



Track & Field Report

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

Now is the Time to Speak Your Mind

Last month's article on national pride, the lack of growth in our sport, and marketing strategies really seemed to stir quite a bit of controversy. I think this is very healthful for our sport. Fortunately, or unfortunately, depending on your point of view, the people who are in favor of the "status quo" are the ones I am hearing from.

Those who want change need to get their information to me. That includes you e-groupers. I forward all your e-mail to members of your Masters Executive Committee. I will be trying to get a vote on National Championships qualifying standards and or medal standards at our National Convention in Kansas City, so you need to let your association masters delegate know how you feel about the subject.

Mission Statement

The other curious response concerns our mission statement. Most suggestions I have seen look very much like the National Senior Games except they are more specific to track and field and racewalking. I have challenged everyone to include how we differentiate ourselves. The committee idea is proving cumbersome.

I would ask everyone to make their suggestions to me as to what they think it should be. I will disseminate the information to the Executive Committee and try to find some commonality in your views.

The Executive Committee will work on several proposals for the Masters Committee to vote on at the convention. Speaking of which, please forward to me subjects and issues you think we should be covering at the convention. We will publish the proposed agenda in next month's issue and accept other suggestions up until December 1. Unfortunately, there is little time at the convention to deal with unplanned topics.

Marketing

Another topic left over from the meet

in Orono concerns marketing and public relations. We have to extend great appreciation to Bob Weiner, who is a professional public affairs and issues strategist, for taking the time to open our eyes on the potential of implementing public relations for national and regional meets. We are in the process of budgeting some of this into 2003.

One really great idea that came from the meeting was the proposal to develop a masters biographical data base. I am working with our national office to implement such a data base. This would make it easy for the media to get needed information for publishing articles on USATF masters.

On the subject of marketing, we came up with some ideas that should help build our regional and national participation. We are looking at the best way to get applications for these meets to every USATF masters member, as well as those who are not yet members. This is very targeted marketing on a limited budget. We will keep you updated on this project.

Also, everyone should know that the national office is working very hard to include masters in their marketing activities. At some point, I am sure it will hit a home run for us. In the meantime, if we can build our membership base we will become more attractive to sponsors considering investment in our activities.

Pentathlon Venue

From Orono the idea of running the National Outdoor Pentathlon at a separate venue came up. The ability to run our Track and Field Championships is



SUZY HESS

Finalists in the W55 200 (from l): Jenny Dobbert; Jane Harrington; Phil Raschker, 1st (27.39); Kathy Jager, 3rd (30.84); Lynn Naftel, 2nd (29.63); and Sally Curtis, 35th National Masters Championships.

putting a tremendous amount of pressure on everyone, including the pentathletes, who then have to compete in the open championships. There was also unanimous support by the throws athletes to have rounds be no more than eight athletes. This would be an exception to the open rule of 12 and require more time to complete an event.

Regional Changes

Some may be aware that virtually everyone seems in agreement with the move of New Mexico from the Mid-America region into the West region.

We are going to unofficially start working with this change. This means we will need a new regional coordinator for Mid-America. Thank you, Doug Schneebeck, of New Mexico, for all you have done in that region.

People interested in this position are asked to get in touch with me. Also, I am pleased to announce that Gerry Krainik has agreed to take over as Midwest Regional Coordinator. Thanks go to Ray Vandersteen for all the great work he has done as Midwest Coordinator. □



JERRY WOJCIK

Sal Allah won the M40 800 (1:54.27) over Tony Young (1:55.12), 35th National Masters Championships.

THROWERS TRAIN YOUR BRAIN!!!

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



www.longandstrong.com

Four Issues (1 Year): \$20 (U.S.) \$24 (Foreign-U.S. Funds). All Back Issues, plus future issues through July, 2003 for \$100 (\$120 Foreign). Checks/Money Orders/MasterCard, Visa

Credit Card Orders
MasterCard _____ Visa _____
Name _____ Account # _____
Address _____ Expiration Date _____
City, State _____
Zip _____ Phone _____
E-Mail _____
Comments _____

MAIL/PAYABLE TO:
Glenn Thompson, 3604 Green
Street, Harrisburg, PA 17110
(717) 238-1720



Third Wind

By MIKE TYMN

Lou Zamperini: The Ultimate Survivor

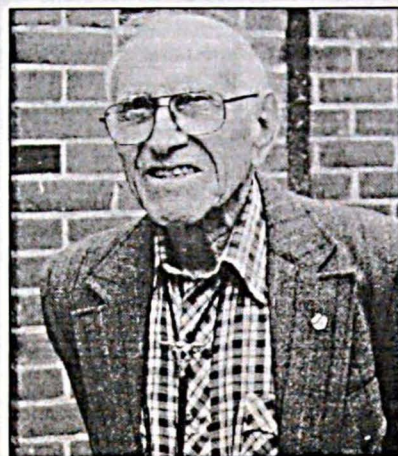
Lou Zamperini was especially enthralled with the gold-medal winning performance of figure skater Sarah Hughes in the winter Olympics this year. "She wasn't there to win the gold, she was there to perform and do her best," said Zamperini, a 1936 Olympian at 5000 meters. "That's the way it should be. It's the way it used to be. When I went to the Olympics, making the team was the most important thing. It was an opportunity to travel and meet athletes from other countries. It was the camaraderie that was important. If you happened to win a gold medal, that was great, but it was a secondary goal and you didn't lose sleep over it if you didn't win. Now, it's all about money and athletes are driven by greed, not by soul. I think television is mostly to blame. It's sad in a way."

I had met with Zamperini, now 85, in his Hollywood, Calif., office last November to interview him for an article that appeared in the April 2002 issue of *Running Times*. In that article, I mentioned that Zamperini's 1956 autobiography, *Devil at My Heels*, is being updated and that a movie of his life story is being planned. I was calling him to get an update on the publication date of his book and the status of the movie when we began talking about the Olympics, still in progress at the time, and about winning.

Golden Memories

Although Zamperini didn't bring back a medal from the Berlin Olympics, he brought back memories worth much more than gold. Only 19, Zamperini finished eighth in the 5000 final in Berlin, but his 56-second final quarter apparently gave the crowd quite a stir. German Chancellor Adolf Hitler was so impressed that he asked to have the young American brought to his box. "Ah! The boy with the fast finish," Zamperini recalls Hitler's reaction when he shook his hand.

With a final time of 14:46.8, Zamperini had closed about 50 yards on the leaders during that last lap. The race was won by Gunnar Hockett of Finland



Lou Zamperini today.

in Olympic record time of 14:22.2.

The Olympic team had journeyed to Europe on the SS Manhattan. It was Zamperini's first time on a boat and the food, especially the sweet rolls, were too good to pass up. "I gained 10 to 12 pounds on the 10-day trip over there, and I continued eating in the Olympic Village," Zamperini explained his performance. "Because of the extra weight, I didn't feel comfortable when running. During the final, there were two packs

and I hung back with the second pack, well behind the first pack, which had all the great Finns."

As he started the final lap, Zamperini recalled his brother's words about "a minute of pain being worth a lifetime of glory," then shifted gears. He does not recall being disappointed with his eighth place finish, as he hadn't really thought that much about winning. He was there for the experience, satisfied that he had done his best on that day even if he might have done better without the extra poundage.

The Fuhrer's Flag

A few days later, Zamperini and two other athletes were walking around town when they saw Hitler and his entourage pull up in a vehicle in front of the Reich chancellery. Zamperini spotted a flag with the Nazi swastika hanging from a pole in front of the chan-

cellery and decided he wanted it as a souvenir.

"The guards would march to the corner, turn about, march back, and then do their goose-step around again," Zamperini recalled with some amusement at his youthful stupidity. "I figured I had about 30 seconds to get across the street and get away. But the flag was higher than I had anticipated. I couldn't reach it."

As Zamperini was about on his third jump, the guards had turned around and began shouting at him. "I didn't understand German, but I knew what they were saying wasn't pleasant," he continued. "I jumped up in the air and clutched the tip of the flag in my fingers, and it ripped from the pole. I fell on my butt, got up, and ran. But then I heard a crack like a gunshot."

Continued on page 13

Athlete of the Year Selection Process

By DON LEIN

USATF Masters LDR Awards Chair

Each year USATF Masters LDR selects athletes of the year for men and women in each age group ranging from 40-44 to 90+. Who is eligible? Every U.S. citizen in each respective age group. How is the selection process conducted? Very simply, certified times reported to and verified by the USATF Road Running Information Center (RRIC) are assembled for each eligible runner.

The results are analyzed and, based on performance and number of races reported, six to eight runners are nominated in each age group. The winners are then selected by a vote of the Masters LDR Committee present at the USATF National Convention.

The process as defined is intended to be fair to all participants and assure that athletes who have the best performances will be considered. Unfortunately, the fairness of this approach is undermined by several factors.

One major flaw is the failure of the races to report times to RRIC. Of the 12,000+ races in the U.S. every year, less than half of them are run on certified courses, and of those, only half submit their results to RRIC. Thus, many runners' times are never considered in the process. Please review the RRIC article on p. 8 for details on submitting results. Any nationally ranked performances (see chart on p. 8) are especially needed to aid in the Athlete of the Year selection.

One of the ways this manifests itself is when evaluating the number of races run by the respective competitors. It is not fair to consider a person with a couple of entries with one who has many. Each of us can run one or two good races in a year, but to do it consistently is the mark of a champion.

It frustrates the process, because you know that a 36-minute 10K runner must have run more than one or two races in the year. The only exception is where the time is erroneous, and despite all the checks built into the system, mistakes do filter through.

Another set of factors is the

predilections/idiosyncrasies of the individual voter. Even though data are presented objectively in the most sterile environment, in hermetically sealed containers, the voters contaminate the process with their own biases. Superior performance data alone do not always win the election.

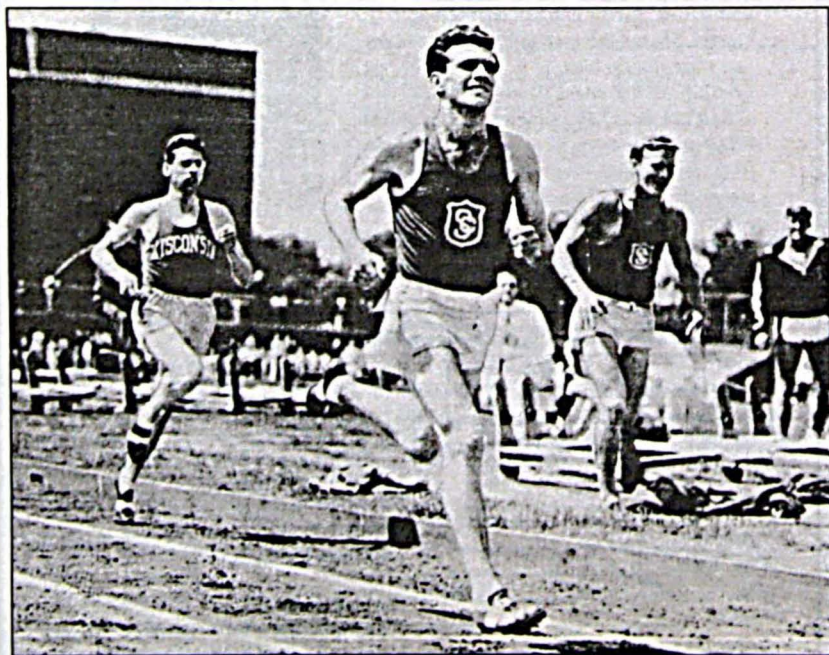
Subjectivity is a part of this election, as it is in any democratic election. If it were a matter of simply evaluating comparable times, we could develop a computer algorithm and have the process done in nano or picoseconds. We want human judgment, with all its imperfections.

What elements of subjectivity come into play? In the first place, we are Masters LDR and spend thousands of volunteer hours trying to make our sport better and healthier for our runners. We do not require a runner to be a member of USATF. Indeed, I have never heard it discussed in an election. However, we would be less than human if we did not feel more favorably inclined toward athletes who support us by running in our championship races and were supportive of our initiatives and programs.

Without question, the single most important subjective factor considered is "head-to-head" competition. There is something dispositive about the Super Bowl, World Series, Kentucky Derby, etc. It's the best facing the best, with the better participant emerging victorious. So it is in road racing.

It is not unusual to have runners who have a number of good times in their own neighborhood. Generally, they're running as a local icon and have little or no competition in their age group. The Masters LDR voters, all of whom are or were runners, know that the champion is the one who wins the race against the best competitors in their age group.

Simply put, if a road racer wishes to be a candidate for athlete of the year, they should only run in races that report times to the RRIC and then seek out their age group competitors and defeat them in head-to-head competition. □



Lou Zamperini (c) setting the NCAA mile record of 4:08.2 in 1938.

Herb Tanzer, 50, first National Masters 50 Sausalito, Calif., Aug.

San

By SUSANNA
Top master
KEN N.M., 49:33
at the 26th Annual
Mich., Aug. 24,
100% humidity
Hellebuyck, 41, A
Masai seems
humidity (and rec
ly), as he handily
Half-Marathon in
vious weekend, I
American Phil Be
nearby third M40
Tatyana Pozdn



John Smith, 40, Volcano Marathon, Hawaii, July 27. H of one of the hard



RUTH ANDERSON
Herb Tanzer, 50, first M50 (4:42:09), USATF National Masters 50K Trail Championships, Sausalito, Calif., Aug. 24.

Natl. 50K Trail Race

Continued from page 1

Tom Johnson, 43, Loomis, Calif., in a sixth-overall 4:04:30. A past winner of the Western States Trail 100, he went out easily, moving from 16th position halfway to more than 10 minutes ahead of Mark Richtman, 45, Novato, Calif., at the finish.

Richtman won the M45 race in 4:15:11, tying with Scott Jurek, 28, winner of this year's WST100, where Richtman had finished behind Jurek.

The first masters woman, Luanne Park, 42, Redding, Calif., in 4:59:37, was also third-female overall, within a minute of her third-place finish at last year's Headlands. She had also placed third female at this year's WST100.

Her consistent, steady pacing has served her well over several years of top performances nationally and internationally (as a former member of the USA Women's Team at the IAU World 100K Championships).

The next masters woman was Rena Schumann, 41, Folsom, Calif., in 5:22:41, eighth-overall female. She has been a top performer in the Pacific Association Ultra Grand Prix several years in a row.

The top 10 men and women (regardless of age) received special USATF medals, and prize money went five deep. The five-year age division winners each received \$100, a very nice reward for some outstanding performances.

There was also exciting competition even with the Headland 50K 10-year groupings. Herb Tanzer, 50, Cool, Calif., just edged out Frank Bozanich, 58, Reno, Nev., 4:42:09 to 4:42:41. Both were awarded nice pottery mugs, the work of a local potter, by the host Tamalpa Club. Awards in the Headlands race, went three deep.

This has been a great year of competition for Eldrith Gosney, Fairfield, Calif., winner of the W60-64 in 6:38:29. Her times have garnered U.S. records as well as age-division wins, two of the most recent – the 50K and 50 Mile in the Jim Skophammer 12 Hour Track on July 20, and the Skyline 50K, Aug. 4 – setting a course age record.

Lorraine Gersitz, Mountain, Ultra, Trail (MUT) Committee Co-Chair, won her W45 division in 5:52:36, a good half-hour ahead of her opponents. Overall winners were Jeremy Redding, 30, of Idaho, in a course record 3:50:46, and Mary Fagan, 26, of California, in 4:30:59.

Every aspect of this event was excellent, with truly national competition and outstanding race management. □



RUTH ANDERSON
Frank Bozanich, 58, first M55 (4:42:41), USATF National Masters 50K Trail Championships, Sausalito, Calif., Aug. 24.

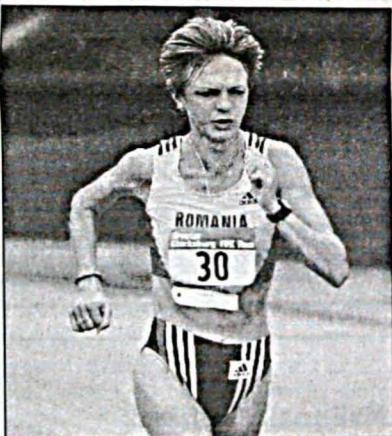
Same Old Story at Crim 10 Mile

By SUSANNAH BECK

Top master Andrew Masai, 42, KEN/N.M., 49:33, made it three in a row at the 26th Annual Crim Ten Miler, Flint, Mich., Aug. 24, defeating the hills, the 100% humidity, and fast Eddy Hellebuyck, 41, Albuquerque, 51:12.

Masai seems to enjoy the hills and humidity (and recover from them quickly), as he handily won the Parkersburg Half-Marathon in West Virginia the previous weekend, 1:07:24. Back at Crim, American Phil Bedford, 40, 51:36, was a nearby third M40.

Tatyana Pozdnyakova, 47, UKR/Fla.,



VICTOR SAILER / PHOTO RUN
Elena Filadov, 42, Romania, not only finished first W40+, but was also first master overall with a third-female 35:37, Greater Clarksburg 10K, July 27.

took the suspense out of the women's race by showing up at the starting line. She notched her sixth W40 Crim victory, 58:10, well off her W40 CR there from 1996, 54:46, but regaining the title she lost to Ramilia Burangulova (not present) last year.

There were numerous repeat division winners, though times across the board were slower than last year. Michiganders Chris Glowacki, M45, Freeland, 56:18; Doug Kurtis, now 50, Livonia, 58:32; Brian Harris, 67, Royal Oak, 68:00; and Jerry Johncock, 74, Grand Rapids, 77:03, all put in appearances and defended the home turf.

Nancy Cassel, 52, Northville, Mich., 1:07:57, stepped up to take the W50 title, after a third place last year. Crim old-timer Ardis Bowers, 70, Grand Blanc, 1:57:59, enjoyed her new age group with a W70 win. □



TESH TESHIMA
John Smith, 40, overall winner (3:09:14), Volcano Marathon & Wilderness Runs, Volcano, Hawaii, July 27. He is the defending champion of one of the hardest marathons in the world.

WHO'S GOT THE BEST MASTERS?

OTC? BAA? WHIRLAWAY? ATC? YOUR TEAM?

2002 USA FALL CROSS COUNTRY CHAMPIONSHIPS



BE PART OF THE 2002 ANSWER

DECEMBER 14TH, 2002 • ROCKLIN/SACRAMENTO CA

- 10K Championships run on a 2K dirt/grass in forest and field loop.
- BBQ Awards ceremony - Awards to top three in each Masters 5-year age group.
- Make the trip to California and Extend Your Stay.
- Easy flights into Sacramento International Airport.
- Take advantage of great room rates in Rocklin make it your home base for easy trips to Tahoe/Reno, San Francisco, and Napa Wine Country.

Online registration and race forms available 9/1/02.
Bookmark the website and check it out periodically for updates.

for information go to www.resultzone.com/xcnatl



Track & Field

venue

Microsoft

HIND





PAGLIANO'S PODIATRIC POINTERS

The Foot Beat

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

Blister Prevention and Treatment

One of the subjects we tend to gloss over every year is blister prevention and treatment. This is probably the most common running injury; yet, we consider it an irritation rather than an injury.

The feet are prone to blistering, especially across the bottoms due to shearing stresses from running, walking and jumping.

Most of the time, blisters are caused by ill-fitting shoes, improper shoes, and mechanical problems that lead to abnormal motions of the foot and shearing forces to the outer and inner layers of the skin. There are less common causes such as foot infections, allergic reactions, bites, burrs, etc.

It is most prudent to avoid blisters in the first place. Try to follow these rules:

1. Wear proper shoes for your activity and make sure they fit well – not too loose, not too tight.

2. Wear socks made of natural fibers to absorb excess moisture.

3. An old distance runner's trick is to turn the socks inside out to avoid friction from the seams or the rough material on the inside of the fabric.

4. Anti-shock insoles, such as Spenco, help quite a bit.

5. Make sure there are no cracks, debris, etc., in your shoes. Shake them out prior to activity.

6. If you are prone to blistering, apply liberal amounts of Vaseline to your feet prior to placing them in a sock. This provides a shear-free environment.

7. If you think you have a mechan-

ical problem, seek advice from your foot sports specialist to reduce any mechanical dysfunction.

Most of the time, blisters are filled with inflammatory exudates and sometimes blood. If there is blood in the blister, this is indicative of a deeper level of skin damage. This is known as a hematoma, which can also form under the toenails. If you think the blister is infected, you should seek professional help.

There are several ways to treat blisters. If the blister is small and non-painful, I would advise cleansing the skin with Betadine or alcohol and piercing the top with a sterile needle to drain the fluid. If the blister is very small, I would take the top of the blister off.

On larger blisters, you will have to cleanse the skin and make a small hole with a sterile needle to drain the fluid. Leave the top on the blister as this will serve as a sterile barrier. Soak in Epsom salts and warm water on a daily basis. This will toughen the skin and keep the blister area clean.

Be careful when you cover the blister. Do not apply any material that can irritate the skin or stick to the blister. I usually use a 4 x 4 inch gauze pad with Betadine or Neosporin ointment. □

(Dr. John Pagliano can be reached by e-mail at thefootbeat@aol.com)

Recognizing All Runners in New State Rankings

By LINDA HONIKMAN
and RYAN LAMPPA
USATF Road Running
Information Center

In 2001, the USATF Road Running Information Center (RRIC) estimates that there were 7,632,000 finishers in U.S. road races, and in 2002 there will be even more. Now with the help of technology, the RRIC will be able to recognize many of those runners by publishing all performances on USATF certified courses.

Typically, there are only 20,000 athletes who achieve nationally ranked performances (see chart below) in any given year.

The 2002 state rankings (new this September) and 2001 national and world rankings are accessible from the usatf.org (via "long distance running" link), usaldr.org and runningusa.org Web sites.

Eventually, as more events submit results in an electronic medium, the RRIC will be able to update road rankings on a weekly basis.

Is it Certified?

If you wish to check if a race is certified, go to www.RRIC.net to down-

load the entire active course list or go to www.usaldr.org to search courses by state and distance and to view the race calendar with certified course codes.

How to Submit Results

The USATF RRIC prefers to get results in an electronic medium because it provides data for trend analysis, reduces data entry costs, and enables local and state rankings to be posted for many more finishers. You can check if your local races have reported 2002 results by going to the usaldr.org Web site. Results are posted within a few days of being received by the RRIC (via email to Results@LDRResults.com, or CD, or disk mailed to USATF RRIC, 5522 Camino Cerralvo, Santa Barbara, CA 93111).

Time permitting, the RRIC will also input results from hard copy when an electronic form is unavailable, but only the top nationally ranked performances can be included for those events. □

Statement of Ownership Management and Circulation

1. Title of publication: National Masters News. 2. Publication No. 0744-2416. 3. Date of Filing: 8-27-02. 4. Frequency of Issue: Monthly. 5. No. of Issues Published Annually: 12. 6. Annual Subscription Price: \$28.00. 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: Suzy Hess, P.O. Box 50098, Eugene, OR 97405. Editor: Jerry Wojcik, P.O. Box 50098, Eugene, OR 97405. Managing Editor: Al Sheahan, P.O. Box 2372, Van Nuys, CA 91404. 10. Owner: Suzy Hess, P.O. Box 50098, Eugene, OR 97405. 11. Bondholders, Mortgagees and Other Security Holders: None. 12. Not applicable.

13. Publication Title: National Masters News. 14. Issue Date for Circulation Data Below: 09/02.

15. Extent and Nature of Circulation: Average no. copies each issue during preceding 12 months: A. Total No. Copies (net press run), 6775. B. Paid Circulation 1) Paid/Requested Outside-County Mail Subscriptions Stated on Form 3541. (Include Advertiser's proof and exchange copies), 5414. 2) Paid In-County Subscriptions (Include advertiser's proof and exchange copies), 234. 3) Sales Through Dealers and Carriers, Street Vendors, Counter Sales, and Other Non-USPS Paid Distribution, 206. 4) Other Classes Mailed Through the USPS, 402. C. Total Paid Circulation, 6256. D. Free Distribution by Mail (Samples, complimentary, and other free), 0. E. Free Distribution Outside the Mail (Carriers or other means), 486. F. Total Free Distribution (Sum of 15d. and 15e.), 486. G. Total Distribution (Sum of 15c. and 15f.), 6742. H. Copies not Distributed, 33. I. Total (Sum of 15g. and h.), 6775. 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), 6200. B. Paid Circulation 1) Paid/Requested Outside-County Mail Subscriptions Stated on Form 3541. (Include Advertiser's proof and exchange copies), 5113. 2) Paid In-County Subscriptions (Include advertiser's proof and exchange copies), 222. 3) Sales Through Dealers and Carriers, Street Vendors, Counter Sales, and Other Non-USPS Paid Distribution, 194. 4) Other Classes Mailed Through the USPS, 381. C. Total Paid Circulation, 5910. D. Free Distribution by Mail (Samples, complimentary, and other free), 0. E. Free Distribution Outside the Mail (Carriers or other means), 245. F. Total Free Distribution (Sum of 15d. and 15e.), 245. G. Total Distribution (Sum of 15c. and 15f.), 6155. H. Copies not Distributed, 45. I. Total (Sum of 15g. and h.), 6200. J. Percent Paid and/or Requested Circulation (15c. divided by 15g. times 100), 96.0.

16. Publication of Statement of Ownership will be printed in the 10/02 issue of this publication. 17. Signature and Title of Editor, Publisher, Business Manager or Owner: Al Sheahan, Business Manager - Date: 8/27/02.

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).

FIVE YEARS AGO October 1997

- Glen Conley, 40, Clears 7 Feet in High Jump
- Pete Metzmaker (44, 27:46) and Sylvia Quinn (60, 38:14) Win National Masters 8K X-C in Pasco, Wash.
- U.S. Weight Championships Held in Seattle

USATF Men's Road Running Time Standards to be Nationally Ranked

Age	5km	8km/5mi	10km	12km	15km	20km	25km	30km	10mi	H-Mar	Marhn	50mi
Open	14:00	23:45	28:40	36:00	46:15	1:04:30	1:22:00	1:39:00	49:45	1:03:15	2:18:00	6:00:00
U.S. Open	14:30	23:45	30:00	36:00						1:06:30	2:22:00	
35-39	15:30	25:50	32:00	41:30	51:00	1:10:00	1:28:00	1:49:00	54:30	1:12:00	2:35:00	6:00:00
40-44	15:45	26:15	32:30	42:00	52:30	1:12:00	1:30:00	1:51:00	56:30	1:14:00	2:37:00	6:45:00
45-49	16:45	27:45	34:30	46:00	55:30	1:15:00	1:36:00	1:58:00	1:00:00	1:19:00	2:45:00	7:00:00
50-54	17:20	29:00	36:30	47:00	58:00	1:19:00	1:39:00	2:00:00	1:02:00	1:21:00	2:52:00	7:45:00
55-59	18:20	30:30	39:30	52:00	1:01:30	1:24:00	1:45:00	2:12:00	1:05:30	1:27:00	3:00:00	8:30:00
60-64	19:40	33:00	42:00	55:00	1:07:00	1:30:00	1:55:00	2:22:00	1:12:00	1:32:00	3:15:00	10:00:00
65-69	21:45	36:00	46:00	1:02:00	1:14:00	1:38:00	2:10:00	2:50:00	1:19:00	1:40:00	3:35:00	11:30:00
70-74	23:45	40:00	50:00	1:05:00	1:25:00	1:50:00	2:20:00	3:00:00	1:32:00	1:53:00	4:10:00	13:00:00
75-79	27:45	50:00	1:00:00	1:20:00	1:40:00	2:15:00	2:40:00	3:30:00	1:50:00	2:20:00	5:30:00	13:30:00
80-84	36:00	1:00:00	1:15:00	1:30:00	2:00:00	2:40:00	3:15:00	4:00:00	2:15:00	3:00:00	6:15:00	14:00:00
85+	(all)	(all)	(all)	(all)	(all)	(all)	(all)	(all)	(all)	(all)	(all)	(all)

USATF Women's Road Running Time Standards to be Nationally Ranked

Age	5km	8km/5mi	10km	12km	15km	20km	25km	30km	10mi	H-Mar	Marhn	50mi
Open	16:30	28:00	33:30	43:00	55:00	1:16:00	1:38:00	2:00:00	58:00	1:15:00	2:40:00	8:00:00
U.S. Open	16:40		34:45							1:18:00	2:50:00	
35-39	18:00	30:45	37:00	52:00	1:02:00	1:24:00	1:49:00	2:10:00	1:06:00	1:27:00	3:00:00	8:00:00
40-44	18:30	31:30	39:00	52:30	1:03:00	1:26:00	1:52:00	2:15:00	1:08:00	1:29:00	3:10:00	10:00:00
45-49	19:45	34:00	41:30	58:00	1:08:00	1:32:00	2:00:00	2:35:00	1:13:00	1:35:00	3:20:00	10:30:00
50-54	21:15	36:30	45:00	1:04:00	1:15:00	1:38:00	2:10:00	2:45:00	1:18:00	1:42:00	3:30:00	11:30:00
55-59	23:30	40:30	48:30	1:10:00	1:22:00	1:45:00	2:32:00	3:15:00	1:27:00	1:49:00	3:45:00	13:00:00
60-64	25:00	45:30	52:30	1:20:00	1:38:00	2:00:00	2:50:00	3:30:00	1:45:00	2:05:00	4:15:00	14:00:00
65-69	27:30	51:00	1:00:00	1:25:00	1:55:00	2:10:00	3:00:00	3:45:00	2:00:00	2:25:00	5:20:00	15:00:00
70-74	34:00	1:00:00	1:15:00	1:30:00	2:05:00	2:30:00	3:10:00	4:00:00	2:10:00	2:45:00	6:00:00	16:00:00
75-79	42:00	1:10:00	1:25:00	1:40:00	2:10:00	2:40:00	3:20:00	4:15:00	2:15:00	2:50:00	6:30:00	17:00:00
80-84	50:00	1:15:00	1:30:00	1:45:00	2:15:00	2:50:00	3:30:00	4:30:00	2:20:00	3:00:00	6:45:00	17:30:00
85+	(all)	(all)	(all)	(all)	(all)	(all)	(all)	(all)	(all)	(all)	(all)	(all)

P
Odi

Last month
Champion
Following
the early 1980s.
peared as a mas
We continue our

NMN: Is y
now than it was

OS: I cut b
because in my y
day. Sometimes
day, and my m
90s. If I took o
whole year, that
dinal sin. Not li

I'm older now
something like
days won't pha
could have a
blowing my nos
running 5-6 mil
me something, s
that any more.

We work to
it's going to slo
come, and there
the process. But
tive. Nothing fe
high school kid
go out there an
beat their butts.
the college kids
against people i

Odis San
Train

Week

Mon. 4-6 ea
Tue. 4 x 200

@ :30-32, 20
@ :60-62

Wed. 4-6 ea

Thu. 4-6 ea

Fri. 4 x 400

@ :64-66, 40

@ :12-13

Sat. 4-6 ea

Sun. OFF, c

Week

Mon. 4-6 e

Tue. 4 x 80

200m jog),

@ :5:00

Wed. 4-6 e

Thu. 4-6 e

Fri. 2 x mi

Sat. 4-6 ea

Sun. OFF, c

Week

Mon. 4-6 e

Tue. 1 x 2

Wed. 4-6 e

Thu. 4-6 e

Fri. 10-15

(6:40 down

Sat. 4-6 ea

Sun. OFF,

PROFILE

Odis Sanders, Distance Runner and Comeback Kid – Part II

Last month we profiled Odis Sanders, 43, who won the New York State X-C Championships in 1978, was the Junior College National X-C Champion the following year, and was a fixture on the elite road racing circuit in the U.S. in the early 1980s. Abandoning the running scene after burnout at age 25, he has reappeared as a master and shown that he's very much a competitor to be reckoned with. We continue our profile here with Sanders' training program.

NMN: Is your training different now than it was when you were 25?

OS: I cut back a lot in volume, because in my younger days I ran every day. Sometimes I would run twice a day, and my mileage would be in the 90s. If I took off four days out of the whole year, that was kind of like a cardinal sin. Not like now!

