

NATIONAL MASTERS NEWS

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

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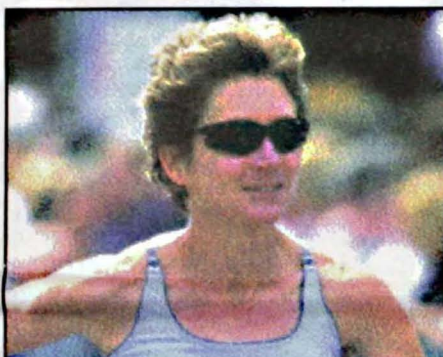
November 2004

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Simonaitis, Robertz Crowned U.S. Champions at Twin Cities Marathon



Dennis Simonaitis
VICTOR SAILER



Janet Robertz
VICTOR SAILER

By SUSANNAH BECK

Dennis Simonaitis, 42, Draper, Utah, 2:18:53, and Janet Robertz, 45, Shorewood, Minn., 2:44:07, were crowned champions at the USA National Masters Marathon Championships hosted for the 14th consecutive year by the Twin Cities Marathon, Minneapolis-St. Paul, Minn., Oct. 3.

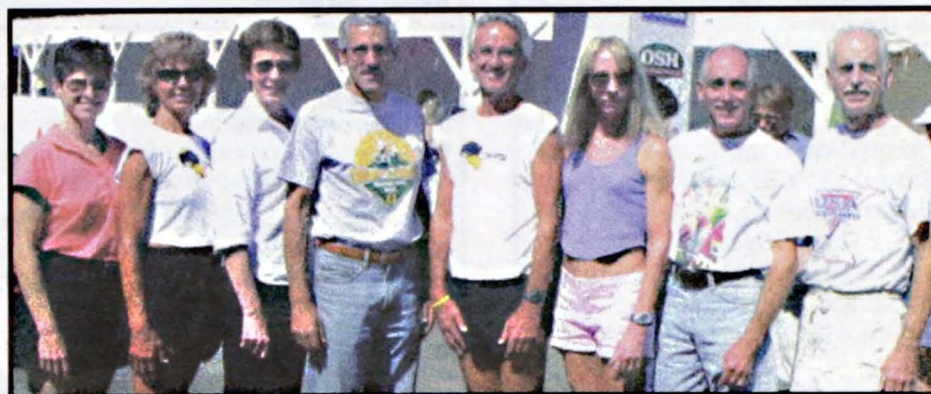
On a sunny morning with temperatures in the high 40s and a light wind, many of the 7500 runners recorded nice brisk times, while others, as ever, died their little marathon deaths over one of the U.S.'s prettiest urban marathon courses.

For Simonaitis, it was about time for a good one around the cities' emerald necklace of parks.

His third Twin Cities Marathon in a row broke the spell of unluckiness which has plagued him here – a virtual DNF (well, a 2:33:20) in 2002 at his TCM masters debut, followed by a 2:23:25 in 2003, which narrowly missed the Olympic Trials standard –

Continued on page 3

Simonaitis, Lagunas Win National Masters 10K Titles in Paso Robles



SHARON STUBLER

Eight runners who participated in the now defunct Indy Life Masters Series ran in the National Masters 10K Championships (l to r): Julie Dove, Barbara Miller, Gloria Jansen, Michael Dove, Doug Braasch, Victoria Crisp, Gary Romesser, and Thom Weddle.

By MARK WINITZ

Running USA Wire

PASO ROBLES, Calif. – On December 22, 2003, earthquake waves rolled through Paso Robles, a thriving community that sprang up in the 1880s exactly halfway between San Francisco and Los Angeles. The 6.5 quake on the Richter Scale destroyed 82 historic buildings and killed two people in the downtown square where the town's annual

Heritage Oaks Banks Fun Day road races start and finish.

On Sunday morning, September 26, waves of runners soothed painful memories and celebrated a dramatic revitalization of Paso Robles by filling its streets for road races that included the USA Masters 10K Championships.

Dennis Simonaitis, 42, Draper, Utah, emerged as the U.S. masters

Continued on page 3

Whitlock, 73, Runs 2:54:48 Marathon



STWM PHOTO
Ed Whitlock, wearing his age, on his way to a 2:54:58, Toronto Waterfront Marathon.

By DOUGLAS J. SMITH

TORONTO, Canada – We may have witnessed one of the greatest distance running achievements in history, with 73-year-old Ed Whitlock's 2:54:48 performance in the Scotiabank Toronto Waterfront Marathon on Sept. 26. He broke his M70 world record, set at last year's race, by five minutes.

Running a steady 6:40 mile pace, he was 26th out of 1462 finishers. Only one 25-year-old man beat him (out of 81) – and he's spotted them 50 years! Only one of 164 M45s beat him. Just one of 103 M50s beat him, and only two of 543 women beat him.

His 1:27:31 at the half would have placed him 97th out of 4000 in the half-marathon run here, and then he ran the second half of the marathon even faster in 1:27:17 (the USA M70 half-marathon record is 1:27:44).

Whitlock's time would have won the 1908 London Olympic Marathon (2:55:18), a world record at the time.

Two weeks previous to the marathon, Whitlock had broken the M70 world record with his 37:33 in the Longboat Island 10K. Whitlock's marathon performance was an age-graded 99.96%. The winner's time of

Continued on page 6

USATF Goes to Portland in December

Portland, Oregon, the "Rose City," will host the 26th annual meeting of USA Track & Field at the Hilton Portland & Executive Tower on Dec. 1-5. This will be the first time the meeting has been to the Northwest since 1990 when it was held in Seattle.

The agenda for the Masters Track & Field Committee was published in the August NMN. The Masters LDR Committee agenda appeared in the October issue. They are also available on the USATF Web site: www.usatf.org.

Agenda items include the acceptance of bids for future championship meets and road races; the selection of the Athletes of the Year in track & field, racewalking and long distance running; the presentation of the 2004 Masters Hall of Fame inductees; the approval of masters age-group records; and the submission for adoption of new and revised rules. A joint

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Twin Cities Marathon

Continued from page 1

not a terrible time, but not really the kind of performance his shorter distance racing would suggest possible.

This year, fresh off a masters championship win at the Heritage Oaks 10K in Paso Robles, Calif., Sept. 26 (30:24), Simonaitis was ready and the way was clear.

Contributing to a hopeful outlook may have been the sidelining of Simonaitis's master rival (and many-time NMN coverboy) Eddy Hellebuyck, winner of last year's TCM in 2:12:47. Hellebuyck tested positive for using the drug EPO (erythropoietin) this January, and is reportedly in arbitration with the United States Anti-Doping Agency.

Simonaitis's 2:18:53 was fast enough for 12th-place overall, and just a minute behind overall masters winner (and 2001 TCM overall winner) Joshua Kipkemboi, 44, Kenya, 2:17:48. The early leader in the masters race, Jackson Kipng'ok, 43, Kenya, went through halfway in a speedy 1:06:32, but faded to finish third, 2:20:11.

M45 winner Sam Ngatia, 45, Colorado Springs, Colo., 2:23:37, and Danny Martinez, 42, Alhambra, Calif., 2:25:42, rounded out the U.S. top three.

The two-time winner of Grandma's Marathon, Firaya Sultanova-Zhdanova, 43, Russia/Gainesville, Fla., 2:40:10, won the women's 40+ race overall. Janet Robertz, 2:44:07, a local favorite and last year's national masters champion (2:46:23), took home \$11,400 in combined prize money for her efforts.

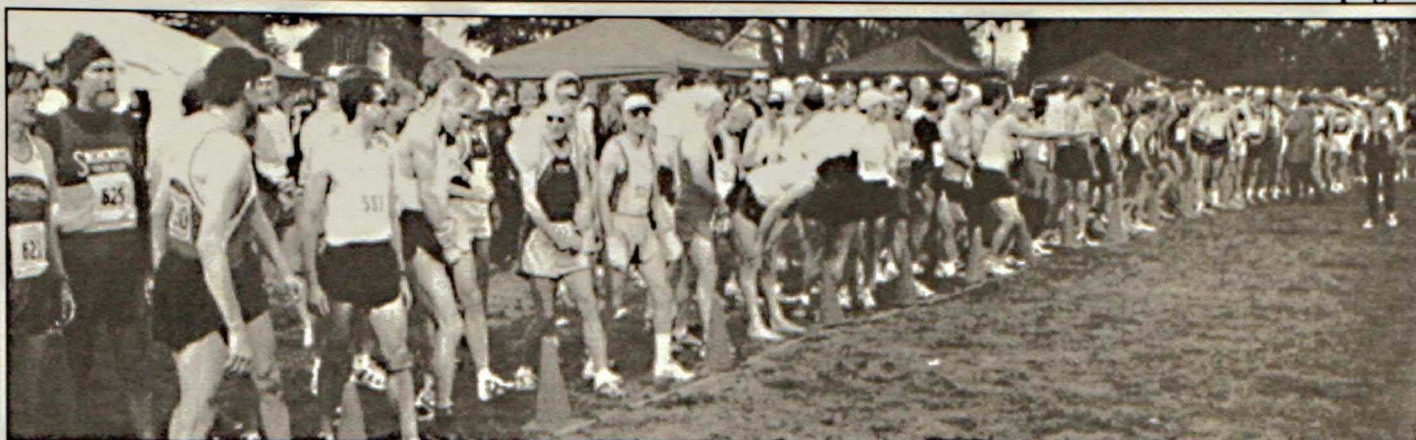
"The first half went really good, and I didn't start having trouble until miles 19 and 20," Robertz told the St. Paul Pioneer Press. Despite running with a head cold, she was fourth U.S. woman overall.

Susan Loken, 41, Phoenix, Ariz., who beat Robertz at the U.S. Women's Olympic Trials Marathon in April, was close behind, 2:44:26, missing her PR by just seven seconds.

Joseph Haynes, 50, Ames, Iowa, 2:46:03, enjoyed a victory in his new age group, M50, in his third Twin Cities in as many years. Last year's M50 winner, Terry Stewart, 51, Brooklyn Park, Minn., was displaced to second M50, 2:52:03.

Norm Purrington, 61, Lake Elmo, Minn., 3:04:15, repeated as M60 titlist, improving on his 2003 time by over six minutes. Former University of Oregon steeple star and masters marathon whiz Bruce Mortenson, 60, Minnetonka, Minn., placed fourth in the M60, running 3:28:06 in his 65th, slowest, and final marathon. Of his retirement from marathoning, he told the Minneapolis Star Tribune, "I don't want to hurt anymore."

Jim Schleisman, 71, Jefferson, Iowa, 3:24:30, defended his M70 national title, and also outran Tim



JERRY WOJCIK

Starters at the 2002 USATF National Masters 6K XC Championships, Vancouver, Wash. The 2004 Masters 10K XC Championships will be held on the other side of the Columbia River in Portland, Ore., Dec. 4.

National 10K

Continued from page 1

men's 10K champion, negotiating the flat and fast two-loop course in 30:24. Rosemarie Lagunas, 42, San Jose, Calif., captured the women's title in 36:19. Both scored convincing victories in their respective fields.

Simonaitis used perfect racing conditions in the low 50s to avenge last year's second-place performance to rival Eddy Hellebuyck. Brian Pope, 41, Oxford, Miss., placed second, well behind Simonaitis in 30:47. Hellebuyck, 43, Albuquerque, N.M., was third, over two minutes slower than his national masters record of 29:05 set in this race in 2003.

Hellebuyck, who holds multiple U.S. masters records, competed despite an out-of-competition positive drug test for erythropoietin (EPO) last January that he is contesting.

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Schleisman, 46, Burnsville, Minn., 3:27:15, who ran with him stride for stride through 30K.

M80 Masters Runner-of-the-Year for 2003, Lloyd Young, 81, Pine City, Minn., repeated as M80 winner, 4:28:38, a bit off his sub-4:20 times of the past several years.

Earlier in the morning, 3755 runners participated in the accompanying TC 10 Mile. Patrick Billig, 42, Roseville, Minn., 53:29, and Debbie Leyden, 43, St. Paul, Minn., 1:00:20, were the fastest masters runners. □

Taking an early lead, Simonaitis fronted a large pack that whittled to about six contenders by the 5K, hit in 15:21. His lead was tenuous, however, since one shoe became untied two miles into the race.

"That's never happened to me before," said Simonaitis about the misstep. "So I was running a little gingerly. But otherwise I felt good. I wanted to push it a little bit through halfway and not leave it to the end. Some of those guys have good kicks. I felt in control pretty much all the way through."

Indeed, Simonaitis gradually increased the tempo over the last several miles, leaving his contenders far in his wake. He improved his time by almost 30 seconds over the 2003 race, which was also run in ideal conditions.

Said Hellebuyck: "This was my first race in eight months, so I'm trying to get the intensity back. I've been training, but it's not the same as racing. I hope to get this [drug] situation behind me and start focusing on racing again."

For Lagunas, a kindergarten teacher, the masters women's victory came as a bit of a surprise. Although she qualified for the 2000 U.S. Women's Olympic Marathon Trials, and has been competing since age 14, she rarely appears on the roads. This fall, Lagunas is concentrating on cross-country races.

"I haven't run a 10K in a million years, and I didn't know if I was going

to die," admitted Lagunas, who led the entire race. "I thought just let's wait and see what happens. But then I still felt really good after the first loop, and thought that it was a good sign. I said, 'Let's just pick it up at mile four and see what happens.'"

That strategy left long-time stand-out marathoner Maria Trujillo de Rios and Sarah Kramer to contend for runner-up spots.

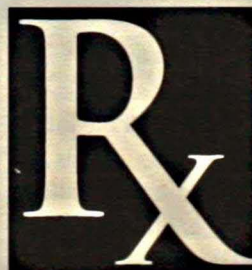
Kramer, 44, Ogden, Utah, overtook de Rios, 44, Los Gatos, Calif., in the second mile and proceeded to a second-place finish (36:54). De Rios was third (37:22).

Kathryn Martin, 53, Northport, N.Y., ran a superb 37:32, which gave her the top female age-graded performance of 32:23. Antoni Niemczak, 48, Albuquerque, N.M., competing in his first race in several years, notched the best men's age-graded mark. His fourth-place 31:09 finish converted to a 28:24.

Heritage Oaks Bank awarded \$56,000 in prize earnings of which over half is devoted to masters runners, and \$8000 to the accompanying Pacific Association/USATF Championship.

All proceeds generated from the event's entry fees are distributed to local non-profit organizations. Through 2003, these donations totaled nearly \$70,000.

This was the second year of the race in its five-year contract as the masters championships. □



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TIMED FINALS

Perhaps I should not respond to the issue of timed finals, as I run longer distances and am of an age where preliminaries are rarely if ever held for my events, even at WMA meets. I do, however, wish to support Courtland Gray's well-reasoned "Speaker's Corner" (Oct. NMN) in support of timed section finals.

Anything that can be done to make a national masters championships more athlete-friendly should be done, short of having us all mail in our self-timed results run alone on the local track.

Because I run the indoor 3K, 5K, 800, and the 1500 (or mile), I have to come early and stay late at National Championships. Now that I am retired, this is not a problem; I tend to schedule my "busy" life around track meets and cross-country races.

Not everyone is so fortunate. Those working have to schedule vacation days to attend meets; those who are self-employed give up income. Those retired and on fixed incomes, those raising families, or still waiting to win the lottery have to marshal their resources carefully.

For this reason, I support timed section finals for events where preliminaries tend to serve little purpose but to eliminate only a few competitors. Turning up on Wednesday evening for a Thursday morning preliminary only to discover, once on site, that the preliminary is going to eliminate one competitor, or perhaps has been cancelled is a good way to discourage participation.

Since other meets use timed section finals, why can't masters meets? This may also have the effect of more athletes reporting their best times for the event for the last year, rather than fudge it or leave it blank on the entry form, perhaps hoping to be a stealth competitor.

Knowing one does not have to run multiple races in an event may even lead to athletes trying other distances or events. If I thought I would have to run a preliminary in the 1500, I would never sign up for the 800. I am sure there are many athletes in those age groups with many competitors who limit themselves to one or two events simply to eliminate the possibility of total exhaustion and injury.

They travel a long way and spend a lot of money and risk being eliminated at their first event. Who does that year after year? This is not a way to encourage younger athletes to experiment, or even to keep at the sport and learn to become more competitive.

We do not all start out as winners. Some of us need time to learn to train, to practice, and to develop technique, endurance and speed. Finishing a close fourth, for example, in the slower timed section of the 1500 is much less discouraging than being blown away in a preliminary heat where one risks being lapped by a world-class runner or two.

Mary Harada, W69
West Newbury, Massachusetts

I am all for the proposal mentioned by Gordon Edwards (Aug. NMN) to allow the outdoor championships'

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CZZMN

Sustainers for November 2004

Periodically, NMN publishes a list of "sustainers," those who help the *National Masters News* and masters athletics by making contributions. These extra funds allow us to publish more photos, deeper results, an in-depth schedule section, and more. We are grateful for the support of masters athletes.

Special thanks this month go to:

Dave Brown
Ray Bzibziak
Bob Cutler
Mark Chapman
Jim Davis
Edward Failor
Joseph Hehn
Ed Kelly
Donald Neidig
Kevin Young

Whittier, California
Elma, New York
Greenville, South Carolina
Cat Spring, Texas
Harrisburg, Oregon
Muscatine, Iowa
Flemington, New Jersey
Quincy, Massachusetts
Las Cruces, New Mexico
Santa Barbara, California

local organizing committee (LOC) the option of running timed finals for events of 400 meters or longer. It would be even better if such was made a requirement – not even an option.

As an athlete, I want to know when I am going to race, so I can plan my training schedule accordingly. There is also an economic factor involved. If I know when I will be racing, I can plan my travel accordingly.

Maybe, instead of having to plan to stay four days, I need only stay two days. I competed in a couple of outdoor championships, but have quit going precisely because of these factors.

At the least, let Charlotte in 2006 be a test case, and see how the athletes, and the officials, react to this kind of schedule.

John C. Dickey
Brentwood, Missouri

STILL ACTIVE

I got so tired of reading week after week in a popular newspaper about the problems of getting old, and nursing homes, and long-term care insurance, that I finally wrote a letter to ask them to tell readers some of the good things about getting older – that we have many older people who are still active.

The letter created a lot of interest, and it amazed me that many of the comments came from younger people – those who are taking care of older parents and such.

I later had a call from the editor who asked for some personal data, and out came another article. Maybe it will help a little in getting older people out on the road, walking or running.

Bill Benson, M85
Valley Stream, New York

WEST REGIONAL MEET

The USATF West Regional Masters Championships should be a one-day meet. The cost of renting the Home Depot Center for two days and paying officials for two days is excessive expense.