I'm older now, so if I hurt my toe, or something like that, taking off three days won't phase me at all. Before, I could have a 100-degree fever, be blowing my nose and still be out there running 5-6 miles. Now, age has taught me something, so we don't do stuff like that any more.

We work to help the body because it's going to slow down in the years to come, and there's no need to speed up the process. But I'm still very competitive. Nothing feels better than to beat a high school kid who's a star athlete – to go out there and have a great race and beat their butts. The same thing goes for the college kids. I feel very competitive against people in those age brackets.

Odis Sanders' 3-Week Training Log

Week 1: Speed

Mon. 4-6 easy on soft surface
Tue. 4 x 200m (w/200m jog)
@ :30-32, 200m jog, 1 x 400m
@ :60-62

Wed. 4-6 easy

Thu. 4-6 easy

Fri. 4 x 400m (w/200m jog)
@ :64-66, 400m jog, 1 x 800m
@ 2:12-13

Sat. 4-6 easy

Sun. OFF, or light walking

Week 2: Stamina

Mon. 4-6 easy on soft surface
Tue. 4 x 800m @ 2:30ish (w/200m jog), 200m jog, 1 x mile
@ 5:00

Wed. 4-6 easy

Thu. 4-6 easy

Fri. 2 x mile (w/400m jog)

Sat. 4-6 easy

Sun. OFF, or light walking

Week 3: Strength

Mon. 4-6 easy on soft surface
Tue. 1 x 2 mile @ 10:00

Wed. 4-6 easy

Thu. 4-6 easy

Fri. 10-15 mile tempo run
(6:40 down to 5:50 pace)

Sat. 4-6 easy

Sun. OFF, or light walking

When you get to people in their 20s and 30s, they're more solid runners, but sometimes your old name carries a little weight, someone will look at you and go, "Oh, that Odis is here, he's pretty tough. I know he's 40 now, but the guy can pull out some five-minute miles sometimes. I think I'm going to run a good tactics race and see if he goes out barreling like he normally does." So, it feels good to be a master. You use what you can when you have to.

NMN: Who are your coaching influences?

OS: There was my high school coach, Joe Bessell. The other one was Mike Barnow, the head coach of the Westchester Road Runners Club and still my coach. Even now, I call him every two, three weeks to tell him what I'm doing and ask for his advice. And Joe Kleinerman. He was the head coach of the Millrose team. I used to go in and talk to Joe every two weeks or something like that, and he'd buy me lunch and ask me about my training and give me some insights.

NMN: What is your training like these days?

OS: I go in a three-week cycle that varies from summer to winter. I normally do all my workouts between 6:30 and 7:20 in the morning.

A typical morning for me is I make my bed, brush my teeth, say my prayers, and do 20 pushups and 20 sit-ups. Then I do 10 rotations, 10 trunk bends, 3-4 stretches that I count to 20, and that's my warm-up; my body's ready to go. I get down to the trail and I do 20 jumping jacks, 20 leg lifts and start running. Tuesday and Friday are my speed days.

The warm-up is unusual. It consists of two-miles run at 6:00 pace on a flat trail near the track, with the last 400 of each mile at :75-pace or better. Then I go on over to the track. I do very little cool down – a 400m jog, walk to the car, and drive home. That's it.

NMN: That's unconventional. Sounds like you've eliminated the "garbage" miles.

OS: Yes. My body's been doing this for a very long time, and all the experimenting and so forth has been done already. Eating and sleeping, all that's been cut down to perfection, and now, even the warm-up.

When I was younger I used to warm-up 30-40 minutes, then cool down 20 minutes, you know there's another hour gone! And when you're 40, and you're in a relationship, there's so much else you want to get done, and



Odis Sanders

MARATHONFOTO

things you don't get done around the house, and your life. So I cut some corners.

NMN: Your summer speed workouts appear to be exactly twice the length of the winter session. Do you have a transition phase where you build-up the interval distance instead of doubling everything right away?

OS: No, you go straight up to the longer stuff, in February or March.

NMN: Do you cross-train?

OS: I bike everywhere. I live on a very big hill. I go up that hill and down that hill twice a day, sometimes more.

NMN: Do you do any stretching?

OS: Very little. Just that little bit right before a workout, and that's it.

Luckily my job at the car wash allows me to be working, constantly moving muscles. I'm scrubbing cars, so I get a lot of upper body movement, and I'm always on my feet. Basically, I'm always moving.

NMN: What are your goals this coming year?


OS: I'm pointing towards the longer distances. I have to fulfill a destiny that I walked away from years ago that really has always been in my mind and tormenting me. I have to go back to the Olympic Trials. So I will shoot for a fall marathon.

I want people to know that I had the talent then, and I still have it now, and then I can, finally rest. I feel like this is the only thing that will let me quit one day and not have regrets. □

DEADLINE

NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material, results, schedule items, and advertising is the 10th of the month before date of issue.

Send to: *National Masters News*, P.O. Box 50098, Eugene OR 97405



13TH ANNUAL SELF-TRANSCENDENCE MASTERS TRACK AND FIELD 40 AND OVER

CANCELED

Sunday, October 20, 2002 CSU Long Beach

USATF SANCTIONED

DATE: Sunday, October 20, 2002

LOCATION: California State University (CSU) Long Beach

DIRECTIONS: Exit Fwy 405 at Bellflower Blvd. South, east on Alherton, right on Fanwood Dr. (CSULB parking lot); straight ahead to Administration parking lot (don't park at the meters)

DIVISION: 5-year age groups

FACILITIES: 8-lane artificial surface track, 7mm [1/4"] spikes; concrete rings

ENTRY FEE: First event \$15, additional events \$6 each. No refunds. Colorful event T-shirt included. (T-shirt availability on race day not guaranteed!)

DEADLINE: All entries must be postmarked no later than Oct. 11, or phoned-in no later than Oct. 14. Late/day-of-race entries add \$2

AWARDS: Medal to first three men/women in each event/age group

AID: Light refreshments throughout day to all participants

ACCOMMODATIONS: Holiday Inn, Downtown Long Beach, (\$69 plus tax; please mention event for this special group rate). Call 800.442.1688 for reservations

NOTE: 2002 USATF registration required (available at meet for \$20)

MAIL ENTRY TO: SR CHINMOY MARATHON TEAM, • 6220 Bristol Parkway #315, Culver City, CA 90230
Make checks payable to SCMT • For more information please call 510.645.0271 or fax 510.645.8518

TRACK EVENTS

9:30 am	5000m Race Walk
10:15 am	80/100/110m Hurdles
10:50 am	2000m Steeplechase
11:10 am	3000m Steeplechase
11:40 am	3000m Run
12:10 pm	100m Sprint
1:00 pm	800m Run
1:20 pm	200m Sprint
1:50 pm	1500m Run
2:15 pm	300/400m Hurdles
2:30 pm	400m Sprint
3:00 pm	4 x 100m Team Relay

FIELD EVENTS

9:30 am	Hammer/Pole Vault
9:45 am	Long Jump
10:15 am	Javelin
11:00 am	Triple Jump/Discus
11:30 am	High Jump
1:00 pm	Shot Put

ENTRY FORM

NAME (LAST) _____ (FIRST) _____ AGE _____ SEX _____ DATE OF BIRTH _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

USATF# _____ PHONE _____ T-SHIRT: ☐ S ☐ M ☐ L ☐ XL AMOUNT ENCLOSED _____

MY EVENT(S) 1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____

Athlete's Waiver: In consideration of your acceptance of my entry, I hereby for myself and executor waive, release and forever discharge any and all claims for damages which I may have, or may hereafter accrue, against CSU Long Beach, the Sri Chinmoy Marathon Team, field officials, and all other sponsor and sports facilities or their officials or agents. I certify that my level of training is such that I am prepared to compete and recognize the right of any duly authorized members of the medical staff to require my withdrawal from competition.

Athlete's Signature _____ Date _____



Masters Racewalking

By ELAINE WARD

Sherry Brosnahan – Memories of Orono

Sherry Brosnahan, W50, won a gold medal in the 10K racewalk with a time of 57:30.70, and a silver in the 5K in 28:02.13, 35th USATF National Masters Championships, Orono, Maine, Aug. 8-11. In a 50K race in September, she became the fastest 50-year-old woman in the world with a time of 4:15:18. She began racewalking in 1998 and holds eight U.S. masters records. She has been New Jersey's Female Racewalker of the Year for the past four years, and in 2001 was named U.S. Walker of the Year for her age group. She hopes to qualify for the U.S. Olympic Trials in 2004, which would make her the oldest woman in track and field to ever compete in the Trials. This month's column features her personal impression of this year's Nationals. Next month will feature impressions of other competitors in Orono. – ew

With nothing but the best memories of my previous trip to Orono, Maine, in 1998, I was very eager to return for the 2002 National Masters Track and Field Championships this summer. I had a fabulous time in Orono four years ago when the Championships were held at the nearly completed track and field complex at the University of Maine. Still, I worried that perhaps what I recalled was the excitement of my very first national meet, and I hoped that this year's meet would offer the same fierce and friendly competition and delightful hospitality.

I needn't have worried. If anything, Orono 2002 was even better than 1998. Gone were the construction sites, the mind-numbing din of the jackhammers, the workers laboring behind the yellow and black CAUTION tapes. In their place were spacious grandstands gleaming in the sunlight and the welcome sounds of athletes competing or cheering for each other. But the best parts of Orono 1998 were back in force: the friendly volunteers, the efficient officials, the well-run competitions, and Maine's picture-perfect weather.

Superb Competition

More importantly, the meet featured the outstanding athletic performances and great camaraderie I have come to expect at all national masters championship events. After a string of bad

luck when surgery, illness, and injury forced me to sit out the outdoor nationals two years in a row, I was delighted to simply be there. Knowing that the meet was in the hands of expert organizers and volunteers, including Tom Easter and Justin Kuo, I knew I could relax, race my heart out, and enjoy the weekend.

For me, the highlight was the 5K racewalk on the gorgeous U of Maine track. It was my first national competition since March 2001, and during that time, I had moved up an age group, so I was particularly eager to find out where I stood. I have to admit I enjoyed every aspect of that race – the pre-race jitters, the adrenaline surge triggered by the starter's gun, and the all-out effort to keep up with the leaders.

Photo Finish

Halfway through the race it was clear where I stood in my age group – second to the champ, Gayle Johnson. But the best part of the race was still to come – racing my friend, Debbie Topham, who isn't even in my age group, to a photo finish. What more could you hope for in a track race?

After the exhilaration of my 5K, the rest of the weekend passed in a pleasant blur. As Elaine Ward's guest columnist, I knew I'd have to offer her readers balanced coverage of the meet, so I made a special effort to collect a

variety of athlete's comments. I am happy to report that the comments, to be included next month, were overwhelmingly positive and completely consistent with my experience.

Renewing Friendships

In my five years as a racewalker, I've learned that one of the best parts of racing at the big meets is that you get to watch a variety of track and field events when you're not racing. At this meet, I watched some world-class athletes I had previously only read about. I was on hand to cheer for some runners I've raced with in New Jersey, and I got to catch up with my racewalking friends from all around the U.S. and Canada.

This year my husband, Dan, and I added something new – we actually did a little sightseeing. Now when I think of meets in Orono, I'll be thinking of lobster rolls and milk shakes and hikes along the coast, in addition to all of the wonders of National Masters Championships. □

(Elaine Ward can be reached by e-mail at narwf@aol.com)

Brosnahan, Gawinski Break 40K RW Records in Rain

By ELLIOTT DENMAN

OCEAN TOWNSHIP, New Jersey – Masters racewalkers shared in the glory at the 64th annual USATF National 40K Championships. Walkers and volunteers braved a steady rain and a biting wind during the race held at Joe Palaia Park on Sept. 1.

Sherry Brosnahan, 50, of the Shore AC, reeled off lap after lap on the 2K course at a steady pace of about 12:45 for each circuit (a 10:16 average per mile) and went on to a third-woman overall 4:15:18, which better the U.S.



Betty Blank, 49, first W45 (20:50), Metro Run for Women 5K, Washington, D.C.



Jane Dana set a W80 world best (77:07) in the 10K racewalk, 35th National Masters Championships, Orono, Me., Aug. 8-11.

W50 record of 4:17:46 by Elton Richardson in 1992.

But Brosnahan wasn't done yet. She stayed on the course and proceeded to finish five more laps for a 5:21:52 at the Olympic 50K distance. The W50 U.S. record for the 50K is 5:43:26 by Jill Latham in 1990.

Brosnahan smiled throughout her record walk and made it look easy, despite the tough conditions. "It was hard," she finally admitted at the post-race awards.

Ed Gawinski, 75, of the Phast Team, walked to an M75 U.S. record of 5:22:17. The present record is 5:26:08, set here by Tim Dyas in 1996. Gawinski won both the 5000 (33:19.37) and 10K (1:14:22.66) in the 35th National Masters T&F Championships in Orono, Me.

The first M40+ was Chris Knotts, M45, Miami Valley (Ohio) TC, seventh overall (3:56:21), who, with Ed Fitch (M40, 4:26:45) and Jack Blackburn (M65, 5:16:44), won the masters team title. Brosnahan was a member of the Shore AC open women's winning team. □

TEN YEARS AGO October 1992

- Gary Romesser (41, 30:43) and Carol McLatchie (40, 35:25) Win in Asbury Park 10K
- Mexico Hosts North American Championships
- First World Vets Road Race Held in England

PATAKI TRAINING SYSTEM patakitms.com

Books, Videos, Audio, POWERball & Nutrition

Dr. Pataki 6 times World Champion and Improving

My Secrets

Audio Book: Winning

POWERball

Video For Every Event Lasting Treasures of Sports Science

Sign up for the News Letter: Training & Nutrition for Masters

Phone 1-800-553-2188

Dr. Pataki Catalog on-line patakitms.com



Jerry Wojcik

M

This year, Regional Masters went north at the Masters Championships with the Potomac Championships, Aug. 31-Sept. 1.

Long Island went south from the Potomac to continue her World record of 5:15.54 in the sent record of Statham, Gre. Another Long Island breaking binge, Sohn, 60, Stony Brook, the U.S. record Matson in 2001.

In other events, M40, posted the 200 (23.87)

FIFTEEN Octo

• Laurie B. Record America's Marathon

• Chris M. 30:57) and (W40, 35: Park 10K

• Twin Cities offers \$40, Prize Mon

• Atlaw Bell Masters Boilermake

2002 U P

St. Am

St. Am

\$50.00 er in Holiday Awards t and wom women s Jeff Baty



The Weight Room

By JERRY WOJCIK

Jerry Wojcik's column The Weight Room will resume in November.

Mile Records Fall in SE Regionals

This year, the USATF Southeast Regional Masters Championships went north after the 35th National Masters Championships to join forces with the Potomac Valley Association Championships, Alexandria, Va., on Aug. 31-Sept. 1.

Long Island's Kathy Martin, 50, went south from Northport, N.Y., to continue her W50 record-setting with a 5:15.54 in the mile, breaking the present record of 5:24.6 by Elaine Statham, Great Britain, in 1997. Another Long Islander on a record-breaking binge, Marie-Louise Michelsohn, 60, Stony Brook, N.Y., lowered the U.S. record of 5:58.69 by Shirley Matson in 2001 to 5:57.42.

In other events, Eugene Vickers, M40, posted the fastest 100 (11.39) and 200 (23.87) of the meet. Lillian

Awidi, W30, won the 200 in 27.95. Mel Fields, M55, raced to a 58.03 to beat Del Meriweather (58.26) in the 400, but Meriweather won the 200 in a sensational finish, 25.89 to 25.90.

Steve Nearman, M40, won the 800 in 2:07.7h and 1500 in 4:27.02. Jay Wind won the M50 10K road race in 39:05.2h.

In the jumps, Bruce McBarnette, M40, cleared 1.98. Femi Afolayan won the M35 long jump from Kevin Lendo, 5.78 to 5.77.

Larry Pratt, 2001 third-ranked M60 in the discus at 54.21, should move up a couple of notches after his 56.08 with the 1kg. Evelyn Wright's 23.22 in the hammer will move her near the top in the M65 rankings this year.

Racewalker Judy Witt, W50, was first overall to the finish line in the 5000 in 30:10.90. □

FIFTEEN YEARS AGO October 1987

- Laurie Binder Sets W40 Record (1:18:31) in America's Finest City Half-Marathon
- Chris McCubbins (M40, 30:57) and Barbara Filutze (W40, 35:31) Win in Asbury Park 10K
- Twin Cities Marathon Offers \$40,000 in Masters Prize Money
- Atlaw Belilgne, M40, Claims Masters Victory in Utica Boilermaker 15K With a 50:26

Rankings Update

By JERRY WOJCIK
USATF Masters T&F
Rankings Coordinator

Joy MacDonald, the 2002 high jump and polevault ranker, has left Florida after 34 years for the "seclusion, land, and trees" of Virginia. Her new address is 1928 Sleepy Creek Rd., Cross Junction, VA 22625; e-mail: FLTREDKIN@aol.com.

The contacts for the 2002 outdoor rankings were in the September issue and will be published again in November.

National Weight Championships

Continued from page 1

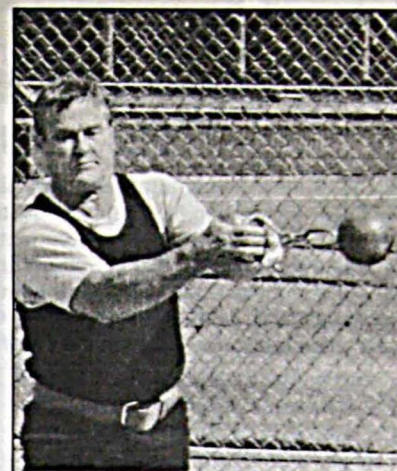
Sempronio, M75, Oregon, 35#, 7.45; Robert Horsley, M80, Florida, 35#, 5.50; and Leon Joslin, M90, Washington, 35#, 4.12. Joslin, the oldest competitor at 90, also broke the M90 record for the #12 weight with a 7.66.

Stratton was the women's super-weight leader (8.94), with Joyce Taylor, W50, a close second (8.77).

In the Ultra Weight Pentathlon following the Championships, throwers got to test their mettle with the 98#, 200#, and 300# added to their weight and superweight marks for an unofficial title. Wetenhall won the M30-59 award with a total of 5329, bulked by 1294 points for a 1.64 heave with the 300# weight.

Ward won the M60+ group title with a 4850, bolstered with an 1160-point 1.12 300# toss. Stratton took the women's first place with a 4395 score, earning 1030 points for her 8.94 superweight.

In the past, the meet, including the Ultra, has ended at about 2:00 after lunch, but this year, an exhibition hammer event, which started at 9:00



JERRY WOJCIK
Bob Ward, 69, double winner in the National Masters Weight Championships, Seattle, Sept. 7.

a.m., created havoc with the throwing circles, and some athletes didn't finish until 7:30 p.m.

Everyone agreed, including meet management, that the hammer was a nice addition, but better suited for Friday night before the Championships or after on Saturday. □



SUZIE HESS
The quartet that set a world best 4x1600 (17:40.63), Hayward Classic, Eugene, Ore., (from l): David Olds, 40; Peter Magill, 41; Tony Young, 40; and Jamin Aasum, 42.

2002 USATF NATIONAL MASTERS WEIGHT PENTATHLON CHAMPIONSHIPS

St. Amant, Louisiana, November 9, 2002
8:00 AM

St. Amant High School - 12035 Hwy 431
St. Amant, LA 70774

\$50.00 entry fee includes T-shirt and dinner banquet in Holiday Inn Ballroom. USATF Sanctioned. USATF Awards top 3 finishers. Special plaque for top mens and women's scorers. 5 year age groups for men & women starting at age 30. For more information: Jeff Baty: 225-644-6930 or latrackandfield@yahoo.com

THE ONE VIDEO THAT EVERY THROWER & COACH SHOULD HAVE



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

LARRY STUART ON JAVELIN THROWING

ADD 30' TO YOUR THROWS

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

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

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

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



On The Run

By HAL HIGDON

The Numbers Game

Within hours after The LaSalle Bank Chicago Marathon reached its 37,500 cap, several procrastinating runners posted pleas to the Virtual Training forum I administer online offering to buy numbers. Simultaneously, James Yunker, an airline pilot from St. Croix Falls, Wisconsin, offered his Twin Cities Marathon number on eBay. Numbers to other popular marathons such as St. George, Marine Corps, and New York City certainly also were changing hands with no one the wiser.

Selling race numbers seems a "victimless crime." To enter the most popular marathons, runners increasingly must pay early for races that an injury or unexpected invitation to a cousin's wedding may force them to miss. Several races allow you to defer your entry a year, but you still need to pay extra. Refunds are rarely allowed. "If race directors are greedy enough to take your money," Yunker explains his action, "they should have some policy to give it back."

American Tradition

"Scalping is an American tradition," concedes Carey Pinkowski, Chicago's race director. "Buying numbers is a compliment to the popularity of our sport." Still, Pinkowski worries that rampant switching could cause problems that include not only authentication of times and records, but also identification and liability should someone need treatment. (Try boarding Yunker's next flight with someone else's ticket.)

That some people will not show is a fact of life, not only at marathons, but also at other events and activities for

which advance-purchase tickets are required. Yunker's airline probably will not refund your non-refundable ticket unless you can come up with a very good reason for not using it.

Many race directors fix budgets expecting 10 percent shrinkage. Refunding fees would cost more staff time and might result in increased fees for those who do show. "For a race our size, transferring numbers would be an administrative nightmare," worries Scott Keenan, director of Grandma's Marathon.

Integrity Threatened

Yet failing to provide some checks on who-wears-what-number threatens the integrity of the sport. I once ran the Indianapolis Mini-Marathon intent on battling Dick Wilson, who had won his (our) age group in that race eight consecutive years. I edged past Wilson in the last mile of the race, only to learn I placed "second" to an individual whose son ran with his number!

Wilson managed only fourth behind another number-switcher.

Eventually, we received our trophies and the perpetrators received meaningless suspensions from next year's Mini, but USATF does not want to waste its time policing mass marathons. Worrying about performance-enhancing drugs already occupies time best spent obtaining sponsors to improve the money base of at least the elite level of our sport.

Paying to Qualify

Meanwhile, would you like to qualify for Boston? Just pay someone to run a qualifying time in your name. How about buying your way into the

Olympic Trials, even the Olympics? In an era where a rock singer offers \$20 million to ride a Russian space ship, nothing seems impossible.

As marathons increase in popularity, this numbers game will occur more frequently. Yet despite Yunker's claim, most race directors are not "greedy." They are professionals, whose main goal is to make the "racing experience"

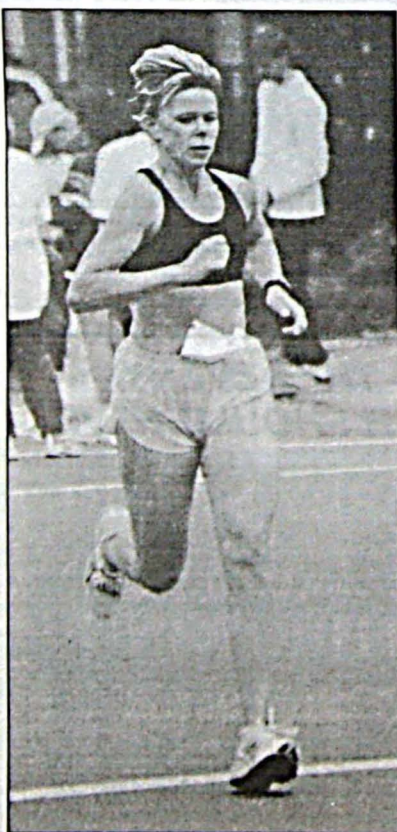
enjoyable for all of us — otherwise we won't be back. "It's not a major problem now," admits Dan Finanger, director of the Twin Cities Marathon, "but it could become one if we fail to pay attention." □

(Hal Higdon is Senior Writer for *Runner's World*. More of his writing and training schedules are available at: www.halhigdon.com.)

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, OCT. 2002

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
MIKE CONLEY (USA)	10- 5-62	40-44
JOHN DYER (MONTPELIER, VA)	10-16-57	45-49
PANAGADANHOUSE CALEYAMMA (IND)	10- 1-52	50-54
SILVERIO BOSCH (CORPUS CHRISTI, TX)	10- 5-52	50-54
LAURA CALDWELL (LAKE OSWEGO, OR)	10- 6-52	50-54
CATHY OERTER (WEST ISLIP, US)	10-13-52	50-54
FRANCIS SCIRO (NEW YORK, NY)	10-17-52	50-54
ELKE GEIST (GER)	10-23-52	50-54
PATRICK BURNS (WI)	10-26-52	50-54
GERDA MARIE DEHAES (BEL)	10-29-52	50-54
SUSAN WARD (LOS ANGELES, CA)	10- 1-47	55-59
JOSH OWUSU (GUY-TX)	10- 2-47	55-59
HANS SCHICKER (FRG)	10- 3-47	55-59
MABEL MITCHEL (AUS)	10- 6-47	55-59
ED MORLAND (WESTMORELAND, KS)	10- 9-47	55-59
GUR BANS KAUR KAMO (IND)	10-10-47	55-59
SILVIU HODOS (FRA)	10-11-47	55-59
GARY TUTTLE (VENTURA, CA)	10-12-47	55-59
KATHY BROWN (FAIRPORT, NY)	10-13-47	55-59
MARIA MAGYAR (HUN)	10-14-47	55-59
REINHARD KRONE (GER)	10-15-47	55-59
PAULE KETELSLEGERS (BEL)	10-18-47	55-59
BRENDA BRADSHAW (GBR)	10-19-47	55-59
FRANK SHORTER (BOULDER, CO)	10-31-47	55-59
RON WHITNEY (CALISTOGA, CA)	10- 5-42	60-64
RUTH FRAWLEY (TONAWANDA, NY)	10- 7-42	60-64
MENJA STAPELFELDT (DEN)	10-10-42	60-64
JOHANNA JAY (GBR)	10-11-42	60-64
HILLA GERARDS (GER)	10-14-42	60-64
GUNNEL MALIK (SWE)	10-18-42	60-64
RICKI VADSET (SEATTLE, WA)	10-20-42	60-64
UMEKO YAMAKAWA (JPN)	10-20-42	60-64
DORIT BREUL (GER)	10-27-42	60-64
KITTY PENFOLD (AUS)	10-27-42	60-64
BRIGITTE LANGE (GER)	10-30-42	60-64
ANITA WELZ (GER)	10-30-42	60-64
MARGARET SUE DUMBLE (NZL)	10- 8-37	65-69
SANDRA KNOTT (CLEVELAND, OH)	10- 9-37	65-69
GARY MILLER (N. HOLLYWOOD, CA)	10-10-37	65-69
LARRY STUART (EL TORO, CA)	10-19-37	65-69
BOB ARDREY (SALINA, KS)	10-20-37	65-69
ALVIN HENRY (CARSON, CA)	10-20-37	65-69
JOYCE SMITH (GBR)	10-26-37	65-69
DALE LANCE (OILTON, OK)	10-29-37	65-69
CHRISTINE CURTIS (SEATTLE, WA)	10-30-37	65-69
MEL PENDER (US)	10-31-37	65-69
BRUCE SPRINGBETT (LOS GATOS, CA)	10- 4-32	70-74
HUGH COLEMAN (KAUAI, HI)	10- 8-32	70-74
LORRAINE CATTELL (KENT, WASH)	10-10-32	70-74
SHARON GOOD (SILVER SPRING, MD)	10-14-32	70-74
WENDY WILLIAMS (OAKVILLE, TENN)	10-15-32	70-74
MARJ MOORE (SANTA CLARA, CA)	10-20-32	70-74
JEAN HORNE (CAN)	10-20-32	70-74
FRANK PFLAGING (REISTERS TOWN, MD)	10-26-32	70-74
BRIAN BULLEN (GBR)	10-27-32	70-74
YOKO ISHIKAWA (JPN)	10-27-32	70-74
UNNI SAETHER (NOR)	10-30-32	70-74
MS. PEACH (US)	10-31-32	70-74
MARIANNE HAMM (GER)	10- 2-27	75-79
FU-LAI WANG (TPE)	10- 4-27	75-79
ARTHUR GRAYBURN (NZ)	10- 9-27	75-79
ANN NAUMAN (BELLPORT, NY)	10-12-27	75-79
URHO LAMMINEN (FIN)	10-13-27	75-79
KATE DEANGELIS (Alexandria, VA)	10-21-27	75-79
MARY JOYCE SMITH (GBR)	10-21-27	75-79
LAVERNE MEIER (US)	10-22-27	75-79
ED DOWELL (WOODLAND, CA)	10-25-27	75-79
BUD HELD (SAN DIEGO, CA)	10-25-27	75-79
ALICE LANGFORD (MILTON-FREEWATER, OR)	10-27-27	75-79
JIM GILLCRIST (BOCA RATON, FL)	10-28-27	75-79
KENNETH HALL (GBR)	10- 3-22	80-84
WOLFRAM HAUSMANN (GER)	10- 3-22	80-84
ALPHONSE JUILLAND (STANFORD, CA)	10- 5-22	80-84
RENEE ROLOFF (PHOENIX, AZ)	10- 5-22	80-84
BILL CARTER (MARLOW, OK)	10-12-22	80-84
QUEENIE THOMPSON (NEW YORK, NY)	10-13-22	80-84
CHESTER PETERS (MANHATTAN, KS)	10-15-22	80-84
MARION GIBBONS (AZ)	10-15-22	80-84
MARGARETE STRUEVEN (GER)	10-20-22	80-84
RALPH RATCLIFF (OKLAHOMA CITY, OK)	10-23-22	80-84
LUISE HENSHAW NOTTAGE (OSSINING, NY)	10-23-22	80-84
AILEEN HOGAN (AUS)	10-23-22	80-84
NATHANIEL HEARD (MARION, MA)	10- 1-17	85-89
ERNEST GUNDLACH (CHL)	10-21-17	85-89
BENJAMIN SURD (ROM)	10- 4-12	90-94
RUNE GUSTAFSSON (SWE)	10-17-12	90-94
LAGRAND O NIELSEN (HEMET, CA)	10- 3- 7	95-99
JOSEF SAHLMANN (GER)	10- 4- 7	95-99
SIDNEY MADDEN (SANTA MONICA, CA)	10-27- 7	95-99
WALDO MCBURNEY (QUINTER, KS)	10- 3- 2	100-104
VAINIO SIRULA (FIN)	10-21- 2	100-104

Compiled by Pete Mundle, Masters T&F Records Coordinator



GEORGE BANKER

Beth McCann, fourth W40 (72:14), 2002 George Washington Parkway Classic 10 Mile.

TWENTY YEARS AGO October 1982

- Antonio Villanueva, 42, Top Master (2:13:41) in Nike/Oregon Track Club Marathon
- Thane Baker Blazes to an M50 200 WR (23.4) in the Rocky Mountain Games
- Eleven WRs Fall in First WAVA Decathlon Championships in San Diego

Third W

Continued from page 11

With the guarantee and the guarantee, Zamperini put the smartest thing he had ever done to halt."

Some high school and college coaches explained that the flag to remind him of his "time" he had to go. Officers went to talk with him about the flag to him.

High School

Before the 1934 Zamperini had a mile at Los Angeles, but school record stood for 18 years. That record

After the University of track scholars broke the NC with a 4:08.3. time was 4:30. improve his mile but then injured partying and his toll.

Survival of

Zamperini's stamina, fortitude, guts, whatever, not begin until Army Air Corps bombardier south of the H. a rescue mission on a life raft and a prisoner of drop about 100 66 pounds, not ton. That stor month's column

Zamperini's *Devil at My He* uled for release William Mori movie, by Uni ing an updated

"There's a le what was in th said on a mor had just come yard. "That's now," he said. ing 23-pound hill in the bac doing the equi stairs a day. going." □

(Mike Tym mail at METG

Need

Most back Masters News each, plus \$2 for each order

Natio P.O. Box 50

Third Wind

Continued from page 6

With the guard's rifle leveled at him and the guard yelling "Halten Sie," Zamperini put on the brakes. "I did the smartest thing I ever did in my life. I halted."

Some high-ranking officers came out and questioned Zamperini, who explained that he simply wanted the flag to remind him of the "wonderful time" he had had in their country. The officers went back inside, apparently talked with Hitler, and were told to give the flag to him. Zamperini still has it.

High School Record

Before the Olympic Games, Zamperini had made a name for himself as a miler at Torrance High School in Los Angeles, breaking the national high school record of 4:23.6, which had stood for 18 years, with a 4:21.2 in 1934. That record would last until 1953.

After the Olympics, he attended the University of Southern California on a track scholarship. There, in 1938, he broke the NCAA record for the mile with a 4:08.3. The world record at that time was 4:06.4. He would later improve his mile time to 4:07.6 indoors, but then injuries along with "too much partying and drinking" began to take their toll.

Survival of the Fittest

Zamperini's story of true endurance, stamina, fortitude, perseverance, heart, guts, whatever you want to call it, did not begin until May 27, 1943, when the Army Air Corps plane he occupied as a bombardier officer, crashed at sea, south of the Hawaiian Islands, while on a rescue mission. He then spent 47 days on a life raft and more than two years as a prisoner of war. His weight would drop about 100 pounds, down to about 66 pounds, not much more than a skeleton. That story will be told in next month's column.

Zamperini's new book, also titled *Devil at My Heels*, is tentatively scheduled for release on January 21, 2003, by William Morrow & Company. The movie, by Universal Studios, is awaiting an updated script from the book.

"There's a lot more to the story than what was in the first book," Zamperini said on a more recent phone call. He had just come in from working in his yard. "That's how I get my exercise now," he said. "Hard work! I was carrying 23-pound boulders up and down a hill in the back of my yard. I've been doing the equivalent of 65-70 flights of stairs a day. That's what keeps me going." □

(Mike Tymn can be reached by e-mail at METGAT@aol.com)

Need Back Issues?

Most back issues of the *National Masters News* are available for \$3.00 each, plus \$2.00 postage and handling for each order.

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

PUBLICATIONS ORDER FORM

Masters Age Records (2002 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, 2001. 56 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, USATF Masters T&F Records Chairman. \$6.00.

Masters Track & Field Rankings (2001)

Men's and women's 2001 U.S. outdoor track & field 5-year age group rankings. Coordinated by Jerry Wojcik, USATF Masters T&F Rankings Chairman. All T&F events, including mile, relays, weights, racewalks, and combined events. \$8.

McMahon Family Trust Masters Track & Field Indoor Rankings

Indoor rankings for 2002. 4 pages. \$2.00.

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 Mar. 1, 2002; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, USATF Masters T&F Records Chairman. \$2.00.

Masters 5-Year Indoor Age-Group Records

Same as above, except indoor records (M40+, W35+) as of March 1, 2002 (world) and November 30, 2001 (USA). \$2.00.

Competition Rules for Athletics (2002 Edition)

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

USATF Directory (2002)

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

New! WMA Handbook (2001-2003)

Contains 2002 WMA New Age-Factors for All Combined Events, Constitution, By-Laws, Rules of Competition, History of Masters Athletics & More. In English, Spanish, French, German. 170 pages. \$8.00.

USATF Governance Handbook (2002)

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

Running Encyclopedia, The Ultimate Source for Today's Runner

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

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

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

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

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

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

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

2002 Road Race Management Directory

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: \$3.00 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 _____

Report from Britain

Charlton, M75, Breaks 20:00 in 5000

By BRIDGET CUSHEN

The final track & field meet of the season took place Sept. 8 at Battersea Park, London, where the older athletes shone.

Steve Charlton, M75, led a combined age-group 5000, piling on the pace, lap after relentless lap, finishing in 19:52.7. The listed M75 world record is 20:00.13 by Britain's James Todd in 1997. Dave Barrington took the M60 100H in 18.2, and Gordon Darbon the M70 100 in 14.5.

The British Masters 10K

Racewalking Championships were held at Leicester on Aug. 31. Finishing third overall in a record field, Kim Braznell won the W45 race in 53:18. She was a reserve for the English Commonwealth Games team.

Kate Ratcliffe was first W40 in 58:26. Pam Horwill won the W60 in a fast 70:05.

Colin Bradley, M45, was first man home in 51:14. It was good to see Brian Gore take the M65 silver (66:11) behind Dave Stevens (60:03) after a delicate brain operation earlier this year. □

XV WMA INTERNATIONAL CHAMPIONSHIPS CAROLINA, PUERTO RICO • July 1-14, 2003

XVI WMA INTERNATIONAL CHAMPIONSHIPS SAN SEBASTIAN, SPAIN • JULY 2005

TRAVEL TOGETHER AND SAVE!!!!!!

If you are not on our mailing list and wish to be, please mail, fax, or E-mail your address to Paul Geyer, Master Race Walker, at the address below. Packages will be to and from all destinations from USA and Canada. Side trips will also be offered.

TO SECURE YOUR SPACE, PLEASE CONTACT US NOW.

Ski & Travel International, Inc.

PO Box 1816, Detroit Lakes, MN 56502-1816

Telephone & Fax: 218-847-0410

E-mail: skiescape@lakesnet.net / Web site: www.ski-escape.com

Check our web site for 2003 SKI TOURS

PRESIDENT:

Torsten Carlus
Smalandsgatan 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)
Fax: 27-11-483-3392



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@teletel.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 Delmenville
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
Kammakstraat 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

European Championships

Continued from page 1

nine sweltering hot days.

Christiane Schmalbruch (GER) cleared 4.64 in the W65 long jump to erase the 1987 world mark of Paula Schneiderhan. British ex-Olympian Chris Black, 52, sent the hammer flying out to 66.92 to smash his own M50 world record of 65.53 from last year.

The highlight of the Championships, however, was the M40 400 when Darrell Maynard, the British indoor and, more recently, outdoor 400 record holder, came head-to-head with the stocky flying Dutchman, Eric Roeske, after 34 heats covering the M40-65 groups, and semis.

Breaking away early from the chasing group, the pair entered the home straight in lanes 4 and 5, neck-and-neck. Roeske found another gear 10m out from the finishing line to set a new world mark of 47.86, the first 40-year-old to break the 48.00 barrier. The previous record of 48.10 by Rolf Gisler (SUI) has stood since the Buffalo World Championships in 1995.

Maynard, who turned 41 during the Championships, was compensated by lowering his own national record of 49.00 to 48.74. He is contemplating moving up to 800. On a track not deemed to be fast, the only other world track record broken was at the other end of the age scale when Friedrich Mahlo, 90, (GER) ran an amazing 98.69 in the 400.

The other world marks were in the field events. Bob Brown (GBR) raised the 22-year-old M70 pole vault record to 3.31. Jutta Schafer (GER) added over seven meters to the W70 hammer with a 37.24. Weia Reinbound (NED) equalled Phil Rascher's W50 high jump record of 1.55.

From 2004 there will be a heptathlon and decathlon added to the championships. European records were set in the pentathlon in all the men's age groups up to 85 and in eight women's age groups.

Despite the 10,000 and 5000 races coinciding with the two warmest days, ex-Olympian Kerstin Pressler (GER)



BRIDGET CUSHEN

Josef Belak, Hungary, in his runup to the M40 gold medal throw of 66.68, 13th European Championships, Potsdam, Germany.

took the W40 10,000 in a championships record 35:04.50. All other winning times were understandably slow.

Guido Mueller (GER) was untouchable in the M60 300H in a meet record 43.22, the 100mH, 200, 400, and relays. Luciano Acquareone (ITA) belies his age, still adding international titles to his considerable collection. He won the M70 10,000 by over two minutes in 39:41.80, the 5000 in 19:12.75, and finished 76th in a testing marathon in 3:02:37.

Two enthralling field events took place simultaneously, keeping spectators on the edge of their seats. In the M40 javelin, Hungarian Josef Belak, who has thrown 75.16, had a tremendous battle to hold on to his two previous European titles as the lead changed. Belak won with a throw of 66.68 just as a thunderstorm broke over the stadium. Over in the triple jump pit, a mere single centimeter separated the W40 silver and bronze medalists in a close competition, won by Petra Herrmann with an 11.56.

The weight pentathlon attracted proportionally fewer contestants than at the Worlds in Brisbane. Nonetheless, records fell in a classy competition. The 10K and 20K road walks, held on a shaded 2K-lap course, resulted in a number of older walkers being DQ'd for the first time in their competitive lives.

Perhaps WMA rules should be a little kinder to experienced athletes who travel to Regional and World Championships and who have no intention of cheating, but whose aging joints are not as flexible as they used to be. □

(European Championships results can be found at www.lv-brandenburg.de/em2002/em2002.htm)



BRIDGET CUSHEN

Eric Roeske, Netherlands, has the world at his fingertips as he surveys his M40 47.86 400 world record, European Championships, Potsdam, Germany.



WM
R

In hindsight, 22-25, was a regional y Guatemala 15 Mexico.

The official and the non-st lent. But we c like that after tion surround cleared and brought under

Site Problem

On the n refused use of in the entry in cross-country the Wednesday cross-country following mo as yet undisc be reached Keaveney w course. A qu half-marathon under water.

Registration

Meanwhile materials flow that day were opened at 3 p arrangement so a single f very slowly demanded at disputes as t had been rec

As the ev mounted. Sa initial list o entries being sought to e management finish system correct thro

Having sa positive side

On the B

Brian K wand at Pa afforded by above criti course, clea and ready b we have ev straight, flat the evening ducted to in

By Sund had been r steel bridge Medical co was excell were willin indeed!

Slow Sta

The trac slowly, on rescued fro



International Scene

By BRIAN OXLEY
President, NCCWMA

WMA North American Championships Run Smoothly After Bumpy Start

In hindsight, the NCCWMA Regional Championships in Leon, Mexico, Aug. 22-25, was a good meet. With well over 700 competitors, it was our biggest regional yet: Canada 24, Chile 1, Costa Rica 1, Cuba 1, USA 49, GBR 1, Guatemala 15, Puerto Rico 12, Trinidad and Tobago 4, and the balance from Mexico.

The officiating was of high standard, and the non-stadia events were all excellent. But we could only begin to think like that after the mist of intense frustration surrounding the first few days had cleared and the situation had been brought under control.

Site Problems

On the non-stadia side, the city refused use of Explora Park, announced in the entry information as the site of the cross-country and the 10K racewalk. On the Wednesday afternoon, with the cross-country due to start at 8 a.m. the following morning at a remote location as yet undisclosed to competitors and to be reached only by taxi, Brian Keaveney walked and measured a course. A quick look at the Sunday's half-marathon route revealed that it was under water.

Registration Shortcomings

Meanwhile, at the track, registration materials flown in from Mexico City that day were packaged and registration opened at 3 p.m. There was no banking arrangement for credit card payments, so a single file of competitors moved very slowly as U.S. dollars were demanded at the desk and there were disputes as to whether bankers' drafts had been received.

As the evening wore on, frustration mounted. Sandy Pashkin received an initial list of entrants and, with new entries being taken every few minutes, sought to establish a viable Hy-Tek management program. The new photo-finish system didn't work and not all the correct throwing equipment was there.

Having said all that, let's look at the positive side.

On the Bright Side

Brian Keaveney waved a magic wand at Parc Metropolitano. The help afforded by park staff and crews was above criticism. The cross-country course, cleared, marked, re-measured and ready by 9 a.m., was one of the best we have ever seen. The racewalk, on a straight, flat course, kilometer measured the evening before, was properly conducted to international standards.

By Sunday, the half-marathon course had been made usable by building a steel bridge over the flooded section. Medical coverage of all three events was excellent. Officials and volunteers were willing and pleasant. A triumph indeed!

Slow Start on Track

The track meet struggled to life, but slowly, on the first two days, and was rescued from disaster only through the

efforts of Pashkin, Rex Harvey, and the most efficient, hard-working crew of visiting U.S. officials it has ever been my pleasure to watch. Everyone pitched in. To give credit where it is due, Mexican volunteers and officials, as at the non-stadia events, were essential to the ultimate success.

One high point for me was watching four paramedics, within seconds, delivering very competent help to a Mexican competitor who collapsed just beyond the finish line in an 800. Much to Rex Harvey's regret, however, meet management and finishing systems having necessarily been taken out of local hands, we were unable to leave behind implanted expertise on which Mexico may draw in the future.

General Meeting

The NCCWMA regional general meeting was conducted while the mists of frustration were still swirling thickly. Avoiding the "Brisbane" situation, bids for 2004 were heard early. The vote went to Puerto Rico, and we can, I think, expect a competently organized meet there, especially as they will have the experience of 2003 behind them. I congratulate them.

I regret, however, that Guatemala did not succeed. I can only assume that delegates, in that aforementioned swirling mist, did not want to take a further step into the unknown. However, Guatemala has top class facilities and organizes meets superbly. We owe it to our Central American friends to take our competition to them.

Cost alone, relative to their economic and income levels, keeps them away from North American and world meets. We are effectively shutting them out if we don't visit them. Guatemala will, I believe, bid again.

Elections

There were only two changes to the Executive Committee. Ralph Romain, doubtless focused on his upcoming contests with Earl Fee in the 200 and 400, but nevertheless insightful in debate, confirmed his earlier decision to resign. In his place, Mario Calderon, of Guatemala, was elected Secretary. Mario has a degree from a U.S. university, speaks fluent English, and is one of Central America's most successful masters athletes.

A new Director - Central America was elected, Rafael Arrelano of Guatemala. Arrelano, a retired doctor, is also bilingual and a keen athlete. We go forward with a strong team.

The constitution was changed so that,



CHUCK SOCHOR

Larry Colbert, of Maryland, winning the M65 100, NCCWMA Regional Championships, Leon, Mexico.

effective in 2004, terms of office will be four years, with the president allowed two successive terms. I, of course, will be stepping down in 2004, having completed the currently allowed three terms of two years.

In "Other Business," Bob Fine moved that NCCWMA call upon WMA to review its decision on sanction fees for stadia championships. This was passed unanimously.

Payment Problems

As a footnote, I remind anyone

having a problem arising from a credit card or banker's draft payment, that they should refer it directly to Jack Castle (see Entry Fees story below), and we will instruct the Mexican LOC as to how it is to be resolved.

Enrique Heredia, Mexican president, having survived the difficulties thrown in his path as the meet loomed over the horizon, was helpful throughout and will, I am sure, continue to be so until all is put to bed. □

Double Payment of Entry Fees in Leon?

By JOHN CASTLE
Treasurer, NCCWMA

As many participants at Leon are well aware, as the organizers had failed to make the appropriate banking arrangements, if on your original entry form you had indicated you wished to pay by credit card, you were asked to pay by cash on registration. In some cases, even where payment had been made by money order or banker's draft, it was claimed these documents had not been received and cash again was requested.

While a review of the organizers' accounting procedures indicates no credit card entries were processed, I did hear some participants claiming these payments had already been put through on the credit card of their choice, or they

had copies of the money order or banker's draft.

If you have proof of any case of this nature, please contact me (Jack Castle) by snail mail at 303-123 Bellamy Road North, Scarborough, Ontario, M1J 2K9, Canada, enclosing photocopies of the transaction. If you wish, you can first contact me by telephone at 416-438-3601 or e-mail at halpinzoethecat@aol.com.

On the other side of the coin, it is my understanding that a few participants who did not have the cash available, or could not get it, did in fact pick up their packages without additional payment, subject to a promise to pay after returning home. I have asked the organizers for a list of these cases and will be in touch with anyone who falls into this category. □

For the latest in top-level track & field

TRACK & FIELD NEWS

The Bible of the Sport, published monthly since 1952. \$43.95 yr.

TRACK PERIODICALS • TRACK BOOKS • VIDEOS
TOURS TO THE OLYMPICS, TRIALS, WORLDS
www.trackandfieldnews.com

Track & Field News, 2570 El Camino Real, Suite 606,
Mountain View, CA 94040 • 650/948-8188 • 650/948-9445 fax

Masters Scene

EAST

• **Oneithe Lewis**, 42, Port Washington, NY, demolished the W40 WR for the hammer with a pending 58.30/191-3 in NY's Empire State Games, Aug. 3. **M. Duss-Mueller** (SWI) holds the record at 51.85 in 2001.

• **Kathy Martin**, a week after setting US records in the 800 and 1500 in the National Masters T&F Championships in Maine, was second woman overall with a 17:57 (an age-graded 14:07.6, the race's best), on a warm and humid evening in the Brentwood Cookie 5K, Brentwood, NY, Aug. 19. **Don DiDonato** was the M40+ winner in 16:49. **Marie Louise Michelsohn**, who broke the W60 WR for the 2000SC and the US 1500 record in Maine, won the W60 race in 22:50. The race, a LITF Keyspan Grand Prix event, drew 750.

• **Susan Faber**, W40, stormed to a masters win with a third-place 17:20, Citizens Bank 5K Women Running Wild, Osterville, MA, Aug. 25. **Kris Tholke** streaked to the W50-59 title in 22:41.

• **Elizabeth Ratner**, 42, Mineola, NY, was first master overall with a 12th-place 19:02, Sprint for the Parks 4 Mile, Eisenhower Park, East Meadow, NY, Aug. 13. **Kip Currin**, 42, Amityville, NY, took the M40+ race (19:20). **Michael Service** won the M60 race in 20:09. The 2002 race drew more than 150 entrants over the 2001 affair. Funds raised went to help the hard-pressed Nassau County park and recreational programs.

• Three long-time East Coast masters runners, competing as the "Legends Three" team, ventured into another sport with success at the Vytra-Tobay Triathlon, Oyster Bay, NY, Aug. 18. **John Conner**, 67, Easthampton, NY, swam a 1K (24:04); **Al Puma**, 72, Brooklyn, NY, biked 15K+ (33:01); and **John McManus**, 79, Queens, NY, ran a 5K (30:58) to win the Over 210 Combined Age category by 14 minutes with a 1:31:02.

• **Michael Mooney**, M45, 27:54, and **Janice Morra**, W40, 32:26, churned out masters firsts, George Sheehan 5 Mile, Red Bank, NJ, Aug. 10. Division winners included **Art Burger**, M55, 30:50, and **Imme Dyson**, W65, 39:40.

• Belated news: Kenyan-born **Sammy Ngatia**, 43, Ft. Carson, CO, became a US Citizen on Nov. 16 of last year, after a decades-long residency here. Watch out US record books! Ngatia recently finished fourth M40 at the Parkersburg (WV) Half-Marathon, Aug. 17, 1:09:49.

• **Linda Somers-Smith**, 41, San Luis Obispo, CA, set a pending US W40 record for 20K at the New Haven (CT) 20K, Sept. 2, 1:12:39 (old record **Carol McLatchie** / 1992 / 1:13:36). Somers-Smith is slated to run the USATF Masters

Championships at the Twin Cities Marathon, Sept. 29.

SOUTHEAST

• **Ervin Reid**, M50, beamed to the M40+ win with a 29:20, Moonlight Race 8K, Maggie Valley, NC, Aug. 24. **Janice Addison** won the W40 contest by a glimmer in 30:41, with **Luanne Coulter** at 30:46 and **Connie Robertson** at 30:52. **Lucy Gleason** took the W65 title in 46:09.

MIDWEST

Janet Robertz, 42, Shorewood, MN, toured the Park Scenic 10 Mile course in a sixth-woman 58:29, Park Forest, IL, Sept. 2. **John Mirth**, 40, Platteville, WI, was first M40+ in 51:34. **David Ahner**, 50, Valparaiso, IN, with a 57:51, and **Sam Cortes**, 51, Orland Park, IL, with a 58:23, staged the best age-division contest. **Warren Utes**, 82, Park Forest, ran an 87:01. **Mike Yuhasz**, 40, Oak Lawn, IL, in 16:21, won the 5K overall, and **Ken Endrizzi**, 41, Normal, IL, was a close second in 16:28. **Christina Walsh**, 40, Campus, IL, took the W40+ contest (19:15).

MID-AMERICA

• **Paul Kohler**, M40, in 35:08, and **Ann Dolence**, W40, in 43:35, roared to masters wins in the Hullabaloo 10K, Moorhead, MN, Aug. 31. **Paul Knoll** broke 40:00 with a 39:31 to win the M50 race. Open winners shared \$3500. Cash awards of \$100, \$50, and \$25 went to the top three in each age category.

• With masters winners based on age-graded times, **Dick Wilson**, 70, Lawrence, KS, with an A-G 33:14 (actual time 44:53), and **Marla Rhoden**, 46, Topeka, KS, with an A-G 41:07 (45:31), were age-40+ winners in the Crosstown Unity 10K, in Lawrence, Aug. 10. First masters to finish on the hilly course in a light rain were **Steve Pierce**, M40, Baldwin, KS, 35:50, and **Rhoden**, US Representative, and silver medalist in the 1968 Mexico City Olympics, **Jim Ryun** (R-KS), served as starter.

SOUTHWEST

• **Tom Lam**, 41, Tulsa, OK, 17:05, and **Priscilla Godt**, 41, Broken Arrow, OK, with a second woman overall 18:33, raced to masters firsts, Mohawk 5000, Tulsa, July 27. **Ron Wall**, 45, Tulsa, 17:30, and **John Stuke**, 49, Broken Arrow, 17:31, were second and third M40+s. **Paul Heitzman**, 71, Eudora, KS, won the M70 race in



GEORGE BANKER

Melvin Fields, 57, on his way to a 56.90 in the 400, Potomac Valley TC Meet, July 21.

21:25. **Donna Spencer**, 50, Tulsa, finished in 22:00. Runners with Mohawk haircuts earned free entry into the race.

WEST

• **Kevin Morning**, 45, bolted to an M45 200 WR 22.13 (w0.05) in the Los Gatos AA All-Comers, Los-Gatos, CA, Aug. 15. **Stephen Peters** (GBR) holds the present record at 22.21 in 1999.

• **Lad Pataki**, 56, upped the WR for the M55 WP with a 5346 in the KelField Throwers Meet #109, Santa Cruz, CA, Aug. 31. **Klaus Liedtke** (GER) holds the present record at 5152.

• **Danny Reed**, M40, 71:10, and **Julianne White**, W40, 79:03, bested the masters fields in America's Finest City Half-Marathon, San Diego, CA, Aug. 18. **Marina Jones** won the W50 race in 87:52. **Hal Goforth** took the M55 contest in 85:19. Masters winners in the 5K were **Gilberto Alvarez**, M40, 17:11, and **Trish Vlastinik**, W45, 19:52. **Mary Storey** was the W75+ victor in 32:57.

NORTHWEST

• **Jerry Henley**, 43, Alpine, MT, scored an M40+ victory in 2:43.28, Deseret News Marathon, Salt Lake City, July 24. **Terry Harris**, 55, Shreveport, LA, won his division in 2:57:07. **Julie Godderidge**, 44, Smithfield, UT, took the W40+ contest in 3:11:46.

• At the Bend Marathon, Bend, OR, Aug. 3, **John Keston**, 77, 3:19:01, set a new single-age record. Stated Keston: "There hasn't been anyone as old as I am who has run under 3:30." The previous (unvalidated) best time was by **Ed Benham**, 3:33:27, in 1984.

CORRECTIONS

• **Greg Hodson** was listed as second in the M45 800 in the Hayward Meet results in the August issue. He did not run the 800.

• The correct time for the M40-49 East Regional "C" 4x800 team in the results of the 35th National Masters Championships, Orono, Me., in the September issue, was 10:21:53, not 11:23:46. The correct time for the M60-69 East Regional "A" 4x800 teams is 11:23:46, not 10:21:53. The East Regional "B" team with 11:02:07 finished before the East Regional "A" team and did receive a gold medal.

• **Jack Brennan**, 61, Katonah, NY, should have been listed as the M60-64 winner in the Falmouth Road Race 7.1 Mile race results in the September issue. In the M75 results, **John Taylor**, 75, Falmouth, MA, 73:10, and **William**

ON TAP FOR OCTOBER

TRACK AND FIELD

Las Vegas hosts the Nevada Senior Olympics on the 5th-6th. The 29th annual Club West Meet takes place at UC-Santa Barbara on the 5th. The Huntsman Senior Games opens on the 7th for a run through the 19th in St. George, Utah. Track & field will be contested on the 20th in the Transcendence Games, Long Beach State, Calif., and the 26th in the Southland Senior Olympics, Long Beach, Calif. Melbourne, Australia, is the setting for the World Masters Games on the 5th-13th.

LONG DISTANCE RUNNING

USATF National Masters 100K Championships on the 19th, Duluth, Minn., and the 15K on the 26th, Tulsa, Okla., top an extensive schedule. The offerings include the Mid-America X-C Championships in Boulder, Colo., on the 5th, followed by the Detroit, Sacramento, and Portland, Ore., Marathons on the 6th; the Chicago Marathon on the 13th; the Tufts 10K for Women in Boston, on the 14th; the Humboldt and Columbus Marathons and the Army 10 Miler in D.C. on the 20th; and the Cape Cod and Marine Corps Marathons on the 27th.

RACEWALKING

The National Masters 20K Championships will be decided in Coconut Creek, Fla., on the 20th. The Huntsman World Senior Games include racewalks, as do many of the other track meets and road races in the schedule. □

Ryan, 75, East Falmouth, MA, should have been second and third.

• The photo caption on p. 1, September, should have shown **Roberto Castillo** as #140 and **Steve Gallegos** as #327. Castillo won the race in 2:00.92, with Gallegos second in 2:00.95.

OBITUARY

Harold Kroeker, 75, Grant, Nebr., passed away May 7. He had brain surgery after a fall and died two weeks later. He competed in all sports in high school, but his first love was track, and he won medals in the high jump, shot put, and discus at the Nebraska State High School Championships. While in the U.S. Army, he competed in the shot and discus. After retiring from farming at 65 and after a 40-year layoff, he started to compete in the discus at the state and national levels in 1991, winning since then 200 medals in meets all over the nation. In 1999, he was chosen to receive the first E. Lee Todd Memorial Senior Athlete-of-the-Year Award through the Nebraska Cornhusker State Games. He leaves his wife, Norma, one daughter, three sons, nine grandchildren, and many friends.



FROM AL PUMA

Masters runners and first-time triathletes, who won the Combined 210+ Age category in the Vytra-Tobay Triathlon, Oyster Bay, N.Y., Aug. 18 (from l): **John McManus**, 79, the runner; **Al Puma**, 72, the biker; and **John Conner**, 67, the swimmer.

USA track 30 unless other Long distance national master age 40. Intern over 35. Entry printed in the or corrections

TRAC

November 9. Weight Pentat Amant, La. Jeff Gonzales, LA 7 March 28-30 Masters Indoc Lewis Center, 28th. Steve Association, 6 www.usatfne.o May 27-June Senior Games Roads, Va. Mu State Qualifyi Games Associ Rouge, LA 7 nsga.com; ww August 7-10, National Mast Field, Eugene

Connectic Maryland New Jersey Pennsylvania

October 3-5. Towson U., 704-4456; ww

S. Carolina

December 6 State Champi 8347; www.f December Classic/ Wei Clearwater, 8139; Jslelch

S. Arkansas

October 12 Meet, Austin link.net.

Arizona

October 5. Santa Barba 969-5852, McClenathe October 5 Las Vegas Games, Inc

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

March 28-30, 2003. USATF National Masters Indoor Championships, Reggie Lewis Center, Boston, Mass. Pentathlon on 28th. Steve Vaitones, USATF NE Association, 617-566-7600; fax: 734-6322; www.usatfne.org; email: office@usatfne.org
May 27-June 9, 2003. Summer National Senior Games/Senior Olympics, Hampton Roads, Va. Must have qualified at an NSGA State Qualifying Games. National Senior Games Association, PO Box 82059, Baton Rouge, LA 70884-2059. 225-766-6316; nsga.com; www.nationalseniorgames.org
August 7-10, 2003. 36th annual USATF National Masters Championships, Hayward Field, Eugene, Ore.

EAST

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

October 3-5. Maryland Senior Olympics, Towson U., Baltimore. Bob Zeigler, 410-704-4456; www.towson.edu/solympics

SOUTHEAST

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

December 6-15. Florida Senior Games State Championships, Lakeland. 850-488-8347; www.flasports.com

December 7. Clearwater Throwers Classic/ Weight Pentathlon/Superweight, Clearwater, Fla. John Selleh, 727-725-8139; jselleh@aol.com

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

October 12. Lions/Waterloo Throwers Meet, Austin, Texas. lionswaterloo@earthlink.net.

WEST

Arizona, California, Hawaii, Nevada, New Mexico

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

October 5-6. Nevada Senior Olympics, Las Vegas, Nevada. Nevada Senior Games, Inc., 3890 N. Buffalo Dr., Las

Vegas, NV 89129. Contact: 702-242-1590; e-mail: srgames1@juno.com; web: www.nevadaseniorolympics.com

October 20. Self-Transcendence Masters Games, Long Beach St. U. Calif. 40+. Bigalita Egger, 6220 Highway 101, #315, Culver City, CA 90230. 310-645-0271; fax: 645-8618.

October 26-November 10. Southland Senior Olympics, Long Beach, CA. (Registration deadline Sept. 26.) 50+. 562-570-3537; www.lbparks.org

November 10-17. Hawaii Senior Olympics, Honolulu. 808-732-8805; www.hawaiiseniorolympics.com

NORTHWEST

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

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

June 21-22, 2003. Hayward Masters Classic, Eugene, Ore.

INTERNATIONAL

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

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

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

July 26-August 3, 2003. Pan Pacific Masters Games, Sacramento, Calif.

LONG DISTANCE RUNNING

NATIONAL

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

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

November 3. USATF National Masters 8K Cross-Country Championships, Rochester, N.Y. GVH, PO Box 16375, Rochester, NY 14616. 585-720-9252; www.gvh.net

November 24. USATF National Masters

5K Cross-Country Championships, Holmdel, N.J. Madeline Bost, PO Box 10120, New Brunswick, NJ 08906. 732-296-0006; www.usatf.org/assoc/nj

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

EAST

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

October 5. New Hampshire Marathon, 10K, & 5K, Newfound Lake. 603-744-2150; www.nhmarathon.com

October 5. St. Elizabeth's Hospital 5K, Washington, D.C. 202-882-0225.

October 6. Syracuse Festival of Races 5K, Syracuse, N.Y. 315-446-6285; www.festivalofraces.com

October 6. Grete's Great Gallop Half-Marathon, Central Park, NYC. 212-860-4455; www.nyrrc.org

October 6. Wineglass Marathon & Relay, Corning, N.Y. 607-936-4686; email: wineglassrace@aol.com

October 6. Maine Marathon, Relay, & Half-Marathon, Portland. 207-741-2084; www.mainemarathon.com

October 12. United Technologies Greater Hartford Marathon, Hartford, Conn. 860-652-8866; www.hartfordmarathon.com

October 13. BAA Half-Marathon, Boston, Mass. 508-435-6905/617-236-1652; www.baa.org

October 13. LITF Cross-Country Series/ New Island Hospital 5K, Bethpage St. Park, L.I., N.Y. 516-349-9157; www.litf.org

October 13. Delaware Distance Classic 15K/USATF Mid-Atlantic Championships, Wilmington. 302-798-4179.

October 13. Brooks Pharmacy Ocean State Marathon, Providence, R.I. 401-885-4499; www.OSM26.com

October 13. Mohawk Hudson River Marathon, Schenectady-Albany, N.Y. Boston qualifier. 518-435-4500; www.hmrcc.com

October 14. Tufts 10K Health Plan for Women, Boston. Kristin Girard, tufts10K@conventures.com

October 19. Baltimore Comcast Marathon, Baltimore, Md. 800-487-0670; www.TheBaltimoreMarathon.com

October 20. Bay State Marathon, Half-Marathon, & 10K, Lowell, Mass. www.baystatemarathon.com

October 20. Army Ten-Miler, Washington, D.C. 202-685-3361; armytenmiler.com

October 20. Great Pumpkin Classic 4 Miler, Trumbull, Conn. www.hitekracing.com

October 26. Seaside 10 Mile & 5K, Ocean City, Md. www.ococean.com

October 27. Marine Corps Marathon, Washington, D.C. 800-RUN-USMC; www.marinemarathon.com

October 27. CompassBank Cape Cod Marathon/Relay, Falmouth, Mass. Limited to 1200 marathoners and 150 relay teams. USATF NE Championships. 508-540-6959; email: marathon@cape.com

October 27. Mystic Places Marathon & Relay, East Lyme, Conn. 203-481-5933; mysticplacesmarathon.org

October 27. Mayor's Cup Men's 8K &

Women's 5K Cross-Country, Dorchester, Mass. USATF-NE, 617-566-7600; BAA, 617-236-1652.