The schedule was so spread out that officials as well as athletes waited hours between events. The field events were the worst.

Three and a half hours were scheduled for the high jump (M&W 60+). It was done in less than an hour. Two hours were scheduled for prelims in

the 100 and 200. Two races were run.

The schedule was very user friendly for long distance runners. The 10,000, 1500 and 4x400 relay were on Saturday, and the 5000, mile and 4x800 relay were on Sunday.

The facility itself was a disappointment. The track and aprons were badly stained from water and chemicals. The high jump apron was so wet for so long in the morning that marks could not be set.

The crosswinds that blew at various speeds all day were detrimental to javelin throwers, sprinters and long jumpers, among others. The restroom facilities were inadequate and disgusting.

It is hard to believe the center was only completed in 2003 and that it will ever be considered an Olympic training site.

Bert and Kathy Bergen
La Canada, California

ANNOUNCING

During the Athlete's Meeting at the 2004 Masters National Championships, Decatur, Ill., Sid Howard, M65 runner from NYC, suggested that an effort be made to capture Peter Taylor, who did the announcing here, for all of our national meets.

Several of us thought it was a great suggestion. We discussed that issue later and all agreed we would accept some addition to our entry fees to cover Peter's expenses.

Having attended many other sporting events, I do not recall any announcer, regardless of the sporting activity, who was more knowledgeable regarding the participants than Peter is. It would be interesting to hear from others who might want to express their point of view in this matter.

Charlie Wimberley
Kenner, Louisiana

KUDOS

Both my wife, Wilma, and I really enjoy the *National Masters News* as it gives us the opportunity to keep in touch with our sport across the world.

You have maintained and, in fact, improved the quality of the publication over the years, and this is something that the masters athletics organization should be very proud of.

Stan Perkins
WMA Oceania Delegate
Calamvale, Queensland, Australia



Track & Field Report

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

BENGAY – Masters Athlete-of-the-Year Nominations

Most of you will recall the generous financial support BENGAY has given Masters Track & Field this year. The first part has been dispensed in the form of travel grants, which allowed us to have a fabulous masters contingent on the track at our U.S. Olympic Trials this summer in Sacramento, Calif.

The second part is the financial support for the "Masters Athlete of the Year" to be presented at the USATF Annual Meeting at the Jesse Owens Awards and Xerox Hall of Fame induction ceremonies. The award will honor the best among all of our long distance runners and track & field and racewalking athletes.

Nominees

The final nominees for the award are:

From Track & Field, by Phil Byrne's Awards Committee:

Kathryn Martin – six national championships, four U.S. records and very high age-graded marks.

Rod Parker – also six national championships, four world records and very high age-graded marks.

From Long Distance Running, by the Masters LDR Executive Committee, headed by Chairman Norm Green:

Colleen De Reuck – Masters 5K W40 champion and 2004 Olympian as a masters athlete in the marathon.

Kathryn Martin – Masters 5K and 10K champion, W50.

Dennis Simonaitis – Masters 10K and marathon M40 champion.

These are the finalists after considering many, many outstanding athletes. Congratulations to all. The winner will be decided by a committee made up of Norm Green, Bill Roe and George Mathews.

Combined-Events Age Grading

We have somewhat of a controversy raging concerning combined-events age grading. Many of you know that the tables for scoring of the combined events changed back in 2001-02 and was accepted by our committee.

Unfortunately, most competitions run since that time have been scored under the 1994 tables. Those competitions are over and done with. All competitors walked away understanding they achieved a certain score and place.

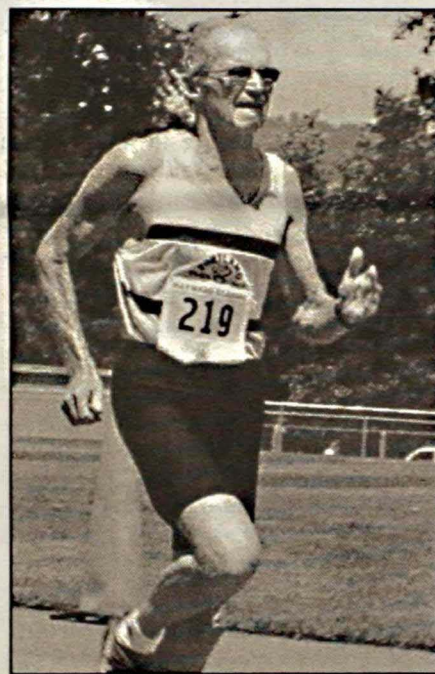
Some people believe we should go back and re-score all those competitions to see who might have broken a record under the tables. Is it right to do this? If it is done, it must be for all competitors, not just those who might have broken a record.

We do have precedent for going back and re-scoring. Apparently, we re-scored everything from 1989 to 1994 when the scoring tables changed. The question is, "Is this the right way

to go?" I for one, as an athlete, don't feel comfortable with re-scoring an event after it is over. To me, when it is over, it's over. What do you think?

Hawaii and San Sebastian

It's not too early to be making your travel arrangements for Hawaii and San Sebastian, particularly if you want to use frequent flier points. Both have information available for San Sebastian: www.wma-2005/ingles/index.htm, and for Hawaii: www.hawaiiichamps.com. There are a few travel groups providing attractive packages for these championships. Make sure you get your place in these exciting meets. □



KONRAD WOJCIK

Don Kane, M70 winner in the 400, 2004 Hayward Classic.

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JERRY WOJCIK

The start of a section in the 3000, MPC 2004 Idaho Masters Indoor Classic, Nampa. The site will host the 2005 USA National Masters Indoor Championships, March 11-13.

USATF Goes to Portland in December

Continued from page 1

LDR/T&F Meeting will be held on Friday, Dec. 3.

In addition to being a "Rules" year, this is also the year for National Officer Elections (President, Vice-President, Secretary, Treasurer, and LDR Division Chair); Masters T&F Committee officers (Chair, Vice-Chair, Secretary, and Treasurer); and Masters LDR Committee officers (Chair, Vice-Chair, and Secretary).

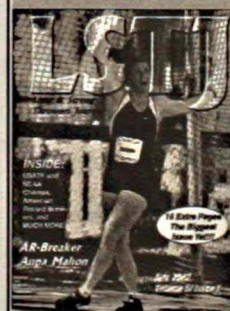
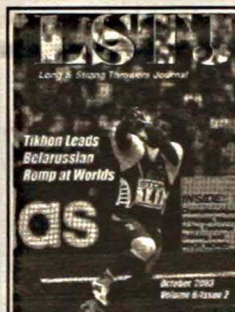
This year's opening session officially kicks off the meeting on a new date and time – Wednesday evening, Dec. 1, at 7:00 p.m. In addition to committee meetings, attendees can take part in various social activities, including the Jesse Owens Awards and Xerox Hall of Fame induction ceremonies on the Nike Campus in

Beaverton, Ore., on Dec. 3, and the awards breakfast buffet on Dec. 4.

The USATF National Club Cross-Country Championships will be held at Portland Meadows following the awards breakfast.

For the first time, a Masters Athlete-of-the-Year will be selected from candidates chosen by the Masters LDR and T&F committees. The masters chairs from those committees and the president of USATF will select the awardee, who will be honored under the sponsorship of BENGAY, at the Hall of Fame award ceremonies.

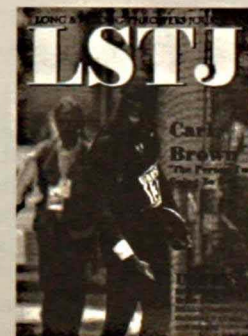
The January NMN will report on the meeting, with the award winners, future championships sites, and a summary of the minutes. □



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WWW.LONGANDSTRONG.COM



Third Wind

By MIKE TYMN

Bob Lida Believes in Intensity

To maintain speed with age, Bob Lida is convinced that you have to train fast. "I reach my top speed in every workout at least four or five times," Lida told me over a cup of coffee at a Wichita Starbucks, a week after the Nationals in Decatur.

Lida's training certainly paid off in Decatur, as the 67-year-old Kansan won the 100 (12.97), 200 (26.33), and 400 (60.63) in the 65-69 division.

"I'm happy with the performances, although I'm a little disappointed at not going under 60 in the 400," Lida, who turns 68 on November 11, offered. "My goal is to still be under 60 seconds at age 70. Nobody's done it, but I think it's possible if everything goes right. I'll have to arrive there injury free." The 70-74 record is 62.2, set way back in 1989 by Texan John Alexander.

Asthma Problems

At the WMA Games in Puerto Rico last year, Lida won the 100 (12.90) and 200 (26.28). An asthma condition caused him to drop out of the 400. "As soon as I got off the plane in Puerto Rico, I had a hard time breathing," he explained. "Fortunately, the 100 and 200 are anaerobic and I didn't have to breathe, but it really hit me at about 300 meters in the 400."

In spite of his success in the 100 and 200, Lida considers himself more of a quarter-miler than a pure sprinter. "That was the horse I rode in college," he said, "although my age-graded times these days seem to be a bit better in the 200. I don't know why that is."

Lida won the 1959 Big 8 indoor 440 championship with a 49.5 during his senior year at the University of Kansas, but his best quarter of 46.4 was turned in on the leadoff leg in a sprint medley relay. He also has fond memories of a 47.8 anchor leg in the 4 x 440 relay at the Chicago Daily News Indoor Invitational that same year.

The team included All-American Charlie Tidwell and Cliff Cushman, who would go on to take silver in the 400-meter hurdles in the 1960 Olympics. Lida took the baton from Cushman in second place and had to hold off a Michigan State runner who earlier set a world record for the 300-yard dash.

Best Race

"That was the best race of my life," he mused. "I had nothing, absolutely nothing left in the tank. Unfortunately, we were too far behind Manhattan and just missed catching them."

While at KU, Lida also clocked 9.8 for 100 yards and 21.0 for a 220 on a straightaway.

It wasn't until the end of the football season during his junior year at Shawnee Mission High School in Kansas City that Lida got into track.

"I was a third-string receiver, weighing only about 98 pounds at the time," he remembered. "Near the end of the season, the coach lined us all up and had us race 100 yards. I won and so the football coach took me to the track coach and suggested he make a track man out of me."

Late Bloomer

Lida's high school bests were 53.4 in the 440, 2:08 in the half, and 10:40 for two-mile cross-country. "I was a late bloomer," he said. "I didn't really develop until my senior year in college. I grew two inches that year and gained a lot of weight in the process, giving me extra strength." He now



Bob Lida

carries around 185 pounds on a 6-2 frame.

Following college, Lida went about making a living in the advertising business. After turning 40, he decided to give masters competition a try. He got down to 23.2 for 200 and 51.6 for 400, while also placing seventh in the 200 and eighth in the 400 at the 1977 WAVA championships in Sweden.

Marathon Mania

Following that, he got caught up in the marathon mania of the day, twice recording 2:57 at age 44. He continued to run 25-30 miles a week, primarily for fitness, and didn't get serious about track again until turning 60.

"After I turned 60, I read articles in National Masters News suggesting that the older we get, the less stress we can tolerate, and we need more rest to recover from hard workouts," he explained his comeback.

"I followed this for a number of years - running hard one day, taking the next off, run hard, day off, etc. The problem was that at big meets where we compete for a number of days in a row, my performances got worse as the meet went on.

I have begun running hard two and



MIKE POLANSKY

Dolores Doman, 47, first W45 (21:53), Heart & Sole 5K, Plainview, N.Y., Aug. 31.



GEORGE BANKER

Jill Hargis, second W40 (69:30), Annapolis 10 Mile, Aug. 29.

www.nationalmastersnews.com

three days in a row, then taking a couple off for good recovery. My body tolerates it, probably because I vary my workouts from hills to track. I feel it has significantly helped me in meets. In addition, stressing the body more has put me in better condition."

Balancing Work vs. Training

Lida, who continues to work 40-60 hours a week in running his own advertising agency, now trains about five days a week when not competing, three days during the competitive season. During the early season, he does a lot of hill running for strength, running anywhere from 100 to 300 meters at 400-meter race intensity.

On his track days, he does reps up to 300 meters with a high degree of intensity and with a good recovery between each rep. After his speed workouts, he runs stadium bleachers as hard as he can to improve his acceleration.

"I do no cross-country or road run-

ning, nothing to encourage slow twitch muscles," he said. "I don't even jog between reps. I got this philosophy from reading the East Carolina Training Program. I think it also helps in wear and tear on the joints. It seems the thing that finally brings down most masters runner is joint problems."

Running All Out

Besides trying to stay under 60 seconds for the quarter as long as he can, Lida's goal is simply to run as fast as he can for as long as he can.

"However, I've told my kids that if they ever see me shuffling, to pull me off the track," he said, laughing.

"The day I can't get my knees up and be running hell-bent-for-leather is the day I will know it's over. The good news is I see some great 80-year-old sprinters who are still getting it done." □

(Mike Tymn can be contacted at METGAT@aol.com)

Whitlock Runs 2:54:48 Marathon

Continued from page 1

2:14:50 came to 94.07%.

As for the best all-time distance running performance, there are a couple that score higher, both at just over 100% - Andres Espinosa, 40, Mexico, 2:08:46, Sept. 28, 2003, and Joshua Kipkemboi, 43, Kenya, 2:11:45, Sept. 29, 2002, but that's relying on the accuracy of the charts. In the opinion of many, Whitlock's 2:54 was it!

Whitlock has extended his record as the oldest person to break three hours in the marathon at 73 years, 203 days.

The second best is John Keston, who was 69 years, 191 days old when he ran a 2:58:33 in 1994. If Whitlock can avoid serious injury, he should, theoretically, extend that record to beyond age-75.

It was a perfect day for a marathon - sunny and very cool. No wind. Last year, Whitlock looked as bad as anyone I've ever seen at the end of a marathon. This year, he looked very fresh and seemed to be just cruising along. I think he can go even faster. □

Speaker's Corner

By Bradley J. Cordts

Argument in Favor of Prelims

As a recently turned masters runner (40 last May 2), I am compelled to voice disagreement with the Speaker's Corner article (Oct. NMN) by Courtland Gray. Preliminaries are half the fun of a national meet.

For those of us who ran competitively in college, nationals are a way to bring us full circle – the seeding, the check-in procedures, the weeks of looking at the heats and plotting strategy to get to the next round – what a thrill!

I ran the 1500 in college and for a few years after, until I realized that age, professional commitments and lack of racing were going to force me into longer distances. Eventually, I began to run marathons, and at the end of my "open" career, I felt whatever leg speed I had in college was gone forever.

Masters Debut

I decided after a too hot 2004 Boston Marathon that I would try the 800 for my "masters debut." What a blast to do all that speed work again. I went from barely being able to break 2:30 on my first time trial in May to running 2:11 at the Nationals.

Our M40 800 had prelims scheduled, but several men dropped out, and we went to a final only, with 12 athletes. I was very disappointed in no prelims as I had traveled a day early, and was mentally and physically ready for the challenge.

As it turned out, I finished 11th and I would have probably not made it through a prelim as a normal final field would be eight, but the risk and thrill of a prelim would have been just as exciting as the final and it would have been close.

Thrill of Competition

Who knows? Part of the thrill is knocking off someone who makes tactical mistakes, like leaving it all to the last 100. Look at Alan Webb in the Olympics. Things happen. To say, "Would it would be not worth running prelims to eliminate one or two 'non-competitive' athletes," seems a little like giving in to some sort of predestined pecking order that I, for one, would be unwilling to accept.

Anyone with \$15 and a USATF card should be able to sign up, and

everyone should have a shot at the final. Is a three-second differential in an 800 reason to decide that someone should run the "slow section of the 800 final?" Don't we run the races to really find out who is better on that day? If Gray is correct, why don't I just run on my home track and mail the results in? It would have the same effect.

It will be a sad day when there are so few meets and chances to compete in a real competition set up for us with such professionalism, that someone would even think that having finals only is acceptable. The only distance events that might even have prelims would be the 800 and 1500.

Part of the Race

Those of us who have run those distances, understand that prelims often come with any quality championship racing opportunity, and that is part of the race. It can take the sting out of a kicker, or it can give a kicker a shot at the gold medal.

Prelims, as necessary – in the 800/1500 and any other race below that needs them – must stand even if we have to go through the motions to eliminate someone who paid their \$15 to run 3:00 for 800.

One final thought – Mr. Gray mentions the heat of the day as a reason to eliminate prelims. Heat doesn't have much to do with an 800 or even a 1500, for that matter.

However, why we subject ourselves to hot, humid places for national meets when we have places like Eugene, Oregon, sitting idle that can accommodate both the sprints and the long distances in the dog days of August is an issue to rant about for another day. □

Hawaii 05 Organizers Announce Travel Connections For Outdoor Nationals

By MARK ZEUG

Outstanding travel and vacation accommodations in Hawaii have been secured for masters track & field athletes and their families – at 40 to 50 percent savings off normal rack rates – for the 2005 USATF National Masters Championships, Aug. 4-7 in Honolulu.

These savings make it possible for masters athletes from throughout the country to compete in the Championships, while enjoying the vacation of a lifetime in Paradise with their families.

Outrigger/Ohana Hotels and Resorts has been named the official hotel supplier, and Aloha Vacations is the official vacation planner and organizer, according to Francis Mukai of the organizing committee.

"Masters athletes are urged to contact Aretha McLean, official travel consultant for the event," Mukai said. She can be reached at Aloha Vacations at 800-874-9300, or aretha@alohavacationshawaii.com.

McLean will be a one-stop travel shop for event participants – she can answer travel questions, as well as assist with booking hotel and airline accommodations, day and evening activities, and neighbor island excursions.

Athletes should ask for "Masters Track and Field" rates and information when they call or e-mail.

"August is a busy month for tourism in Hawaii," Mukai said.

"We are fortunate to have negotiated the deeply discounted rates with Outrigger/Ohana, starting at \$80 per night for two people."

He urged masters athletes to make plans now as hotels and airline flights, including frequent flier offerings, are expected to fill quickly.

Outrigger/Ohana is Hawaii's largest provider of sporting event accommodations, with 14 properties totaling more than 5000 rooms in Waikiki, one of the world's most desirable vacation destinations.

Masters Track & Field rates are available in properties ranging from five-star beach-front hotels to three/four-star deluxe properties one block from Waikiki Beach.

Special "welcome" packages also are available through Aloha Vacations.

Waikiki is located approximately 15 minutes from the University of Hawaii's Cooke Field, where the meet will be held; Waikiki and the University will be linked by a shuttle system, Mukai said.

Entry and travel information for the 2005 Championships are available at www.hawaiiichamps.com. □

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PAGLIANO'S PODIATRIC POINTERS

The Foot Beat

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

Elite Traits

This summer, the International Herald Tribune published an article in which researchers noted that elite distance runners share certain inborn physiological traits, including large hearts, efficient biomechanics, and an ability to keep running when exerting large amounts of energy.

Robert Fitts, an exercise physiologist at Marquette University, points out that elite runners also avoid the mistakes made by the average runner. For example, many recreational runners run with their feet out. This consumes energy and slows down the pace.

Fitts recommends running with the feet straight ahead (remember in high school track when the coaches used to make us run on the white lines?). He also feels that proper stride length is important, not too long or too short. Don't bounce. You should be able to run with an apple on your head!

Finally, Fitts feels that runners run

with their arms too high. This tires the shoulder muscles when you run. Keep the arms down around the waist with elbows bent.

The article also states that great runners have a high VO_2 max (the volume of oxygen an athlete consumes at maximum exertion), great running efficiency, and energy to keep running at a high level for a long period of time.

The researchers feel that VO_2 max can be increased by training, and by running more efficiently, one can become a better runner. □

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

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By Earl Fee

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GEORGE BANKER

Mark Malander, second M45 (61:06), Annapolis 10 Mile, Aug. 29.



GEORGE BANKER

James Pryde, second M50 (62:05), Annapolis 10 Mile.

Spangler, Fram Win in Windy City

By SUSANNAH BECK

1996 Olympian and local favorite, Jenny Spangler, 41, Lake Villa, Ill., 2:33:36, secured the top masters spot at the Chicago Marathon, Oct. 10, but was unable to dip under 2:30, as she had hoped. Last year at Chicago, Spangler wowed the nation with a 2:32:39 U.S. masters record after taking seven years off from the event.

This year, a too-fast first half (1:13:48) may have interfered with her Chicago hopes. "I felt good going out," she told the Chicago Daily Herald.

"To be honest, I probably was going out too fast. The effort felt good, but at the 16th mile I started feeling it in my quads and having to back off. But I maintained my pace until I blew up in the last 10K.

"You'd think I'd have learned, at 41, to be better about pacing. But I try to run by effort. Today it didn't work out."

Spangler collected \$12,000 in prize money, thanks to Chicago's creative and U.S.- and Illinoisan-friendly prize structure, and was 10th woman overall.

Willettta Page, 44, Los Angeles, Calif., returned to old stomping grounds to lay down a 2:45:15, for second masters woman. Page was an Illinois state champion at 220 yds in 1978 (24.45). Sayuri Kusutani, 45, JPN/Honolulu, 2:52:11, was third masters woman.

Marget Lane, 56, Carlsbad, Calif., ran a notable 3:08:18.

Craig Fram, 46, Plaistow, N.H., topped the men's masters field, 2:29:30 (45th place overall), followed by Luc Molemans, 41, Ternat, Belgium, 2:31:08 (55th).

One place back was Thomas Dever, 47, Terre Haute, Ind., 2:31:17 (56th), who cruised in for third.

Up the age groups, notable performances were recorded by M55 winner Maine Yankee Stephen Reed, 56, Wiscasset, 2:59:10, and M60 king Gerard Malaczynski, 62, Bloomfield Hills, Mich., 3:03:27.

Conditions were not especially favorable on the U.S.'s fastest marathon course. A stiff headwind was particularly bothersome over the last 10K. However, 33,033 finishers made drafting possible for some. □

NMN Photos Available

Dozens of pictures of the 2004 Hayward Classic, Eugene, Ore., and National Masters Championships, Decatur, Ill., are now on the National Masters News Web site at www.nationalmastersnews.com (Photo Gallery), and are available for purchase.

Contact Jerry Wojcik by e-mail at jerrywoj@aol.com, or at 541-343-7716.

FIVE YEARS AGO November 1999

•John Tuttle (40, 14:19) and Carmen Troncoso (40, 16:55) Top Indy Life Circuit Masters at Run by the River 5K

•Anselm LeBourne (40, 4:19.6) and Janice Morra (41, 5:09.9) Masters Winners in Fifth Avenue Mile

•Payton Jordan, 82, and John Whittemore, 99, Set Age Records at Club West Meet in Santa Barbara



Health & Fitness

By Phil Campbell
M.S., M.S.A., FACHE

The Truth About Stretching – Part I

A three-year-old study about stretching is being cited in many articles today, and the conclusions reached by some writers may be harmful to the muscle, ligaments and joints of athletes, especially masters athletes.

Pre-Practice Stretching

Stretching before athletic training and general fitness improvement exercise is being made out to be a time-waster, not needed, and even harmful. This is not true. In fact, there's a recent U.S. study that evaluates all the research on stretching, and the study concludes:

Due to the paucity (small number), heterogeneity (dissimilar study subjects), and poor quality of the available studies, no definitive conclusions can be drawn as to the value of stretching for reducing the risk of exercise-related injury (The Efficacy of Stretching for Prevention of Exercise-related Injury: A Systematic Review of the Literature, 2003, Weldon).

Essentially, the researchers are saying that there are not enough quality studies to draw conclusions about this issue.

Study in Question

The study that is generating all the hoopla was performed by the Kapooka Health Centre, New South Wales, Australia, on 1538 army recruits. It's a creditable study designed to show the occurrence of lower limb injury on a group of young army recruits. Despite what you may have heard about stretching before training, this is what the researchers actually reported:

A typical muscle stretching protocol performed during pre-exercise warm-ups does not produce clinically meaningful reductions in risk of exercise-related injury in army recruits. Fitness may be an important, modifiable risk factor (A Randomized Trial of Pre-exercise Stretching for Prevention of Lower-limb Injury, 2000, Pope).

The statement, "Fitness may be an important, modifiable risk factor," is very important. It simply means that age, weight, and conditioning of the study subjects may be an important factor in preventing or facilitating the injuries experienced in this study.

Three years after the Kapooka study, another study involving military recruits was conducted in which researchers show that pre-training static stretching can prevent injury involving muscle, but not joint or bone injury.

The researchers report, "Static stretching decreased the incidence of muscle-related injuries, but did not prevent bone or joint injuries" (Effect of Static Stretching on Prevention of Injuries for Military Recruits, 2003, Amako).

Appropriate Conclusions

Based on the way some have written about this study, it's okay to run a 100 meter sprint full speed without stretching beforehand. Now, this may be possible for a small number of lean, young army recruits. However, does anyone believe that a masters sprinter or a powerful, muscled-up athlete can go out and run a sprint – cold with no warm-up – without increased risk of injury? Don't think so.

Use common sense...and the full body of research. Think about it; if an out-of-shape, untrained young army recruit performs high-intensity exercise, he may get injured, pre-stretched or not. And this is why researchers evaluating all the research on stretching conclude, "No definitive conclusions can be drawn..."

In short, there needs to be a body of research based on age, weight, conditioning, and the study needs to be performed functionally for the specific sport and type of exercise before life-changing conclusions are drawn.

What We Know

Here's what we do know about stretching...new research shows that stretching can aid in the prevention of injury of stress fractures that plague distance runners. Researchers conclude prevention of stress fractures is most effectively accomplished by increasing the level of exercise slowly, adequately warming up and stretching before exercise, and using cushioned insoles and appropriate footwear (Common Stress Fractures, 2003, Sanderlin).

Stretching offers many benefits. Researchers show that prolonged stretching (in the form of yoga) with moderate aerobic exercise and diet control will reduce cholesterol and significantly reverse hardening of the arteries (20 percent regression) in adults with proven coronary atherosclerotic disease.

After one year in a yoga program, participants lost weight, reduced cholesterol, and improved their exercise capacity (Retardation of Coronary Atherosclerosis with Yoga Lifestyle Intervention, 2000, Manchanda).

Stretching is clearly beneficial, but there is an issue about the type of stretching and the timing of stretching before athletic competitions and practice. □

(Phil Campbell, M.S., M.A. is the author of *Ready, Set, Go! Synergy Fitness*; www.readysetgofitness.com)

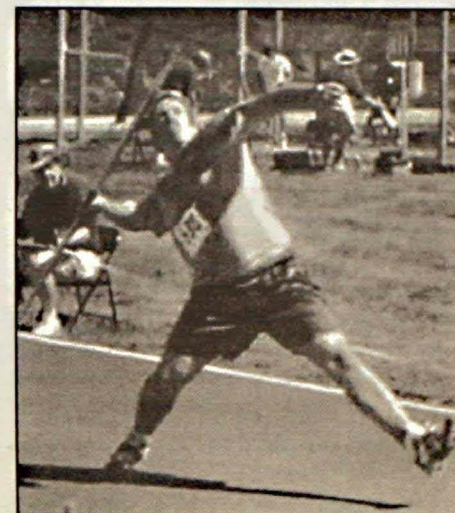


JERRY WOJCIK

Medalists in the W40 5000 (l to r): Linda Keuneke, 2nd; Karen Jeffers, 1st; and Theresa Brown, 3rd, 37th National Masters T&F Championships, Decatur, Ill.

TWENTY-FIVE YEARS AGO November 1979

- America's Ruth Anderson Is First Woman to Enter London-to-Brighton 54-Mile Race
- Britain's Joyce Smith, 41, Wins Avon International Marathon Overall in 2:36:27
- President Jimmy Carter, 54, Drops Out of Catocin Mountain 10K



JERRY WOJCIK

Scott Hannay, M40 javelin winner (56.77), 37th National Masters T&F Championships, Decatur, Ill.

Whose Club Has the Best Masters Runners?

BAA? ATC? OTC? AGGIES? GVH? YOUR TEAM?

2004 USA NATIONAL 10 km CROSS COUNTRY CHAMPIONSHIPS



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- 10 km Championships run over mostly flat, European-style, 2000m loop on 9-hole golf course on infield of Portland Meadows racetrack and 200m segment on loose dirt of racetrack
- Spikes recommended
- Awards to top three M&W in each 5-year age-group and declared members of top 3 teams in each age-group
- Current USATF membership required to enter
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Race and Registration info available online
www.usatf.org



Masters Racewalking

By ELAINE WARD

Coach Jeff Salvage – Racewalk Like A Champion (Part III)

Following injury as a runner in high school, Jeff Salvage turned to racewalking, later utilizing his computer expertise to produce an instructional book/video combination in 1996 called *Walk Like An Athlete*. For more information check out his recent book and companion DVDs, *Race Walk Like A Champion*, which bring instruction to a new height. – ew

Foot Alignment

EW: Some coaches want their new walkers to practice walking on a straight line.

JS: People will look at me and say, "Your feet are landing in a straight line. Maybe I should do that." But the reason my feet are landing in a straight line is because my hips are rotating forward and in. I am not placing them there intentionally. It is all one big synchronous motion – feet, hips and arms.

Posture

EW: Good posture affects the arm swing and hip rotation more than is generally understood.

JS: Posture should be straight for maximal hip rotation and a good arm swing. The problem most walkers have is lack of core strength in their abdominal muscles. Having strong stomach muscles will help your ability to maintain good posture even when you start to tire in a race.

You actually described posture well when you said, "Stand straight but have a forward presence." The idea is to have the body positioned to move forward not backward.

Shoes

JS: The first important part of training is to have good shoes. Shoe selection can be a big problem for walkers. There are two approaches.

People will buy clodhoppers which are too heavy and have too-high heels. These are typical running shoes and don't work for racewalking. Then there are the people who buy the really flimsy racing shoes that have no support and they wear them too long.

There is no perfect shoe for everyone, but walkers do not need thick soles as they don't impact the ground as runners do. They also need flexible toes and rounded heels for the foot-work.

My solution has been to wear a light shoe with an orthotic because that gives me low heels with enough support. The problem with this approach is that you have to constantly replace your shoes because they break down very quickly.

I buy a new pair once a month. If you get discontinued ones, the overall cost isn't awful, but you have to be careful as rundown shoes can cause injuries.

EW: What are the most common injuries caused by rundown shoes?

JS: I don't know that there is any one specific injury. It depends on where the shoe wears out. Your knees might start hurting, or you might start pulling some leg muscle.

One of the problems with bad shoes in general is they don't have enough support under the arch. The shoe collapses with every stride and it tends to pull your hamstring.

EW: I know that many elite athletes get Hersey custom shoes. What do you think of them?

JS: I have recently ordered a pair of Hersey shoes. When I talked to Bart Hersey, I told him, "I'm not trying to make the Olympic team and don't want my shoe half an ounce lighter at the cost of stability." My purpose was to have a very stable area under my arch to avoid stress on my hamstrings.

I also have a problem with my left meniscus; it's similar to the problem I had surgery for on my right knee. The MRI of my left knee came out okay so my doctor figured that my orthotics were not compensating for whatever I was doing to aggravate the knee. I gave this information to Bart, along with the results of some pressure plate testing. He saw that I needed a shoe that controls my motion much more than the average person needs.

He also recognized that as my foot rolls forward, it crashes into an over-pronation phase. He is going to build up the front of the shoe so that when my foot crashes, it has padding and doesn't come down as far. He is also going to put carbon fiber in the arch support and extend the heel counter. These modifications will increase the shoes' stability and motion control.

EW: Are the Hersey shoes expensive?

JS: Initially, but they wear much longer than a commercial shoe and can be resoled four or five times. It works out that the price averages out at about \$70 a pair over a period of time.

EW: Do you favor any particular commercial shoe?

JS: A lot depends on the cut of a person's foot. Right now I wear Tiger Paws, but by the time this interview comes out, they could change the model slightly and it won't be any good.

EW: I remember publishing a picture of Al Heppner looking into his closet at a stack of shoe boxes that

reached from the floor to the ceiling.

JS: When you find a shoe you like, it is smart to get several pairs. But here is a little warning – shoes wear differently for each walker. Once a week, it is a good idea to inspect your shoes for excessive wear, paying particular attention to the heel and to the front where you roll off the toes.

Also check the shoes from behind. If the midsole of the shoe is compressed or leaning too much to one side, trash them.

Home repairing shoes should not be considered an option. Shoe-Goo and other sole rebuilding products patch just the visibly worn sections of a shoe, leaving invisible inside damage. This is a good way to aggravate tired muscles and promote injury.

Workouts

EW: Your book and DVDs do an extraordinary service in providing training information and personalized schedules. Perhaps here we can touch on a few essentials.

JS: The most universally accepted training philosophy for successful racewalking is: "If you want to be a successful racewalker, you need to go out and racewalk. Getting up every morning and crunching one hundred sit-ups or pumping out fifty push-ups will not dramatically improve your walking time.

Specificity of exercise is the key to improvement. While other exercises help your racewalking, nothing helps as much as racewalking itself.

EW: You are right that many competitors are constantly seeking outside ways to improve their times.

JS: Think of extra cross-training or additional exercises as a catalyst for improving an existing racewalking program, not as a program in and of itself.

EW: Your training programs are based on periodization and progress gradually and steadily.

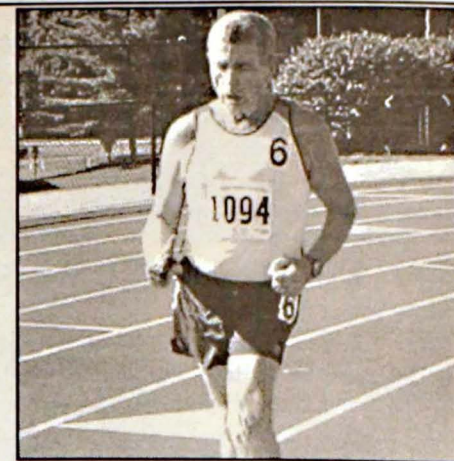
JS: To improve the body's ability to handle stress, we need to improve a number of factors. A competitor cannot train the same way every day, week, or even month and expect to get great results.

Training requires variation in type, duration and number of workouts following a pattern called a phase. Each phase in the training plan works toward a different goal. My schedules utilize three phases, with each emphasizing different types of workouts.

EW: But you also talk about mini-cycles.

JS: A mini-cycle is an interval of time during which you build training intensity and then recover. Most mini-cycles involve adding more stress to the body for three weeks, followed by a one-week recovery. These mini-cycles repeat in each phase, increasing in intensity.

To understand a training plan, let's clear up a few common misconceptions. Many people believe that as we train, we increase our maximum heart rate. This is rarely the case. Instead, we improve the volume of blood the heart pumps over a given time. With more blood pumping, we become



JERRY WOJCIK

Bob Weeks, of California, third M60 (29:26.26) in the 3000 racewalk, 37th National Masters Championships, Decatur, Ill.

capable of exercising harder. As we cannot increase our maximum heart rate, we need to increase the amount and volume of blood pumped, and we do this by making the heart stronger.

Easy days of training are not just for recovery. They increase capillary development, helping the body distribute more blood and oxygen to the muscles. The more oxygen the muscles receive, the more efficient their work. Also, the quantity and size of energy-producing mitochondria in the muscles increase.

EW: Most walkers want to get faster, but don't think much about the physiology that makes it possible.

JS: I think it helps a walker's motivation to fully understand the whys behind a training program. It aids patience and explains the inevitable plateaus. New walkers may dramatically increase their speed for a couple of months or so, only to stop and even regress. At this point, some give up without the constant stimulation of improvement. Weeks, even months, without visible progress are helped by an understanding of what the body is doing to make further progress possible.

Base Training

EW: I have a wonderful competitor who is a true race animal. Over the years I have had a hard time getting her to recognize the importance of base training.

JS: Base building doesn't just mean distance walking. Shorter and longer easy workouts are included in this phase. During base building, the goal is to safely increase mileage to increase the body's endurance in preparation for the more intense workouts that follow.

During base building you must train your body to walk farther than your selected race distance. By doing a long day each week, you gain physical, mental and emotional benefits. The longer distances teach your body to burn fat as a source of energy, increase your capillaries' capacity, and promote overall endurance. Walking farther than your race distance allows you to feel comfortable, focusing on your pace during a race without worrying how much farther you have to go. □

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

Club West Meet Produces Three Records

By JERRY WOJCIK

In one of the final meets of the season, athletes in the Club West Masters generated age-group records in the hurdles, pole vault and javelin at Pauley Track on the University of California-Santa Barbara campus on Oct. 2.

Emil Pawlik, better known for his combined-events wins, focused on the 100H for an M65 U.S. record of 16.20. The present record of 16.30 in 1991 is held by Jack Greenwood.

Nadine O'Connor added to her W60 world record of 2.85, set in 2003, in the pole vault with a 3.00.

Bob Powers increased the M55 U.S. record of 54.16 for the 700g javelin with a 54.59. Gary Reddaway holds the record set in 2000.

John Whittemore, 104, who holds the M100 U.S. record for the 400g javelin of 5.98, set here in 2000, threw the javelin 3.41 for a world single-age best.