October 27. LITF Cross-Country Series/ Run for Their Lives 5K, Bethpage St. Park, L.I., N.Y. See Oct. 13

November 3. New York City Marathon. 10:50 a.m. 212-860-4455; www.nyrrc.org

November 9. LITF Cross-Country Series/ Northport VA 5K, Northport, L.I., N.Y. 516-349-9157; www.litf.org

November 10. Stockade-athon 15K, Schenectady, N.Y. 518-435-4500; www.hmrcc.com

November 17. NYRR Cross-Country Championships, Van Cortlandt Park, Bronx. See Nov. 3.

November 24. Philadelphia Marathon & 8K. 215-685-0054; www.philadelphia.marathon.com

November 24. NYRR Pete McCordle Cross-Country Classic, Van Cortlandt Park, Bronx. See Nov. 3.

November 28. 66th Manchester 4.7 Mile Road Race, Manchester, Conn. 860-649-6456; www.manchesterroadrace.com

November 30. Knickerbocker 60K, Central Park, NYC. See Nov. 3.

December 1. LITF Cross-Country series/Rob's Run 5K, Stillwell Woods, L.I., N.Y. 517-349-9157; www.litf.org

SOUTHEAST

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

October 5. Buckhead Sizzler 10K, Atlanta, Ga. 770-518-8002; www.atlantasportsmag.com

October 5. Applefest 4 Mile, Erwin, Tenn. Jay Poole, 423-743-1700; www.runsfte.org

October 12. Peachtree City Classic 15K/RRCA National Championships, Peachtree City, Ga. Jan Stewart, PO Box 2377, Peachtree City, GA 30269. 678-364-1109.

October 13. Disney's 10K Classic, Orlando, Fla. 407-938-3398; disneyworldsports.com

October 20. Trigon Bay Bridge Marathon, Virginia Beach, Va. 757-498-0215; www.baybridgemarathon.com

October 26. Dick Batchelor 5K Run for Children, Orlando, Fla. 407-896-1160; www.trackshack.com

October 26. Wild Ghost Chase 5K, Mobile, Ala. Port City Pacers, PO Box 6427, Mobile, AL 36660. 251-473-7223.

November 2. Food World Senior Bowl Charity Run 10K, Mobile, Ala. Richard Dorman, srbbowl@seniorbowl.com

November 9. SunTrust Richmond Marathon, Richmond, Va. 804-673-RACE; www.richmondmarathon.com

November 16. Vulcan 10K, Birmingham, Ala. 205-879-5344; www.vulcanrun.com

November 23. Paul deBruyn Memorial 30K/RRCA National Championships, Daytona Beach, Fla. Leonard Kochendorfer, PO Box 1303, Daytona Beach, FL 32127. 386-322-0835.

November 28. Hyatt 8K Turkey Trot, Charlotte, N.C. 704-554-1234, x2002; www.hyattturkeytrot.com

November 28. Outback Distance Classic Half-Marathon, Jacksonville, Fla. 904-731-1900; www.1stplacesports.com

November 28. Atlanta Marathon & Half-Marathon. 404-231-9064; www.atlantatrackclub.org

December 7. St. Jude Memphis Marathon & Half-Marathon. 888-401-7252; www.stjude.marathon.org

December 7. OUC Orlando Half-Marathon

Continued on page 18

Continued from page 17

& 5K, Orlando, Fla. www.orlandohalf.com
December 14. Huntsville Times Rocket City Marathon/RRCA Southern Regional Championships, Huntsville, Ala. 256-828-6207; www.huntsvilletrackclub.org
December 15. Jacksonville Marathon & Half-Marathon, Jacksonville, Fla. 904-739-1917; www.1spacesports.com

MIDWEST

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

October 5. Women Only 5K & 10K, Flint, Mich. 810-659-6493.

October 5. Red October 5K, Wayne, Mich. 313-586-5486; cookc@oakwood.org

October 6. 25th annual Detroit Free Press/Flagstar Bank Marathon, Detroit, Mich. 734-769-2926; www.detroitfreepressmarathon.com

October 6. Heritage Park Fall Classic, Farmington, Mich. 248-473-9570; runningfoundation@arg.net

October 13. LaSalle Bank Chicago Marathon. 888-243-3344; www.chicagomarathon.com

October 20. Columbus Marathon, Columbus, Ohio. 614-421-RUNN; www.columbusmarathon.com

October 26. Extreme Exchange 5 Mile Cross-Country/RRCA Central Region Championships, Valparaiso, Ind. Clark Goyeske, 219-853-4124; www.dunelandexchangeclub.org

November 2. Kentucky Miles of Smiles 100 Mile, Lexington to Mt. Sterling (50 miles, 1st day/return 2nd day). Also Man O' War Marathon. Don Hall, 325 Shoreside Dr., Lexington, KY 40515. 859-264-9378.

November 3. Canal Connection XX 10K/RRCA Central Region Championships, Utica, Ill. Jon Bastuck, 815-223-8988; Bastuck@mindspring.com

MID-AMERICA

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

October 5. USATF Mid-America Masters & Open Cross-Country Championships, U. of Colorado, Boulder. Masters M&W-5.8K, Tim Dolen, 303-499-3841; tpdolen@yahoo.com; www.toucantrackclub.net/midamerica.html; www.boulderroadrunners.org

October 6. GOALS 10K Trail Run, Grand Forks, N. Dak. william_gosnold@und.nodak.edu

October 6. Des Moines Marathon, Des Moines, Iowa. 515-283-8246; www.desmoinesmarathon.org

October 13. Mount Rushmore Marathon, Rapid City, S.D. 605-721-1251; info@mountrushmoremarathon.com

October 13. Durango Marathon, Durango, Colo. www.durangomarathon.com

October 20. Wichita Marathon, Wichita, Kansas. 316-636-1266; www.feist.net/wichitamathon

October 20. Spirit of St. Louis Marathon, St. Louis, Mo. 314-725-9884; www.stlouismarathon.com

November 9. Rim Rock Run X - 37K, Colorado National Monument, Grand Junction, Colo. Elaine Peterson, PO Box 3685, Grand Junction, CO 81502; 970-243-4055; www.rimrockrun.org

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

October 5. USATF Oklahoma Half-Marathon Championships/Reuel Little Classic, Madill. Also 5K & 10K. RLC, Box 692, Madill, OK 73446. 580-795-7267.

October 5. Texas Avenue Mile, El Paso. 915-533-2656.

October 5-6. Arkansas Traveller 100 Mile/RRCA Southern Region Championships, Perryville. Stan Ferguson, 501-329-6688; www.angelfire.com/ak3/at100

October 6. Susan Komen 5K Race for the Cure, Dallas. 214-750-7223.

October 12. Texas Lutheran U. Bulldog 5K, Segui. 830-372-6578; kholaam@tlu.edu

October 12. Tulsa Zoo 5K & 10K, Tulsa, Okla. 918-669-6635; www.tulsazoo.org

October 13. Gumbo Festival Mississippi River Bridge Run 5K, New Orleans. 504-482-6682; www.runNOTC.org

October 20. Koala Centers & Luke's Locker 20K/RRCA Southern Region Championships, Houston, Texas. Barbara Sheppard, 713-797-8601; www.houston20K.com

October 26. Hubbard Rock 'N' Run 5K, Rockwell, Texas. 972-772-7692; www.hubbard.active.com

November 2. Dallas Half-Marathon, Dallas, Texas. 972-235-2513; www.cccd.org/thehalf

November 10. San Antonio Marathon, Relay, & 5K, San Antonio, Texas. 210-246-9652; www.samarathon.org

November 23. Oklahoma Marathon, Tulsa. 918-747-6336; www.oklahomamarathon.org

December 15. Larry Fuselier 25K State



SUZY HESS

Members of the Wild Women 4x800 quartet, who set a W60-69 world best with a 12:14.73 (from l): Marie-Louise Michelsohn, Yvette LaVigne, Jeanne Daprano, and Lynne Ingalls, 35th National Masters Championships, Orono, ME., Aug. 8-11.

Championships, New Orleans, La. 504-482-6682; www.runNOTC.org

December 15. Dallas White Rock Marathon. www.RunTheRock.com

WEST

Arizona, California, Hawaii, Nevada, New Mexico

October 5. Manhattan Beach Old Hometown 10K, Manhattan Beach, Calif. 310-372-3553.

October 6. Heart of the City 10K & 5K, Los Angeles. 310-828-4123.

October 6. Sacramento Marathon & Half-Marathon, Sacramento, Calif. 707-678-5005; sacramentomarathon.active.com

October 13. Long Beach Marathon, Half-Marathon, & 5K, Long Beach, Calif. 562-728-8829; www.runlongbeach.com

October 20. Humboldt Redwoods Marathon & Half-Marathon, Arcata, Calif. Six Rivers RC, 707-443-1220; www.hrm-andhalf.org

October 20. San Luis Obispo Mini-Marathon, San Luis Obispo, Calif. 800-676-7463; www.cityofthesea.com

October 26. CBS Halloween 5K & 10K, Studio City, Calif. 310-828-4123; W2promo@aol.com

October 27. Arturo Barrios 5K & 10K, Chula Vista, Calif. 858-450-6510; www.eliteracing.com

November 3. Santa Clarita Marathon & Half-Marathon, Santa Clarita, Calif. 661-286-4158; www.csmarathon.org

November 21. Dana Point Turkey Trot 10K & 5K, Dana Point, Calif. 949-496-1555; www.turkeytrot.com

November 28. Ocean Spray Dana Point Turkey Trot 10K & Masters 5K, Dana Point, Calif. 949-496-1555; www.turkeytrot.com

December 1. Western Hemisphere Marathon & Ekiden Relay, Culver City, Calif. 310-246-1418; www.whmarathon.active.com

December 8. Tucson Marathon & Half-Marathon, Tucson, Ariz. 520-320-0667; www.tucsonmarathon.com

December 8. 25th annual Lasse Viren 20K, Pt. Mugu St. Park, Calif., 8 miles s. of Oxnard on PCH. Steve Blum, 805-652-1744; blumper@pacbell.net

NORTHWEST

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

October 6. Portland Marathon, Portland, Ore. PM, PO Box 4040, Beaverton, OR 97076. www.portlandmarathon.org

November 9. USATF Oregon Cross-Country Championships (5K), Sandy HS.

541-504-1077; www.usatf-oregon.org; Al Beck, 503-861-2653.

November 23. USATF Northwestern Regional Championships (5K), Sandy HS. 541-504-1077; www.usatf-oregon.org; Al Beck, 503-861-2653.

December 1. Seattle Marathon & Half-Marathon. 206-729-3660; www.seattlemarathon.org

CANADA

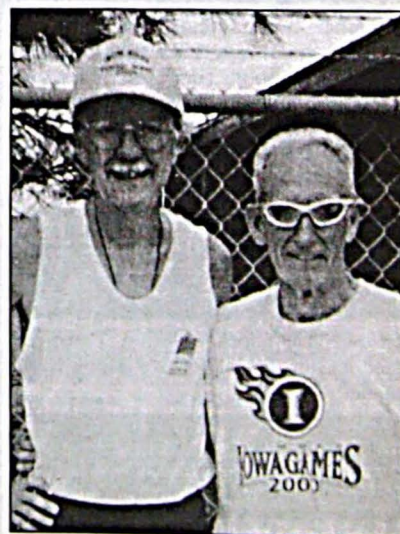
October 27. Casino Niagara International Marathon & Half-Marathon, Niagara Falls, Ontario. 905-356-9460; www.discoverniagara.com

RACEWALKING

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

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

November 16. USATF Paris Mountain One-Hour Racewalk, Furman U. Track, Greenville, S.C. Heinz Looser, 864-246-5101; or Tom Buis, Tommiebuis@aol.com



SANDY MARYOTT

Tom Bassett (l), M55, and Mel Larsen, M75, at the Blair Open Track Meet, Blair, Nebr., Aug. 4. Larsen, the current M75 World Champion in the 100 and 80H, won the 100, 200, and 80H at Blair. Bassett, 12th M55 in the 100 in the 14th World Championships, won the 100 and 200.

2001 U.S. MASTERS OUTDOOR TRACK & FIELD RANKINGS BOOK

- Men's and women's 2001 U.S. 5-year track & field age-group rankings.
- 48 pages, over 100-deep in some events.
- All T&F events.

Send \$8.00 plus \$2.00 postage and handling to:

NATIONAL MASTERS NEWS
 P.O. Box 50098, Eugene, OR 97405

Name _____

Address _____

City _____ State _____ Zip _____

M30-34

Don Drummond

M40-44

David Dobler

Douglas John

Kent Powers

Jim Watts

M45-49

Bob Blackburn

Paul Doolan

Rob Duncan

James W.

U.S. I

Event 30-34

55 6.8

60 7.4

100 11.0

200 22.4

400 51.5

800 2:02

1500 4:20

Mile 4:40

3000 9:25

5000 15:45

10000 32:30

55H 8.8

60H 9.0

110H 15.4

100H

80H

400H 58.0

300H

3K-SC 10:10

2K-SC

HJ 1.9

6-2' 6.2

PV 4.4

14-5' 14.5

LJ 6.5

21- 21-

TJ 13.2

43-3' 43-3'

Shot 14.5

47- 47-

Discus 44.8

147- 147-

Hammer 47.2

155- 155-

Javelin 62.0

203- 203-

35#Wt. 15.0

49-2 49-2

25#Wt.

56#Wt. 9.5

31- 31-

Pent. 280

Decath. 550

Wt. Pent. 280

Notes: 1) 10

2) 20

3) 30

4) 40

5) 50

6) 60

7) 70

8) 80

9) 90

U.S. MAS

1.5K

W30 7:13

W35 7:22

W40 7:37

W45 8:03

W50 8:25

W55 8:55

W60 9:17

W65 9:48

W70 10:26

W75 11:10

W80 12:03

W85 13:13

W90 14:56

M30 6:31

M35 6:43

M40 6:58

M45 7:13

M50 7:33

M55 7:50

M60 8:13

M65 8:38

M70 9:08

M75 9:43

M80 10:26

M85 11:21

M90 12:41

Age-graded

RECIPIENTS OF ALL-AMERICAN AWARDS

M30-34	Don Drummond	400h	53.73	7-16-00
		60m	7.09	3-23-02
		80m	8.12	3-23-02
		110h	14.32	8-8-02
M40-44	David Dobler	3K sc	9:43.75	8-9-02
		5000	15:34.77	6-21-02
	Douglas Johnson	1500 rw	6:32.75	7-28-02
	Ken Powers	LJ	19-2 3/4	6-15-02
	Jim Wette	TJ	40-1/4	7-6-02
		55m	6.79	1-26-02
		80m	7.57	3-23-02
M45-49	Bob Blackburn	LJ	19-4	5-25-02
		LJ	18-7 1/2	6-08-02
		LJ	18-7 1/2	6-22-02
		LJ	18-5 1/2	6-28-02
		LJ	18-11 3/4	7-14-02
		LJ	19-5	7-27-02
		LJ	19-4	8-8-02
	Paul Doolan	3K sc	12:28.80	8-8-02
	Rob Duncanson	200	24.51	8-8-02
	Jameson Wells	P	2733	8-8-02

M50-54	Kevin Christensen	P	2736	8-7, 10-02
	Roger Crockett	TJ	10.56	8-11-02
	Sakshat Flowers	400	57.15	8-8, 11-02
	John Holmes	400h	67.27	8-11-02
		100h	17.86	7-18-02
	Don Imrie	100	12.18	8-3-02
	John Seliah	J	47.49	10-13-01
		35W	10.86	7-7-01
		WP	3498	11-4-01
		55W	7.09	3-17-02
		400	57.37	7-8-02
	Don Swanson	M55-59		
	Hank Komen	H	36.35	8-8, 11-02
		SP	12.00	8-8, 11-02
	Robert Rice	SP	12.48	6-29, 30-02
	Robert Weiner	3K sc	13:10.18	8-8-02
	M60-64			
	Gary Baskett	SP	48-2	8-8-02
		D	150-11	8-8-02
		P	2809	5-5, 6-02
		LJ	14-11	5-5, 6-02
		hh	17.0	5-18-02
	Fred Dilleuth	400	64.85	6-29-02
	Jim Francis			

Blaine Lawson	2K sc	9:16.48	8-8, 11-02
	3K	11:44.6	3-17-02
Thom Weddle	1500	5:08.8	5-24-02
	800	2:29.6	5-25-02
	5K	18:50.79	6-8-02
	Mile	5:29.52	6-12-02
M65-69			
Tom Butterfield	TJ	8.70	8-8, 11-02
	2K sc	8:34.16	8-8, 11-02
	300h	56.36	8-8, 11-02
	P	2974	8-8, 11-02
	55W	6.81	3-18-00
	SP	40-1/2	7-6-02
Don Hughes	D	136-2	7-17-02
Len Rosen	D	130-0	8-31-02
James Young			
M70-74			
Rudy Bradenbeck	SP	37-1 1/2	6-8-02
Moreen Greenberg	50m	7/91	6-26-02
William Patrick	SP	34.03	8-17, 20-00
	D	11.06	8-17, 20-00
	SP	30.61	7-25, 28-01
	H		11-3-01

M75-79	Dick Mulkern	WP	3475	12-01
		SP	9.33	5-19-02
		W	11.89	5-19-02
		D	33.21	5-19-02
		H	28.55	5-19-02
		J	25.22	5-19-02
M90-94	Allen Bjork	D	52-6 1/2	3-2-02
		J	52-1	3-2-02
		SP	20-4	3-2-02
W35-39	Liz Pitzer	J	33.93	8-10-02
W40-44	Laura Gharewicz	J	33.09	8-10-02
	Pamela Gunneson	80m h	14.45	8-8, 11-02
W55-59	Joel Shirley	Mile	5:43.96	3-23-02
W70-74	Elaine Dobler	3K	16:09.14	3-3-02
W85-89	Hope Swan	100	34.82	8-3-02
		200	121.85	8-3-02

U.S. MASTERS ALL-AMERICAN STANDARDS

FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
55	6.8	6.9	7.1	7.2	7.4	7.9	8.1	8.4	8.9	9.4	10.4	11.8	13.5
60	7.4	7.55	7.7	7.85	8.05	8.5	9.0	9.25	9.5	10.0	11.2	12.8	16.6
100	11.0	11.3	11.5	11.9	12.2	12.6	13.2	13.8	14.6	16.0	18.0	23.0	
200	22.4	23.2	23.8	24.6	25.5	27.0	27.9	29.5	32.0	35.0	40.2	52.0	
400	51.5	52.5	53.8	56.0	57.5	62.0	65.0	69.0	75.0	88.0	98.0	120.0	
800	2:02	2:04	2:06	2:11	2:16	2:25	2:35	2:45	3:06	3:35	3:55	4:30	
1500	4:20	4:22	4:24	4:35	4:45	5:10	5:20	5:45	6:30	7:20	8:10	9:20	
Mile	4:40	4:40	4:50	5:00	5:10	5:30	6:00	6:15	6:55	8:20	8:45	10:15	
3000	9:25	9:40	10:00	10:25	10:45	11:15	11:50	12:45	13:40	15:50	19:10	23:00	26:00
5000	15:45	16:00	16:15	16:45	17:30	18:25	19:30	21:00	23:30	26:00	29:00	32:30	
10000	32:30	32:50	33:30	36:00	38:00	39:00	40:30	44:00	48:30	54:30	61:15	68:30	
55H	8.6	8.7	9.0	9.5	10.0	10.3	10.6	10.9	11.2	11.6	12.5		
60H	9.0	9.3	9.4	9.8	10.3	10.6	10.9	11.1	11.4	12.0	13.6		
110H	15.4	16.5	17.8	18.8									
100H					18.0	19.0	20.0	21.0					
80H									18.0	21.0	25.0	30.0	
400H	58.0	60.0	62.0	64.0	68.0	71.0							
300H					48.0	51.0	55.0	60.0	67.0	75.0	85.0	95.0	
3K-SC	10:10	10:30	11:45	12:40	13:30	14:00							
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30	
HJ	1.90	1.85	1.76	1.68	1.60	1.50	1.45	1.38	1.25	1.15	1.00	0.80	
	6-2 1/4	6-1/4	5-9/16	5-6	5-3	4-11	4-9	4-6 1/4	4-1 1/4	3-9/16	3-3/4	2-7/8	
PV	4.40	4.10	3.95	3.70	3.55	3.05	2.70	2.40	2.30	2.00	1.80	1.30	
	14-5/16	13-5/16	12-11/16	12-1/4	11-7/8	10-0	8-10/16	7-10/16	7-6/16	6-6/16	5-10/16	4-3/4	
LJ	6.50	6.10	5.85	5.60	5.40	4.90	4.50	4.20	3.80	3.35	2.85	2.20	
	21-4	20-1/4	19-2 1/4	18-4 1/4	17-8 1/4	16-1/4	14-9	13-9/16	12-5/16	10-11/16	9-4/16	7-2 1/4	
TJ	13.20	12.60	11.50	10.80	10.40	9.50	8.90	8.20	6.95	6.50	5.94	5.51	
	43-3/4	41-1/4	37-8/16	35-5/16	34-1/4	31-2	29-2/16	26-11/16	22-10/16	21-4	19-6	19-5/16	
Shot	14.50	14.02	13.41	12.62	13.10	12.00	12.80	11.50	11.00	9.00	8.00	6.00	
	47-7	46-0	44-0	41-5	42-11/16	39-4/16	42-0	37-8/16	36-1/16	29-6/16	26-3	19-8/16	
Discus	44.80	42.80	39.50	37.50	42.00	41.00	42.00	39.00	34.00	26.00	22.00	15.24	
	147-0	140-5	129-7	123-0	137-9	134-6	137-9	127-11	111-6	85-4	72-2 1/4	50-0	
Hammer	47.24	44.20	40.00	39.00	39.00	36.00	36.00	32.00	30.00	24.00	20.00	17.07	
	155-0	145-0	131-3	127-11	127-11	118-1	118-1	105-0	98-5	78-9	65-7/16	56-0	
Javelin	62.00	56.00	48.76	47.00	43.00	41.00	39.00	35.00	31.00	24.00	19.00	14.02	
	203-5	183-9	160-0	154-2	141-1	134-6	127-11	114-10	101-8	78-9	62-4	46-0	
35#Wt.	15.00	14.00	13.00	12.00	10.00	9.00			6.00	5.00	4.00	3.00	
	49-2 1/4	45-11/16	42-8	39-4/16	32-9/16	29-6/16	11-50	10-00	9-00	7-30	5-30	4-50	
25#Wt.							37-8/16	32-9/16	29-6/16	23-11/16	17-4/16	14-9	
							5.00	4.50	3.50	3.00	2.50	2.00	
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	29-5/16	27-10/16	26-3	19-8/16	18-1/16	16-4/16	14-9	11-5/16	9-10	8-2/16	6-6/16	
Pent.	2800	2600	2600	2600	2600	2600	2600	2600	2600	2400	2200	2000	
Decath.	5500	5250	5250	5000	5200	5000	4500	5000	4800	4200	3000	2500	
Wt. Pent.	2800	2700	2800	3000	3000	3000	3000	3000	2600	2700	3000	3000	

Notes: 1) 100 standards are for automatic time; use standard conversion for hand time.
 2) Short hurdles: 30-39: 33"; 40-49: 30"; 50-59: 27"
 3) Long hurdles: 30-39: 36"; 40-49: 30"; 50-59: 27"
 4) Shot put: 30-39: 7.26k (16#); 40-49: 6k; 50-59: 5k; 60-69: 4k; 70-79: 3k; 80+: 2k
 5) Discus throw: 30-39: 2kg; 40-49: 1.5kg; 50-59: 1kg; 60-69: 0.5kg; 70-79: 0.5kg; 80+: 0.5kg
 6) Hammer: 30-39: 7.26k (16#); 40-49: 6k; 50-59: 5k; 60-69: 4k; 70-79: 3k; 80+: 2k
 7) Javelin: 30-39: 800g; 40-49: 600g; 50-59: 500g; 60-69: 400g; 70-79: 300g; 80+: 200g
 8) Metric heights and distances are the standard; feet and inches listed for convenience.
 9) Pen/Dec/Wt. Pen: 30-39 IAAF pts.; 40+ WAVA factoring (new WAVA).

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

WOMEN

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

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

Additions to National Masters Championships Orono, ME; Aug. 8-11

Event 219 W30 H3	31 1.50m
1 Nakatake, Kimiko	
Event 219 W40 H3	
1 Mendenhall, Martha	43 1.60m
2 Senn, Caryl E	40 1.50m
3 Gunneson, Pamela D	41 1.30m
Event 219 W45 H3	
1 Hoppie, Carla L	45 1.25m
Event 219 W50 H3	
1 Wlodarczyk, Anna	51 1.45m
2 Cochrane, Nancy J	50 1.20m
Event 219 W55 H3	
1 Raschker, Phil K	55 1.40m
2 Douglass, Linda L	57 1.30m
3 Jager, Kathy L	59 1.10m
Event 220 W60 H3	
1 Radcliffe, Marg	60 1.25m
2 Cleveland, Barbara	62 1.20m
3 Carter, Ann E	60 1.00m
Event 220 W65 H3	
1 Wright, Evelyn M	65 1.20m
2 Donley, Christel M	67 1.10m
3 Heiler, Flo	68 1.05m
Event 220 W70 H3	
1 Valien, Johnnie M	77 0.90m
Event 220 W80 H3	
1 Hinton, Margaret O	80 0.95m
2 Kotello, Olga M	83 0.85m
Event 221 W30 H3	
1 Carney, Gregory S	32 1.80m
2 Barr, James E	34 1.70m
Event 221 M35 H3	
1 Agae, Igor	37 1.90m
2 Mysikov, Oleg	36 1.85m
Event 221 W40 H3	
1 McBarrette, Bruce O	44 1.95m
2 Van Zandt, Tom	40 21.95m
3 Reynolds III, Walte	40 1.90m
4 Reese, Mack M	41 1.85m
5 Espinosa, Jerry L	40 1.65m
6 Schneebeck, Doug	42 1.60m
7 Kornstein, Barry J	40 21.60m
Event 222 M45 H3	
1 Campbell, Brian J	45 1.80m
2 Berstrom, David A	45 1.75m
3 Watry, Jeffrey	47 1.65m
4 Snezhko, Valeriy	48 1.60m
5 Mutert, Brian L	45 1.60m
6 Duncanson III, Robe	47 1.45m
Event 223 W50 H3	
1 Jamrich, Wilan A	52 1.75m
2 Sauer, James R	54 21.75m
3 Rader, Charlie	54 1.65m
4 Worcester, John L	51 1.55m
5 Sobel, Richard	53 21.55m
6 Dolezel, James E	52 1.45m
7 Black, Ivan G	53 1.40m
8 Queeney, Jim	51 1.35m
Event 223 M55 H3	
1 DeHorn, Bill G	55 1.55m
2 Baker, Robert P	57 1.50m
3 Lulich, Franklin R	56 1.45m
4 Ewing, Johnston M	58 1.40m
5 Frable, Norman	57 21.40m
Event 224 M60 H3	
1 Pawlik, Emil H	63 1.55m
2 Dewey, Howard L	61 1.55m
3 Burns, John T	61 1.50m
4 Kline Sr., Barry	62 1.50m
5 Byrnes, Phil	62 1.40m
6 Byrnes, Buster	60 1.35m
7 Wallin, Carl J	60 1.35m
8 Rodriguez, Gervasi	64 1.25m
9 Mills, Bruce A	63 1.25m
Event 224 M65 H3	
1 Langenfeld, Tom	67 1.50m
2 Sullivan, Jerry T	67 1.40m
3 Shipp, Phillip D	67 1.35m
4 Land, Bob	65 1.30m
5 Ware, James	67 1.30m
6 Blair, Glenn M	67 1.30m
7 Carozzi, Joseph F	66 1.25m
8 Conklin, Deke	67 1.20m
9 Hurley, John T	65 1.15m
0 Varner, James	68 0.95m
Event 225 M70 H3	
1 Stookey, James L	72 1.23m
2 Perkins, Kenneth B	70 1.20m
3 Dickman, Cliff J	72 1.15m
4 Vaughan, Cully	71 1.10m
5 Poe, Et	73 1.00m
Event 225 M75 H3	
1 Brako, Frank	76 1.20m
2 Soller, Richard A	75 1.15m
3 Voegel, Bob	76 1.05m
Event 225 M80 H3	
1 Lukens, Edwin	80 1.20m
2 Maxwell, Ralph	82 1.15m
Event 225 M85 H3	
1 McPhie, Leland R	88 1.05m

USATF National Masters Weight & Superweight Championships Seattle, WA; Sept. 7

Weight	
M30 Matt Burks	13.57
M45 Jim Wetenhall	15.98
Dan John	15.38
Mark Neal	12.66
M50 Tim Edwards	16.50
Bob Sager	14.97
Richard Watson	13.16
Paul Brown	12.80
M55 Todd Taylor	16.57
George Mathews	15.84
Ray Allen	14.72
Tom Russell	11.77
M60 Bob Cahners	19.08
Dick Hotchkiss	17.17
John White	15.28
Pete LaBarge	13.55
Jack Kuhns	13.19

M65 Bob Ward	16.96
Bob Lawson	13.23
Fred Shanaman	9.75
M70 Pay Carstensen	15.83
Ray Feick	15.66
Harvey Lewellen	13.51
Jerry Wojcik	12.61
Tom Allison	11.41
Mike Devin	10.72
M75 Vince Sempronio	13.29
Ken Weinbel	9.32
M80 Robert Horsley	12.02
Armando Ricciardi	7.86
M90 Leon Joslin	AR7.66
W35 Laurie Jinkins	11.29
W40 Carla Blake Surina	8.88
W45 Kathy Wetenhall	9.03
W50 Joan Stratton	12.50
Joyce Taylor	11.20
Nancy Cochrane	5.76
W55 Georgia Cutler	10.50
Lorraine Tucker	8.74
W60 Suzy Hess	8.65
Superweight	
M30 Matt Burks	8.62
M45 Jim Wetenhall	AR10.80
(Wetenhall/10.52/2001)	
Dan John	10.15
Mark Neal	8.20
M50 Tim Edwards	7.48
Bob Sager	7.04
Richard Watson	6.25
Paul Brown	5.81
M55 Todd Taylor	8.86
George Mathews	7.79
Ray Allen	6.69
Tom Russell	6.52
M60 Bob Cahners	7.37
Dick Hotchkiss	6.79
John White	6.63
Jack Kuhns	5.15
M65 Bob Ward	AR6.50
(Olson/6.40/1996)	
Bob Lawson	5.58
M70 Ray Feick	AR8.92
(York/7.65/1984)	
Pay Carstensen	8.39
Harvey Lewellen	7.96
Mike Devin	7.18
Jerry Wojcik	6.86
Tom Allison	6.43
M75 Vince Sempronio	AR7.45
(York/6.94/1991)	
Ken Weinbel	6.13
M80 Robert Horsley	AR5.50
(Powell/4.90/1992)	
Armando Ricciardi	3.93
M90 Leon Joslin	AR4.12
W35 Laurie Jinkins	6.82
W40 Carla Blake Surina	5.01
W45 Kathy Wetenhall	4.59
W50 Joan Stratton	8.94
Joyce Taylor	8.77
Nancy Cochrane	4.28
W55 Lorraine Tucker	6.46
Georgia Cutler	6.36
W60 Suzy Hess	5.17