Eight athletes were awarded performance trophies. Gordon McClenathen, 70, won the Ray Williams

Trophy for the best age-graded 5000 by a runner over age 60 for his 24:16.6 (72.6%). Stewart Thomson, 71, won the Hubbel-Hermann Award for the best hammer throw (48.59) by an athlete age-70+.

Ed Chynoweth, 81, took the Paul Spangler Award for the best performance by an age-80+ athlete, with his 30.39 in the javelin.

Fei-Mei Chou, 69, won eight events and the Pane E Vino Trophy for the outstanding woman athlete.

Gary Rust, 58, won the Nick Carter Trophy for the best age-graded 1500 (5:06.2/82.7%). Juan Bustamante, 62, was awarded the George Adams Hi-Point Track Trophy.

John Hawkins, 55, received the Vernon Cheadle Hi-Point Field Trophy. The Jimmie Whitney Hi-Point T&F Trophy went to Dan Girling, 60.

The meet, in its 30th season, was sponsored by the City of Santa Barbara, Santa Barbara News Press, and Northern Trust. □

www.nationalmastersnews.com

Whatley, Gutsche Top Masters in National 5K RW

Masters and open racewalkers converged on Kingsport, Tenn., for the USA National 5K Racewalk Championships, Oct. 9. The five-lap course produced an M75 U.S. record by Jack Starr, 76, Newark, Del., who finished in 29:29. The listed record is 32:08 by Cokey Daman in 1994 in Kingsport.

Ian Whatley, 45, Greenville, S.C., was the M40+ winner, with a third-place overall 23:39. Bill Vayo, 40, White Plains, N.Y., was second master and fourth overall (24:32).

Leon Jasionowski, Shelby Township, Mich., celebrated his 60th birthday with an M60 title in 25:48. Bob Mimm, who represented the U.S. in the 1960 Rome Olympics, and just days short of his 80th birthday here, finished second to Starr, with a 35:26.

Marcia Gutsche, 43, Newton, Mass., was third woman overall in 25:29, followed by Carolyn Kealty, 41, Coral Springs, Fla., fourth with a close 25:37. Gutsche's time was one second off the W40 U.S. record of 25:28.

Debbie Topham, 51, Mayville, Mich., and Marianne Martino, 54, Littleton, Colo., staged another tight division race, with Topham winning by eight seconds, 28:34 to 28:42.

Race Director Bobby Baker and his event crew have hosted a national quality race in Kingsport for 11 years. He was delighted with the turnout. "We had athletes from 23 states today, and the times just keep getting faster every year. We're honored that the USA National Championships will be held here again next year." □



JERRY WOJCIK
Bob Rockwell, of South Carolina, second M50 (10.59) in the triple jump, 37th National Masters Championships, Decatur, Ill.



JERRY WOJCIK
Sunder Nix, of Indiana, winning the M40 400 (50.09), 37th National Masters Championships, Decatur, Ill.

WMA/USATF Hurdles and Implements Specifications

HURDLES

WOMEN

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

MEN

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

IMPLEMENTS

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

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

WMA weights are used for USATF weight pentathlons.

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

For all age-groups indoors, 5 hurdles are run.

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On The Run

By HAL HIGDON

Are Carbs No Longer Good Choices?

“Good choice!” Or in certain extraordinary culinary circumstances: “Excellent!” So bespoke waiters in trendy restaurants when my wife and I dined out on weekends. “Good choice” usually echoed my selection from the menu of fettuccini with a fresh basil sauce. “Excellent” came in response to my adding a Shiraz wine from Australia’s Yarra Valley that contained empty calories, but who was counting?

Were these paeans of praise sincere, or only to produce tips above the customary 15 percent? Were they true acknowledgments of my mastery of menus or crudely calculated by the management to ensure our return?

Perhaps some judgment was involved, because it seems months since a server praised my choice of any carb-dominated meal. Lips curl. Eyes roll. Tip be damned. Nothing I eat lately elicits praise in this era where the ghost of Dr. Atkins haunts our culinary choices.

How can you bypass our 12-ounce sirloin steak, wonders my server? How dare you ignore there on the menu half a hog’s worth of ribs guaranteed to strip five pounds from your waist before you reach the parking lot?

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Bass Ackwards!

All my once healthy dining choices now seem obsolete. A believer in diets that combine carbohydrates, fats and protein in a ratio of 55/30/15, I now discover my numbers all upside down.

Foods I choose at the grocery store stay the same, but now have a different purpose. A brick of cheese identifies itself as a “low-carb alternative.” Are we talking nutrition here or marketing?

Fortunately, the food marketers have avoided similarly marking my favorite brand of non-hydrogenated peanut butter. But can I still combine that in sandwiches with jelly and not lose face? Do high-protein strawberry preserves yet exist? Do I really want to know?

In a visit to a fast-food restaurant recently, I noticed that one low-carb alternative was sandwiches without bread. But if you remove the bread, can it still be a sandwich?

One current study suggests that carbohydrates cause cancer. Can a scientist have his Ph.D. revoked for pandering to public tastes?

Did you read recently about the couple in Salt Lake City who were kicked out of an all-you-can-eat restaurant when they went back for a 12th serving of roast beef because they were disciples of Dr. Atkins?

Supersizing

That’s not quite as bad as what happened to Morgan Spurlock in the documentary film *Super Size Me*.

Spurlock ate every meal for a month at McDonald’s, gained 30 pounds, added 65 points to his cholesterol level, and caused symptoms of toxic shock to his liver. Plus his girlfriend complained about their sex life.

Were servers in that fast-food chain encouraging him with cries of “Good choice,” and “Excellent?”

When I make food choices, should I worry about the opinions of people whose view of the economy is colored by the size of tips left after diners depart picking flesh from their teeth?

Thank you for telling me tonight’s specials, but I have a 15-mile run scheduled tomorrow morning. Bring on the plate of pasta. □

(Hal Higdon, Contributing Editor for *Runner’s World* and author of *Marathon: The Ultimate Training Guide*, provides training advice on his Web site: www.halhigdon.com.)

Track & Field Star Hosack Dies at Age 102

Masters track & field star Everett Hosack died July 29 in North Carolina. He was 102 years old.

Hosack was an iconic figure at USA Track & Field masters meets since he joined the Over The Hill Track Club (Lake Erie Association) in 1980, setting scores of national and world age-group records even into his second century.

The 2003 USA Masters Indoor Championships were his final national championships, where at age 101 he competed in the weight throw, 60m and shot put. He competed regularly at the USA Masters Championships and Penn Relays, as well as local and regional competitions.

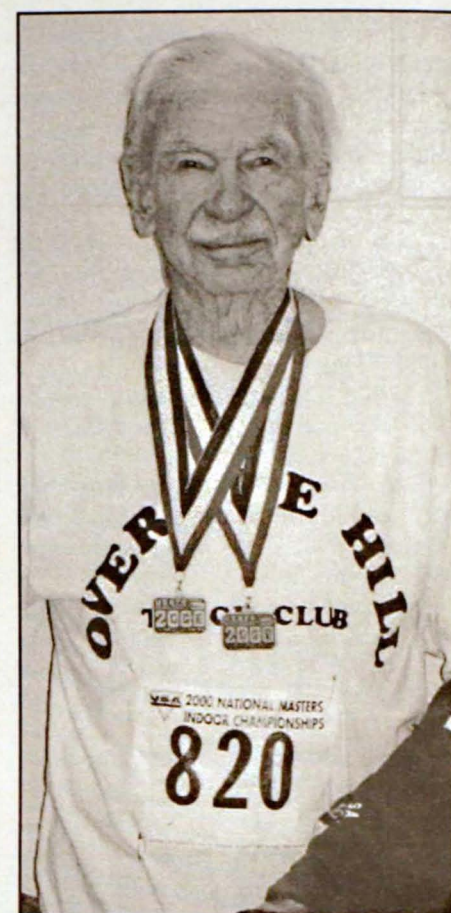
Hosack also was a pop culture star, having appeared on *The Tonight Show* with Jay Leno in 2003, and being part of Penn Relays telecasts. On *The Tonight Show*, Hosack demonstrated the winning personality and his singing voice – as well as record-setting shot put form – that made him popular with fans and fellow competitors.

Hosack was born and raised in Ohio. In the 1920s, he attended the University of Florida, where he competed in track & field for the first time. He returned to Cleveland before settling in Chagrin Falls, Ohio.

The Over the Hill TC plans to include a memorial tribute to Hosack at its Nov. 14 banquet at Wellington’s Restaurant, 783 Alpha Drive, Richmond Heights, Ohio. □

– from *USA Track & Field*

(Editor’s note – If any masters athlete can be spoken of as being in the U.S. household name class, Everett Hosack was probably the best candidate. Another high-profile master, Philippa Raschker, 57, the first age-40+ athlete to be nominated and a finalist for the 74th James E. Sullivan Award, and a good friend of Hosack, said of his passing, “I know that many of us will miss him dearly. He was so full of life on and off the track. He showed great spirit and grit. I will always remember him. We can certainly say that he was one who was energized by the masters program.”)



Everett Hosack (1902-2004)

TEN YEARS AGO November 1994

- Doug Kurtis (42, 2:20:00) and Suzanne Ray (42, 2:45:36) First in National Masters Championships/Twin Cities Marathon, Minneapolis
- Charlie McFadden (43, 15:43) and Barbara Filutze (48, 17:54) Claim Titles in National Masters 5K Championships, Syracuse, NY
- Fred Lebow, Chairman of the New York Road Runners, Dies of Brain Cancer at age 62

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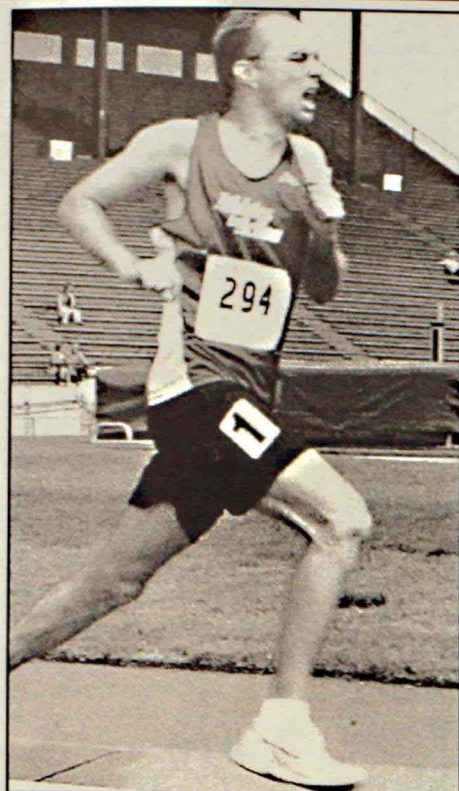
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KONRAD WOJCIK

Craig Goodwin, first M35 (34:12.74) in the 10,000, 2004 Hayward Classic, Eugene, Ore.



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MIKE POLANSKY

Eddie Arbeiter (I), M50, outlegs Charles Crowe, M35, to the finish, Heart & Sole 5K, Plainview, N.Y., Aug. 31.

PUBLICATIONS ORDER FORM

Masters Age Records (2003 Edition)

Men's and women's world and U.S. single age bests for all track & field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 2002. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundle. \$6.00.

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The Weight Room

By JERRY WOJCICK

Two Conclusions Drawn from T&F 2004

By RANDE TREECE, *Guest Columnist*

Now at the end of the 2004 track & field season, I am in review mode. And looking back, I have reached a couple of conclusions. Firstly, to improve in a specific event, I need to work on that event. In the spring, when I decided to attend the USATF National Masters Weight & Super Weight Championships in September, I began serious training in the 35# and 56# weight throws. Up to this point in my masters throwing career, I had focused on the hammer and only thrown the weights in meets for fun. I progressed a little from year to year, but always felt a little unsure about throwing the short, heavy implements.

Tim Edwards, my friend and coach, lent me the 35# and 56# weights with which I could train. I began working them into my training program and competed a few times during the summer. Slowly, as the training volume increased, my comfort with the weights improved.

I determined to focus my training on performing well at that meet, but a style issue arose. When throwing the hammer, I use four turns with a toe turn start. However, I threw the weights off of three turns with a heel turn start. I figured that I wanted to start all of them the same way so as to reduce the potential for neuromuscular confusion.

Three-turn Throw

So I e-mailed several throwers and asked if they saw any advantage or disadvantage with my going to a three-turn throw in the hammer.

Since I was planning to focus on the weight and superweight at the Nationals, I was willing to risk a decrease in seasonal hammer performance.

The responses from the throwers I e-mailed were universally supportive of moving to a three-turn hammer throw in order to reinforce my weight throw technique.

As the summer progressed, my training throws improved. By the time of the big meets, I felt ready to throw far. Our biggest local meet, the Rocky Mountain Masters Games, was one week before the Nationals, and I envisioned it as a good warm-up.

I threw the 16# hammer 51.04/167-5. It was a season-best mark and my second longest throw as a master. (In the same meet last year, I threw my masters PR of 51.32/168-4.)

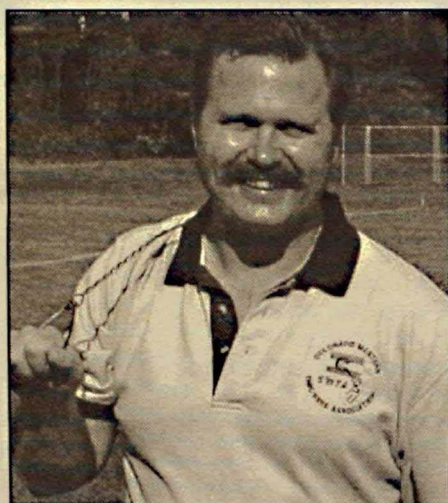
Out of the Groove

Next I threw the 35# weight over 15 meters for the first time ever (15.05/49-3), and the 56# weight over 10 meters, also for the first time (10.03/32-10). I was in the groove and it felt great.

The next weekend, I went to Seattle for the Weight & Superweight Championships. This was my chance to win a national championship. Thirty-one men and women between the ages of 40 and 77 showed up to throw. I threw a foot less (14.65/48-0)

than the previous weekend and won silver in the M40 division. I was not in the groove, but the throw was the second longest throw of the day, regardless of age.

Next was the 56# superweight. I won that with a 9.20/30-2. Again, it was the second longest throw of the day. The longest (9.78) was by M45 Ray Burton.



JERRY WOJCICK

Randee Treece, M40, at the 2004 USA National Weight & Superweight Championships, Seattle, Wash.

After the championships, we began the ultra-weight competition. My division used the 98#, 200#, and 300#. I had the farthest throws with the 98# (5.11) and the 200# (1.95), and was second in the 300# (1.08).

My result in the 98# throw also is an example of practicing an event. I made a 100# weight out of chain, four 25# weights, and a hammer handle. I threw it one to five times per workout and used three turns with a sling start. It took me a while to be able to turn with that much weight.

Technique

Secondly, I have concluded that in the throws, technique trumps physical preparation. Before anyone gets excited, let me explain. Obviously, being physically strong and well-conditioned is important. Throwing far requires strength, and, all things being equal, if one increases strength, he should also increase his distances.

However, I am finding that all things are not equal. The idea of the relative importance of technique

began growing in me following my e-mail discussion with Dan John (published in a previous Get UP!, Vol.III, No.3, available on his Web site <http://danjohn.org/coach>).

We have both observed people (and ourselves) who throw far when deep in a heavy training phase, when they should be too tired to perform well.

We've also experienced and observed poor performances when one is physically "peaked." In John's opinion, these observations are so pronounced and common that he does not believe in "peaking."

Inexplicable Differences

In my case, a hint of this was apparent during a heavy training phase this summer. One day I had three 35# weight throws well over 50' and several 56# throws over 33'. I arrived at the field tired and feeling rather ill.

After warming up, I was throwing unbelievably. Then, in the one meet I had meet PRs; whereas, in the very next weekend my performance was sub par. I felt about the same for both meets. I had prepared the same.

After reviewing film of the meets, the difference was immediately obvious. On the good day I was doing everything right.

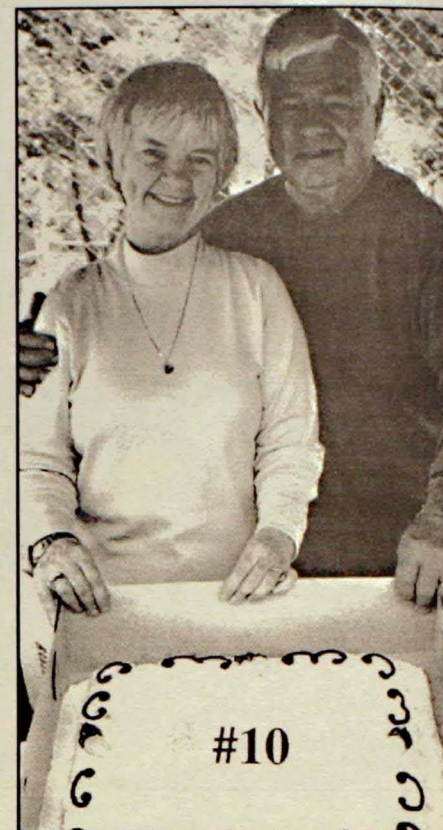
In the next meet just one week later, I was doing nothing right. I was just as physically prepared, but could not execute the same technique.

I have to get to the point that each and every throw is identical: good days, bad days, or any day. I need to really keep pushing technique.

Peaking Technique

If you have been sticking with the Get UP! publications, this may sound familiar: to improve on a certain event, one must train that event, and to perform well in a meet it is necessary to peak one's technique for the meet.

What does peaking technique mean? I'm still trying to figure that one out. □



SUZIE HESS

Ken and Noelle Weinbel at the 10th anniversary of the Weight & Superweight Championships, Seattle, Wash.

TWENTY YEARS AGO November 1984

- Barry Brown Sets U.S. Masters Marathon Record of 2:15:14
- Norm Green Breaks U.S. M50 Marathon Mark with a 2:26:05
- Twin Cities Marathon Gives \$20,000 Prize Money to Masters

Masters Go Head to Head in Halstead

By BOB EVEROSKI

Besides Kansas athletes, the fourth annual Halstead Mini Meet drew masters from Nebraska, Illinois, Texas, and Missouri to Halstead, Kans., on Aug. 21.

In the sprints, Bob Lida, 67, Wichita, Kans., won the M65 100, 200 and 400 with excellent times of 12.75, 26.25, and 62.60, respectively. Jeff Hageman, Omaha, Nebr., won the M40 200 with a fast 23.50.

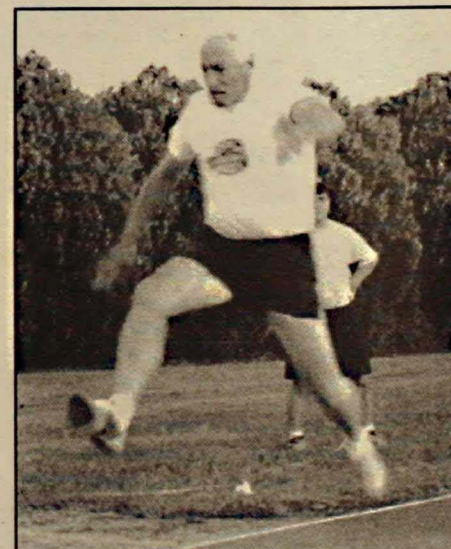
A good field was also assembled in the men's discus. Wendell Donaldson, of Halstead, won the M35 division (140-7).

Rick Anderson, Lawrence, Kans., won the M45 (143-9), while his father, Ron, was the M65 winner (143-0). Wendell Palmer, Pampa, Tex., took the M70 contest (143-8).

Scott Herman, Wichita, Kans., won the M80 high jump (3-6).

Tammy Davis, W35, South Hutchinson, Kans., ran 3:01.73 in the 800.

Maure Weigel, M50, Brookville, Kans., recorded the best standing



RYAN EVEROSKI

Bill Butterworth, M75, in the standing triple jump, Halstead Mini Meet.

triple jump (23-1 1/2).

A new event this year in the meet, the standing triple jump was held in the 1900 and 1904 Olympics, but was then dropped from the Olympic program. □

USA Track & Field Masters Road Records and Bests (as of 10/10/04)

Compiled for USATF by Road Running Information Center, 385 Oak View Lane, Santa Barbara, CA 93111

tel: (805) 696-6232 fax: (805) 967-5958 • email: ryan@runningusa.org

Web sites: HYPERLINK "http://www.usatf.org/groups/RoadRunning" usatf.org/groups/RoadRunning and runningusa.org

Key to Codes:

R = Ratified record or "best"

U = Unvalidatable mark, cannot be ratified

B = Birth and/or citizenship confirmation needed

P = Pending - completed application needed from the event

= No code means mark will be recommended for ratification pending course validation

a = Performance possibly aided by wind and/or slope, can be a "best" but not a record

MASTERS MEN ALL-COMERS' RECORDS (non-U.S. citizens)

DIST	TIME	NAME	RACE CITY, ST/CNTY	RDATE
5 km	13:55	R John Campbell (NZL)	Ft. Myers, FL	02/16/91
8 km	23:13	R Nick Rose (GBR)	Virginia Beach, VA	03/21/92
10 km	28:56	R Martin Mondragon (MEX)	Mobile, AL	03/26/94
15 km	44:14	R Pierre Levisse (FRA)	Portland, OR	06/28/92
10 mi	47:26	R Jackson Kipng'o (KEN)	Flint, MI	08/23/03
10 mi	47:55	R John Campbell (NZL)	Flint, MI	08/25/90
20 km	1:01:37	R Keith Anderson (GBR)	New Haven, CT	09/01/97
half mar	1:02:28	R John Campbell (NZL)	Philadelphia, PA	09/16/90
25 km	1:16:49	R Martin Mondragon (MEX)	Grand Rapids, MI	05/14/94
marathon	2:11:45	R Joshua Kipkemboi (KEN)	Minneapolis, MN	09/29/02
marathon	2:12:46	R Joshua Kipkemboi (KEN)	Minneapolis, MN	10/08/00
24 hr	277,402 m	R Yiannis Kouros (GRE)	Sylvania, OH	09/14/02

Men 40 to 44

5 km	14:19	R John Tuttle (GA/40)	Clarksville, TN	09/11/99
5 km	14:13	R Eddy Hellebuyck (NM/42)	Providence, RI	09/07/03
8 km	23:25	R John Tuttle (GA/40)	Chicago, IL	03/28/99
8 km	23:51	R Bill Rodgers (MA/40)	Indianapolis, IN	09/24/88
10 km	29:36	R Eddy Hellebuyck (NM/41)	Mobile, AL	03/23/02
10 km	29:05	R Eddy Hellebuyck (NM/42)	Paso Robles, CA	09/28/03
12 km	36:12	R John Tuttle (GA/40)	Orlando, FL	02/20/99
15 km	45:10	R Eddy Hellebuyck (NM/40)	Jacksonville, FL	03/10/01
10 mi	49:34	R Paul Pilkington (UT/40)	St. Petersburg, FL	10/17/98
10 mi	48:20	R Eddy Hellebuyck (NM/42)	Louisville, KY	03/29/03
20 km	1:03:06	R Paul Pilkington (UT/40)	New Haven, CT	09/06/99
half mar	1:05:11	R John Tuttle (GA/40)	Indianapolis, IN	05/01/99
half mar	1:05:01	U Craig Young (CO/42)	Hampton, VA	02/07/99
25 km	1:18:38	R Steve Plasencia (MN/40)	Minneapolis, MN	09/07/97
30 km	1:38:16	R Doug Kurtis (MI/42)	Hamilton, CAN	03/27/94
20 mi	1:42:08	R Barry Brown (NY/40)	Minneapolis, MN	09/30/84
marathon	2:17:02	R Kenneth Judson (PA/40)	Huntsville, AL	12/08/90
marathon	2:12:46	R Eddy Hellebuyck (NM/42)	Minneapolis, MN	10/05/03
50 km	3:00:00	R Jeff Wall (CA/40)	San Francisco, CA	11/06/82
50 mi	5:10:13	R Bernd Heinrich (VT/41)	Chicago, IL	10/04/81
100 km	6:38:21	R Bernd Heinrich (VT/41)	Chicago, IL	10/04/81
100 mi	13:15:50	R Roy Pirrung (WI/40)	Queens, NY	04/01/89
12 hr	144,840 m	R Roy Pirrung (WI/40)	Queens, NY	04/01/89
24 hr	254,200 m	R John Geesler (NY/41)	Sylvania, OH	09/16/00
48 hr	400,000 m	R John Geesler (NY/44)	Litchfield Park, AZ	12/30/03

Men 45 to 49

5 km	15:00	U Nolan Smith (CA/45)	Gardena, CA	06/04/95
5 km	15:07	R Doug Bell (CO/46)	Carlsbad, CA	04/13/97
8 km	24:41	R Bill Rodgers (MA/45)	Virginia Beach, VA	03/20/93
10 km	30:50	R Bill Rodgers (MA/45)	Cleveland, OH	05/16/93
12 km	38:47	R Steve Lester (UT/45)	Spokane, WA	05/01/88
15 km	47:28	U Sal Vasquez (CA/45)	Ross, CA	03/16/85
15 km	48:00	R Bill Rodgers (MA/47)	Utica, NY	07/09/95
10 mi	51:41	U Sal Vasquez (CA/47)	Stockton, CA	01/18/87
20 km	1:05:46	R Larry Olsen (MA/46)	New Haven, CT	09/06/93
half mar	1:08:05	R Bill Rodgers (MA/45)	Kansas City, MO	06/06/93
25 km	1:22:24	R Dan Conway (WI/47)	Minneapolis, MN	09/14/86
30 km	1:39:18	R Bill Rodgers (MA/45)	Hamilton, CAN	03/28/93
20 mi	1:49:10	R Jim Bowers (CA/45)	Minneapolis, MN	09/30/84
20 mi	1:49:10	R Dan Conway (WI/45)	Minneapolis, MN	09/30/84
marathon	2:25:50	U Jim Bowers (CA/45)	Dyerville, CA	10/14/84
marathon	2:22:58	R Antoni Niemczak (NM/47)	Minneapolis, MN	10/05/03
marathon	2:26:43	R Bob Schlauf (SC/47)	Houston, TX	01/15/95
50 km	3:19:21	R Tim O'Rourke (CA/45)	San Francisco, CA	04/19/03
50 mi	5:39:42	U Kevin Setnes (WI/46)	Pittsburgh, PA	03/25/00
50 mi	5:40:05	R Robert Perez (TX/46)	Dallas, TX	01/21/95
50 mi	5:29:44	U Roger Rouiller (GA/47)	Chicago, IL	10/13/85
100 km	7:04:54	R Kevin Setnes (WI/45)	Chavagnes, FRA	05/15/99
100 mi	14:31:11	R Roy Pirrung (WI/46)	Queens, NY	10/22/94
12 hr	136,939 m	R Kevin Setnes (WI/47)	Sylvania, OH	09/15/01
24 hr	247,476 m	R Roy Pirrung (WI/49)	Sylvania, OH	09/27/97
6 day	624,425 m	R Tom Andrews (MN/46)	New York, NY	04/29/01

Men 50 to 54

5 km	15:36	R Nolan Shaheed (CA/51)	Carlsbad, CA	04/01/01
8 km	25:31	R Sal Vasquez (CA/50)	Los Altos, CA	01/20/90
8 km	25:23	U Jim O'Neill (OH/52)	Allen Park, MI	08/03/90
10 km	31:48	R Ray Hatton (OR/50)	Portland, OR	05/23/82
12 km	39:30	R Dick Buerkle (GA/51)	Orlando, FL	02/20/99
15 km	49:24	R Norm Green (PA/53)	Portland, OR	06/30/85
10 mi	52:53	R Norm Green (PA/50)	Washington, DC	03/27/83
20 km	1:05:50	R Norm Green (PA/50)	Washington, DC	05/29/83
half mar	1:09:30	R Norm Green (PA/52)	Philadelphia, PA	09/16/84
25 km	1:24:12	R Norm Green (PA/51)	Washington, DC	05/27/84
30 km	1:46:42	U Norm Green (PA/51)	New York, NY	12/17/83
20 mi	1:51:44	R Norm Green (PA/52)	Minneapolis, MN	09/30/84
marathon	2:29:11	R Norm Green (PA/51)	Lincoln, NE	05/06/84
marathon	2:25:51	U Norm Green (PA/52)	San Diego, CA	12/02/84
50 km	3:19:33	R John L. Sullivan (MA/53)	Washington, DC	03/13/82
50 mi	5:35:03	R Ted Corbitt (NY/50)	New York, NY	10/18/70
100 km	7:38:43	R John L. Sullivan (MA/54)	Chicago, IL	10/03/82
100 mi	15:18:48	R David Jones (TN/51)	Sylvania, OH	09/13/03
12 hr	135,493 m	R Roy Pirrung (WI/50)	Queens, NY	08/08/98
24 hr	231,745 m	R John Metz (CA/50)	Sacramento, CA	11/14/93

Men 55 to 59

5 km	15:55	U Jim O'Neill (OH/55)	Wyoming, MI	08/07/93
5 km	16:07	R Vic Heckler (IL/55)	Park Ridge, IL	09/27/97
8 km	26:36	P Stephen Lester (UT/55)	Salt Lake City, UT	04/19/98
8 km	26:42	U Jim O'Neill (OH/55)	Worthington, OH	05/02/93
8 km	27:00	R Norm Green (PA/57)	Naples, FL	01/13/90
10 km	32:27	R Jim O'Neill (OH/55)	Toledo, OH	09/26/93
12 km	41:24	R Stephen Lester (UT/55)	Spokane, WA	05/03/98
15 km	50:45	R Norm Green (PA/55)	Washington, DC	03/27/88
10 mi	54:25	R Jim O'Neill (OH/56)	Washington, DC	04/10/94
20 km	1:08:07	R Norm Green (PA/56)	Medford, OR	04/08/89
half mar	1:10:23	R Norm Green (PA/55)	Philadelphia, PA	09/20/87
25 km	1:29:56	U Ray Hatton (OR/55)	Eugene, OR	09/13/87
30 km	1:46:33	R Norm Green (PA/56)	Clarksburg, CA	11/13/88
20 mi	1:57:26	R Norm Green (PA/58)	Minneapolis, MN	10/14/90
marathon	2:33:49	R Norm Green (PA/55)	Lincoln, NE	05/01/88
50 km	3:31:32	U Frank Bozanich (NV/56)	Sacramento, CA	11/11/00
50 km	3:40:41	R Frank Bozanich (NV/57)	Sacramento, CA	02/09/02
50 km	3:36:51	P Dana Gard (CA/58)	Sacramento, CA	02/08/03
50 mi	5:53:08	R Alex Ratelle (MN/57)	Chicago, IL	10/04/81
100 km	8:53:27	R Gard Leighton (CA/57)	San Francisco, CA	04/25/92
100 mi	16:19:00	P Roy Pirrung (WI/55)	Cologne, GER	07/11/03
100 mi	18:42:33	R Jeff Hagen (WA/55)	Houston, TX	03/01/03
100 mi	18:56:04	R Ed Rousseau (MN/58)	Sylvania, OH	09/27/97
1000 mi	346:56:46	R Don Winkley (TX/59)	New York, NY	09/26/97
12 hr	124,600 m	P Roy Pirrung (WI/55)	Cologne, GER	07/11/03
12 hr	117,039 m	P Roy Pirrung (WI/56)	Sylvania, OH	09/11/04
12 hr	115,945 m	R Bruce Boyd (CT/58)	Queens, NY	06/14/97
24 hr	220,700 m	P Roy Pirrung (WI/55)	Cologne, GER	07/11/03
24 hr	200,685 m	R Jeff Hagen (WA/55)	Sylvania, OH	09/14/02
24 hr	205,204 m	R Jeff Hagen (WA/55)	Houston, TX	03/01/03
6 day	724,204 m	R Don Winkley (TX/56)	New York, NY	05/14/94

Men 60 to 64

5 km	17:00	R Jim O'Neil (CA/61)	Carlsbad, CA	06/01/86
8 km	28:00	U Jack Nelson (IL/60)	Chicago, IL	03/26/00
8 km	28:07	R Norm Green (PA/60)	Virginia Beach, VA	03/20/93
10 km	34:27	R Jim O'Neil (CA/60)	Alameda, CA	08/04/85
12 km	43:43	R Jack Nelson (IL/60)	Orlando, FL	02/26/00
15 km	54:20	R Norm Green (PA/60)	Tampa, FL	02/27/93
10 mi	57:48	R Norm Green (PA/60)	Washington, DC	04/04/93
20 km	1:15:15	R Norm Green (PA/60)	New Haven, CT	09/07/92
20 km	1:14:46	U Norm Green (PA/61)	Philadelphia, PA	02/24/94
half mar	1:16:55	R Norm Green (PA/61)	Philadelphia, PA	09/19/93
25 km	1:35:27	U Jim O'Neil (CA/61)	Eugene, OR	09/07/86
25 km	1:36:20	R Alex Ratelle (MN/62)	Minneapolis, MN	09/14/86
30 km	1:59:22	R Patrick Devine (CA/60)	Ventura, CA	02/12/89
20 mi	2:03:16	R Gaylon Jorgenson (NV/61)	Minneapolis, MN	10/14/90
marathon	2:42:44	R Clive Davies (OR/64)	Portland, OR	10/28/79
50 km	3:35:51	R Malcolm Gillis (AL/61)	Dallas, TX	01/21/95
50 mi	6:24:18	U Frans Pauwels (OR/60)	Portland, OR	10/29/78
50 mi	6:39:55	R Bernd Heinrich (VT/61)	Brunswick, ME	10/27/01
100 km	8:58:04	R Ray Piva (CA/64)	San Francisco, CA	04/20/91
100 mi	18:02:35	R Dwaine Batt (CA/60)	Sacramento, CA	11/11/95
1000 mi	384:30:19	R John Wallis (MI/63)	Jamaica, NY	06/18/00
12 hr	113,527 m	P Zeke Zucker (VT/60)	Sylvania, OH	09/11/04
12 hr	113,136 m	R Dwaine Batt (CA/60)	Sacramento, CA	11/11/95
24 hr	207,927 m	R Dwaine Batt (CA/60)	Sacramento, CA	11/11/95
6 day	617,488 m	P Ed Rousseau (MN/63)	New York, NY	04/26/03
6 day	609,414 m	R John Wallis (MI/63)	Jamaica, NY	06/18/00

Men 65 to 69

5 km	18:00	U Joe Fernandez (MA/65)	Providence, RI	10/17/93
5 km	18:21	R Warren Utes (IL/69)	Park Ridge, IL	09/30/89
8 km	29:41	R Joe Fernandez (MA/65)	Boston, MA	04/09/94
10 km	35:52	U Clive Davies (OR/66)	Portland, OR	05/23/82
12 km	44:11	U Clive Davies (OR/67)	Portland, OR	05/15/83

New Road Rankings are on the way!

The Road Running Information Center will be launching new City, State and U.S. Rankings in 2005. They will include a point system that rewards runners at all levels and the new WMA age grading factors will be used.

Event Directors

In order for runners to be included in these rankings, complete results should be emailed to Results@LDRresults.org.

Web Resources

For race results, single age records and national (2005), city, state and age group rankings, check runningusa.org. To find an event calendar, the latest championship results, certified courses and USATF Annual Meeting schedules for the Long Distance Running Division, check out the Road Running Section of usatf.org.