2002 Ultra Weight Classic Seattle, WA; Sept. 7

M30-49	
(35#/56#/98#/200#/300#)	
Matt Burks 34	1380
(13.57/8.62/-/-/-)	
Dan John 45	4398
(15.58/10.15/4.95/2.20/1.27)	
Jim Wetenhall 47	5329
(15.98/10.80/5.36/2.61/1.64)	
Mark Neal 49	4130
(12.66/8.20/4.14/2.15/1.20)	
M50-59	
(25#/56#/98#/200#/300#)	
Paul Brown 50	2307
(12.80/-/5.81/3.08/0.76)	
Richard Watson 50	2506
(13.16/5.25/2.72/1.12/0.56)	
Tom Edwards 54	4460
(16.50/7.48/4.60/1.80/1.12)	
Bob Sager 54	1572
(14.97/7.04/-/-/-)	
Ray Allen 55	3919
(14.72/6.69/3.38/1.74/1.03)	
Todd Taylor 55	1947
(16.57/8.86/-/-/-)	

George Mathews 58	1893
(15.84/7.79/-/-/-)	
Tom Russell 59	3647
(11.77/6.52/3.03/1.64/0.85)	
M60-69	
(20#/55#/98#/200#/300#)	
Bob Cahners 60	2761
(19.08/-/-/3.51/-)	
John White 61	4614
(15.28/6.63/3.42/1.94/1.12)	
Pete LaBarge 63	727
(13.55/-/-/-/-)	
Dick Hotchkiss 63	3777
(17.17/6.79/3.03/1.39/0.47)	
Jack Kuhns 63	2735
(13.19/5.15/2.29/0.97/0.41)	
Bob Lawson 67	1590
(13.23/5.58/-/-/-)	
Bob Ward 69	4850
(16.96/6.50/3.03/1.41/0.75)	
Fred Shanaman 69	585
(9.75/-/-/-/-)	
M70-79	
(16#/35#/56#/98#/200#)	
Mike Devin 70	3481
(10.72/7.18/4.79/2.70/1.05)	
Ray Feick 70	4072
(15.96/8.92/5.69/2.41/1.05)	
Pay Carstensen 70	4466
(15.83/8.39/5.24/2.76/1.60)	
Tom Allison 72	2611
(11.41/6.43/3.57/1.88/0.35)	
Jerry Wojcik 72	1453
(12.61/6.86/-/-/-)	
Harvey Lewellen 73	1702
(13.51/7.96/-/-/-)	
Ken Weinbel 75	1256
(9.32/6.13/-/-/-)	
Vince Sempronio 76	4090
(13.29/7.45/4.83/2.20/0.82)	
M80+	
(12#/35#/56#/98#/200#)	
Robert Horsley 80	1756
(12.02/5.50/3.01/-/-)	
Armando Ricciardi 82	1210
(7.86/3.93/2.11/-/-)	
Leon Joslin 90	1821
(7.66/4.12/2.37/-/-)	
W30-49	
(20#/35#/56#/98#/200#)	
Laurie Jinkins 38	3856
(11.29/6.82/4.28/2.35/0.98)	
Carla Surina 43	2879
(8.88/5.01/3.33/1.67/0.68)	
Kathy Wetenhall 49	3397
(9.03/4.59/3.47/1.76/0.80)	
W50-59	
(16#/25#/35/56#/98#)	
Joan Stratton 50	4395
(12.50/8.94/5.79/3.74/1.95)	
Nancy Cochrane 50	1912
(5.76/4.28/3.35/2.27/0.84)	
Joyce Taylor 52	4172
(11.20/8.77/5.74/3.39/1.58)	
Lorraine Tucker 55	2216
(8.74/6.46/4.77/-/-)	
Georgia Cutler 59	3510
(10.50/6.36/3.95/2.25/1.03)	
W60+	
(12#/25#/35#/56#/98#)	
Suzy Hess 60	2597
(8.65/5.17/4.20/2.29/0.70)	
Hammer	
M30 Matt Burks	43.53
M45 Jim Wetenhall	48.95
Dan John	45.65
M50 Tim Edwards	44.07
Bob Sager	43.71
Richard Watson	36.61
Paul Brown	30.53
M55 Todd Taylor	51.24
George Mathews	48.91
Tom Russell	40.54
M60 Dick Hotchkiss	47.60
John White	42.16
Pete LaBarge	37.46
Jack Kuhns	32.86
M65 Bob Ward	43.82
M70 Ray Feick	37.33
Pay Carstensen	36.87
Harvey Lewellen	37.92
Jerry Wojcik	34.06
Tom Allison	31.55
M75 Vince Sempronio	25.61
M80 Robert Horsley	27.56
Armando Ricciardi	20.92
M90 Leon Joslin 5kg SAR	14.22
W35 Laurie Jinkins	32.50
W40 Carla Edman Surina	25.57
W45 Kathy Wetenhall	27.00
W50 Joyce Taylor	40.04
Joan Stratton	39.03
W55 Georgia Cutler	33.39
Lorraine Tucker	23.12

EAST

Colonie Mile Albany, NY; July 9

Overall	
Jamie Rodriguez 21	4:21
Jen Kramer 19	5:19
M30 Ben Greenberg	4:36
Rich Cummings	4:49
Adrian Soto	4:54
M40 Derrick Stanley	4:45
Jim Hickey	4:52
Richard Clark	4:57
M50 Jim Bowles	5:33
Tom McGuire	5:34
Pete Cowie	6:07
M60 Chris Ruch	5:49
Ken Skinner	6:05
Ed Brown	6:33
W30 Karen Dolge	5:54
Chris Varley	6:17
Mary Buck	6:44
W40 Nancy Taormina	5:55
Jessica Spatz	6:17
Laurel Petersen	6:32
W50 Martha DeGrazia	6:26
Karen Griffen	7:18
W60 Betty Langevin	8:47

Potomac Valley TC Meet Alexandria, VA; July 21

100m	
M30 Patrick Howell	11.40
M35 Lonnie Hooker	11.90
M45 Matt Texier	12.00
M55 Robert Kootz	12.10
W45 Sheryl Lewis	16.60
200m	
M30 Patrick Howell	24.00
M35 Jay Wind	46.90
M55 Jim Thurman	27.60
M60 David Rosenthal	34.10
M70 Ralph Romain	27.10
W30 Laura Yancer	31.20
W45 Martha Lutz	30.10
400m	
M35 Greg Pennell	1:01.00
M55 Melvin Fields	59.90
M70 Ralph Romain	1:01.30
W45 Martha Lutz	1:10.10
800m	
M30 Blair Desio	1:59.60
M35 Greg Pennell	2:26.10
M50 Larry Hart	2:41.70
M60 James Verdier	2:56.30
M30 Patrick Howell	5:08.40
M35 David Caldwell	5:07.40
M40 Ted Poulos	4:55.80
M45 Jim Darr	5:51.00
Dan Eddy	5:15.90
M60 James Verdier	6:07.20
W30 Samantha Kirby	6:09.80
W40 Sarah Buckheit	6:22.20
3000m	
M30 Jim Oleske	11:24.00
M40 Ted Poulos	9:58.00
M45 John Winkert	14:41.20
W30 Jennifer Lazio	13:07.20
Long Jump	
M30 James Barr	19-4
Triple Jump	
M60 David Rosenthal	25-8.50
M55 Victor Litwinski	32-6
M65 Ezzat Pashai	34-4.25
Discus	
M30 James Barr	119-7
M55 Victor Litwinski	99-5
M65 Ezzat Pashai	113-7
M75 Charles Pistorino	80-9
Javelin	
M30 James Barr	163
M40 Marvin Daniel	80-3
M55 Victor Litwinski	83-9
M65 Ezzat Pashai	127-9
M75 Charles Pistorino	85-4
Weight Throw	
M55 Victor Litwinski	26-6
Mile RW	
M55 Bob Rytan	11:01.30
3000m RW	
M55 Victor Litwinski	18:25.40
W30 Sara Grimes	20:29.20
W35 Shari Tanck	24:19.00
W40 Virginia Inglese	17:02.50

W45 Nadine James	23:01.90
W55 M Hennessey	22:54.90

Empire State Games Syracuse, NY; Aug. 1-3

100m	
M30 Joshua Unger	12.1
M35 David Burgess	12.7
M50 Jesse Norman	12.0
M55 Lionel Hamilton	12.6
M60 Paul Gansle	13.0
M65 Andrew Branch	13.7
M70 Ed Cox	14.2
M80 Russel More	20.3
W30 Nicole Williams	13.1
W35 Amy Carney	13.5
W40 Jana Landahl	14.2
W45 Deborah Baranowski	15.4
W50 Linda Smith	16.7
W55 Kathleen Cirina	14.7
W60 Adlin Mair	15.6
W65 Edna Hyer	21.2
W70 Rosalia Gioia	20.3
M75 Minna Charles	33.1
W80 Elsie Adams	46.6
200m	
M35 Aston Scott	23.9
M40 David Cherry	24.0
M45 Tom Daly	28.1
M50 Jesse Norman	24.0
M55 Lionel Hamilton	25.8
M60 Paul Gansle	26.9
M65 Andrew Branch	29.0
M70 Robert Bruce	29.9
M80 Donald Hanson	37.9
W30 Lisa Daley	26.1
W35 Amy Carney	28.9
W40 Fran Piraino	32.6
W55 Kathleen Cirina	31.2
W60 Adlin Mair	31.4
W65 Edna Hyer	46.7
W70 Helen Bueme	44.2
W80 Elsie Adams	2:37.5
400m	
M30 Joshua Unger	56.4
M35 Aston Scott	54.4
M40 David Cherry	56.8
M45 Horace Hudson	58.1
M50 Dan Swanson	58.1
M55 Bob Micho	1:00.5
M60 Paul Gansle	1:01.2
M65 Christo Rush	1:08.5
M70 Harold Larkin	1:21.6
M75 John Meeks	1:25.5
M80 Russel More	2:37.7
W30 Lisa Daley	1:00.9
W35 Amy Carney	1:03.7
W40 Fran Piraino	1:13.5
W55 Kathleen Cirina	1:19.8
W60 Adlin Mair	1:16.2
W65 Edna Hyer	1:46.8
W70 Helen Bueme	1:42.4
800m	
M30 Gary Hurta	2:04.7
M35 David Carroll	2:07.8
M40 Kevin Thomas	2:30.2
M50 James Corridan	2:19.3
M55 Harry Luke	2:57.5
M60 John Allen	2:28.1
M65 Christo Rush	2:33.0
M70 Harold Larkin	3:15.0
M80 Russel More	5:16.0
W30 Manika Sickingler	2:59.0
W35 Dawn Best	2:39.9
W40 Lynn Johnson	2:43.4
W45 Elizabeth Meany	3:51.9
W60 Yvon Taskerrothenbe	3:07.7
W65 Edna Hyer	4:21.0
W75 Helen Bueme	3:56.2
1500m	
M30 Brian Hickey	4:29.1
M35 Daniel Green	4:39.6
M40 Peter Davis	4:46.5
M60 John Allen	5:23.2
M70 David Rider	7:09.2
M75 Sandy Bueme	7:02.0
W30 Manika Sickingler	6:14.6
W50 Susan Nesbihal	NTA
W65 Edna Hyer	8:27.3
W70 Helen Bueme	7:45.1
5000m	
M40 Tim Murphy	16:52.4
M50 James Ascioti	18:19.3
M55 Hector Bauza	18:51.5
M60 Joe Cordero	21:04.8

Continued from previous page

W35 Dawn Best	4.09
W40 Karen Wameling	3.83
W50 Susan Nesbihal	2.40
W55 Mary Trotto	NDA
Triple Jump	
M35 David Burgess	11.95
M40 Mark Pitler	9.61
M50 Ivan Black	10.20
M55 Douglas Geertgens	9.83
M65 Ed Kent	8.19
M70 Theodor Swanson	6.34
M80 Edwin Lukens	8.09
W40 Karen Wameling	8.53
W50 Susan Nesbihal	4.88
W70 Rosalia Gioia	5.21
Shot Put	
M30 Greg Matusic	11.79
M35 Norman Deep	13.42
M40 Michael Clancy Jr	11.85
M45 Dennis Hansen	11.57
M50 Joseph Myers	12.96
M55 Gary Tocke	11.34
M60 Gary Crawford	11.43
M65 Louis Capano	10.87
M70 John Ziamandanis	8.83
M75 John Sheridan	8.30
W30 Shar Pinglingspence	10.84
W35 Jane Decker	10.02
W40 Judy Roehr	8.52
W45 Barbara McCuen	6.18
W50 Linda Smith	6.42
W55 Kathleen Cirina	9.54
W60 Mariann Neuber	9.29
W65 Joan Dash	5.77
W70 Rosalia Gioia	6.48
W80 Elsie Adams	3.72
Discus	
M35 James Spack	38.44
M40 Michael Clancy Jr	34.36
M45 Patrick Morris	36.02
M50 Ed Ferraro	40.68
M55 Kenneth Straleyv	36.00
M60 Gary Crawford	39.02
W30 Shar Pinglingspence	21.72
W35 Jane Decker	32.36
W40 Judy Roehr	23.56
W45 Barbara McCuen	18.90
W50 Susan Nesbihal	16.06
W55 Kathleen Cirina	25.46
W60 Mariann Neuber	24.36
W65 Dortha Swanson	16.38
W70 Rosalia Gioia	14.02
W80 Elsie Adams	10.04
Hammer	
M35 Norman Deep	39.44
M40 Fred Sandas	24.78
M45 George Sandas	38.10
M50 Patrick Lynn	41.88
M70 Martin Engel	34.98
M75 John Sheridan	21.56
W30 Angel Ralligh	21.38
W35 Kelly Thompson	24.98
W40 Judy Roehr	21.32
W45 Barbara McCuen	20.20
W50 Barbara Lopiccolo	28.60
W55 Joyce Bahr	20.66
W60 Norma Schilloff	20.59
W65 Dortha Swanson	21.10
Javelin	
M35 Francis Ryan	43.28
M45 Thomas Greene	38.82
M50 James Nichols	33.08
M55 Gene Spanneut	42.52
M60 Armand Courchesne	31.54
M65 Chuck Yost	31.19
M70 Merton Lockhart	25.48
M75 John Sheridan	19.68
M80 Edwin Lukens	25.86
W30 Shar Pinglingspence	22.74
W35 Mary Doud	25.46
W40 Judy Roehr	20.56
W45 Deborah McEligot	18.10
W50 Susan Nesbihal	19.00
W55 Barbara Lopiccolo	25.82
W60 Mariann Neuber	19.30
W65 Edna Hyer	15.80
W70 Rosalia Gioia	13.90
Pentathlon	
M35 David Sardo	1392
M40 Timothy Taylor	2251
M45 Joe Hazucha	1256
M55 Darryl Decker	1650
M60 Tim Collins	863
M65 Dillon Maier	822

M70 Donald Learman	827
W55 Mary Trotto	1697
5K RW	
M35 Bill Master	33:02
M40 Glenn Izziary	37:02
M50 Bill Fatiga	30:02
M55 Marc Olshan	29:40
M60 Thomas Fitzgerald	41:00
M65 James McGrath	28:39
M70 Robert Hylton	36:34
W40 Donna Masters	31:29
W55 Toni Olshan	39:46
W60 Diane Lawrence	36:34
10K RW	
M45 Dave Lawrence	56:42
M50 Frank De Masi	1:07:53
M55 Marc Olshan	59:09
M65 Bob Barrett	59:17
W55 Kate Clark	1:25:57
20K RW	
M40 Wilson Crone	2:08:57
M65 James McGrath	2:08:23
10K Road Race	
M40 Tim Murphy	35:32
M45 Michael West	50:15
M50 James Smigelski	51:10
M60 Raymond Lee Jr	49:21
M70 Robert Ealy	53:28
W40 Josephine Tebano	53:38
W45 Nancy Eaton	48:18
W55 Karen Davies	45:58

Connecticut Senior Games New London, Aug. 3-4

100m	
M50 Bob Kortmann	14.97
M55 Will Kenerley	14.50
M65 Richard Camp	13.78
M75 Raoul Rodrigues	16.83
M80 Robert Dowling	19.03
W50 Joanne Creel	17.40
W55 Julie Bradley	17.50
W60 Marj Sasiela	21.80
W65 Mary Roman	18.30
W70 Bridgette Langer	20.40
W75 Ann McGowan	22.30
200m	
M50 Bob Kortmann	32.50
M55 Will Kenerley	30.02
M60 Charles Merlis	40.24
M65 Richard Camp	28.38
M75 Y M Naci	33.01
W50 Joanne Creel	41.21
W55 Julie Bradley	39.70
W75 Joan Gillyean	61.00
400m	
M55 Jerry Augustine	1:11
M60 Jerry Brown	1:21
M65 Jerry LeVasseur	1:17
M70 Walt Gale	1:23
M75 Y M Naci	1:29
W50 Joanne Creel	1:47
W55 Julie Bradley	1:25
W60 Marj Sasiela	1:50
W65 Jeannette Cyr	1:45
W70 Bridgette Cyr	1:56
800m	
M55 Jerry Augustine	2:51
M60 Jerry Brown	3:07
M65 Jerry LeVasseur	3:03
M70 Bob Davidson	3:19
M75 Y M Naci	3:39
M80 Bill Tribou	3:37
W55 Julie Bradley	3:31
W65 Jeannette Cyr	4:18
1500m	
M55 Jerry Augustine	5:30
M60 Jerry Brown	6:04
M65 Jerry LeVasseur	5:53
M70 Walt Gale	6:42
Bob Davidson	6:43
M75 Horst Langer	8:28
M80 Bill Tribou	7:19
W55 Julie Bradley	6:57
W60 Marj Sasiela	9:17
W65 Jeannette Cyr	8:01
W70 Bridgette Langer	10:14
High Jump	
M50 Bob Kortmann	1.40
M55 Eddie Harris	1.53
M70 Kip Trembley	0.94
M75 Horst Langer	0.77
Long Jump	
M50 Bob Kortmann	14-11.25
M55 Will Kenerley	15-11
M70 Wm Clew	9-5.75
M75 Raoul Rodrigues	12-1
M55 M Oppenheimer	5-2.75
W65 Elisabeth Abrams	7-10.5
W75 Ann McGowan	7-0.75

Shot Put	
M50 Ted Kalinowski	9.92
M55 Frank Ruhle	9.82
M60 Joseph Kapusta	10.16
M65 Pete Barker	10.12
M70 Paul Xanthopoulos	12.45
M80 Jimmy Choy	4.82
W55 Julie Bradley	8.11
W60 AnnMarie Flynn	7.34
W65 Mary Roman	7.84
W70 Harriet Patch	5.73
W75 Joan Gillyean	5.02
W80 Jeanne Berlepsch	4.63
Discus	
M50 Gary Parkosewich	39.45
M55 Ed Root	27.50
Frank Ruhle	27.48
M60 Roger Busch	35.82
M65 Richard Camp	38.19
M70 Bill Garahan	36.39
Paul Xanthopoulos	32.21
M75 Raoul Rodrigues	15.17
M80 Jimmy Choy	11.58
W50 Joanne Creel	20.37
W55 Sandra White	13.76
W60 Maria Pasho	19.28
W65 Joan Youngs	18.96
W70 Harriet Patch	12.46
W75 Joan Gillyean	9.89
W80 Jeanne Berlepsch	11.23
Javelin	
M50 Michael Farago	105-6
M55 Ed Root	101-9
Joseph Kapusta	101-8
M60 Rober Tosoni	95-1
M65 Bob Youngs	127-6
M70 Paul Xanthopoulos	117-6
M80 Jimmy Choy	48-3
W55 Sandra White	46-2
W60 AnnMarie Flynn	65-7
W65 Joan Youngs	62-6
W70 Harriet Patch	38-2
W75 Ann McGowan	40-5
W80 Jeanne Berlepsch	40-2
5K Road Race	
M55 Ron Dombrowski	21:51
M60 Bill Boria	17:55
M65 Jerry LeVasseur	23:11
M70 Bob Davidson	24:58
M75 Phil Mongillo	28:18
M80 Bill Tribou	27:14
W55 Janit Romayko	26:58
W60 Zofia Turosz	24:05
W65 Jeannette Cyr	30:14
W70 Joan Weigle	43:24
1500m Racewalk	
M65 Spencer Parish	10:14.66
M75 Chuck Dolecki	10:33.57
M85 Michael Messing	18:39.10
W60 Barbara Frasca	10:21.86
5K Racewalk	
M60 Barbara Frasca	38:02
W85 Mary Haines	58:55

Potomac Valley TC Meet Alexandria, VA; Aug. 4

100m	
M30 John Jones	11.70
M35 Lonnie Hooker	11.90
M50 John Gordon	13.90
M55 Jim Thurman	13.10
M65 Don Beck	14.40
W80 Carla Convery	25.809
200m	
M30 Ricky Ervins	23.20
M50 Larry Hart	32.70
M55 Jim Thurman	27.80
M65 Don Beck	29.50
400m	
M35 Tommy Lovelace	57.90
M40 Jeffrey Walker	1:01.50
M50 Larry Hart	1:10.40
M55 D J Bertagnoli	1:09.30
W35 Perry Jackson	1:19.40
800m	
M40 Dion O'Mara	2:28.40
M50 Larry Hart	2:45.20
M55 D J Bertagnoli	2:51.60
M60 James Verdier	2:53.90
W35 Perry Jackson	3:27.70
1 Mile	
M40 Dion O'Mara	5:01.40
M45 Jim Darr	5:46.70
M50 Jay Wind	6:55.20
M60 James Verdier	5:59.50
M75 Bill Osburn	8:07.70
W40 Sarah Buckheit	6:16.00
3000m	
M40 Ted Poulos	10:24.50
M45 Peter Blank	13:41.30
M50 Jay Wind	11:18.20

M75 Bill Osburn	16:19.80
High Jump	
M45 Jim Barribeau	6-0.75
M50 Keith Mathis	5-1
M55 Johnston Ewing	4-7
M70 Jim Condell	4-1.25
Long Jump	
M70 Jim Condell	10-11.50
Shot Put	
M50 Keith Mathis	31-1
M60 Troy Mashburn	31-9.50
M70 Jim Condell	31-9.50
W65 Sharon Good	14-0.50
W80 Carla Convery	12-1.50
Discus	
M30 John Jones	104-4
M50 Keith Mathis	90-2
M55 Johnston Ewing	74-10
M70 Jim Condell	93-1
M75 Charles Pistorino	77-1
W65 Sharon Good	35-2
Javelin	
M50 Keith Mathis	133-3
M75 Charles Pistorino	89-10
W65 Sharon Good	30-9
W80 Carla Convery	27-11
Weight Throw	
M60 Mike McReynolds	34-4.50

Dartmouth Weight Meets Hanover, NH

Aug. 17--	
Shot Put	
Carl Wallin 60 5k	47-0.5
Carl Wallin 6k	45-7.5
Phil Hovencamp 42 16#	41-5.75
Don Filkins 48 16#	40-0
Don Filkins 6k	43-8.5
Bob Cedrone 47 16#	45-7.5
Fran Moravcsik 68 3k	22-3.75
Hammer	
C Wallin	154-11
B Cedrone	148-3
D Filkins	127-8
Weight	
C Wallin 20#	65-8
B Cedrone 35#	46-2.75
D Filkins 35#	43-8
Aug. 31--	
Shot Put	
Carl Wallin 60 5k	46-6.75
Bob Mead 58 6k	45-9.5
Don Filkins 48 6k	44-4
Len Rosen 68 5k	38-10
Packy Fusco 59 6k	31-11.5
Ed Rowan 61 5k	31-5.5
Fran Moravcsik 68 3k	21-4.75
Shot Put 16#	
Phil Hovencamp 42	44-11.5
C Wallin 60	40-9.5
D Filkins 48	40-9
Bob Cedrone 47	35-8.75
Discus	
L Rosen 68 1k	133-0
P Fusco 59 1k	127-11
D Filkins 48 2k	109-7
Art Guerra 43 2k	104-9
E Rowan 61 1k	98-4
Vlad Strelnitski 60 1k	89-10
Hammer	
Eric Probstfield 30 6#	179-11
B Cedrone 47 16#	151-3
C Wallin 60 5k	148-2
D Filkins 48 16#	129-1
V Strelnitski 60 5k	111-4
E Rowan 61 5k	102-5

Granite State Senior Games Manchester, NH; Aug. 18

100m	
M50 Lee Hess	12.7
M55 Angelo Nieves	13.1
M60 Al Frienere	15.4
M65 Jacques Gagnon	14.4
M70 Ken Perkins	15.5
M75 Earnest Chafin	16.6
M80 Joe Sciaraffa	15.9
M85 Nathaniel Heard	21.3
W50 Paula Sawyer	22.1
W55 Cindy Smith	17.3
W60 Arlene Dupuis	20.5
W70 Brigitte Langer	19.7
200m	
M50 Lee Hess	27.1
M55 Angelo Nieves	28.6
M60 Charles Sawyer	33.5
M65 Steve Holmes	31.2
M70 Walt Sanders	36.6
M75 Horst Langer	45.2
M85 Nathaniel Heard	54.9

W50 Paula Sawyer	48.9
W55 Cindy Smith	37.6
W70 Brigitte Langer	42.2
400m	
M50 Lee Hess	1:03.5
M55 Warren Graff	59.5
M60 Charles Sawyer	1:13.5
M65 Dick Croak	1:11.3
M70 Art Kearney	1:19.7
M75 A Messenger	1:21.8
M80 Bill Halleck	2:17.1
M85 Bob Matteson	1:34.2
W50 Cathy Murdock	1:35.5
W60 Sheila McKenna	1:33.9
W70 Brigitte Langer	1:45.9
800m	
M50 Tim Payne	2:26h
M60 Bill Boria	2:25h
M65 Jerry Lavasseur	2:49h
M75 A Messenger	3:13h
M80 Bill Halleck	5:11h
W50 Cathy Murdock	3:25h
W55 Barbara Hardy	3:24h
W60 Sheila McKenna	3:42h
1500m	
M50 Tim Payne	5:02h
M55 Dave Narlee	5:53h
M60 Bill Boria	5:00h
M65 Jerry Lavasseur	6:00h
M70 Jerry Bisson	5:46h
M75 A Messenger	7:45h
M80 Bill Halleck	10:52h
W50 Cathy Murdock	6:48h
W60 Sheila McKenna	7:42h
High Jump	
M50 John Oleski	4-0
M55 Angelo Nieves	4-2
M60 Dean Riley	3-6
M65 Deke Conklin	3-10
M70 Ken Perkins	4-0
W60 Arlene Dupuis	3-0
W70 Brigitte Langer	3-2
Pole Vault	
M55 Peter Fichter	9-0
M65 Deke Conklin	9-0
Long Jump	
M50 John Oleski	15-5
M55 Will Kenerley	13-10
M60 Carl Wallin	11-8
M65 Deke Conklin	13-6
M70 Ken Perkins	10-4
M75 Earnest Chafin	10-6
M80 Joe Sciaraffa	11-0
M85 Nathaniel Heard	5-10
W55 M Oppenheimer	5-11
W60 Arlene Dupuis	6-2
W70 Brigitte Langer	6-10
W75 Ann McGowan	6-6
Shot Put	
M50 J Siergiwica	26-7
M55 Loam Robertson	43-9
M60 Carl Wallin	46-9
M65 Len Rosen	38-4
M70 Sam Messiter	31-5
M75 Horst Langer	18-9
M80 Bruno Maki	23-2
W55 Pat Fogg	26-4
W60 Judy Scott	22-0
W65 Marcia Crooks	20-7
W70 Harriet Patch	17-1
W80 Jean Berlepsch	16-3
Discus	
M50 Mike Lozeau	102-4
M55 Loam Robertson	127-3
M60 Carl Wallin	130-0
M65 Steve Holmes	145-5
M70 Chuck Dolecki	89-4
M85 Bruni Maki	77-3
W55 Cindy Smith	68-1
W60 Judy Scott	60-7
W65 Joan Youngs	63-1
W70 Harriet Patch	35-0
W75 E O'Connor	38-0
W80 Jean Berlepsch	36-1
Javelin	
M50 Mike Lozeau	128-1
M55 Buzz Gagne	164-4
M80 Carl Wallin	122-1
M65 George Cormey	103-3
M70 Sam Messiter	97-3
M85 Bruno Maki	68-4
W55 Cindy Smith	74-2
W60 Arlene Dupuis	48-9
W65 Joan Youngs	59-4
W70 Harriet Patch	35-3

Continued from previous p

D J Bertagnoli	1:06.44
M65 Larry Colbert	1:06.20
Don Beck	1:15.08
M70 Donald McCarten	1:34.84
W30 Lillian Awdi	1:04.35
W35 Anne Pastorkovich	1:32.41
800m	
M35 Chris Sarsony	2:46.7h
M40 Steve Nearman	2:07.7h
Pat O'Meara	2:23.7h
M45 Bernard Gant	2:30.4h
M50 Dan Eddy	2:22.2h
Larry Hart	2:44.0h
M55 Mike Radov	2:28.2h
Robert Weiner	2:33.5h
D J Bertagnoli	2:37.2h
W30 Lillian Awdi	3:02.4h
W50 Kathryn Martin	2:25.4h
W65 Tami Graf	3:47.8h
1500m	
M40 Steve Nearman	4:27.02
David Griffin	4:43.87
Ted Poulos	4:50.08
M45 Peter Blank	6:02.72
M55 Jim Noone	5:34.89
M70 Larry Dickerson	6:07.66
W65 Tami Graf	7:17.50
Mile	
M35 Abdi Bile	4:39.17
M40 Pat O'Meara	5:18.88
M45 Jim Darr	5:58.35
Peter Blank	7:26.60
M50 Dan Eddy	5:13.88
Larry Hart	5:56.39
Norman Thomas	6:30.42
M55 Robert Weiner	5:43.24
Jim Noone	5:54.55
M75 Ray Blue	9:44.92
W30 Lillian Awdi	6:32.93
Jennifer Lazio	6:47.57
W50 Kathryn Martin	5:15.54
W60 M-L Michelson	5:57.42
3000m	
M30 N McVey-Finney	10:09.77
M40 Ted Poulos	10:01.50
Brett Pelham	10:05.10
M45 Maurice Pointer	10:36.80
Peter Blank	13:09.38
M50 Jay Wind	10:44.84
M55 Jim Noone	11:42.10
M65 Jim Hite	14:58.73
M75 Roy Englert	17:33.99
Ray Blue	18:42.99
W65 J Hodges-Hite	14:58.73
5000m	
M30 N McVey-Finney	17:56.5h
John Howard	20:21.8h
M35 Malcolm Lester	16:55.7h
M40 Pat O'Meara	17:47.9h
Joe Aukward	21:48.9h
James Scarborough	22:00.8h
M50 Spider Rossiter	18:39.0h
M55 John Haubert	21:48.9h
M65 Jim Hite	24:53.0h
Short Hurdles	
M55 Robert Norton	21.92
W65 Evelyn Wright	20.06
Long Hurdles	
M30 Leslie Young	59.93
M45 Bill Cheadle	1:04.13
M65 Don Bewck	57.07
High Jump	
M35 Mark Burnett	1.12
M40 Bruce McBurnette	1.98
M45 Scott Medlin	1.22
M50 Keith Mathis	1.52
Bob Rockwell	1.47
Wally Damon	1.17
M70 James Condell	1.12
W50 Eleanor Gipson	1.22
Pole Vault	
M35 Paul Boccard	7-0
M45 Jim Henderson	8-7
M55 Tomlinson Rauscher	9-0
Donald Fisher	7-7
M70 James Condell	7-0
Long Jump	
M35 Femi Afolayan	5.78
Kevin Lendo	5.77
Daren Welborn	5.50
M40 Marcus Battle	4.59
Jeff James	4.53

M50 Roger Crockett	4.96
Bob Rockwell	4.39
Wally Damon	2.75
M55 Robert Norton	3.59
M60 Bob Taylor	4.64
Jim Kenney	4.35
Cjld Bartholomew	4.01
M65 Horace Stephens	2.82
Triple Jump	
M40 Charles Swindell	13.66
David Mullen	9.59
M50 Bob Rockwell	10.73
Roger Crockett	10.15
Wally Damon	7.22
W55 Ginny Shapiro	2.96
Shot Put	
M30 Kunle Lawson	13.25
M35 Tony Dziepak	10.00
M40 Nick Aguris	12.38
Frank Cancino	9.76
Greg Weeks	8.39
M45 Scott Medlin	10.76
M50 Ted Barila	12.36
Daniel Valasek	11.06
Michael Kalnas	10.26
M55 Joseph Kalhas Jr	9.45
Victor Litwinski	9.25
Robert Rinehart	8.92
Mike Valle	10.88
M65 Gerald Vaughn	13.33
Bill Gramley	10.66
Roger Peterson	9.25
M70 James Condell	9.46
M75 Charles Pistorino Sr	8.47
M85 Bob Detweiler	3.70
Bernie Kleinschmidt	4.23
Carla Convery	3.41
Discus	
M30 Kuyne Lawson	45.12
James Barr	37.09
M35 Tony Dziepak	35.60
M40 Warren Taylor	44.50
Frank Cancino	38.00
Greg Weeks	23.90
M45 Scott Medlin	31.16
Gary Sutton	28.29
M50 Ted Barila	32.59
M55 Frank Monroe	31.70
Robert Rinehart	30.30
Victor Litwinski	26.40
M60 Larry Pratt	56.08
Mike Valle	41.71
Norman Johnson	34.74
M65 Bill Gramley	42.48
William Smith	39.71
Ezzat Pashai	37.40
M70 James Condell	26.99
M75 Charles Pistorino Sr	25.74
M85 Bob Detweiler	11.23
W65 Evelyn Wright	21.98
Sharon Good	9.70
W80 Bernie Kleinschmidt	10.82
Carla Convery	8.31
Hammer	
M30 Kinle Lawson	37.72
M35 Tony Dziepak	42.33
M45 Scott Medlin	25.72
M55 Victor Litwinski	22.86
Robert Rinehart	21.44
M60 Bob Cahners	44.38
Mike Valle	42.75
M65 Ezzat Pashai	29.36
M85 Bob Detweiler	10.11
W65 Evelyn Wright	23.32
Javelin	
M30 Don Ampansiro	54.96
Kunle Lawson	32.43
M35 Tony Dziepak	22.10
M40 Frank Cancino	33.66
M45 Scott Medlin	24.52
M50 James Kocan	37.87
Keith Mathis	33.68
Wally Damon	22.97
M55 Robert Rinehart	19.40
M60 Jim Kenney	44.70
Mike Valle	25.90
M65 Ezzat Pashai	39.09
M70 James Eyer	33.33
M75 Charles Pistorino Sr	25.80
M85 Bob Detweiler	6.86
W80 Bernie Kleinschmidt	10.52
Carla Convery	9.52
Weight Throw	
M30 Kunle Lawson	14.11
M35 Tony Dziepak	13.02

M45 Gary Sutton	9.83
Scott Medlin	9.09
M55 Victor Litwinski	9.15
Robert Rinehart	6.90
M60 Bob Cahners	18.04
Mike Valle	15.25
Mike Reynolds	10.23
M65 Bill Gramley	12.63
Ezzat Pashai	10.66
M85 Bob Detweiler	5.35
W65 Evelyn Wright	10.04
Sharon Good	6.90
Pentathlon	
M30 Leslie Young	2948
Mark Borchard	2578
James Barr	2506
M35 Rob Lawson	2353
John McKenzie	2161
M40 Robert Harding	2762
Rob Doran	2155
M45 Bob Doran	2543
M55 Robert Norton	2240
M70 John Gracey	1525
Weight Pentathlon	
M30 Kunle Lawson	2944
M35 Tony Dziepak	2476
M45 Scott Medlin	2408
M55 Robert Rinehart	2196
M60 Mike Valle	3758
M85 Bob Detweiler	1381
Mile RW	
M45 Peter Blank	13:12.20
M70 Bob Fine	10:00.51
W70 Terry Hamilton	13:11.84
W85 Mary Lathram	14:43.56
3000m RW	
M50 Jim Wass	17:22.04
M70 Bob Fine	19:41.58
W40 Virginia Inglese	17:37.80
W70 Terry Hamilton	24:51.02
5000m RW	
M55 Victor Litwinski	31:25.31
M70 Bob Fine	33:23.56
M50 Judy Witt	30:10.90
W85 Mary Lathram	45:31.40
10K Road Race	
M35 D Burgos-Sultan	52:20.5h
M40 Ted Poulos	39:02.4h
M50 Jay Wind	39:05.2h
W65 J Hodges-Hite	57:41.3h
Potomac Valley Assn(PVA)	
*Southeastern Region(SE)	
* PVA and SE	

Heavy Metal Throwers Meets
Clearwater, FL

--July 17--

Hammer	
M50 John Selieh	36.62
Art Kamen	26.80
M55 Bob Lupinacci	31.02
Shot Put	
M50 Bill Odum	10.86
A Kamen	10.38
M55 B Lupinacci	10.10
Discus	
M50 B Odum	32.72
A Kamen	31.04
M55 B Lupinacci	29.86
Javelin	
M50 A Kamen	32.16
M55 B Lupinacci	29.98
Weight	
M50 J Selieh	13.86
A Kamen	10.12
M55 B Lupinacci	11.04
Weight Pentathlon	
M50 A Kamen	2620
M55 B Lupinacci	3016

--Aug. 25--

Hammer	
M50 John Selieh	37.89
M55 B Lupinacci	31.21
M70 Pay Carstensen	42.92
Shot Put	
M50 Don McCreery	8.86
M55 B Lupinacci	9.40
Discus	
M50 J Selieh	35.88
M55 B Lupinacci	29.94
M70 P Carstensen	27.73
Javelin	
M50 D McCreery	31.87
M55 B Lupinacci	30.81
Weight	
M50 J Selieh	13.48
M55 B Lupinacci	9.02
M70 P Carstensen	17.04

Supeweight	
M70 P Carstensen	9.11
Weight Pentathlon	
M55 B Lupinacci	2848
Georgia Games Championships	
Cross Creek HS; July 21	
100m	
M30 Don Taylor	12.40
M35 Eric Merriweather	12.24
M40 Harold Pierce	11.99
M45 Glenn Reid	12.29
M50 Willie Josey	14.11
M60 Marion Harrison	12.91
M70 Alvin Clark	15.55
W35 Priscilla Gamble	13.69
W40 Victoria Robinson	13.98
W60 Ann Carter	17.21
200m	
M30 Daniel Callender	25.54
M35 Eric Merriweather	25.17
M40 Harold Pierce	23.26
M45 Wm Kovalczyk	24.35
M50 Willie Josey	30.45
M60 Marion Harrison	26.91
M65 Horace Stephens	34.02
M70 Alvin Clark	32.92
W40 Victoria Robinson	31.90
400m	
M30 Clinton Hill	53.82
M35 Ron Ramsey	54.24
M40 Sanford Stephens	57.01
M45 Wm Kovalczyk	54.49
800m	
M35 Salvatore Gangi	2:28.85
M35 Clark Humble	2:47.78
M40 Peter Heidbreder	2:19.02
M45 Rick Akam	2:15.64
M55 John Bragg	3:16.32
M60 James Huffman	2:46.72
W45 Kellie Eyre	2:29.43
1500m	
M30 Mark Zahner	5:09.17
M35 Rob Lawson	5:06.52
M40 Peter Heidbreder	4:38.89
M45 Rick Akam	4:40.70
M50 Ignatius Sterghos	7:38.38
M55 John Bragg	6:30.74
W45 Kellie Eyre	4:55.67
3000m	
M30 Mark Zahner	11:20.92
M35 Ignatius Sterghos	18:45.04
W65 Joyce Hodges-Hite	17:24.70
5000m	
M30 Mark Zahner	19:30.72
M55 John Bragg	23:59.67
W65 Joyce Hodges-Hite	29:28.30
Short Hurdles	
W50 Linda Lowery	15.54
Long Hurdles	
M30 Clinton Hill	65.09
W50 Linda Lowery	59.98
4x100m Relay	
W35+Running Panthers A*	59.21
High Jump	
M30 Greg Carney	1.75
M40 Wm Vicory	1.45
M45 Glenn Reid	1.45
M50 Bob Rockwell	1.50
M55 Tom Jordan	1.50
M60 Jack Gervais	1.15
W50 Linda Lowery	1.25
W60 Brenda Bloomfield	1.05
Pole Vault	
M40 Jack Butler	2.86
M50 Johnnie Dye	3.16
M55 Tom Jordan	2.56
M60 Jack Gervais	2.10
Long Jump	
M35 Rob Lawson	5.34
M40 James Singleton	5.61
M45 Glenn Turner	4.98
M50 Larry Morris	5.03
M65 Horace Stephens	3.36
W35 Priscilla Gamble	4.37
W40 Victoria Robinson	4.63
W50 Linda Lowery	4.33
W60 Ann Carter	3.26
Triple Jump	
M35 John Allen	10.21
M40 James Singleton	11.80
M45 Glen Turner	11.68
M50 Bob Rockwell	10.75
W50 Linda Lowery	8.79
Shot Put	
M30 Robert Molina	10.13
M40 Bryan Stewart	12.36
M45 Chuck Beer	11.66
M50 Ignatius Sterghos	8.14
M55 Ted Sekeres	9.62
M60 James Turner	9.73
W30 Philanna Peterson	7.33
Discus	
M30 Robert Molina	32.78

M35 John Allen	33.11
M40 Terrance Davis	38.61
M45 Chuck Baer	38.08
M50 Ignatius Sterghos	21.40
M55 Ted Sekeres	34.57
M60 Wm Humphries	32.45
W30 Philanna Peterson	18.46
W60 Brenda Bloomfield	17.52
Javelin	
M35 Rob Lawson	36.70
M40 Bryan Stewart	39.88
M45 Glen Turner	38.45
M50 Robert Kouvolto	57.41
M55 Ted Sekeres	28.92
M60 James Turner	33.04
W60 Ann Carter	14.33
6000m Racewalk	
M40 Keith Luoma	24:19.60
M45 Rick Austin	31:46.00
M50 Stephen Moore	28:55.50
M70 Jack Munnell	35:15.30

Rocky Mount Throwers Meets
Rocky Mount, NC

Aug. 24

Shot Put	
John von Rohr 54	13.54
Dave Pierce 56	12.02
Jermaine Jones 30	11.43
Geo Williamson 46	10.98
Hammer	
J von Rohr	46.20
D Pierce	32.35
G Williamson	30.23
Weight	
J von Rohr	16.83
D Pierce	11.26
J Jones	10.57
G Williamson	10.54
Aug. 17	
Hammer	
Peter Farmer 50	57.33
John von Rohr 54	43.13
Ray Carstensen 70	41.59
Ray Feick 70	37.87
Tim Twomey 67	37.15
Bob Gunn 49	37.14
Neil DeRyche 31	35.45

MIDWEST
Michigan Senior Olympics
Midland; Aug. 4 - 8

100m	
M50 Ernest Quin	12.91
M55 Ralph Wallace	12.57
M60 Frank Bonham	13.21
M65 George Nicholas	14.94
M70 Ernest Alcocer	14.80
M75 Dean Shaw	14.78
M80 Nile Russell	17.30
M85 John Boesenhofer	19.47
W50 Gail Kantak	14.56
W55 Sharada Samaik	16.08
W60 Nancy Hinshon	17.10
W65 Patricia Lemanski	21.11
W70 Georgia Johnson	18.41
W75 Mary Holland	20.36
W85 Dorothy Ray	34.14
200m	
M50 Ernest Quin	27.18
M55 Dale Gaide	27.38
M60 Frank Bonham	27.68
M65 George Nicholas	33.07
M70 Ernest Alcocer	32.08
M75 Dean Shaw	
M80 Nile Russell	39.98
M85 John Boesenhofer	45.45
W50 Gail Kantak	30.97
W55 Sharada Samaik	34.34
W60 Nancy Hinshon	36.50
W65 Charlotte Ambrose	1:04.19
W70 Carol Dugal	42.71
W85 Dorothy Ray	1:20.64
400m	
M50 Ernest Quin	1:04.97
M55 Alexander Johnston	1:11.11
M60 Frank Bonham	1:03.60
M65 Joseph Gormley	1:23.41
M70 James Beall	1:19.58
M75 Chuck Sochor	1:29.73
W50 Gail Kantak	1:12.45
W55 Sharada Samaik	1:22.61
W70 Carol Dugal	1:43.95
W75 Mary Holland	1:59.53
W85 Dorothy Ray	3:24.15
800m	
M50 Daniel Guldenzoph	2:45.90
M55 Dale Gaide	2:18.29
M60 Skip Nelson	2:35.80
M70 James Beall	3:07.12

M75 Chuck Sochor	4:10.84
W50 Gail Zantak	2:59.60
W55 Ruth Thelen	3:16.35
W70 Annette Hardy	4:36.82
W75 Mary Holland	5:31.48
W85 Dorothy Ray	7:15.58
1500m	
M50 Daniel Guldenzoph	5:52.59
M55 Jerry Eisman	6:09.09
M70 James Beall	6:26.40
M75 Kingsley Sears	7:52.49
W50 Gail Zantak	6:26.10
W55 Ruth Thelen	6:39.10
W65 C Ambrose	12:02.50
W70 Annette Hardy	9:10.09
W85 Dorothy Ray	14:43.53
W90 Eleanor Sage	28:06.00
High Jump	
M50 Lloyd Plewes	4-9
M55 Dennis Manning	4-2
M60 Travis Jones	4-0
M65 Roger Newman	4-2
M70 Loren Monroe	4-2
M75 Chuck Sochor	3-8
M80 Melvin Buschman	3-0
M85 John Boesenhofer	3-6
W60 Nancy Hinson	3-0
W70 Jean Friedel	2-5
Pole Vault	
M55 Jerry Eisman	8-6
M60 Travis Jones	4-0
M65 William Rothley	8-0
M70 John Lamb	7-0
M80 Art Holland	5-0
M85 John Boesenhofer	3-6
W50 Linda McGinnis	5-0
W60 Nancy Hinson	5-0
Long Jump	
M50 Charles Brown	14-8.50
M55 Ziggy Pakiet	14-7
M60 Travis Jones	11-7
M65 Jack Rothley	14-3
M70 John Lamb	13-2
M75 Chuck Sochor	12-5.50
M80 Nile Russell	10-4.25
M85 John Boesenhofer	9-4.50
W50 K Gothro-Defever	14-3.50
W55 Sharada Sarkak	11-8
W60 Nancy Hinson	11-3
W65 Patricia Lemanski	9-3.75
W70 Carol Dugal	9-2.75
W75 Mary Holland	8-1
Shot Put	
M50 Hilary Goerge	45-3.50
M55 Ross Arnold	32-9.50
M60 Dan LaRose	39-1
M65 Arthur Hesskamp	34-5
M70 Einar Jorgensen	28-3.50
M75 Karlis Ezerins	33-5
M80 Nile Russell	26-1
M85 John Boesenhofer	25-5.50
M90 Rex Sheathelm	15-2
W50 Linda McGinness	22-3
W55 Jane Cook	29-2
W65 Patricia Lemanski	20-1.50
W70 Clara Gamble	21-0.50
W75 Mary Holland	15-8
W80 Jerry Gawura	17
W85 Dorothy Ray	13
Discus	
M50 Hilary Goerge	130-8
M55 Ross Arnold	101-10
M60 Malachi McGruder	122-9
M65 William Rothley	103-2
M70 Cecil Henry	76-11
M75 Karlis Ezerins	100-2
M80 Robert Ettig	70-9
M85 James Elliot	62-10
W50 Linda McGinness	59-9
W55 Jane Cook	64-2
W60 Jean Levalley	27-4
W65 Patricia Lemanski	51
W70 Clara Gamble	47-4
W75 Thelma Fallows	37
W80 Jerry Gawura	40-5
W85 Dorothy Ray	26-8
Javelin	
M50 Hilary Goerge	145-2
M55 Ross Arnold	114-7
M60 Malachi McGruder	145
M65 Stanley Koster	127-4
M70 Robert Mrozinski	97-11
M75 Karlis Ezerins	98-1
M80 Art Holland	65-5

Continued from previous page

M85 James Elliot	48-11
W50 Paula Serra	57-9
1500m RW	
M50 Rick Sack	8:28
M55 Eugene Kester	15:19
M70 Edwin Keener	10:05
M75 Jack Hipple	14:00
M80 Abe Ulanoff	10:59
M95 Julius Spielberg	28:06
W60 Jean Levalley	11:31
W65 Anne Spencer	12:45
W70 Carolyn Selby	12:13
W75 Thelma Fallows	12:14
W80 Mary Jean Chaffee	12:26
W85 Dorothy Ray	15:04

5000m RW	
M50 Rick Sack	30:22
M65 John Caldwell	34:13
M70 Robert Ferguson	35:37
M85 Abe Ulanoff	43:04
W50 Carol Queen	40:39
W55 Wanda Forbes	53:55
W60 Dorothy Burgess	34:09
W65 Anne Spencer	45:31
W70 Carolyn Selby	43:45
W75 Thelma Fallows	45:00
W80 Mary Jean Chaffee	43:51
5K Road Race	
M55 Michael Light	21:29
M60 James Hicks	20:21
M65 Wilbert Griffin	23:05
M75 Kingsley Sears	27:17
M80 William Hahnenberg	30:11
M85 Irving Dils	46:52
W70 Annette Hardy	31:48
10K Road Race	
M55 John Fallot	44:27
M60 James Highs	42:41
M65 Wilbert Griffin	48:20
M80 Clarence Shelton	1:23:02

MID-AMERICABlair Open Track Meet
Blair, NE; Aug. 4

100m	
M30 Jeff Hageman	11.41
M40 Mike Ford	11.97
M50 Tom Bassett	12.43
M60 Jim Muxer	14.03
M70 Melvin Larsen	
200m	
M30 Jeff Hageman	23.68
M40 Mike Ford	24.93
M50 Tom Bassett	26.65
M60 Jim Muxer	29.97
M70 Melvin Larsen	32.13
400m	
M30 Paul Olson	55.38
M40 Mark Chaplin	58.97
M70 Byron Winter	1:40.81
W40 Deb Kluthe	1:12.56
800m	
M40 Manuel Falcon	2:43.88
W40 Deb Kluthe	3:02.54
1600m	
M40 Craig Christians	4:41.56
3200m	
M40 Manuel Falcon	14:16.43
Short Hurdles	
M70 Melvin Larsen	14.00
W40 Deb Kluthe	16.09
High Jump	
M40 Lyle Whitaker	5-6
M50 LaVane Johnson	3-8
M60 Jay Knepper	4-4
Long Jump	
M40 Lyle Whitaker	14-11
M60 Jay Knepper	13-8
Shot Put	
M30 Todd Davis	44-9
W30 Debra Kage	30-1.50
W40 Katrina Anderson	33-1
M40 Pat O'Connor	46-8
M50 David Dunnigan	48-2
M60 Alex Meyer	42-7
Discus	
M30 Todd Davis	164-10
M40 Pat O'Connor	141-6
M50 David Dunnigan	140-10
M60 Alex Meyer	132
W40 Katrina Anderson	112
W30 Debra Kage	83-7

Colorado Masters Throwers
Meet #2, Ft. Collins; Aug. 18

Hammer	
W60 Joy Kaylor	26.47
M35 Paul Barrett	53.30
Mike Salvidio	25.42
M40 Milt Girouard	30.52
Bob Jones	25.22
M50 Tim Edwards	46.02
M55 Ian Percy	41.87
Jerry Bookin-Weiner	38.83
M60 Roger Corliss	31.29
M65 Robin Herron	38.41
Shot Put	
W60 J Kaylor	7.91
M35 P Barrett	12.92
M Salvidio	11.99
M40 M Girouard	14.33
B Jones	10.68
M50 Tim Muller	14.18
M55 I Percy	12.48
J Bookin-Weiner	11.25
M60 R Corliss	11.30
M65 R Herron	10.29
Discus	
W60 J Kaylor	21.42
M35 P Barrett	44.52
M Salvidio	34.44
M40 M Girouard	41.24
B Jones	37.78
M50 T Muller	43.97
M55 I Percy	41.53
J Bookin-Weiner	38.31
M60 R Corliss	37.10
M65 R Herron	34.80
Javelin	
W60 J Kaylor	18.89
M35 P Barrett	55.26
M Salvidio	26.43
M40 B Jones	27.17
M55 I Percy	38.37
J Bookin-Weiner	29.33
M60 R Corliss	25.50
M65 R Herron	24.66
Weight	
W60 J Kaylor	9.07
M35 P Barrett	14.83
M Salvidio	11.29
M40 B Jones	9.89
M50 T Edwards	17.61
M55 J Bookin-Weiner	13.37
M60 R Corliss	12.22
M65 R Herron	12.74
Weight Pentathlon	
W60 J Kaylor	3068
M35 P Barrett	3599
M Salvidio	2175
M40 B Jones	2234
M55 J Bookin-Weiner	3402
M60 R Corliss	3037
M65 R Herron	3566
(done in above proper order)	
Hailestead Masters Mini Meet	
Hailestead, KS; Aug. 24	
100m	
M35 Rodney Robison	12.42
M40 Donald Cottner	11.84
Roger Davis	12.59
M45 Mark Chaplin	13.20
Max Tjaden	15.47
M50 Wm Sellers III	12.66
Larry Staton	14.03
M55 Richard Golden	18.46
M65 Bob Lida	13.10
Roger Weidman	16.56
M70 Darwin Michaud	18.86
W30 Faylene Carter	14.50
W45 Claire Overstake	15.85
400m	
M35 Rodney Robison	63.91
M40 Roger Davis	56.38
M45 Mark Chaplin	60.58
Max Tjaden	73.17
M50 Wm Sellers III	59.00
Bob Maseratti	69.34
M55 Richard Golden	84.85
M65 Bob Lida	82.94
M70 Darwin Michaud	99.40
W45 Claire Overstake	76.53
800m	
M45 Max Tjaden	3:03.00
M50 Maure Weigel	2:52.19
Mack Moore	2:56.79
M55 Richard Golden	3:17.72
M70 Bill Perich	3:12.25
Darwin Michaud	3:56.36
1 Mile	
M40 Bryan Niewald	4:59.63
M55 Richard Golden	7:50.45
Long Jump	
M30 Barry Renollet	17-11
M35 Don Carter	21-8.5
M45 Grant Overstake	14-10.25

Bob Porter	14-1
M50 Maure Weigel	14-9
Bob Maseratti	13-5.5
M55 Joe Hoover	14-7.25
Jim Crawford	10-9
Triple Jump	
M35 Don Carter	45-5.25
M40 Peter Biadasz	23-8.75
M45 Bob Porter	29-10.25
M50 Maure Weigel	32-5
Bob Maseratti	26-2
High Jump	
M35 Don Carter	6-0
Wendell Donaldson	5-6
M40 Peter Biadasz	3-4
M45 Grant Overstake	4-6
M50 Maure Weigel	4-8
Bob Maseratti	3-6
M70 Bill Butterworth	3-10
M75 Dale Hearon	3-4
M80 Scott Herman	3-8
Discus	
M35 Wendell Donaldson	142-5
M40 Mark Talbert	117-3
Peter Biadasz	58-9
M45 Grant Overstake	115-8
M50 Bob Maseratti	92-0
M55 Jim Crawford	98-6
M60 Jerrol Springer	129-0
M65 Ron Anderson	157-11
M70 Bill Butterworth	110-11
M75 Dale Hearon	82-8
M80 Scott Herman	80-9

Rocky Mountain Masters
Games, CSU, Ft. Collins, CO
Aug. 31-Sept. 1

50 Meters	
W40 Robin Galloway	7.72
Kathleen Reed	8.13
W50 Renee Anderson	8.27
Rebecca Martin	8.82
W55 Jenny Dobbett	8.52
Jane Harrington	9.03
M35 Trent Hagler	6.34
Robert Whitaker	6.80
M40 Raphael August	6.39
David Munoz	7.20
Vince Morris	7.30
M45 Mark Chaplin	7.09
Ernie Snodgrass	7.11
M50 Jerry Sriver	6.91
M60 Ed Arnold	8.86
M65 Jim Muxin	7.71
Ray Franks	8.05
M80 Hugh Hackett	11.56
Ed Carter	8.81
100 Meters	
W40 Robin Galloway	14.52
Kathleen Reed	14.96
W50 Rebecca Martin	16.75
W55 Jenny Dobbett	16.52
Jane Harrington	16.98
Sharon Raham	17.07
M35 Trent Hagler	11.59
Cyrus Dodson	12.42
Robert Whitaker	12.66
M40 Marty Neibauer	12.31
David Munoz	13.22
Vince Morris	13.61
M45 Trip Renolds	12.52
Mark Chaplin	13.01
Ernie Snodgrass	13.24
M60 Ron Kirkpatrick	13.73
Ed Arnold	16.73
M65 R. McKisson	13.83
Jim Muxin	14.44
M65 Ray Franks	15.26
M75 E MacDonald	26.10
M80 Ed Carter	16.70
200 Meters	
W30 J. Kirstein	36.73
W40 Robin Galloway	30.89
Weight Throw	
W55 Sharon Raham	6.77
W60 Joy Kaylor	9.34
W75 Willie Gatz	5.10
M30 J. Kuemmerlin	10.18
M35 Mike Salvidio	11.60
M40 Rande Treece	14.26
M45 Ron McIntosh	7.38
M50 Tim Edwards	17.25
M55 Ian Percy	15.83
J Bookin-Weiner	14.91
Al Kuemmerlin	8.05
M65 Bob Humphreys	16.43
Vern Spencer	13.57
Robin Herron	12.96

M80 Hugh Hackett	10.74
Frank Bowles	10.59
Weight Pentathlon	
W55 Sharon Raham	2614
W60 Joy Kaylor	3082
W65 Christel Donley	2955
W75 Willie Gatz	2363
M30 J. Kuemmerlin	2365
M40 Rande Treece	2948
M45 Ron McIntosh	1219
M55 Paul Economides	4395
Ian Percy	4032
J Bookin-Weiner	3461
Al Kuemmerlin	1650
Roger Corliss	3108
M60 Bob Humphreys	4398
Vern Spencer	3655
Robin Herron	3519
Al Clouser	2667
M80 Frank Bowles	3829
Hammer	
W60 Joy Kaylor	27.15
W75 Willie Gatz	9.98
M30 J. Kuemmerlin	31.32
M40 Rande Treece	48.64
M55 Ian Percy	42.06
J Bookin-Weiner	41.50
Al Kuemmerlin	20.28
M65 Bob Humphreys	43.51
Vern Spencer	38.43
Robin Herron	37.14
M80 Hugh Hackett	24.98
Frank Bowles	21.27
Kathleen Reed	33.85
W45 Claudia Lewis	38.56
W50 Renee Anderson	35.13
Rebecca Martin	35.65
Deanna Scoville	40.51
W55 Jane Harrington	36.05
M35 Trent Hagler	23.27
Robert Whitaker	25.89
M40 Raphael August	23.83
Marty Neibauer	25.01
David Munoz	27.10
Scott Hall	27.46
Vince Morris	27.54
Ben Mares	27.76
M45 Trip Renolds	25.39
Ernie Snodgrass	26.61
M50 Dan Radiff	25.52
M60 Ron Kirkpatrick	27.25
Jim Francis	28.05
M65 R. McKisson	28.93
Jim Muxin	32.05
M80 Ed Carter	35.53
400 Meters	
W30 J. Kirstein	1:29.0
W40 Robin Galloway	1:14.7
W45 Claudia Lewis	1:35.4
W50 Deanna Scoville	1:33.0
M35 Trent Hagler	54.43
M40 Vince Morris	1:03.0
Marty Neibauer	54.76
M45 Ernie Snodgrass	1:11.6
Steve Gallegos	55.35
Trip Renolds	57.31
Mark Chaplin	59.10
M50 Jerry Sriver	54.96
David Salazar	55.51
Dan Radiff	56.70
M55 Chuck Rose	1:01.5
Noel Hughes	1:08.1
M60 Jim Francis	1:05.1
Bob Fulton	1:10.0
M65 R. McKisson	1:08.2
Ray Franks	1:14.2
Richard Larkin	1:16.7
M70 Arnold Meardon	1:18.0
800 Meters	
W30 J. Kirstein	3:24.4
W45 Judith Udall	3:08.3
W50 Deanna Scoville	3:39.7
M35 Tim Defrisco	2:09.8
Shot Put	
W40 Barbara Felt	6.54
W55 Sharon Raham	7.62
W75 Willie Gatz	4.99
M30 J. Kuemmerlin	13.00
M35 Mike Salvidio	12.31
M40 Milton Girouard	14.36
Rande Treece	11.41
David Munoz	8.12
M50 Tim Muller	14.42

Tim Fueher	10.11
M55 Ian Percy	12.37
J Bookin-Weiner	11.61
Al Kuemmerlin	8.17
M60 Roger Corliss	11.56
George Soule	11.22
Jerrol Springer	9.89
M65 Bob Humphreys	12.05
Armand Zahn	10.96
Robin Herron	10.36
M70 Chuck Weidman	10.13
M80 Frank Bowles	9.40
Javelin	
W55 Sharon Raham	24.62
W65 Christel Donley	23.98
W75 Dorothy Morgan	21.10
Willie Gatz	12.26
M30 J. Kuemmerlin	34.08
M40 Marty Neibauer	48.22
Rande Treece	33.99
M45 Jeff Bilderbeck	37.28
M50 Rocco Petitto	46.88
M55 Ian Percy	42.90
J Bookin-Weiner	31.35
Al Kuemmerlin	12.42
M60 Jerrol Springer	24.58
M65 George Cairns	36.27
Bob Humphreys	29.10
Armand Zahn	26.08
Robin Herron	24.12
M75 Fred Hirsimaki	23.64
M80 Frank Bowles	28.32
Hugh Hackett	22.16
Discus	
W40 Barbara Felt	21.47
W50 Deb Vestal	15.31
W55 Sharon Raham	23.72
W75 Willie Gatz	11.28
M30 Mattias Bormann	53.38
J. Kuemmerlin	34.46
M40 Lance Denning	2:06.6
Tim Kellogg	2:48.7
M45 Steve Gallegos	2:05.4
Dave Albo	2:10.7
Trip Renolds	2:15.2
M50 Don Ford	2:42.1
M55 Tom Linnell	2:38.3
M65 Ray Franks	2:59.1
M70 Arnold Meardon	3:03.0
1500 Meters	
W45 Judith Udall	6:28.7
M40 Lance Denning	4:15.5
Tim Kellogg	5:51.1
M45 Steve Gallegos	4:20.5
Bob Brustad	5:03.1
Scott Schafer	5:04.5
M50 Rick Rojas	4:56.7
Kent Oglesby	5:01.9
M60 Gary Faris	6:38.3
M65 Richard Larkin	7:17.1
3000 Meters	
M30 Craig Moyer	9:59.9
M35 Steve Cathcart	10:09.9
M40 Jon Sinclair	9:33.2
Tim Kellogg	12:38.4
Jim Nagel	10:36.5
M45 Bruce Pulford	10:19.4
Bob Brustad	10:43.2
Scott Schafer	10:53.4
M50 Rick Rojas	10:30.2
Kent Oglesby	10:54.2
M55 George Girard	11:34.2
Jerry Brown	12:11.3
Dan Lang	12:54.6
M60 Gary Faris	14:33.7
M65 Ray Franks	13:50.1
3K Race Walk	
W50 M. Martino	17:18.8
Sherrie Gossert	18:16.9
W60 Rita Sinkovec	19:25.8
M40 M. Blanchard	16:07.9
M55 Ed Guiff	21:03.5
M65 John Lyle	20:13.2
M65 V. Stralutins	20:47.3
M75 K. Timmerhaus	21:23.5
400 Meter Relay	
W40 Phoenix Mtn 40	1:07.5
W50 Phoenix Mtn 50	1:09.4
80 Meter HH	
M75 Fred Hirsimaki	17.06
M35 Brian Bedard	44.98
Mike Salvidio	34.74
M40 Milton Girouard	41.09