15 km	55:16	R	Clive Davies (OR/65)	Portland, OR	06/28/81
10 mi	1:02:07	R	Warren Utes (IL/69)	Park Forest, IL	09/04/89
20 km	1:20:53	U	Norman Bright (WA/66)	Washington, DC	05/22/76
20 km	1:25:02	R	Paul Reese (CA/69)	Medford, OR	04/12/87
half mar	1:23:50	R	Michael Bertolini (NJ/65)	Philadelphia, PA	09/15/85
half mar	1:21:41	U	Clive Davies (OR/66)	Lake Oswego, OR	09/27/81
25 km	1:41:39	R	Alex Ratelle (MN/66)	Minneapolis, MN	09/16/90
30 km	1:58:12	R	Clive Davies (OR/66)	Portland, OR	02/06/82
20 mi	2:14:29	R	Alex Ratelle (MN/66)	Minneapolis, MN	10/14/90
marathon	2:42:49	R	Clive Davies (OR/66)	Eugene, OR	09/13/81
50 km	3:41:41	R	Malcolm Gillis (AL/65)	Saddle Brook, NJ	06/13/98
50 mi	7:27:10	R	Fred Nagelschmidt (CA/65)	Fountain Valley, CA	05/19/90
100 km	9:24:41	R	Ray Piva (CA/67)	Sacramento, CA	02/12/94
100 mi	19:56:55	R	Bruce Boyd (CT/65)	Sylvania, OH	09/13/03
12 hr	111,044 m	R	Ray Piva (CA/67)	Sacramento, CA	11/14/93
24 hr	193,121 m	R	Ray Piva (CA/67)	Sacramento, CA	11/14/93
6 day	619,597 m	R	Dictino Mendez (NY/66)	New York, NY	05/14/94

Men 70 to 74

5 km	18:01	R	Warren Utes (IL/70)	Park Ridge, IL	09/30/90
8 km	30:25	R	Warren Utes (IL/70)	Chicago, IL	03/10/91
10 km	37:49	U	Warren Utes (IL/70)	Libertyville, IL	09/23/90
10 km	41:09	R	Alfred Funk (MT/70)	Bozeman, MT	09/21/84
12 km	48:55	U	Warren Utes (IL/73)	Frankfort, IL	08/28/93
12 km	50:28	R	Warren Utes (IL/74)	Frankfort, IL	08/27/94
15 km	58:13	U	Warren Utes (IL/70)	Michigan City, IN	06/23/91
15 km	1:01:50	R	Clive Davies (OR/71)	Portland, OR	06/28/87
10 mi	1:02:41	R	Warren Utes (IL/70)	Park Forest, IL	09/03/90
20 km	1:20:11	U	Warren Utes (IL/70)	Chicago, IL	07/15/90
half mar	1:27:23	U	John Keston (OR/70)	Woodinville, WA	09/04/95
half mar	1:27:44	R	John Keston (OR/72)	Indianapolis, IN	05/02/97
25 km	1:39:59	R	Clive Davies (OR/70)	Eugene, OR	09/08/85
30 km	2:13:01	R	Clive Davies (OR/71)	Minneapolis, MN	10/12/86
20 mi	2:23:54	R	Clive Davies (OR/71)	Minneapolis, MN	10/12/86
marathon	3:00:58	R	John Keston (OR/71)	Minneapolis, MN	10/06/96
50 km	5:36:26	R	Ephraim Romesberg (CA/71)	Sacramento, CA	02/09/02
50 km	4:34:51	U	Ed Benham (MD/74)	Washington, DC	03/13/82
50 mi	7:48:58	R	Ray Piva (CA/70)	Sacramento, CA	11/16/96
100 km	15:41:24	R	Sam Soccoli (NY/70)	Sylvania, OH	09/14/02
100 km	11:27:10	U	Carlton Mendell (ME/71)	New York, NY	02/27/93
100 km	16:18:07	R	William Workman (OH/71)	Sylvania, OH	09/15/01
12 hr	101,469 m	P	Malcolm Gillis (AL/70)	Queens, NY	06/14/03
12 hr	100,000 m	U	Carlton Mendell (ME/71)	New York, NY	02/27/93
12 hr	81,923 m	P	Carl Pegels (NY/71)	Sylvania, OH	09/11/04
12 hr	80,161 m	R	Sam Soccoli (NY/71)	Sylvania, OH	09/13/03
24 hr	158,344 m	R	Aaron Goldman (NM/71)	Houston, TX	03/01/03
24 hr	151,728 m	R	Howard Henry (IN/73)	Sylvania, OH	09/18/94
6 day	539,130 m	R	Ed Fishman (HI/72)	New York, NY	09/21/95

Men 75 to 79

5 km	19:24	R	Warren Utes (IL/75)	Park Ridge, IL	09/30/95
8 km	31:52	P	Warren Utes (IL/75)	Cedar Rapids, IA	07/04/95
8 km	34:21	R	Ed Benham (MD/78)	Liverpool, NY	09/29/85
10 km	40:12	R	Warren Utes (IL/75)	Libertyville, IL	09/17/95
12 km	48:57	R	Warren Utes (IL/75)	Park Forest, IL	09/04/95
15 km	1:01:58	R	Warren Utes (IL/75)	Park Forest, IL	09/04/95
10 mi	1:06:27	R	Warren Utes (IL/75)	Park Forest, IL	09/04/95
20 km	1:23:51	U	Warren Utes (IL/75)	Chicago, IL	07/09/95
20 km	1:30:10	R	Ed Benham (MD/75)	Washington, DC	05/29/83
half mar	1:30:19	R	Warren Utes (IL/76)	Indianapolis, IN	05/02/97
25 km	1:52:57	R	Warren Utes (IL/77)	Channahon, IL	09/14/97
30 km	2:28:00	R	Ed Benham (MD/78)	Sugar Land, TX	12/07/85
20 mi	2:42:38	U	Ed Benham (MD/77)	Greenbelt, MD	12/22/84
marathon	3:18:10	R	Warren Utes (IL/75)	Chicago, IL	10/15/95
50 km	4:50:35	R	Ray Piva (CA/75)	San Francisco, CA	04/20/02
50 mi	8:34:29	R	Ray Piva (CA/75)	San Francisco, CA	04/20/02
100 km	10:59:52	R	Ray Piva (CA/75)	San Francisco, CA	04/20/02
100 mi	23:01:57	R	Ray Piva (CA/76)	Sylvania, OH	09/14/02
12 hr	86,019 m	R	Ray Piva (CA/76)	Sylvania, OH	09/14/02
24 hr	169,013 m	R	Ray Piva (CA/76)	Sylvania, OH	09/14/02

Men 80 to 84

5 km	21:59	R	Warren Utes (IL/81)	Flossmoor, IL	09/15/01
8 km	36:35	R	Ed Benham (MD/81)	Virginia Beach, VA	03/18/89
10 km	45:28	R	Ed Benham (MD/80)	Asbury Park, NJ	08/08/87
12 km	1:05:08	R	Henry Sypniewski (NY/80)	Buffalo, NY	10/04/98
15 km	1:07:22	R	Ed Benham (MD/83)	Washington, DC	04/07/91
10 mi	1:13:23	R	Ed Benham (MD/81)	Washington, DC	04/02/89
20 km	1:33:56	R	Ed Benham (MD/81)	Medford, OR	04/08/89
half mar	1:40:30	R	Ed Benham (MD/81)	Orlando, FL	12/10/88
25 km	2:05:44	U	Warren Utes (IL/80)	Channahon, IL	09/24/00
25 km	2:23:43	R	Max Popper (NY/80)	New York, NY	10/02/83
25 km	2:14:36	P	Lloyd Young (MN/80)	Minneapolis, MN	09/07/03
30 km	3:04:59	R	Walt Washburn (VA/81)	Houston, TX	12/07/03
30 km	3:47:53	R	Paul Reese (CA/81)	Clarksburg, CA	11/15/98
20 mi	4:18:00	U	Ivor Welch (CA/84)	Clarksburg, CA	11/18/79
marathon	4:13:05	R	Lloyd Young (MN/80)	Minneapolis, MN	10/05/03
marathon	4:17:51	R	Ed Benham (MD/84)	Minneapolis, MN	10/06/91
50 km	6:59:26	R	Carlton Mendell (ME/80)	Brunswick, ME	10/20/01
50 mi	12:13:35	U	Ben Mostow (IL/80)	Chicago, IL	10/02/83
50 mi	14:29:16	R	Howard Henry (IN/80)	Sylvania, OH	09/15/01
100 km	18:54:11	R	Howard Henry (IN/80)	Sylvania, OH	09/15/01
12 hr	73,439 m	R	Wilfredo Rios (NY/80)	Queens, NY	06/14/97
24 hr	117,787 m	R	Howard Henry (IN/80)	Sylvania, OH	09/15/01
48 hr	177,027 m	R	Ted Corbitt (NY/82)	New York, NY	04/29/01
6 day	487,631 m	R	Ted Corbitt (NY/82)	New York, NY	04/29/01

Men 85 to 89

5 km	27:42	R	Bill Nice (CA/85)	Los Alamitos, CA	02/24/01
8 km	47:03	U	Paul Spangler (CA/85)	Palo Alto, CA	03/17/85
10 km	56:38	P	Henry Sypniewski (NY/85)	Buffalo, NY	10/11/03
10 km	58:50	R	Paul Spangler (CA/85)	Raleigh, NC	05/03/84
15 km	1:30:24	P	Henry Sypniewski (NY/85)	Utica, NY	07/13/03
15 km	1:32:00	R	Paul Spangler (CA/85)	El Paso, TX	10/13/84
10 mi	1:55:36	R	Mel Shine (OR/85)	Medford, OR	04/09/94
20 km	2:07:49	U	Paul Spangler (CA/85)	Sacramento, CA	03/25/84
half mar	2:11:57	P	Henry Sypniewski (NY/85)	Erie, PA	07/20/03
half mar	2:26:46	U	Max Popper (NY/85)	Brooklyn, NY	03/12/89
30 km	4:39:30	R	Paul Spangler (CA/89)	Clarksburg, CA	11/13/88
20 mi	3:44:31	U	Paul Spangler (CA/86)	Clarksburg, CA	11/17/85
marathon	5:11:04	P	Henry Sypniewski (NY/85)	Erie, PA	09/14/03
marathon	5:21:51	U	Paul Spangler (CA/85)	San Diego, CA	12/02/84

5 km	36:13	P	Ernest Van Leeuwen (CA/90)	Gardena, CA	06/01/03
5 km	40:32	R	Lloyd Walters (MT/91)	Tucson, AZ	01/26/92
8 km	56:10	R	Paul Spangler (CA/91)	Palo Alto, CA	03/25/90
10 km	1:11:24	P	Ernest Van Leeuwen (CA/90)	Paramount, CA	01/11/03
10 km	1:14:49	R	Paul Spangler (CA/90)	Paramount, CA	01/20/90
15 km	2:35:00	R	Paul Spangler (CA/91)	Portland, OR	06/17/90
10 mi	2:35:52	R	James Ramsey (MI/90)	Flint, MI	08/22/98
marathon	6:54:25	R	Ernest Van Leeuwen (CA/90)	Los Angeles, CA	03/02/03

Men 95 to 99

5 km	48:55	R	Marion McAnelly (OK/95)	Stilwell, OK	05/13/95
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BESTS

(cannot be records because of possible course aid)

Men 40 to 44

5 km	14:15a	R	Steve Blum (CA/40)	Fontana, CA	06/03/95
8 km	21:35a	R	Craig Young (CO/42)	Alta, UT	09/19/98
10 km	29:23a	P	Eddy Hellebuyck (NM/41)	Charleston, SC	04/06/02
10 km	29:27a	R	John Tuttle (GA/40)	New Orleans, LA	04/17/99
10 km	29:27a	R	Craig Young (CO/41)	Pittsburgh, PA	09/28/97
half mar	1:03:33a	R	Craig Young (CO/41)	Las Vegas, NV	02/01/98
marathon	2:15:15a	R	Barry Brown (NY/40)	Minneapolis, MN	09/30/84
50 km	2:59:36a	R	Bruce Mortenson (MN/44)	Duluth, MN	10/22/88

Men 45 to 49

5 km	14:34a	R	Stephen Lester (UT/45)	Magna, UT	09/24/88
8 km	24:40a	R	Van Edgette (UT/45)	Alta, UT	09/14/96
8 km	23:17a	PB	Robert Yara (TX/46)	Alta, UT	09/08/01
10 km	30:10a	R	Steve Lester (UT/45)	Magna, UT	07/04/88
12 km	37:28a	R	Bill Rodgers (MA/45)	Evansville, IN	05/08/93
half mar	1:07:14a	R	Gary Romesser (IN/45)	Las Vegas, NV	02/11/96
marathon	2:21:32a	R	Jim Bowers (CA/45)	Duluth, MN	06/16/84

Men 50 to 54

5 km	15:11a	R	Stephen Lester (UT/52)	Magna, UT	09/30/95
8 km	23:27a	R	Stephen Lester (UT/53)	Alta, UT	09/14/96
10 km	31:12a	R	Stephen Lester (UT/52)	Magna, UT	07/01/95
12 km	39:06a	U	Sal Vasquez (CA/50)	Sacramento, CA	04/22/90
marathon	2:25:46a	R	Jim O'Neill (OH/50)	Las Vegas, NV	02/04/89

Men 55 to 59

5 km	15:35a	R	Tom Curry (NV/55)	Fontana, CA	05/31/97
8 km	26:33a	U	Ray Hatton (OR/55)	Eugene, OR	06/06/87
marathon	2:27:42a	R	Norm Green (PA/55)	Minneapolis, MN	10/11/87
50 km	3:28:47a	R	Robert Becker (MD/55)	Duluth, MN	10/28/89

Men 65 to 69

half mar	1:20:29a	R	James Talley (CA/65)	Fontana, CA	04/19/86
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Men 70 to 74

half mar	1:25:24a	R	John Keston (OR/72)	Las Vegas, NV	02/09/97
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Men 75 to 79

8 km	30:44a	R	John Cahill (UT/77)	Alta, UT	09/08/01
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Men 80 to 84

12 km	1:03:55a	U	Mel Shine (CA/80)	Sacramento, CA	04/29/89
15 km	1:07:00a	U	Ed Benham (MD/81)	Cumberland, MD	10/08/88
marathon	3:43:27a	R	Ed Benham (MD/80)	Minneapolis, MN	10/11/87

Men 85 to 89

10 mi	1:54:01a	U	Harry Polites (NJ/86)	Philadelphia, PA	05/05/96
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MASTERS WOMEN ALL-COMERS' RECORDS (non-U.S. citizens)

DIST	TIME	NAME	RACE CITY, ST/CNTY	RDATE
8 km	25:56	R	Tatiana Pozdniakova (UKR)	Virginia Beach, VA 03/15/03
10 km	32:25	R	Priscilla Welch (GBR)	Phoenix, AZ 03/02/85
12 km	40:04	R	Tatiana Pozdniakova (UKR)	Evansville, IN 05/08/99
15 km	49:36	R	Priscilla Welch (GBR)	Jacksonville, FL 03/09/85
10 mi	53:51	R	Priscilla Welch (GBR)	Washington, DC 04/05/87
20 km	1:10:35	R	Tatiana Pozdniakova (UKR)	New Haven, CT 09/04/95
half mar	1:11:41	R	Ramila Burangulova (RUS)	Philadelphia, PA 09/16/01
25 km	1:27:00	PB	Firaya Sultanova-Zhdanova (RUS)	Grand Rapids, MI 05/08/04
marathon	2:29:00	R	Tatiana Pozdniakova (UKR)	Providence, RI 10/13/02
marathon	2:27:58a	PB	Firaya Sultanova (RUS)	Boston, MA 04/15/02
marathon	2:29:25	R	Tatiana Pozdniakova (UKR)	Chicago, IL 10/11/98
6 day	820,765 m	R	C. Dipali Cunningham (AUS)	New York, NY 04/29/01

Women 40 to 44

5 km	15:48		Colleen De Reuck (CO/40)	Albany, NY	06/05/04
5 km	16:06	R	Ruth Wysocki (CA/40)	Albany, NY	05/31/97
8 km	26:19	R	Ruth Wysocki (CA/40)	Newport Beach, CA	07/12/97
10 km	32:50		Colleen De Reuck (CO/40)	New York, NY	06/12/04
10 km	33:22	R	Ruth Wysocki (CA/40)	Mobile, AL	03/22/97
12 km	40:47	P	Colleen De Reuck (CO/40)	Spokane, WA	05/02/04
12 km	42:17	R	Kim Jones (WA/40)	Spokane, WA	05/03/98
12 km	42:13	U	Nancy Grayson (MI/42)	Lansing, MI	06/06/92
15 km	52:22	R	Laurie Binder (CA/41)	Tampa, FL	02/11/89
10 mi	56:05	R	Laurie Binder (CA/44)	Flint, MI	08/24/91
20 km	1:11:38	PB	Debbi Kilpatrick-Morris (OH/40)	New Haven, CT	09/06/04
20 km	1:13:46	R	Carol McLatchie (TX/40)	New Haven, CT	09/07/92
20 km	1:12:39	P	Linda Somers Smith (CA/41)	New Haven, CT	09/02/02
half mar	1:13:57	R	Laurie Binder (CA/44)	Philadelphia, PA	09/15/91
25 km	1:29:47	R	Jane Welzel (CO/41)	Grand Rapids, MI	05/11/96
25 km	1:29:47	R	Jane Welzel (CO/42)	Grand Rapids, MI	05/10/97
30 km	1:54:00	R	Carol McLatchie (TX/41)	Sugar Land, TX	12/12/92
20 mi	1:59:17	R	Gabriele Andersen (ID/40)	Minneapolis, MN	10/06/85
marathon	2:32:39	R	Jenny Spangler (IL/40)	Chicago, IL	10/12/03
50 km	3:44:32	R	Jan Kreuz (OH/41)	Columbus, OH	10/30/88
50 mi	6:19:05	R	Jan Kreuz (OH/41)	Columbus, OH	04/09/89
100 km	8:33:07	R	Lorraine Gersitz (CA/41)	Winschoten, NED	09/16/95
100 mi	15:05:52	R	Sue Ellen Trapp (FL/44)	Queens, NY	05/05/90
12 hr	128,747 m	R	Randi Bromka (CO/40)	Sacramento, CA	12/30/92
24 hr	222,556 m	R	Randi Bromka (CO/40)	Sacramento, CA	12/31/92
6 day	627,949 m	R	Suprabha Beckjord (DC/43)	Jamaica, NY	06/25/99

10 mi	59:15	R	Barbara Filutze (PA/46)	Flint, MI	08/22/92
20 km	1:14:13	R	Barbara Filutze (PA/46)	New Haven, CT	09/07/92
half mar	1:18:12	P	Lee DiPietro (MD/45)	Philadelphia, PA	09/21/03
half mar	1:19:23	U	Shirley Matson (CA/47)	Hayward, CA	10/16/88
25 km	1:33:19	R	Debra Wagner (OH/47)	Grand Rapids, MI	05/08/99
30 km	1:59:25	R	Shirley Matson (CA/48)	Clarksburg, CA	11/13/88
20 mi	2:10:13	R	Mary Wood (CO/45)	Minneapolis, MN	10/14/90
marathon	2:42:28	R	Joan Benoit Samuelson (ME/45)	Chicago, IL	10/13/02
50 km	3:32:34	R	Sandra Kiddy (CA/47)	Tallahassee, FL	12/17/83
50 mi	6:09:09	R	Sandra Kiddy (CA/47)	Columbus, OH	04/01/84
100 km	7:59:59	R	Sandra Kiddy (CA/45)	Chicago, IL	10/03/82
100 mi	15:12:54	R	Sandra Kiddy (CA/49)	Tallahassee, FL	12/14/85
12 hr	127,777 m	R	Sandra Kiddy (CA/49)	Tallahassee, FL	12/14/85
24 hr	233,816 m	R	Sue Ellen Trapp (FL/47)	Sylvania, OH	09/19/93
48 hr	360,090 m	R	Sue Ellen Trapp (FL/47)	Sacramento, CA	11/15/93
6 day	501,712 m	R	Sally Middleton (MI/45)	Sacramento, CA	11/11/95

Women 50 to 54

5 km	17:28	R	Shirley Matson (CA/50)	Carlsbad, CA	04/14/91
8 km	28:55	R	Shirley Matson (CA/50)	Palo Alto, CA	03/24/91
10 km	35:57	R	Shirley Matson (CA/50)	Orlando, FL	03/02/91
12 km	44:56	R	Shirley Matson (CA/52)	Spokane, WA	05/02/93
15 km	54:34	R	Shirley Matson (CA/50)	Jacksonville, FL	03/09/91
10 mi	1:02:01	R	S. Rae Baymiller (NY/51)	Flint, MI	08/27/94
20 km	1:22:36	R	Gina Faust (CA/50)	Valencia, CA	02/14/88
20 km	1:17:52	R	Kathryn Martin (NY/51)	New Haven, CT	09/01/03
20 km	1:17:43	P	Kathryn Martin (NY/52)	New Haven, CT	09/06/04
half mar	1:19:40	R	S. Rae Baymiller (NY/50)	Philadelphia, PA	09/19/93
25 km	1:38:36	R	S. Rae Baymiller (NY/51)	Minneapolis, MN	09/11/94
30 km	2:00:41	R	Shirley Matson (CA/50)	Clarksburg, CA	11/11/90
20 mi	2:19:59	R	Joan Ulyot (CA/50)	Minneapolis, MN	10/14/90
marathon	2:50:26	R	Shirley Matson (CA/50)	Minneapolis, MN	10/06/91
50 km	4:10:47	P	Dee Dee Grafius (CA/53)	Sacramento, CA	02/08/03
50 km	4:15:12	U	Matilee Christman (IL/53)	East Peoria, IL	12/30/84
50 km	4:58:39	R	Sue Ellen Trapp (FL/53)	Sylvania, OH	09/18/99
50 km	4:16:32	P	Jan Kreuz (OH/54)	Pittsburgh, PA	03/23/02
50 mi	7:10:58	U	Ruth Anderson (CA/50)	Houston, TX	02/17/80
50 mi	7:47:27	R	Eileen Eliot (FL/51)	New Preston, CT	04/23/95
100 km	9:50:35	R	Eileen Eliot (FL/51)	New Preston, CT	04/23/95
100 mi	16:57:58	R	Sue Ellen Trapp (FL/50)	Sylvania, OH	09/15/96
12 hr	117,401 m	R	Sue Ellen Trapp (FL/50)	Sylvania, OH	09/14/96
24 hr	221,043 m	R	Sue Ellen Trapp (FL/50)	Sylvania, OH	09/15/96

Women 55 to 59

5 km	18:32	R	Shirley Matson (CA/56)	Carlsbad, CA	04/13/97
8 km	30:10	R	Shirley Matson (CA/56)	Palo Alto, CA	04/06/97
10 km	38:55	U	Shirley Matson (CA/55)	Lafayette, CA	10/27/96
12 km	49:43	R	Barbara Miller (CA/55)	San Francisco, CA	05/21/95
15 km	1:00:38	R	Shirley Matson (CA/56)	San Diego, CA	11/16/96
10 mi	1:02:39	R	S. Rae Baymiller (NY/55)	Flint, MI	08/22/98
20 km	1:18:44	R	S. Rae Baymiller (NY/55)	New Haven, CT	09/07/98
half mar	1:23:09	R	Shirley Matson (CA/55)	Weott, CA	10/20/96
25 km	1:41:01	R	Shirley Matson (CA/56)	San Diego, CA	11/16/96
30 km	2:17:31	R	Joyce Gaskin (TX/55)	Sugar Land, TX	12/12/92
30 km	2:12:35	U	Barbara Miller (CA/57)	Clarksburg, CA	11/17/96
20 mi	2:26:36	R	Wen-Shi Yu (NY/55)	Minneapolis, MN	10/14/90
marathon	2:52:14	R	S. Rae Baymiller (NY/55)	Chicago, IL	10/11/98
50 km	3:56:55	R	Sandra Kiddy (CA/55)	Washington, DC	10/17/92
50 mi	7:44:48	R	Mary Ann Miller (TX/56)	Dallas, TX	01/16/93
100 km	8:42:36	R	Sandra Kiddy (CA/55)	Palamos, ESP	02/16/92
100 mi	18:53:03	R	Sue Ellen Trapp (FL/55)	Sylvania, OH	09/15/01
12 hr	112,364 m	R	Sue Ellen Trapp (FL/55)	Sylvania, OH	09/15/01
24 hr	203,050 m	R	Sue Ellen Trapp (FL/55)	Sylvania, OH	09/15/01

Women 60 to 64

5 km	19:39	R	Shirley Matson (CA/60)	Sacramento, CA	08/11/01
8 km	33:22	U	Barbara Miller (CA/60)	Palo Alto, CA	03/19/00
8 km	33:23	U	Barbara Miller (CA/60)	Oakland, CA	01/16/00
8 km	34:13	U	Helen Dick (CA/61)	Los Angeles, CA	11/17/85
8 km	33:08		Marie-Louise Michelsohn (NY/62)	Ronkonkoma, NY	11/16/03
8 km	34:54	R	Margret Betz (NY/62)	Apalachin, NY	05/21/99
10 km	40:29	R	Shirley Matson (CA/60)	Paso Robles, CA	09/30/01
10 km	40:20		Shirley Matson (CA/61)	Paso Robles, CA	09/29/02
12 km	50:49	R	Barbara Miller (CA/60)	Spokane, WA	05/07/00
15 km	1:04:42	R	Margret Betz (NY/60)	Schenectady, NY	11/10/96
15 km	1:04:25		Shirley Matson (CA/62)	San Diego, CA	03/01/03
10 mi	1:08:17	R	Shirley Matson (CA/60)	Sacramento, CA	09/09/01
10 mi	1:07:31		Shirley Matson (CA/62)	French Camp, CA	01/12/03
20 km	1:29:08	U	Margaret Miller (CA/60)	Valencia, CA	03/23/86
half mar	1:29:49	R	Barbara Miller (CA/60)	Weott, CA	10/17/99
25 km	1:58:24	R	Gloria Brown (NY/62)	Grand Rapids, MI	05/14/94
30 km	2:17:11	U	Barbara Miller (CA/60)	Clarksburg, CA	11/14/99
30 km	2:21:32	R	Margaret Miller (CA/60)	Minneapolis, MN	10/12/86
20 mi	2:32:16	R	Margaret Miller (CA/60)	Minneapolis, MN	10/12/86
marathon	3:14:50	R	Barbara Miller (CA/60)	Huntsville, AL	12/11/99
50 km	5:07:03	R	Marge Dunlap (CA/60)	Sacramento, CA	11/13/99
50 mi	8:35:19	R	Dixie Madsen (CA/61)	San Francisco, CA	04/18/98
100 km	11:14:14	R	Dixie Madsen (CA/61)	San Francisco, CA	04/18/98
12 hr	93,052 m	R	Lorraine Bunk (WI/61)	Sylvania, OH	09/14/02
24 hr	138,693 m	R	Lorraine Bunk (WI/61)	Sylvania, OH	09/14/02

Women 65 to 69

5 km	21:16	R	Margret Betz (NY/65)	Syracuse, NY	09/30/01
8 km	35:00	R	Margret Betz (NY/65)	Ithaca, NY	09/16/01
10 km	43:57	P	Barbara Miller (CA/65)	Paso Robles, CA	09/26/04
10 km	45:04	R	June Machala (WA/67)	Kentfield, CA	09/07/98
12 km	58:47	R	Susie Klutz (NC/65)	Raleigh, NC	06/16/02
15 km	1:08:58	R	June Machala (WA/67)	Tulsa, OK	03/31/98
10 mi	1:15:01	R	Eileen Dwyer (IL/65)	Park Forest, IL	09/01/97
20 km	1:36:08	R	Margret Betz (NY/65)	Vestal, NY	06/15/02
half mar	1:39:40	R	June Machala (WA/67)	Indianapolis, IN	05/01/98
25 km	2:10:56	U	Gerry Davidson (CA/65)	San Diego, CA	12/28/86
30 km	2:38:46	P	Myra Rhodes (CA/68)	Clarksburg, CA	11/12/00
20 mi	3:02:01	U	Jaclyn Caselli (CA/65)	Clarksburg, CA	11/16/86
marathon	3:36:57	R	Whayong Semer (OH/65)	Columbus, OH	10/24/93
50 km	4:50:50	R	Myra Rhodes (CA/67)	Sacramento, CA	11/13/99
50 mi	9:04:31	R	Helen Klein (CA/67)	San Francisco, CA	04/21/90
100 km	12:09:17	R	Helen Klein (CA/67)	San Francisco, CA	04/21/90
12 hr	78,407 m	R	Louise Miklovic (OH/65)	Sylvania, OH	09/13/03
12 hr	78,412 m	P	Louise Miklovic (OH/66)	Sylvania, OH	09/11/04
24 hr	131,085 m	P	Louise Miklovic (OH/66)	Sylvania, OH	09/11/04

Women 70 to 74

5 km	24:18	P	Toshiko d'Elia (NJ/70)	Paramus, NJ	10/22/00
5 km	24:36	R	Toshiko d'Elia (NJ/70)	Albany, NY	06/03/00
8 km	38:46	R	Hedy Marque (VA/74)	Alexandria, VA	05/10/92
10 km	48:53	U	Toshiko d'Elia (NJ/70)	Ridgewood, NJ	05/29/00
10 km	49:13		Myra Rhodes (CA/70)	Paso Robles, CA	09/29/02
12 km	58:22	R	June Machala (WA/70)	Spokane, WA	05/06/01
15 km	1:20:43		Anny Stockman (NY/70)	Schenectady, NY	11/10/02
15 km	1:21:17	R	Whayong Semer (OH/70)	Tampa, FL	02/13/99
10 mi	1:20:33	R	Hedy Marque (VA/74)	Washington, DC	10/13/91
20 km	1:46:21	R	Pat Dixon (OR/70)	Medford, OR	04/08/89
half mar	1:50:31	R	Toshiko d'Elia (NJ/70)	Philadelphia, PA	09/16/01
25 km	2:18:20	R	Gerry Davidson (CA/70)	San Diego, CA	11/23/91
30 km	2:47:08	P	Myra Rhodes (CA/70)	Clarksburg, CA	11/10/02
30 km	2:59:22	R	Ellen McCoy (MN/70)	Duluth, MN	05/25/91
20 mi	3:29:57	R	Helen Klein (CA/70)	Sylvania, OH	09/19/93
20 mi	3:25:59	U	Mavis Lindgren (CA/71)	Clarksburg, CA	11/19/78
marathon	4:01:52	R	Whayong Semer (OH/70)	Chicago, IL	10/11/98
50 km	4:48:23	P	Myra Rhodes (CA/70)	Sacramento, CA	02/08/03
50 km	5:44:04	R	Helen Klein (CA/70)	Sylvania, OH	09/19/93
50 mi	9:55:09	R	Helen Klein (CA/70)	Sylvania, OH	09/19/93
100 km	12:50:49	R	Helen Klein (CA/70)	Sylvania, OH	09/19/93
100 mi	23:29:34	R	Helen Klein (CA/70)	Sylvania, OH	09/19/93
24 hr	165,343 m	R	Helen Klein (CA/70)	Sylvania, OH	09/19/93
6 day	600,285 m	U	Helen Klein (CA/70)	Sacramento, CA	01/06/93

Women 75 to 79

5 km	27:17	R	Anne Clarke (IL/77)	Park Ridge, IL	08/22/87
8 km	40:44	R	Hedy Marque (VA/76)	Alexandria, VA	09/12/93
10 km	53:40	U	Leona Lugers (MI/75)	Holland, MI	09/11/82
12 km	1:08:21	R	Anne Clarke (IL/76)	Itasca, IL	10/06/85
15 km	1:25:20	R	Hedy Marque (VA/77)	Tampa, FL	02/18/95
10 mi	1:22:34	U	Hedy Marque (VA/75)	Washington, DC	10/11/92
10 mi	1:24:54	R	Hedy Marque (VA/76)	Washington, DC	10/17/93
20 km	1:52:57	U	Leona Lugers (MI/77)	Holland, MI	05/26/84
half mar	2:14:15	U	Anne Clarke (IL/76)	Chicago, IL	06/08/86
half mar	2:24:14	R	Helen Klein (CA/79)	Folsom, CA	10/27/02
25 km	2:42:25	R	Gerry Davidson (CA/77)	San Diego, CA	11/14/98
30 km	3:37:52	R	Gerry Davidson (CA/77)	San Diego, CA	05/23/98
marathon	4:38:12	R	Helen Klein (CA/79)	Oklahoma City, OK	04/28/02
50 km	6:05:16	R	Helen Klein (CA/79)	Sacramento, CA	02/09/02

Women 80 to 84

5 km	29:23	R	Anne Clarke (IL/80)	Park Ridge, IL	09/30/89
8 km	52:00	R	Anne Clarke (IL/81)	Park Ridge, IL	09/08/91
10 km	56:14	U	Leona Lugers (MI/80)	Holland, MI	05/02/87
10 km	56:17	R	Hedy Marque (VA/80)	Washington, DC	04/26/98
12 km	1:44:26	U	Fenya Crown (AZ/84)	Tacoma, WA	06/19/97
15 km	1:29:01	R	Hedy Marque (VA/80)	Tampa, FL	02/14/98
10 mi	1:31:24	R	Hedy Marque (VA/80)	Washington, DC	04/05/98
20 km	2:26:34	U	Ruth Rothfarb (FL/80)	Washington, DC	03/06/82
half mar	2:23:54	U	Anne Clarke (IL/80)	Highland Park, IL	06/10/90
25 km	3:07:41	R	Gerry Davidson (CA/80)	San Diego, CA	11/10/01
30 km	4:13:32	R	Mavis Lindgren (CA/81)	Clarksburg, CA	11/13/88
marathon	5:10:04	R	Ida Mintz (IL/80)	Chicago, IL	10/20/85
marathon	4:49:50		Helen Klein (CA/81)	New York, NY	03/21/04
50 km	5:57:53	P	Helen Klein (CA/80)	Sacramento, CA	02/08/03

Women 85 to 89

5 km	34:56	P	Hedy Marque (VA/85)	Washington, DC	09/21/02
5 km	34:51	U	Anne Clarke (IL/85)	Park Ridge, IL	09/24/94
5 km	43:00	R	Ruth Rothfarb (FL/87)	Albany, NY	06/03/89
8 km	1:03:16	U	Anne Clarke (IL/85)	Deerfield, IL	11/13/94
10 km	1:14:25	P	Hedy Marque (VA/85)	Washington, DC	05/11/03
10 km	1:14:37	U	Anne Clarke (IL/85)	Highland Park, IL	10/09/94
10 mi	2:02:27		Hedy Marque (VA/85)	Washington, DC	04/06/03
half mar	3:23:06	U	Mary Ames (CA/85)	Lompoc, CA	06/19/88
marathon	6:53:50	R	Ida Mintz (IL/85)	Chicago, IL	10/28/90

Women 90 to 94

5 km	45:41	R	Edith Allen (CA/90)	Carlsbad, CA	04/07/02
10 mi	3:29:08	R	Ruth Rothfarb (FL/90)	Washington, DC	04/05/92
marathon	8:53:08	R	Mavis Lindgren (CA/90)	Portland, OR	09/28/97

BESTS

(cannot be records because of possible course aid)

marathon	2:27:05a	PB	Firaya Sultanova (RUS)	Duluth, MN	06/21/03
5 km	15:44a	R	Ruth Wysocki (CA/40)	Las Vegas, NV	09/20/97
10 km	32:30a		Colleen De Reuck (CO/40)	Atlanta, GA	07/04/04
half mar	1:13:54a	R	Honor Fetherston (CA/40)	Las Vegas, NV	02/04/95

Women 45 to 49

10 km	34:40a	R	Barbara Filutze (PA/45)	Pittsburgh, PA	09/29/91
half mar	1:17:25a	U	Jeanne Lasee-Johnson (CA/45)	Austin, TX	02/02/03

Women 50 to 54

half mar	1:18:42a	R	Joan Ottaway (CA/51)	Las Vegas, NV	02/11/96
100 km	9:42:22a	U	Sue Ellen Trapp (FL/50)	Duluth, MN	10/19/96
100 km	9:43:27a	R	Mae Horns (MN/54)	Duluth, MN	10/22/88

MASTERS CLUBS

Below is a list of masters track & field, long distance running, and racewalking clubs arranged alphabetically by region. Some offer workout facilities. Most have social programs and annual awards. If you'd like to find out more about what's going on in your area, contact one. To have your club listed, please send the necessary information to National Masters News, P.O. Box 50098, Eugene OR 97405; natmanews@aol.com.