Bob Jones	40.28
Rande Treece	33.35
M45 Jeff Bilderbeck	28.52
M50 Tim Muller	47.25
Tim Fueher	27.19
M55 Ian Percy	42.54
J Bookin-Weiner	35.99
Al Kuemmerlin	19.81
M60 Jerrol Springer	37.93
Roger Corliss	37.39
George Soule	34.48
M65 Bob Humphreys	44.68
Vern Spencer	40.44
Robin Herron	34.57
Richard Larkin	23.35
M70 Chuck Weidman	25.90

Continued from previous page

M50 Gene Iwen	4.54
M60 Ed Arnold	3.64
Jerrold Springer	3.30
M65 George Cairns	4.28
Armand Zahn	3.19
M70 Chuck Weidman	2.87
M80 Ed Carter	3.54
Hugh Hackett	2.38

SOUTHWESTLions/Waterloo Throwers Meet
Austin, TX; Sept. 7

Shot Put	
M35 Brian Suter	46-2
Dave Rothenbury	41-8.5
M40 Richard Stewart	43-8
Bruce Navarre	36-8
David Bolles	32-8.5
M45 Dan Roloff	32-5
M50 Roger Conboy	42-3
M60 John Conniff	nma
Harold Crater	35-5
M75 Fred Adams	22-6.5
W35 Shana Judge	30-4.5

Discus	
M35 Dave Rothenbury	135-1
M40 Bruce Navarre	152-4
Richard Stewart	145-4
M45 Dan Roloff	90-5
M50 Roger Conboy	127-10
M55 Vince Breaux	116-8
M60 John Conniff	149-11
Harold Crater	105-7
M75 Fred Adams	51-11
Hammer	
M35 Dave Rothenbury	128-6
M40 Richard Stewart	147-6
David Bolles	116-9
Bruce Navarre	93-7
M45 Dan Roloff	74-7
M50 Roger Conboy	115-9
M55 Vince Breaux	106-10
M60 John Conniff	97-10
Harold Crater	91-3

Javelin	
M35 Dave Rothenbury	122-4
M40 Richard Stewart	135-3
Rick Cawley	115-8
Bruce Navarre	105-0
M45 Dan Roloff	101-11
M50 Roger Conboy	151-10
Tony Hall	141-2
M55 Vince Breaux	127-11
M60 John Conniff	117-8
Harold Crater	72-6
M75 Fred Adams	39-0
W35 Shana Judge	66-7

Weight	
M35 Dave Rothenbury	43-1
M40 Richard Stewart	46-2
Bruce Navarre	40-0.5
David Bolles	34-5
M45 Dan Roloff	36-7
M50 Roger Conboy	47-9
M55 Vince Breaux	45-4
M60 John Conniff	43-10
Harold Crater	37-2.5
M75 Fred Adams	27-3
Superweight	
M40 Bruce Navarre	24-8.5
David Bolles	20-2
M50 Roger Conboy	21-3.5
M55 Vince Breaux	22-9.5
M60 Harold Crater	15-4
M75 Fred Adams	14-1

WESTMetal Man's Weight Pentathlon
Oro Valley, AZ; Aug. 18

HT/SP/DI/TJ/WT	
M50 Clay Hull	3548
41 94/11.09/35.77/38 33/14.55	
M55 Charlie Quarelli	3120
25 66/10.42/33.57/35 91/9.85	
Duane Thompson	2776
25 33/10.52/30.94/24 30/9.85	
M70 Dave Douglass	3690
35 67/9.45/31.44/26 86/13.07	

KelField Throws Meet #109
Santa Cruz, CA; Aug. 31

Shot Put	
M40 Mike Venning	10.90
M45 Andy Miller	11.15
M50 Richard Watson	11.44
Curtis Dudnick	10.80
Bill Alexander	6.20
M55 Lad Pataki	15.14
Gordon Keller	8.22

M60 Jack Kuhns	12.02
Dick Hotchkiss	10.45
M65 Jerry Fasten	11.57
Discus	
M40 John Garvey	38.44
M Venning	31.35
M45 A Miller	40.45
M55 L Pataki	55.70
M60 D Hotchkiss	43.38
J Kuhns	30.74
M65 J Fasten	34.86
Hammer	
M40 M Venning	44.28
John Orlando	40.77
M45 A Miller	42.26
M50 R Watson	38.78
Gary Kelmenson	37.48
M55 L Pataki	55.58
M60 D Hotchkiss	45.38
J Kuhns	31.64
M65 J Fasten	25.16
Javelin	
M40 M Venning	27.96
M45 A Miller	40.46
M50 R Watson	49.17
Harold Crater	35-5
M55 L Pataki	37.23
M60 J Kuhns	33.33
M65 J Fasten	32.70
Weight	
M40 M Venning	13.92
M45 A Miller	12.10
M50 G Kelmenson	14.29
R Watson	13.28
Curtis Dudnick	11.47
Bill Alexander	5.12
M60 D Hotchkiss	16.75
J Kuhns	12.87
M Parker	1-03
M65 Don Hughes	12.55
J Fasten	11.02
W55 Judy Watson	3.72
56# Superweight	
M40 M Venning	9.29
M45 A Miller	7.48
M50 R Watson	7.42
G Kelmenson	7.14
M55 L Pataki	11.02
M60 J Kuhns	5.73
M65 D Hughes	5.72
J Fasten	5.07
Weight Pentathlon	
M40 Mike Venning	2917
M45 Andy Miller	3483
M50 Richard Watson	3763
M55 Lad Pataki	WR5346
(Ludtke/5152 1998)	
M60 Jack Kuhns	3566
M65 Jerry Fasten	3531

NORTHWESTWyoming Senior Olympics
Evanston, WY; Aug. 8 - 11

50m	
M50 Timothy Ervin	6.88
M55 Eric Hill	7.23
M60 Dwaine Horton	7.47
M65 Darwin Grimm	7.37
M70 Gene Finley	10.10
M75 Ben Knaub	7.85
M80 Harold Selby	9.72
M85 Mike Kilmer	11.91
W55 Virginia Wabbe	8.98
W80 Gladys Sajwaj	12.56
W85 Velma Jacobs	11.95
100m	
M50 Timothy Ervin	12.95
M55 Eric Hill	13.67
M60 Dwaine Horton	13.82
M65 George Zoolakis	14.17
M70 Gene Finley	20.94
M75 Ben Knaub	15.26
M80 Harold Selby	19.40
M85 Mike Kilmer	27.47
M50 Susan Hill	17.00
W55 Sharon Raham	16.85
W80 Gladys Sajwaj	25.29
W85 Velma Jacobs	26.15
200m	
M50 Timothy Ervin	26.66
M55 Eric Hill	29.02
M60 Darrel Short	30.39
M65 George Zoolakis	30.18
M75 Ben Knaub	30.80
M85 Mike Kilmer	47.62
M50 Susan Hill	36.04
W55 Marion Burr	39.80
W65 Della Works	47.00
W85 Valma Jacobs	59.90

400m	
M50 Timothy Ervin	1:02.26
M55 Eric Hill	1:09.40
M65 John McGinty	2:28.76
M75 Ben Knaub	1:15.55
W50 Susan Hill	1:31.06
W55 Sheryl McKeliman	1:52.00
W65 Della Works	2:09.35
800m	
M50 Bob Stone	2:47.24
M55 Jerry Whitten	4:48.88
M60 Ray Kunselman	2:57.63
M65 John McGinty	6:00.81
M75 Ben Knaub	3:23.64
W65 Della Works	4:52.58

High Jump	
M50 David White	4-8
M60 Dwaine Horton	4-8
M65 Armand Zahn	4-6
M75 Ben Knaub	3-10
W55 Sharon Raham	3-4
W60 Audrey Kempf	3-0
W75 Willie Gatz	2-8
Pole Vault	
M50 Lance Morey	11-4
M60 Gordon Price	8-6
M65 Armand Zahn	6-0
Mark Price	6-0

Long Jump	
M50 Dick Himes	17-3.50
M55 Eric Hill	13-5
M60 Darrel Short	13-5.50
M65 Doug Spainhower	15-1.50
M70 William Platts	11-8
M75 Ben Knaub	11-6.75
M80 Harold Selby	8-2.25
M85 Mike Kilmer	5-9.25
W55 Sharon Raham	10-3.50
W65 Della Works	5-11
W75 Willie Gatz	4-9.75
W80 Gladys Sajwaj	4-9.75

Triple Jump	
M50 Doug Bryant	29-5.50
M60 Darrel Short	26-7.50
M65 Doug Spainhower	29-8.25
M75 Ben Knaub	22-8
W55 Sharon Raham	23-2.75
W75 Willie Gatz	10-8.25

Shot Put	
M50 James Brogan	30-11
M55 Eric Hill	28-4.25
M60 Riley O'Neil	36-1.50
M65 Armand Zahn	34-9.50
M75 Willard Froseth	25-7.25
W55 Sharon Raham	25-10.50
W60 Audrey Kempf	18-11.50
W65 Della Works	18-7
W75 Willie Gatz	15-7

Discus	
M50 James Brogan	113
M55 Eric Hill	79-10
M60 Riley O'Neil	128-11
M65 Armand Zahn	109-9
M70 Grove Bolles	143-8
M75 Lex Marcuseen	60-0
M50 Susan Hill	47-3
W55 Sharon Raham	75-6
W60 Audrey Kempf	61-10
W65 Della Works	40-1
W75 Willie Gatz	39-2
Javelin	
M60 Dwaine Horton	116-4
M65 Armand Zahn	92-2
M70 William Platts	123-2
M75 John Jensen	74-2
W55 Sharon Raham	86-1
W60 Audrey Kempf	46-8
W65 Sallie Wesaw	29-0
W75 Willie Gatz	39-3
1500m RW	
M55 Jerry Whitten	11:14.70
M65 John Syle	9:55.57
M70 Richard Weaver	10:27.99
M75 Ted Lee	11:39.00
W60 Rita Sinkovec	9:16.23
W65 Betsy Lyle	14:56.79

5K Road Race	
M50 Dave McCormick	21:15.71
M60 Ray Kunselman	22:20.76
M65 Hans Sinkovec	22:14.32
W30 Janet Wells	30:16.55
W55 Mary Allaman	48:15.42
W60 Janis Smith	41:42.22
W65 Della Works	34:16.10

10K Road Race	
M50 Dave McCormick	35:09.30
M55 Paul Lewandowski	34:22.88
M80 E G Meyer	1:30:45.82
W50 Janet Wells	51:34.02
W55 Mary Allaman	1:30:46.73
W65 Della Works	1:01:12.01

INTERNATIONALNCCWMA Championships
Leon, Mexico
Aug. 22-25

W30 100m	
1 Ruiz M, Patricia	MEX 15.72
2 Suarez M, Patricia	MEX 17.57
W35 100m	
1 Gutierrez, Sigrid N	CRC 12.90
2 Villalón A, Lucia	MEX 14.40
3 Perez Y, Maria E	MEX 14.52
W40 100m	
1 Alejandro, Maribel	PUR 13.91
2 Villalón A, Alejandra	MEX 14.12
3 Canacho A, Rosa A	MEX 14.19
W45 100m	
1 Aguilar R, Laura L	MEX 15.06
2 Martinez T, Graciela	MEX 15.38
3 Vergara, Lilia D	MEX 16.18
W50 100m	
1 Fossberg, Mette	CAN 14.89
2 Serrano V, Margarit	MEX 16.24
3 Martinez T, Luz M	MEX 16.49
W55 100m	
1 Hernandez B, Nieves	MEX 16.98
2 Seydler V, Rita	MEX 17.45
3 Montoya V, Maria L	MEX 20.28
W60 100m	
1 Radcliffe, Mare	CAN 15.86
2 Kea, Essie	USA 16.39
3 Guerrero C, Amalia	MEX 18.40
W65 100m	
1 Ruiz R, Maria E	MEX 18.33
2 Aspe R, Teresa	MEX 19.14
3 Guerrero C, Bertha	MEX 19.22
W70 100m	
1 Ramos L, Juana	MEX 21.41
2 Felix P, Hermelinda	MEX 21.62
3 Garcia B, Carmen L	MEX 23.02
W75 100m	
1 Norckaner, Mary E	USA 22.02
2 McLeod S, Flora D	CAN 22.55
3 Garcia H, MA Isabel	MEX 23.44
W80 100m	
1 Koteko, Olga	CAN 22.00
2 Abarca M, Maria	MEX 25.61
3 Martinez R, Modesta	MEX 26.13
W85 100m	
1 Ramirez B, Maria	MEX 27.64
2 Rocha I, Rosario	MEX 37.26
W90 100m	
1 Ruiz T, Felix	MEX 11.92
2 MacGregor A, Ferna	MEX 12.17
3 And P, Sergio	MEX 12.18
W95 100m	
1 Colon, Franklyn	PUR 11.53
2 Casar F, Rodolfo	MEX 11.83
3 Arias, Jose C	MEX 12.04
M40 100m	
1 Jurado F, Jaime	MEX 11.97
2 Cupido, Carlos S	MEX 12.97
3 Flowers, Ricky	USA 12.15
M45 100m	
1 Jones, Thomas	USA 11.85
2 Chin Along, Neil	CAN 12.73
3 Martillon M, Trinidad	MEX 13.44
M50 100m	
1 Bowen, Robert	USA 11.54
2 Prieto, Kenrick	TRI 13.01
3 Nino E, Rene	MEX 13.15
M55 100m	
1 Martinez G, Wilfré	PUR 12.62
2 Fields, Melvin	USA 12.64
3 Hernandez G, Abel	MEX 13.92
M60 100m	
1 Vargas, Julio	PUR 13.87
2 Martinez A, Jacinto	MEX 14.19
3 Lopez S, Abelardo	MEX 14.29
M65 100m	
1 Colbert, Lawrence	USA 13.36
2 Valles A, Victor	MEX 14.11
3 Williams, Paul	USA 14.47
M70 100m	
1 Fee, Earl	GUA 14.61
2 Calderon D, Mario	GUA 15.02
3 Higuera G, Sergio	MEX 15.35
M75 100m	
1 Sochor, Chuck	USA 15.62
2 Corona R, Silvino	MEX 15.95
3 Soller, Richard	USA 16.74
M80 100m	
1 Rivas P, Eusebio	MEX 15.24
2 Kennell, Thomas	MEX 16.87
3 Maxwell, Ralph	USA 17.04
M85 100m	
1 Alvarez A, Julio	MEX 30.41
M90 100m	
1 Leglise C, Angeles	MEX 27.80
2 Ruiz M, Patricia	MEX 34.45
3 Sanchez A, Edilbert	MEX 39.31
M95 100m	
1 Gutierrez, Sigrid N	CRC 26.11
2 Villalón A, Lucia	MEX 26.22
3 Perez Y, Maria E	MEX 29.54
W40 200m	
1 Villalón A, Alejandra	MEX 29.07
2 Alejandro, Maribel	PUR 29.07
3 Esparza C, Gloria	MEX 32.14
W45 200m	
1 Aguilar R, Laura L	MEX 30.65
2 Martinez T, Graciela	MEX 31.37
3 Vergara, Lilia D	MEX 32.78
W50 200m	
1 Trott, Rhona	CAN 29.75
2 Fossberg, Mette	USA 30.84
3 Martinez T, Luz M	MEX 34.06
W55 200m	
1 Hernandez B, Nieves	MEX 37.03
2 Seydler V, Rita	MEX 39.47
3 Martinez M, Maria L	MEX 39.47
W60 200m	
1 Radcliffe, Mare	CAN 32.74
2 Kea, Essie	USA 34.41
3 Ballina C, Leonor	MEX 38.78
W65 200m	
1 Ruiz R, Maria E	MEX 40.15
2 Guerrero C, Bertha	MEX 40.47
3 Aspe R, Teresa	MEX 41.47
W70 200m	
1 Ramos L, Juana	MEX 48.84
2 Felix P, Hermelinda	MEX 48.94
3 Garcia B, Carmen L	MEX 51.95
W75 200m	
1 Norckaner, Mary E	USA 53.07
2 McLeod S, Flora D	CAN 53.96
3 Garcia H, MA Isabel	MEX 59.85
W80 200m	
1 Abarca M, Maria	MEX 56.46
2 Martinez R, Modesta	MEX 57.24
W85 200m	
1 Ramirez B, Maria	MEX 1:03.18
W90 200m	
1 Rocha I, Rosario	MEX 1:23.87
W95 200m	
1 Cano P, B. Jonathan	MEX 23.72
2 MacGregor A, Ferna	MEX 25.05
3 Diaz M, Federico O	MEX 25.72
M45 200m	
1 Colon, Franklyn	PUR 23.55
2 Casar F, Rodolfo	MEX 24.10
3 Arias, Jose C	MEX 24.32
M50 200m	
1 Flowers, Ricky	USA 24.35
2 Jurado F, Jaime	MEX 2

Continued from previous page

2 Cruz C, Hilario	MEX	28:11.00	1000 Hurdles	USA	16.25	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
3 Torres P, Martin	MEX	28:23.00	1000 Hurdles	USA	19.71	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
1 Hernandez De C, Jua	MEX	29:15.00	1000 Hurdles	USA	17.04	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
2 Alfaro G, Manuel	MEX	29:33.00	1000 Hurdles	USA	18.59	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
3 Estrada L, David	MEX	29:36.00	1000 Hurdles	USA	22.22	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
1 Martinez S, Jose S	MEX	31:30.00	1000 Hurdles	USA	16.95	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
2 Paredes A, Francisco	MEX	31:31.00	1000 Hurdles	USA	20.87	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
3 Villagran C, Gustavo	MEX	31:34.00	1000 Hurdles	USA	21.11	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
1 Cisneros M, Miguel	MEX	32:13.00	1000 Hurdles	USA	20.13	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
2 Rosas M, Gabriel	MEX	32:17.00	1000 Hurdles	USA	22.38	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
3 Villagran C, Alejandro	MEX	34:04.00	1000 Hurdles	USA	22.42	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
1 Bautista C, Meliton	MEX	32:59.00	1000 Hurdles	USA	22.79	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
2 Gallegos, Eteberto	MEX	36:49.00	1000 Hurdles	USA	25.50	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
3 Ramirez P, Arnulfo	MEX	33:24.00	1000 Hurdles	USA	20.31	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
2 Argueta L, Carlos H	MEX	33:23.00	1000 Hurdles	USA	21.05	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
3 Ruiz, Salvador S	MEX	44:15.00	1000 Hurdles	USA	24.75	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
1 Diaz M, Fidel	MEX	31:29.00	1000 Hurdles	USA	55.90	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
2 Tinaja S, Francisco	MEX	36:28.00	1000 Hurdles	USA	1:01.66	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
3 Lopez, Leonardo R	MEX	37:25.00	1000 Hurdles	USA	49.36	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
1 Reyes R, Rosario	MEX	36:32.00	1000 Hurdles	USA	1:04.13	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
2 Davies, Roger	MEX	38:48.00	1000 Hurdles	USA	1:05.13	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
3 Zarazua, Gil	MEX	41:23.00	1000 Hurdles	USA	52.91	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
1 Venzor D, Severino	MEX	40:20.00	1000 Hurdles	USA	1:25.83	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
2 Morales O, Juan J	MEX	45:51.00	1000 Hurdles	USA	1:06.07	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
3 Hernandez, Gabino R	MEX	50:24.00	1000 Hurdles	USA	1:16.55	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
1 Valle, Ana I	MEX	31:07.00	1000 Hurdles	USA	1:11.89	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
2 Cabrera, Lucia	MEX	31:09.00	1000 Hurdles	USA	1:18.96	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
3 Barragan A, Bertha	MEX	31:14.00	1000 Hurdles	USA	1:21.32	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
1 Robles, Beatriz V	MEX	30:14.00	1000 Hurdles	USA	1:06.48	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
2 Roberts, Monetta	MEX	31:07.00	1000 Hurdles	USA	1:09.39	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
3 Luna G, Norma E	MEX	32:21.00	1000 Hurdles	USA	1:15.43	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
1 Vazquez, Rosa G	MEX	31:54.00	1000 Hurdles	USA	1:10.35	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
2 Moreno CH, Gloria	MEX	33:12.00	1000 Hurdles	USA	1:23.11	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
3 WSO 5000 Walk	MEX	30:43.00	1000 Hurdles	USA	7:49.10	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
1 Gonzalez R, Maria L	MEX	30:43.00	1000 Hurdles	USA	8:38.12	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
2 Huerta O, Maria G	MEX	32:05.00	1000 Hurdles	USA	9:50.45	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
3 Vargas F, Delia	MEX	36:31.60	1000 Hurdles	USA	11:35.86	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
1 Vazquez, Rosa G	MEX	30:43.00	1000 Hurdles	USA	11:35.90	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
2 Huerta O, Maria G	MEX	32:05.00	1000 Hurdles	USA	10:36.34	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
3 Vargas F, Delia	MEX	36:31.60	1000 Hurdles	USA	12:40.14	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
1 Vazquez, Rosa G	MEX	30:43.00	1000 Hurdles	USA	13:36.45	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
2 Huerta O, Maria G	MEX	32:05.00	1000 Hurdles	USA	14:06.00	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
3 Vargas F, Delia	MEX	36:31.60	1000 Hurdles	USA	14:40.01	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
1 Vazquez, Rosa G	MEX	30:43.00	1000 Hurdles	USA	24:47.44	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
2 Huerta O, Maria G	MEX	32:05.00	1000 Hurdles	USA	1:14m	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
3 Vargas F, Delia	MEX	36:31.60	1000 Hurdles	USA	1:11m	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
1 Vazquez, Rosa G	MEX	30:43.00	1000 Hurdles	USA	1:25m	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
2 Huerta O, Maria G	MEX	32:05.00	1000 Hurdles	USA	0.96m	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
3 Vargas F, Delia	MEX	36:31.60	1000 Hurdles	USA	0.96m	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
1 Vazquez, Rosa G	MEX	30:43.00	1000 Hurdles	USA	1.80m	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
2 Huerta O, Maria G	MEX	32:05.00	1000 Hurdles	USA	1.40m	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
3 Vargas F, Delia	MEX	36:31.60	1000 Hurdles	USA	1.30m	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
1 Vazquez, Rosa G	MEX	30:43.00	1000 Hurdles	USA	1.10m	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
2 Huerta O, Maria G	MEX	32:05.00	1000 Hurdles	USA	1.55m	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
3 Vargas F, Delia	MEX	36:31.60	1000 Hurdles	USA	1.45m	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
1 Vazquez, Rosa G	MEX	30:43.00	1000 Hurdles	USA	1.24m	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
2 Huerta O, Maria G	MEX	32:05.00	1000 Hurdles	USA	1.21m	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
3 Vargas F, Delia	MEX	36:31.60	1000 Hurdles	USA	1.00m	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
1 Vazquez, Rosa G	MEX	30:43.00	1000 Hurdles	USA	1.12m	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
2 Huerta O, Maria G	MEX	32:05.00	1000 Hurdles	USA	1.15m	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
3 Vargas F, Delia	MEX	36:31.60	1000 Hurdles	USA	1.12m	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
1 Vazquez, Rosa G	MEX	30:43.00	1000 Hurdles	USA	1.15m	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
2 Huerta O, Maria G	MEX	32:05.00	1000 Hurdles	USA	1.12m	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
3 Vargas F, Delia	MEX	36:31.60	1000 Hurdles	USA	1.12m	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
1 Vazquez, Rosa G	MEX	30:43.00	1000 Hurdles	USA	1.15m	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
2 Huerta O, Maria G	MEX	32:05.00	1000 Hurdles	USA	1.12m	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
3 Vargas F, Delia	MEX	36:31.60	1000 Hurdles	USA	1.12m	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
1 Vazquez, Rosa G	MEX	30:43.00	1000 Hurdles	USA	1.15m	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
2 Huerta O, Maria G	MEX	32:05.00	1000 Hurdles	USA	1.12m	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
3 Vargas F, Delia	MEX	36:31.60	1000 Hurdles	USA	1.12m	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
1 Vazquez, Rosa G	MEX	30:43.00	1000 Hurdles	USA	1.15m	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
2 Huerta O, Maria G	MEX	32:05.00	1000 Hurdles	USA	1.12m	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
3 Vargas F, Delia	MEX	36:31.60	1000 Hurdles	USA	1.12m	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
1 Vazquez, Rosa G	MEX	30:43.00	1000 Hurdles	USA	1.15m	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
2 Huerta O, Maria G	MEX	32:05.00	1000 Hurdles	USA	1.12m	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
3 Vargas F, Delia	MEX	36:31.60	1000 Hurdles	USA	1.12m	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
1 Vazquez, Rosa G	MEX	30:43.00	1000 Hurdles	USA	1.15m	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
2 Huerta O, Maria G	MEX	32:05.00	1000 Hurdles	USA	1.12m	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
3 Vargas F, Delia	MEX	36:31.60	1000 Hurdles	USA	1.12m	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
1 Vazquez, Rosa G	MEX	30:43.00	1000 Hurdles	USA	1.15m	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	1000 Hurdles	USA	16.71m
2 Huerta O, Maria G	MEX	32:05.00	1000 Hurdles	USA	1.12m	1000 Hurdles	USA	9.32m	1000 Hurdles	USA	16.71m	10		

Continued from previous page

NYRR RunNYC 5-Miles
Central Park, NYC; Aug. 17

Overall	
Justin Romaniuk 19	26:10
Carol Howe 36	27:42
M40 Ted Delaunay	29:34
M45 Daniel Murphy	28:04
M50 Chris Neuhoff	32:08
M55 Gary Circo	35:52
M60 Art Maciak	35:48
M65 Paul Shannon	38:01
M70 Leo Schonhaut	45:48
M75 Sab Koide	49:24
M80 Mel Freidel	1:03:33
M85 Wilfredo Rios	1:08:25
M90 Abraham Weintraub	1:53:13
W40 Gordon Bakoulis	29:08
W45 Anastasia Stekas	36:08
W50 Maria Taube	47:29
W55 Chuang Chang	46:23
W60 Ruth Fairbrother	43:51
W65 Joy Rose	49:46
W70 Bertha McGruder	56:26
W75 Joan Rowland	1:00:26

Brentwood Cookie 5K
Brentwood, NY; Aug. 19

Overall	
Huerto Prisco	15:57
Jennifer Donovan	17:55
M35 Hans Parrado	16:06
M40 Don DiDonato	16:49
Bruce Weber	16:58
Richard Delasota	17:00
M45 Pete McNeil	16:51
Alan Porter	17:02
John DelMaestro	17:11
M50 Dennis O'Brien	17:18
Alan Oman	17:31
Chris Webber	17:59
M55 Julio Aquirre	18:19
Steve Conroy	19:06
Dan Badalament	19:48
M60 Michael Service	20:09
Joe Cordero	20:39
Jose Mendez	20:46
M65 Mel Cowgill	21:20
Geza Feld	22:42
M70 Guy Froehlig	23:52
George Devoe	26:46
M75 Bert Jablon	25:21
M80 Bill Benson	34:51
W35 Debbie Cuttitta	18:14
W40 Marilyn Caulfield	18:22
Elizabeth Ratner	18:37
Kellie Stamm	20:49
W45 Lori Harfenes-Melnik	19:25
Cathy Oehrlein	21:03
Kim Solomine	21:37
W50 Kathy Martin	17:57
Melissa Kennedy	22:28
W55 Betty Horstmann	22:12
Hilory Boucher	24:22
W60 Alex Finger	31:53
MaryAnn Reilly	40:16
W70 Josephine Curtin	37:52

Annapolis 10 Mile
Annapolis, MD; Aug. 25

Overall	
Dustin Lieb 19	54:01
Lisah Hamilton 30	61:46
M40 Jim Hage	54:29
M45 Finley Mears	62:38
M50 Chuck Moeser	57:34
M55 Arthur Burger	66:07
M60 John Pittara	69:41
M65 Anthony Cerninaro	69:02
M70+Geo. Yannakakis	79:42
W40 Lisa Warren	67:35
W45 Kathy Horvitz	75:10
W50 Karen Erb	66:30
W55 Barbara Isom	81:08
W60 Nancy Linck	95:20
W65 Hiroko Hunt	127:02
W70+Yvonne Aasen	112:45

Citizens Bank 5K Women
Running Wild
Osterville, MA; Aug. 25

Overall	
Marie Davenport	15:51
W40 Susan Faber	17:20
Debbie Mueller	18:13
W45 Marge Bellis	19:27
Claire McManus	20:78
W50 Kris Tholke	22:41
Janet Jordan	23:03
W60 Nancy Clifford	27:42
W70+Joanne Curley	51:08

Chris Thater Memorial 5K
Binghamton, NY; Aug. 25

Overall	
John Itati 28	13:38
Edna Kiplagat 23	16:13
M40 Andrew Kuznetsov	14:57
Francis Kamau	15:19
Michel Brochn	15:56
M45 Jeffrey Juran	17:20
Kevin Coughlin	17:34
Dennis Uhlig	19:15
M50 E Rick Hoebeke	17:16
Paul McMahon	20:33
Harland Bigelow	20:51
M60+Fred Bostrom 65	23:54
Charlie Freer 65	24:24
Dick Rohn 61	25:24
W40 Suzanne Myette	19:10
Ruth Yanai	20:02
Christine O'Neil	22:05
W45 Karta Eisch	21:55
Susan Choi	23:32
Cathy Clark	25:42
W50 C Smith-Hanna	19:18
Coreen Steinbach	20:04
Mary Wagner	23:26
W60+Margret Betz 65	22:03
Rose Hendrickson 66	37:14

New Haven 20K
New Haven, CT; Sept. 2

Overall	
Dan Browne 27	59:20
Colleen De Reuck 38	1:07:52
M40 Dennis Simonaitis	1:05:19
Dan Verrington	1:07:41
Chris Chisolm	1:07:54
M45 George Kominos	1:12:38
Antoni Niemczak	1:14:13
Bob Stack	1:14:33
M50 Bob McCusker	1:13:20
Mark Uliasz	1:17:49
Wes Byerly	1:18:09
M55 Rafael Torres	1:19:23
Julie Aguirre	1:19:36
Doug Schumann	1:22:30
M60 Jack Brennan	1:21:25
Tom Maile	1:30:34
Peter Madden	1:30:45
M65 John Dugdale	1:25:58
Paul Shanahan	1:38:48
Joe Riccio	1:46:41
M70 G Etherington	1:33:17
Joe Fernandez	1:35:50
Al Chameides	1:55:11
W40 Linda Somers-Smith	1:12:38
Cathy Pearce	1:18:13
Sarah Kramer	1:18:25
W45 Robi Wolf	1:21:25
Sharon Vos	1:21:59
Suzanne Myette	1:23:20
W50 Birch Walzer	1:36:27
Megan Goldstein	1:36:29
Gail Kislewitz	1:40:00
W55 Jo Marchetti	1:35:27
Frankie Santiago	1:41:58
Grace Hanover	1:42:27
W60 Zofia Turos	1:45:39
Noreen Hendley	1:48:18
Ruth Fairbrother	1:49:35
W65 Jeanette Cyr	2:02:51
Bernard Siegel	2:26:10
W70 June V Gravener	2:47:10

Komen Race For the Cure 5K
Boston, MA; Sept. 8

Overall	
Keith Kelly	14:29
Marie Davenport	16:18
M40 Michael McCormick	18:09
M50 Frank Ditucci	19:06
M60 Al Nagel	20:31
M70+Leo Leclair	25:01
W40 Nanci Cahalane	19:21
Patricia Patterson	21:48
W50 Jan Bober	20:36
Francie Larieu-Smith	20:58
W60 Barbara Roney	32:47
Sue Curry	33:20
W70+Mindy Watts	35:16

SOUTHEAST**Brenner Children's Hospital**
Classic 5K
Winston-Salem, NC; Aug. 24

Overall	
Phillimon Hannech 31	14:51
Julie Smith 24	18:39
M40 Charlie Schaefer	18:27
M45 Marcus Putnam	17:07
M50 Larry Carpenter	19:39
M55 Dennis Engstrom	19:44

M60 Mike Murphy	21:42
M70+Dick Martin	30:16
W40 Amy Garland	25:36
W45 Bobbie Hackman	22:08
W50 Joan F Celestino	25:58
W55 Marlene McCraw	28:12
W65 Susie Klutz	23:34

Moonlight Race 8K
Maggie Valley, NC; Aug. 24

Overall	
J. Van Rensburg 32	23:57
Michelle Scott 32	29:23
M40 Troy Bishop	31:01
David Gee	31:15
Chuck Watley	31:33
M45 Tony Pemberton	30:03
Avery Goode	30:30
Chuck Francis	31:10
M50 Ervin Reid	29:20
Jack Todd	31:42
Ralph Veytia	33:34
M55 Dick Duccini	35:18
Keith Meiklerid	36:09
JC Kelley	26:21
M60 Bill Zehner	35:23
Michael Murphey	36:50
Donald Snowdon	38:17
M65 Bill Reike	37:29
Andy Edwards	40:16
Jacob Cooter	43:58
M70+Lee Cooper	40:08
Bob Bradley	41:00
Bill Briggs	46:00
W40 Jandice Addison	30:41
Luanne Coulter	30:46
Connie Robertson	30:52
W45 Susan Breeding	36:56
Lynn Brandon	38:58
Barbara Galloway	39:17
W50 Toni Cruz	37:52
Heidi Sherman	39:05
Margaret Toms	40:33
W55 Brenda Cooter	43:58
Donna Coggins	50:41
Bev Whitaker	50:56
W60 M. Stepheson	46:28
Janice Hicks	48:45
L Duncan Munroe	53:40
W65 Lucy Gleason	46:09

Rock N' Roll Half-Marathon
Virginia Beach, VA; Sept. 1

Overall	
Paul Tergat 33	1:01:59
Adriana Fernandez 31	1:10:21
M40 Dai Roberts	1:12:46
Jose Guzman	1:16:51
John Anderson	1:20:40
M45 Herb Spicer	1:18:50
James Bates	1:18:51
William Abrams	1:20:07
M50 Bill Hart	1:23:03
Ervin Reid	1:24:04
George Neil	1:24:48
M55 Paul Steele	1:31:42
Steve Tyndall	1:33:38
Charles Stoyke	1:38:58
M60 Joel Feldman	1:28:59
Robert Wright	1:34:39
Don Powers	1:39:32
M65 Chris Catoe	1:47:05
Tom Ray	1:47:19
Duane Lougee	1:53:34
M70 William Boulter	1:48:02
Lee Cooper	1:52:53
Dick Coogan	2:17:53
M75 William Daniels	2:46:50
W40 Leisa Enslie	1:26:49
P S-Garbrecht	1:28:21
Mimi Newcomber	1:31:13
W45 Michelle Lybarger	1:40:10
Joyce Stevens	1:41:16
Barbara Peiker	1:42:03
W50 Kiki Sweigart	1:39:38
Esther Buchser	1:50:17
Patricia Gilley	1:50:34
W55 J K-Williams	1:40:37
Betty Horstmann	1:44:05
Carolyn Kriesen	1:49:44
W60 Mimi Oliveira	1:57:27
Ginger Hunt	2:05:27
Susan Morrison	2:07:52
W65 Ann Vella	2:14:11
Angela Craighead	2:17:50
Hiroko Hunt	2:42:13
W70 Ida Hammond	2:16:27
Bertha McGruder	2:41:18

MIDWEST**News & Sentinel Half-Marathon**
Parkersburg, WV; Aug. 17

Overall	
Gabriel Muchiri 24	1:03:43
Teresa Wanjiku 28	1:11:55
M40 Andrew Masai	1:07:24
Simon Karori	1:08:38
Andrey Kuznetsov	1:08:49
Sam Ngatia	1:09:49
Francis Kamau	1:14:43
M45 George Sellers	1:22:10
David Harshberger	1:29:01
Leo Rivera	1:30:36
M50 Duane Dombeck	1:25:43
Bill Baker	1:31:36
Mike Jacolonne	1:32:30
M55 Glenn Gailey	1:29:12
Bob Baker	1:37:42
Dave Sellers	1:38:25
M60 Walter Seamon	1:34:52
Fay Bradley	1:35:01
Mike Swiney	1:37:02
M65 Donald Hammond	1:48:57
Willis Rindenour	1:49:29
DT Jeter	1:55:05
M70+Matt Norris 74	1:56:14
Jack Gough 71	2:02:03
Peter Vivoli 70	2:10:02
W40 Lee DiPietro	1:25:35
Sabiwe Kane	1:32:11
S Carr-Smith	1:44:01
Joanne Cooper	1:50:27
W45 Shelley Ralston	1:39:55
Lisa Hobson	1:42:21
Laurie Will	1:43:33
W50 Joan Ellis	1:31:15
Catherine Lempesis	1:45:08
Michie Pitts	1:46:50
Carolyn Mather	1:48:47
W55 JC Kelley	1:43:30
Brenda Cooter	1:59:21
Kathy Seavers	1:59:53
W60 Marti McKeague	1:22:44
Gerry Hopkins	1:27:47
Dennis Lane	1:44:52
M80+Warren Utes	1:27:00
W40 Janet Robertz	58:26
Julie Ann White	1:02:14
Jennifer Potts	1:03:31
W45 Joann Braam	1:12:12
Heidi Schmidt	1:14:26
Colleen Seville	1:15:06
W50 Isola Metz	1:18:54
Leslie McClintock	1:19:58
B. Lies-McNulty	1:23:00
W55 Nancy Rollins	1:11:41
Susan Croll	1:12:54
Kate Spencer	1:21:29
W60 Dorothy Tanner	1:13:10
Judy Teeple	1:21:37
Janet Omer	1:28:41
W65 Ida Hey	1:43:35
Joan Bobber	1:55:29
W70 Eileen Nelson	1:30:26
Lois Gilmore	1:34:12
Helen Meier	2:29:55
W75 K. McDonough	2:04:10

Crim 10 Mile
Flint, MI; Aug. 24

Overall	
Simon Rono 30	47:13
Catherine Ndereba 30	52:09
M40 Andrew Masai	49:33
Eddy Hellebuyck	51:12
Phil Bedford	51:36
Simon Karori	51:58
Gennady Temnikov	53:08
M45 Chris Glowacki	56:18
Timothy Emmett	58:49
Felix Brooks	59:18
John Gray	1:00:14
Chuck Block	1:00:39
M50 Doug Kurtis	58:32
Gary Wolfram	1:00:51
Gary Rizzo	1:00:52
Larry Parker	1:02:54
Michael Barr	1:03:14
M55 Peter Hallop	1:00:30
P Deladurantaye	1:02:04
James Carlton	1:05:22
Ronald Ruffin	1:05:35
John Farah	1:06:35
M60 Doug Goodhue	1:02:14
G Malaczynski	1:04:14
Jack Nelson	1:05:25
Jack Brennan	1:07:37
M65 Brian Harris	1:08:00
James Matherley	1:13:20
David Lee	1:15:51
Stan Curtiss	1:20:19
M70 Jerry Johncock	1:17:03
Bob Daly	1:22:27
John Kolmetz	1:24:53
M75 Bob Mahoney	1:27:17
Jim Forshee	1:30:21
Ed G Allen	1:46:59
M85 Joe Thornburg	85:02:49
W40 Cindy Keeler	1:03:08
Laurie Decker	1:06:44
Connie Cannon	1:09:26
C Fernandez	1:10:07
Karen Kemmis	1:11:02
W45 T Pozdnyakova	58:10
Robin SarisHallop	1:07:21
Laurel Cihak	1:10:09
Nancy Smith	1:10:52
Karen Benardino	1:12:18
W50 Nancy Cassel	1:07:57
Carol Frielich	1:15:22
Donna Olson	1:15:40
Maggie Zidar	1:16:03
A Boomershine	1:18:25

W55 Joanne Dueck	1:23:15
Kathleen Morse	1:24:53
Margot Biermann	1:27:01
Nina Bovio	1:27:32
Diane Boehlke	1:28:46
W60 Sharon Sowell	1:27:04
Janet Wallen	1:28:08
Cathy Detman	1:31:24
MaryAnn Isaacson	1:31:25
W65 Katherine Pye	1:30:40
Merion Knight	1:32:55
J Hodges-Hite	1:37:11
Jean Toth	1:38:54
W70 Ardis Bowers	1:57:59
Betty Dunlap	2:13:18
Belen Dziwura	2:20:52

Park Forest 10 Mile & 5K
Park Forest, IL; Sept. 2

Overall	
Ronald Mogaka 24	47:03
Teresa Wanjiku 28	55:00
M40 John Mirth	51:33
Francis Kamau	54:02
Bruce Hall	56:12
M45 Davig Engleke	1:01:16
Keith Holzmueller	1:02:22
Adam Wolk	1:03:28
M50 Davig Ahner	57:47
Sam Cortes	58:18
Michael Murzyn	1:02:19
M55 Rick Stetson	1:03:30
Merlin Anderson	1:04:02
Jim Shimek	1:04:12
M60 Frank Koster	1:11:50
Ted Kohn	1:13:12
Charles Esola	1:20:03
M65 Joe Arnold	1:15:

Continued from previous page

W40 Rochelle Wirth	1:37:22
Kelly Rogers	1:40:02
W50 Becky Williams	1:45:00
Kathy Peterson	1:57:32
W70+Barbara Burhans	2:40:38

SOUTHWESTMohawk 5000,
Tulsa, OK; July 27

Overall	
Bryan Yockers 33	15:19
Marjorie McFarland 34	18:12
M40 Tom Lam	17:05
Darryl Stillson	18:36
M45 Ron Wall	17:30
John Stuke	17:31
M50 Darryl Scroggins	18:10
Mike Taylor	19:38
M55 George Marchetti	18:32
Mike Beda	18:53
M60 Richard Martin	21:23
M65 Don Walkwitz	23:10
M70 Paul Heitzman	21:25
M75+ Fisher Lewis 81	30:44
W40 Priscilla Godi	18:33
Terri Cassel	19:22
W45 Ann Miracle	25:18
Mary Johnson	26:47
W50 Donna Spencer	22:00
Marcella Morton	26:09
W55 Grace McCoy	23:29
W60 Jeanne Buchanan	35:53
W65 JoAnne Maness	83:18
Racewalkers Overall	
1 Michael Barnett 48	31:54
2 Mick Champion 58	33:25
1 Irene Isom 61	35:12
2 Jane Tyson 49	37:55

Memorial Trail Run 5K
Tulsa, OK; Aug. 10

Overall	
Billy Grona 20	17:14
Tammy West 25	21:35
M40 Tom Lam	17:38
M45 Rich Barlett	24:22
M50 Rick Browner	20:01
M55 G. Marchetti	19:10
M60 Andy Hogan	21:54
M65 S. Hughes	26:56
M70 Tom O'Connell	33:39
W40 Sherry Sabin	30:15
W45 Denny Lee	28:13
W50 M. Morton	26:12
W55 Gracy McCoy	24:26

WESTFriday Night 5K
Sacramento, CA; Aug. 9

Overall	
Chad Worthen 28	15:44
Erin Wachter 15	18:50
M40 Ron Richardson	17:48
K. Petersen	18:26
M50 Frank Bozanich	19:24
Steve Colville	21:00
M60 Ricardo Guidolin	21:05
R. Ramirez	28:17
M70 Vic Lyons	47:48
W40 S. Compton	29:36
Carolyn Albright	30:41
W50 Jenny Bremen	27:52
Karen Fasseler	46:33
W60 R. Schneider	31:13
Alice Ramirez	46:33
W70 Helen Tom	45:00

Samurai 5K
Los Angeles, CA; Aug. 11

Overall	
Hector Lopez 35	15:55
Laura Himura 16	21:18
M40 Eugene Muslar	17:53
Craig Mead	18:22
Marcos Cortes	18:59
M50 Barry Schaeffer	18:17
Rusty Millar	19:17
Agustin Lopez	19:50
M60 Trini Espinoza	19:25
Heriberto Landa	20:27
Al Marne	24:04
M66 Robert Lyons	22:29
Stanley Polski	23:37
Leroy Carter	24:17
M71+Milo Sather	26:28

Bill Kennedy	28:44
Tom Nakagawa	34:41
W40 Jane Podolski	22:07
R. Williams	25:27
Jayne Mazzotti	25:09
W50 Yoko Eichel	22:38
Rachelle Katz	24:14
Doric Farmer	25:27
W60 Maira Lewis	27:21
Marty Barlow	31:21
Sharon Kerson	33:44
W66 Chieko Allwein	28:01
Atsuko Fujimoto	28:31
Miyo Fujimori	29:52
W71+S. Onoderaleonard	33:05

America's Finest City
Half-Marathon & 5K
San Diego, CA; Aug. 18

Overall	
Mbarek Hussein 37	1:03:00
Sylvia Mosqueta 36	1:12:34
M40 Danny Reed	1:11:10
Bob Adams	1:13:03
Dave Spinler	1:15:34
M45 Jose Diaz	1:18:39
Paul Ruckel	1:28:28
Kim McDonald	1:21:50
M50 Michael Dungan	1:27:05
Gary Fryatt	1:27:31
Rusty Millar	1:27:36
M55 Hal Goforth Jr.	1:25:19
Wayne Mitchell	1:26:15
Juan Cabeza	1:26:20
M60 Chuck Long	1:28:25
S. Brenneck	1:32:11
Tom Boomer	1:39:11
M65 James Peller	1:34:18
Jerry Albert	1:41:19
J.P. Rivera	1:48:03
M70 David Harper	2:07:17
Ollie Olivares	2:07:48
Edward Salkin	2:14:21
M75+Bob Koch	1:53:16
John Cross	2:33:38
Jim Collins	2:41:47
W40 Julieanne White	1:19:03
C. Sheremeta	1:26:20
Mary Button	1:28:41
W45 Marcella Teran	1:27:16
Maria Madueno	1:31:04
M. Fernandez	1:34:26
W50 Marina Jones	1:27:52
Jan Adams	1:40:56
Patricia Bates	1:45:35
W55 Judy Schickler	1:52:40
Kei Zehr	1:53:35
P. Galbraith	1:54:24
W60 Eileen Pue	1:59:22
V. Mortensen	2:02:37
U.M. Pierce	2:06:33
W65 Elsie Billy	2:11:42
Kay Martin	2:19:15
Judy Hogarth	2:29:51
W70 Faith Ramirez	2:23:57
Lylia Rogers	3:12:43
W75+Doris Gordon	2:51:18
Marjorie Lawson	2:53:42

-5K-

Overall

Chris Johnson 19	16:15
K. Breckenridge 28	18:47
M40 Gilberto Alvarez	17:11
M45 Brady Clay	19:24
M50 Bernard Mougell	18:37
M55 Ron Barker	19:44
M60 Allan Mallinger	21:44
M65 Robert Rosner	25:27
M70 Jim Buckley	22:39
M75+Gerald Vale	34:17
W40 Deanna Lewis	22:35
W45 Trish Vlastnik	19:52
W50 Karen Davis	22:34
W55 Diane Reber	25:46
W60 Virginia Lopez	29:04
W65 Anne Garrett	32:59
W70 V. Decrescenzo	57:28
W75+Mary Storey	32:57

Jet to Jetty 5K/10K
Los Angeles, CA; Aug. 24

-5K-

Overall

Steve Gulling 25	15:16
Mary Akor 25	18:29

M40 Eugene Muslar	17:25
Alexander Lamb	18:36
Vidal Sandoval	18:46
M45 Santos Bravo	19:11
Toshihiko Tsugawa	20:23
Carlos Lopez	22:38
M50 Rusty Millar	18:48
Murray Greenberg	18:56
Bill Fischer	19:06
M55 Marcos Vasquez	19:38
Michael Schoelz	22:30
John Carey	23:27
M60 Caterino Gonzalez	17:59
Mike Ishikawa	22:01
Brad Terpak	25:34
M65 Frank Greene	22:56
Paul Freidin	23:03
Dusty Snider	25:01
M70 Bill Kennedy	26:54
David Kirksey	35:53
Bill Panza	37:38
M75 Milo Sather	25:57
Roy Murano	32:42
Julian Singer	33:40
M80 Dick Greenberg 81	41:03
Bill Dietrich 82	41:52
W40 Nobuko Peterson	20:28
Mary Fitz	25:36
Peggy Smith	25:41
W45 May Biebel	25:52
Tori Saenz	30:55
Kim Keating	31:01
W50 Racelle Katz	23:07
Rachel Fearon	25:03
Cindy Ure	28:13
W55 Yoko Eichel	22:07
Karen Barry	31:24
Sally Osborne	31:51
W60 Juanita Gonzalez	27:57
Alice Williams	31:49
Glenna Sparks	31:57
W65 Chieko Allwein	26:52
Mary Campos	29:51
Barbara Blinderman	34:27
W70 Dorie Smith	30:41
Sumi Leonard	32:27
Dora Vallarta	40:51
W75 Betty Keel 78	45:34

Overall	
Julius Gidabuday 26	32:41
Marianne Thomas 39	38:48
M40 Clyde Matsumura	35:14
Michael Higgins	36:37
Larry Eckles	37:01
M45 Jeff Snyder	35:52
Takashi Yagasawa	36:56
Peter Glassman	38:33
M50 James Shanks	41:53
Mark Wiedenmann	42:32
Joe Ogata	43:14
M55 Dennis Mihora	40:02
Marty Friedman	40:59
Larry Arata	44:07
M60 Caterino Gonzalez	43:08
Susumu Niimi	47:03
Marshall Pura	48:17
M65 John Williams	51:20
Charles Kuhlenbecker	53:35
William Evans	60:13
M70 Rex May	55:02
Dick Windershar	57:07
Richard Ryder	61:50
M75 Bob Koch 75	50:17
Milo Sather 75	61:57
Richard Scully 76	66:16
W40 Olga Reyes	45:07
Laurel Posey	49:03
Denise Winner	49:15
W45 Susan Enlow	43:43
Maria Behm	48:59
Colleen Carlton	54:51
W50 Patricia Bates	46:29
Eva Cohen	56:51
Marjorie Nixon	59:42
W60 Julia Dunphy 60	48:40
Maria Lewis 60	57:39
Sharon Kerson 60	74:56

Duke City Marathon
Albuquerque, NM; Sept. 1

Overall	
Kipkemboi Kimeli 37	2:40:49
Jordan Vaughn 24	3:13:32
M40 Toasted Cheese	2:52:04
Chris Evans	3:17:18
M45 Richard Kifer	3:05:55
Terry Spoo	3:13:25
M50 Richard Knapp	3:16:03
Sergio Miranda	3:31:13
M55 Larry Cawthon	3:51:09
Robert Longoria	4:01:45
M60 Orlyn Skrien	3:42:06
Jams Furnival	3:54:49
M70 Aaron Goldman	4:45:51
M75 Franklin Mason	4:46:52
M80 Jack Friedlander	6:53:21
W40 Andrea Nocera	3:45:49
Maxine Begay	4:09:29

W45 W Werenko	3:38:46
Terry Yarian	4:03:42
W50 Carol Richardson	3:42:51
Rae Mohrmann	3:56:25
W55 Phyllis Bourke	3:42:11
Marie Landers	5:07:53
W60 Vivian Reinikainen	4:09:18
Joyce Friedlander	6:53:21

NORTHWESTUPS Seafair Torchlight Parade
8K, Seattle, WA; July 27

Overall	
Paul Kezes	24:16
Zivile Balciunaite	27:40
M40 Loren Hill	28:50
Ed Hill	29:57
M45 R Sausaitis	27:56
Mark Billet	27:58
M50 Bob Murphy	28:52
Michael Allison	29:27
M55 Michael Shouse	34:32
Lester Soule	36:34
M60 Jim Finnerty	34:42
Bob Brown	37:42
M65 Mel Preedy	34:50
Lionel Wilridge	38:50
W40 Gaylene Donner	35:50
Reva Fred	36:24
W45 Barb Blumenthal	36:21
S.L. Walters	37:20
W50 Sandi Halgren	31:58
M. Johnson	38:20
W55 Judy Fisher	40:39
Marcia Puryear	40:53
W60 F. Popstojanovic	54:43

Pacific Rim Int'l Half-Marathon
& 5K, Tacoma, WA; Aug. 3

Overall	
Michael Lynes	1:09:36
J. Templeman 1	1:21:21
M40 Tony Phillippi	1:24:11
M45 John Brennenman	1:22:32
M50 Tom Burnett	1:19:04
M55 Mark Mikhlin	1:35:23
M60 Alan Thompson	1:36:07
M65 James Hayes	2:36:17
M70 Chuck Fletcher	1:56:36
W40 Angela Franch	1:22:28
W45 Julie Groo	1:22:47
W50 Valerie Accison	1:40:10
W55 D. Fitzgerald	2:45:57
-5K-	
Mark Vaneycke	15:18
M40 Daryl Montgomery	17:44
M45 Andy Piercy	17:57
M50 John Briehl	18:57
M60 John Grosvenor	24:12
M65 Ron Brinton	19:38

W40 Loree Barnett	26:44
W45 Colleen Hacker	25:41
W50 Judith Grosvenor	24:38
W55 Sue Fauerbach	25:08
W60 Kathleen Stablein	48:54
W65 Cele Noble	42:56
W70 Eloise Adair	33:03
W75 Velma Buck	32:10

Bend Marathon
Bend, OR; Aug. 3

Overall	
Dan Menard 50	2:49:08
Mary Cote 38	2:57:07
M40 Bryan Smith	2:49:49
Dean Pritchard	2:53:45
Ken Croteau	2:59:12
M45 David Louks	2:49:59
Russell Trump	2:53:08
Lauren Gille Cote	2:56:51
M50 Dan Menard	2:49:08
Robert Towne	2:51:40
Don Slusser	3:00:24
M55 James Thomas	3:21:04
Ron Christen	3:38:59
Russ Burnett	3:33:00
M60 Nelson Fitzpatrick	3:57:31
James Scheer	4:12:37
Earl Peck	4:31:55
M65 Bill Dodson	3:10:46
Paul Fouch	4:03:34
Nick Collins	4:40:35
M70 John Keston	3:19:01
Bob Dolphin	4:13:02
Roger Hauge	4:37:36
W40 Cheryl Tronson	3:01:32
Colleen Buckendorf	3:17:31
Karen Gnass	3:46:59
W45 Deborah Lazaroff	3:28:16
Rose Schatz	3:34:18
Dianna Hager	3:35:45
W50 Nancy Mac Innis	4:23:20
Jay Awicker	4:53:40
Katie Krieves	5:14:56
W55 Marygail Brauner	3:40:47
Hanne Hoppe	4:22:23

RACEWALKINGMAC 5K Roadwalk
Central Park, NYC; July 14

Overall	
Bill Vayo 37	24:02
Alice Tan 19	27:42
M35 Bill Vayo	24:02
M40 Michael Dawkins	31:58
M45 Alexis Davidson	29:26

M50 Nicholas Bdera	24:28
M55 Gary Null	27:12
M60 Bob Thaler	32:48
M65 Bob Barrett	28:44
M70 Danny Pina	33:40
W30 Marianna Vadukul	31:08
W35 Claire Larue	35:40
W40 Tessie Tiaba	35:32
W45 Louanne Pennesi	29:35
W50 Myrta Soto	41:09
W55 Lana Gilbert	33:43
W60 Elton Richardson	30:41
W70 Pearl Jones	48:06

MAC 3K RW Championships
Central Park, NYC; Aug. 11

Overall	
Bill Vayo 38	13:34
Erin Taylor 24	16:01
M30 Marc Varsano	18:24
M35 Bill Vayo	13:34
M40 Michael Dawkins	18:34
M45 David Lee	18:10
M50 Nicholas Bdera	14:25
M55 Gary Null	15:33
M60 Brian Culley	19:02
M70 Danny Pina	20:52
W30 Jennifer Marlborough	17:49
W40 Karen Bdera	22:06
W45 Ora Kurland	20:31
W50 Margie Goldsmith	23:41
W55 Lana Gilbert	20:44
W60 Elsa Mitchell	24:53
W70 Vivian Lowery	24:18

USATF National Masters
40K Racewalk Championships
Ocean Township, NJ; Sept. 1

Overall</


www.gvh.net

www.usatf-niagara.org

2002 USATF NATIONAL MASTERS 8KM CROSS COUNTRY CHAMPIONSHIPS

(also serving as the 2002 Canada vs. USA Masters XC Dual Meet)
Sunday, November 3, 2002 One Race 11:00am
Black Creek Park, Rochester, NY



ELIGIBILITY: Open to all runners, age 40 & over on race day, who are valid members of USATF for 2002. You must have your 2002 USATF membership number to participate. USATF registration is available on-line at www.usatf.org. YOU MAY BE REQUIRED TO DISPLAY YOUR CURRENT USATF CARD AT REGISTRATION IN ORDER TO PICK UP YOUR RACE PACKET. Foreign athletes are not eligible for USATF awards.

INDIVIDUAL AGE GROUPS: Men & Women: 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, 100+. Age on race day determines division. The race director may require proof of age, USATF membership and club affiliation.

INDIVIDUAL AWARDS: USATF Championship medals to the top 3 in each age group. Ribbons 4th - 10th in each age group. The winner of each age group will also receive a USATF Championship patch. The top 3 Male and Female age-graded performances will receive awards. There will be separate awards for the Canada vs. USA Dual Meet and for any non-scoring foreign athletes.

ENTRY FEES: \$20.00 pre-entry (received by 10/29/02)
\$25.00 after 10/29 in person registration at Black Creek Park on Saturday, November 2nd, 2-5pm.
NO RACE DAY REGISTRATION.
(Long-sleeved Official Race shirts available for an additional \$10.00)

ENTRIES: Entries will be accepted by mail until Tuesday, October 29. Late Registration (after 10/29) may only be made in person at Black Creek Park on Saturday, November 2 from 2:00pm-5:00pm.
THERE WILL BE NO RACE DAY REGISTRATION!

CONFIRMATION OF ENTRIES: An entry list will be posted on the Genesee Valley Harrier website: www.gvh.net

COURSE TOURS AND PACKET PICK-UP: Entry Packets will be available on Saturday, November 2nd from 2-5 pm at Woodside Lodge, Black Creek Park. On race morning, packet pick-up will begin at 9:00am also at Woodside Lodge.

AWARDS CEREMONY AND POST-RACE PARTY: Will commence immediately following the race on site in the Woodside Lodge. Lots of food and drink will be provided for all competitors and families.

TEAM PRIZE MONEY: a minimum \$2,600 in team prize money will be available.
The tentative breakdown:

Team Division	1st Place	2nd Place	3rd Place
MEN 40+:	\$450.00	\$150.00	\$100.00
MEN 50+:	\$450.00	\$150.00	\$100.00
MEN 60+:	\$200.00	-	-
MEN 70+:	\$150.00	-	-
WOMEN 40+:	\$450.00	\$150.00	\$100.00
WOMEN 50+:	\$150.00	-	-

TEAM AWARDS: USATF National Championship medals will be awarded to the scoring members of the 1st, 2nd & 3rd place teams in each division. USATF Championship patches will be awarded to the scoring members of the winning team in each division. The Fleischmann Cup will be awarded to the winning team in the USA vs. Canada Dual Meet according to the traditional scoring rules where all runners count in the scoring for their country (see www.gvh.net for further details).

TEAM ENTRIES: Teams must be 2002 members of USA Track & Field and must provide proof to the race director in the form of a USA Track & Field club certificate or letter from their Association. National Clubs and USATF Association All-Star teams are not eligible to score in this meet. Team members must be able to show that they are duly accredited representatives of their USATF member club. Athletes must indicate exact team name on individual entry form. Team age divisions are 40+, 50+, 60+ and 70+ for Men & Women. A maximum of eight (8) declared runners per team. Scoring is done by aggregate time of scoring finishers. Men 40+, 50+ score five (5) runners. All other divisions, including all women divisions, score three (3) runners. In addition to the Team Entry Form, all teams must submit their individual entry forms together along with a copy of their Club's USATF Association Team Certificate. Canadian runners; see www.gvh.net for Canada vs. USA entry blank.

TEAM ENTRY DEADLINE: Team declaration forms will be accepted by mail until Tuesday, October 29th or in person from 1:00 to 5:00pm on Saturday, November 2nd at Black Creek Park. Final declarations are due by 5:00 p.m. on Saturday, November 2nd - NO EXCEPTIONS! Team forms are available at www.gvh.net. No team declaration changes may be made on the day of the race.

HOST HOTEL: 25 rooms (\$69 double) have been reserved at The Hampton Inn South, 717 East Henrietta Road, Rochester phone (585) 272-7800. You must call by Monday, Oct. 22 to insure the \$69 rate. Be sure to mention National Masters Cross Country Championships when making reservations. The Hampton Inn is located just off Exit 16 of Route 390 and is just 15 minutes from Black Creek Park. From the Hampton Inn, take Rt.390 North to Rt.490 West to Exit 4. Black Creek Park is located one mile South on Rt.259 (Union St.).

Other hotels with 15 minutes of Black Creek Park:

Courtyard by Marriott (Brighton)	(585) 292-1000	Radisson Inn (Airport)	(585) 475-1910
Holiday Inn (Airport)	(585) 328-6000	Holiday Inn South (Holdome)	(585) 475-1510
Fairfield Inn (Airport)	(585) 529-5000	Additional lodging info:	(800) 677-7282

Course Location: Black Creek Park is located 15 minutes west of downtown Rochester, NY. Use Exit 4 of Rt. 490 Expressway. The Park is located one mile South of Exit 4, on Rt.259 (Union Street). At 1,505 acres, Black Creek Park is one of Monroe County's largest parks. It includes hiking, bridle and cross country trails as well as two ponds, a model airplane field plus picnic and camping areas. Bathrooms are available. No showers. Come dressed to run.
Course Description: The 8km course is all grass and wooded trails with 2 challenging hills.

TIME SCHEDULE:

Monday, October 14:	Final date to get special rate at host hotel, the Hampton Inn South.
Tuesday, October 29:	Deadline for entries sent by mail.
Saturday, November 2:	2:00-5:00pm: Course tours and late registration at Black Creek Park.
Sunday, November 3:	9:00am: Packet pick-up begins.
	11:00am: National Masters 8km XC Championship Race, also serving as the Canada vs. USA Masters XC Dual Meet.
	12:30pm: Awards Ceremony @ Woodside Lodge.

Next Year: November 2, 2003: USATF National Masters 8km Cross Country Championships @ Black Creek Park.

www.gvh.net

2002 USATF NATIONAL MASTERS 8km CROSS COUNTRY CHAMPIONSHIPS

(also serving as Canada vs. USA Masters XC Dual Meet)

Sunday, November 3, 2002 11:00am

Black Creek Park, Rochester, NY

Official Individual Entry Form

WAIVER: I know that running a cross-country race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by the decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and/or walking in this event including, but not limited to, falls, contact with other runners, the effects of the weather, including high heat and/or humidity and the conditions of the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of you accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Genesee Valley Harriers, the Monroe County Parks Department, the race director, race committee and any and all sponsors and workers from any claims or liabilities of any kind arising out of my participation in this event. I understand that all entry fees are non-refundable. I have read the information provided and certify my agreement and compliance with my signature.

SIGNATURE _____ DATE OF BIRTH ____/____/____

PRINT LAST NAME _____ FIRST NAME _____

ADDRESS _____

CITY/TOWN _____ STATE/PROV _____ ZIP _____

E-MAIL ADDRESS _____

GENDER (circle) M F DATE OF BIRTH ____/____/____ AGE ON RACE DAY _____

PHONE # (DAY) (____) _____

2002 USATF NUMBER _____

EXACT TEAM NAME _____ TEAM AGE GROUP _____

(If applicable)

CHECK APPROPRIATE FEES:

____ \$20.00 PRE-REGISTRATION (received by 10/29/02)

____ \$25.00 LATE REGISTRATION (received after 10/29 but before 5pm, 11/2/02)

____ \$10.00 LONG SLEEVE T-SHIRT Circle SIZE: M L XL

\$ _____ TOTAL DUE (Entry fee is non-refundable) (Shirts must be picked up by 12:30 pm on 11/4/01)

MAKE CHECKS PAYABLE TO: Genesee Valley Harriers (GVH)

MAIL TO: GVH, PO Box 16375, Rochester, NY 14616

E-mail: gvh@frontiernet.net

Phone: 585-720-9252