EAST

All Unique Individuals
Women's Masters Track Team
PO Box 2831
Elizabeth, NJ 07207-2831
973-736-3312

Bohemia Track Club
Mary Trotto
3 Eden Dr.
Smithtown, NY 11787
516-979-8445

Boston Athletic Assoc.
131 Clarendon St., 8th Floor
Boston, MA 02116
617-236-1652
www.bostonmarathon.org

Boston Running Club
Brian Hamill
106 Mt. Auburn St.
Watertown, MA 02472
brc@tiac.net
617-924-1392

Cambridge Running Club
Bob Gillon
8 Hawkes Ln.
Lynnfield, MA 01940
718-953-9592

Capitol Hill Road Runners Club
1104 Sanford Lane
Accokeek, MD 20607
Robert S. Weiner

Finger Lakes RC
PO Box 321
Newfield, NY 14867
607-564-9516

Garden State AC
19 Bedminster Rd.
Randolph, NJ 07869

Greater Boston TC
PO Box 183
Boston, MA 02117-0183
617-499-4844
gbtc@crl.dec.com
www.gbtc.org

Greater Long Island RC
101-24 Dupont St.
Plainview, NY 11803
516-349-7646
516-349-7647 (fax)
www.pbrc.org

Greater Rochester TC
PO Box 92608
Rochester, NY 14692
716-872-6652

Hudson Mohawk Road Runners
PO Box 12304
Albany, NY 12212
518-435-4500

Irish American Track Club
PO Box 282
Medford, MA 02155
www.iatc-boston.org
sgviegas@cs.com

Liberty AC
63 Bridge Street
West Newbury, MA 01985
978-510-1032
libertyac@hotmail.com
www.libertyac.org

Maryland Masters T&F Club
c/o Dave Balmer President
11901 Bracken Ct.
Bowie, MD 20720-4480
301-464-3531 (home)
301-529-5475 (cell)

Nadia Track Club
1500 Sylvan Terrace
Pittsburgh, PA 15221
Dorel Watley, Pres.
412-244-9812

National Capital Track Club (GNATS)
c/o Karen Erb
205 W. Myrtle St.
Alexandria, VA 22301
703-549-7779

New England Walkers
83 Riverside Av.
Concord, MA 01742
978-369-7912
tknatt@zplink.net

New Jersey Striders TC
P.O. Box 885
Maywood, NJ 07607
201-337-7081

North Jersey Masters
PO Box 56
Ridgewood, NJ 07451

NY Masters Club
Rose Ann Gaeta
75-32 199th Street
Fresh Meadows, NY 11366

NYRR
9 E. 89th St.
New York, NY 10128
212-860-4455

Park Racewalkers, USA
320 East 83rd St., Box 18
New York, NY 10028
212-628-1317
FranciCash@aol.com

Peninsula Track Club
Rhonda Venable
http://hometown.aol.com/toadpark/index.html

PHAST (Philadelphia Area Striding Team)
Philadelphia, PA
Jeff Salvage, Racewalking coach
campsalvage@yahoo.com
609-714-1308
Marie Woodland, President
manewalks@aol.com

Philadelphia Masters T&F Assoc.
c/o Kyle Medkenberg, President
7 E. Main St. Apt. 3
Lansdale, PA 19446
215-393-1382
krmack@erols.com

Pioneer Valley Women's Running Club
Susan Jaye-Kaplan
45 Woodside Drive
Longmeadow, MA 01106
413-567-8563

PR Racing Team
Scott Brown
167 Pettingill St.
Lawiston, Maine 04240
207-782-0688
runscott1@aol.com

Potomac Valley Track Club
c/o Bobby Briggs
6207 Duntley Ct.
Springfield, VA 22152
703-913-6335
email: corrallo@erols.com

Rhode Island Road Runners
18 Musket Road
Lincoln, RI 02865
chysen8089@aol.com
401-725-1725

Run to Win Ladies - Maine
Coach Brian Gillespie
36 Colonial Rd.
Portland, ME 04102
207-772-2753

Shore AC
Donna Cetrulo
274 Bath Av #14
Long Branch, NJ 07740
732-222-1348

Somerville Roadrunners
58 Day Street, Box 2048
West Somerville, MA 02144
DSSBhudda@aol.com

Sugarloaf Mt. AC
Box 659
Amherst, MA 01004
413-586-7411

Syracuse Chargers TC
118 Foxcroft Lane
Fayetteville, NY 13066
315-637-6211

Taconic Road Runners Club
No. Westchester, New York
914-528-2251
www.runner.org

Tendonitis A.C.
c/o Chns Rush
1177 Oxford Place
Schenectady, NY 12308
http://members.aol.com/MacAlps/
TAC.html
chrsrush@prodigy.net
518-374-6995

Tri-State TC
Wayne Vaughn
18619 Preston Rd.
Hagerstown, MD 21742

Westchester Road Runners &
Westchester Puma Track Club
179 East Post Road
White Plains, NY 10601
914-682-0637
914-949-4166 (fax)

Western Pennsylvania Track Club
Sam Benthall
170 Seegar Road
Pittsburgh, PA 15241
412-343-6269

SOUTHEAST

All American TC
20184 Hwy 17
Hampstead, NC 28443

Atlanta TC
3097 E. Shadowlawn Av. NE
Atlanta, GA 30305
www.atlantatrackclub.org

Birmingham TC
P.O. Box 530363
Birmingham, AL 35253
205-879-5344

Carolina Masters Track & Field Club
Gordon Edwards
704-588-6885
gedwards@carolina.rr.com

Florida AC
3250 Lakeview Blvd.
Delray Beach, FL 33445
561-499-3370

Florida TC
P.O. Box 12463
University Station
Gainesville, FL 32604
904-738-8725

Greenville TC
P.O. Box 16262
Greenville, SC 29606-7262
864-235-8260

Huntsville TC
c/o Harold Tinsley
8811 Edgehill Dr.
Huntsville, AL 35802
256-881-9077
harold.tinsley@gte.net
www.huntsvilletrackclub.org

Jacksonville Track Club
P.O. Box 24667
Jacksonville, FL 32241
904-387-0528
www.jacksonvilletrackclub.com
ConsultJT@aol.com

Manasota Track Club
Don Marshall
Sarasota/Manatee, Florida
sarasotadon@att.net
www.manasotatrackclub.org

Miami RC
Tropical Park
7920 SW 40th St.
Miami, FL 33155
305-227-1500

Nashville RACERS
421 Valley Trace Dr.
Nashville, TN 37221
615-356-4607
racers@home.com

Nashville TC
2916 Oakland Av.
Nashville, TN 37212-5812
615-383-6733
North Carolina RRC
PO Box 26761
Raleigh, NC 27611
919-231-0714

Pony Express Masters TC
PO Box 872
Portsmouth, Virginia 23705
Joe Mack
804-236-0951

Port City Pacers
PO Box 16907
Mobile, AL 36616
334-473-RACE

Richmond T&F Club
PO Box 6701
Richmond, VA 23230
804-266-4785

Southern Knights Athletics, Inc.
P.O. Box 18883
Atlanta, GA 30321
404-767-4445
runningtool@mac.com

Tennessee Masters TC
2251 Robertson View Point
Sevierville, Tennessee 37876
865-774-0023
coachr880@bellsouth.net
http://www.coachr.org/tenmasterstc.htm

MIDWEST

Ann Arbor TC
PO Box 7551
Ann Arbor, MI 48107
734-663-9740
734-663-0124 (fax)

Athletic Ventures
Bill Stewart
Ann Arbor, MI
734-332-3981
www.athleticventures.com

Bob Shul Racing Team
27 E. Dixon Av.
Dayton, OH 45419
937-293-7935
BobShul@sprintmail.com

Buckeye Striders/Racewalking
Maryann Holevas
603-D Olde Towne Ave.
Columbus, OH 43214
holevas2@msn.com
http://home.columbus.rr.com/racewalker/

Chicago Walkers Club
Nancy Goldman, President
2909 N. Sheridan Road #1707
Chicago, IL 60657
773-348-3891
goldnanc@aol.com
www.sekelsky.com/chicagowalkers

Cleveland Over the Hill TC
Bob Walters
440-526-5635
8686 Avery Rd.
Broadview Hts., OH 44147
www.othtc.org

Columbus Roadrunners
PO Box 15584
Columbus, OH 43215-0584
740-549-3069

Dayton Masters TC
PO Box 17706
Dayton, OH 45417-0706
Bob Jones, Pres.
937-837-2754

Eastern Kentucky Track Club
Gary W. Kidd
Prestonsburg, KY
pianst@kih.net

Firebird Track Club
604 Schuyler Drive
Kettering, OH 45429
Doug Weikert - bertieg@aol.com
cgreen@kettering.k12.oh.us

Greater Evansville Runners/Walkers
Club
Gordon Benfield
Evansville, Indiana
msurunner@msn.com
812-963-9394
www.gerwc.com

Indiana Racewalkers Club
3919 N. Vinewood Av.
Indianapolis, IN 46254
Michael Bird, Pres.
317-291-7591
mgbird@aol.com

Midwest Masters T&F Club
633 Sunset Dr.
Janesville, WI 53545
608-756-5260

Motor City Striders
10144 Lincoln
Huntington Woods, MI 48070
248-544-9099
248-544-4601 (fax)
racebreak@aol.com
www.motorcitystriders.com

Parkside Athletic Club (Racewalk)
Mike DeWitt
Kenosha, WI
414-551-0142

PUMA Team Jock Stop
7373 Market Street
Youngstown, Ohio 44512
330-726-8407

River to River RC
PO Box 1224
Marion, IL 62959

USATF Club #18
Firebird Track Club
Doug Weikert, Charley Greene,
Coaches
3301 Shroyer Road
Kettering, OH 45429
cgreene@kettering.k12.oh.us

Victory AC
Marty Gonterman, Pres.
PO Box 6667
Louisville, KY 40206
502-447-3913

Wolfpack TC
4865 Arthur Pl.
Columbus, OH 43220
614-459-2547

MID-AMERICA

American Walking Assoc.
National Office
PO Box 4
Paonia, CO 81428-0004
970-527-4557/970-527-4607 (fax)
walk@online.col.com

Colorado Walking Club
Rocky Mountain Region
9853 Zephyr Dr.
Broomfield, CO 80021
303-422-5468

Denver TC
Jim Bogus
1818 S. Quebec Way #10-1
Denver, CO 80231
303-696-0436

Heartland Racewalkers
PO Box 11141
Shawnee Mission, KS 66207
Alan Poirner
apoirner@kumc.edu
http://kctrack.org/Heartland_Racx.html

Lawrence TC
PO Box 3743, Jayhawk Sta.
Lawrence, KS 66046
Lincoln TC
3105 Cedar Av.
Lincoln, NE 68502

Prairie Striders
Box 267
Brookings, SD 57006

Running International
Ric Rojas
3680 Buckeye Court
Boulder, CO 80304
303-444-7267
Ric@RicRojasRunning.com
www.RicRojasRunning.com

Running Republic of Boulder
Mark Brand
303-589-9926
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Houston Masters Sports Assoc.
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Pine Belt Pacers
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Roy D. Willis, Jr.
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520-206-9322
www.polepilots.org

Quest Club
Fred Moore
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Reebok Aggie Running Club
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The Athlete's Kitchen

By NANCY CLARK

Sports Nutrition News from the American Dietetic Association

What's the best food plan for eating to win? What fruits are best for health? Any tips for managing runner's diarrhea? Is iron deficiency anemia the reason you feel so tired? These are just a few of the sports nutrition concerns addressed at the American Dietetic Association's annual convention (Anaheim CA, October 2-5, 2004). Below are some highlights that might be of interest to active people.

Daily Fueling

Many athletes exercise as a means to enjoy guilt-free eating. But the faster, stronger athletes eat to enjoy better performance. That is, they view food as fuel, not just as fun.

According to sports dietitian Bob Seebohar, MS, RD, CSCS, of Denver, the purpose of your daily eating should be to support your training program (eat to train, not train to eat), and not simply be the reward at the end of your busy day. You know, the "I-deserve-to-eat-cookies-because-I-survived-the-day" scenario.

Seebohar believes too many athletes eat backwards. Instead of fueling appropriately before and during their workouts, they overeat afterwards. They train on fumes, and consequently fail to perform at their best.

Seebohar encourages athletes to view the daily exercise sessions as important times to train the intestinal tract.

By learning during training which foods and fluids taste best during exercise, settle well and enhance performance (as opposed to cause intestinal problems), you'll be able to perform well on the day of the event without fear of running out of energy or suffering from undesired pit stops and stomach cramps.

Diarrhea

Bowel movements are rarely a topic of conversation among athletes, but the topic is certainly worthy of conversation! Numerous athletes eat and then run-to-the-bathroom – if not the bushes!

If you are among the many athletes plagued by pit stops during exercise, you might want to experiment with this advice from sports dietitian Leslie Bonci, RD, of the University of Pittsburgh Medical Center. Buy a package of Certo or Sure-Jell in the cooking ingredients section of the supermarket. (Certo and Sure-Jell are pectins, used to thicken jelly and jam.)

In the half-hour before you run (or exercise in a way that triggers the trots), drink a cocktail of one tablespoon of Certo mixed in 1/4 cup of water (plus some sweetener and a teaspoon of lemon juice for flavor; bottled lemon juice is quick and easy).

Experiment with this cocktail during training – to be sure it doesn't

backfire during an important competitive event.

Powerful Fruits

No matter how many times you've been told to "eat your fruit," the chances are you are among the majority of athletes who fail to consume the recommended three or more servings each day. Big mistake, according to James Joseph, Ph.D., from the USDA Human Nutrition Research Center at Tufts University in Boston. Joseph researches the impact of blue-purple fruits on the brain.

Blue-purple fruits, such as blueberries, purple grape juice, and Concord grapes are especially rich in health protective compounds that enhance communication within the nervous system. His rat research indicates powerful improvements in brain activity patterns that reverse the deleterious effects of aging.

Joseph is optimistic his rat research will hold true with humans. If so, eating more blueberries and drinking purple grape juice could potentially prevent the onset of symptoms of Parkinson's and Alzheimer's diseases. But rather than wait until he proves this health benefit in humans, Joseph suggests we start now consuming these foods more frequently.

For athletes, grape juice is carbohydrate-rich and an excellent recovery food. Frozen blueberries are a tasty topping for breakfast cereal; dried blueberries are available at most whole foods stores – delicious as snacks by the handful!

Excess Anti-oxidant Vitamins

Whereas adequate vitamins are good for your health, the question arises: Are too many vitamins bad for your health? Perhaps yes, at least with the anti-oxidant vitamin E in Ironman triathletes.

But, unfortunately, many endurance athletes are popping megadoses of E, believing it will counter the stress of hard exercise and enhance recovery.

According to David Nieman, PhD, professor at Appalachian State University in North Carolina, high doses of vitamin E actually create a harmful effect. In Nieman's study with 38 Ironman triathletes who took 800 IU E for eight weeks before the Hawaii Ironman, the high dose created an inflammation response. Nieman



KONRAD WOJCIK
Rick Sherman, M40 winner in the 400H (69.27), 2004 Hayward Classic, Eugene, Ore.



JERRY WOJCIK
Gordon Stenerson, second M60 in the discus (60.47), 2004 Hayward Classic, Eugene, Ore.

believes too many anti-oxidants can convert into pro-oxidants.

This generates an undesirable imbalance that exerts pro-inflammatory effects, the opposite of what is desired. (This research has been published in *Med Sci Sports Exerc.* Aug. 2004)

Calorie Needs

Ever wondered how many calories you burn while simply breathing, pumping blood and existing? Many health clubs are now measuring resting metabolic rates using the BodyGem. But how accurate is this measurement?

A study by the USDA Human Nutrition Research Centers in Maryland and California suggests the results are similar (within 10%) to a very expensive research method using doubly labeled water, the gold standard for determining calorie needs.

The BodyGem measurement (done at many health clubs) can be helpful for athletes who believe they gain weight by simply smelling cookies, or who wonder how much is okay to eat to have energy to exercise yet still lose weight.

Anemia

Iron deficiency anemia is the most common nutritional deficiency worldwide – and is particularly common among women.

A study of 25 female nutrition students at Utah State University indicates 12 of the 25 women – that's almost one half – had serum ferritin concentrations less than 20 ng/ml, indicative of depleted iron stores. Of these women, 10 were outright anemic, a sure way to hurt performance due to needless fatigue.

Compared to the women who had normal iron levels, the deficient women were more likely to report heavy bleeding during menstruation (a source of iron loss). They complained about feeling cold and weak, and had pale colored skin.

None took an iron-containing vita-

min-mineral pill. If your iron losses are high (via heavy menstrual periods) and iron intake is low (because of eating little or no red meat), be sure to get routine blood tests and consume an iron-rich diet (via iron-fortified breakfast cereals).

Walnuts

With so many doctors prescribing cholesterol-lowering medications, consumers may forget that food is one of the most powerful drugs around. One example is walnuts (as well as other nuts).

Forty-two subjects with high cholesterol consumed two ounces (about 400 calories, 30 halves) of walnuts daily for 6 weeks.

This "walnut diet" lowered total cholesterol by 5% and the "bad" LDL cholesterol by 9%.

This is just one example of how nutrition can be a fundamental treatment for heart disease, not drugs.

While you may not enjoy eating 400 calories of walnuts every day, you can certainly enjoy a portfolio of health protective foods: oatmeal topped with walnuts and blueberries; spinach salads with chopped walnuts and purple grapes; banana bread with nuts.

A sports dietitian can help you find ways to enjoy eating for good health.

For personalized food advice, go to www.eatright.org and put your zip code into the referral network. Be wise, be healthy, and eat to win. □

(Nancy Clark, MS, RD, counsels both casual exercisers and competitive athletes at her successful private practice in Healthworks, the premier fitness center in Chestnut Hill, MA (617-383-6100). Her best selling *Sports Nutrition Guidebook, Third Edition* (\$23) and her *Food Guide for Marathoners: Tips for Everyday Champions* (\$20) are available via www.nancyclarkrd.com or by sending a check to Sports Nutrition Services, PO Box 650124, W. Newton, MA 02465.)

Masters Scene

NATIONAL

• GeezerJock magazine, a publication covering senior masters athletes in a variety of sports, debuted its Web site: <http://www.geezerjock.com> last month. Tracksters might be interested in articles on NFL standout, masters sprinter **Billy Johnson**, and a write-up on the National Championships in Decatur, IL.

• Add **Carol Finsrud** and **Melicent Whinston** to the record setters in the National Masters WT & SW Championships, Seattle, Sept. 11. Finsrud, 47, broke her W45 US record of 13.90 for the 20# WT with a 14.32. Whinston, 77, established a W75 US record for the 25# SW with a 3.34.

• Unofficial team results by region from the 2004 Masters Weight Pentathlon, Reading, PA, reported by Meet Director **Ray Feick**, show the Southwest team of **Bob Ward**, **Carol Finsrud**, **Richard Stewart**, and **Roger Conboy** winning with a 17,822 total. The East quartet of **Oneitha Lewis**, **Bill Garrahan**, **Feick**, and **Amy Hicks** scored 16,692 for second. The Northwest team of **Tom Gage**, **Georgia Cutler**, **Hal Wallace**, and **Tim Shannon** was third with 16,453. Teams had to have at least one female or at least one male. Feick hopes that the WP team concept will lead to an official WMA Championships event.

EAST

• **William Pedraza**, 42, nabbed top spot overall at the NYRR Norway Run 1.7 Mile with an 8:38. First masters woman across the line in this off-beat event was **Stacy Creamer**, 45, 10:22. **Joan Bondell**, 65, turned in an impressive 14:49.

• **Barbara Gubbins**, 44, 19:17, outran the entire women's field at the NYRR Fred Lebow XC 5K, Van Cortlandt Park, Bronx, NYC, Sept. 19. Leading the men's masters was **Charles Miers**, 45, 17:21, with **George Buchanan**, 17:49, in hot pursuit.

• **Audrey Lary** increased the W70 US LJ record of 3.48 by **Leonore McDaniels** in 1998 to 3.76, PVTC Championships, McLean, VA, Sept. 4-5. **Lorraine Jasper**, W40, ran the 800 in 2:23.70. **Jim Noone**, M60, won the mile (5:51.75), 3000 (11:41.55), and 5000 (20:10.30). **James Brown**, M40, hit 9.83 with the 56# SW. **Charles Pistorino**, M80, stabbed a 27.20 JT.

• **Jim Hage**, 46, Kensington, MD, with a third-place 56:32, and **Monica Grillo**, 40, Arlington, VA, with a ninth-female 68:27, churned out masters firsts in the 29th Annapolis 10 Mile, Annapolis, MD, Aug. 29. **Chuck Moeser**, 52, Sterling, VA, was seventh (58:08). **Barbara Matthewson**, 55, Virginia Beach, VA, won her division in 73:23.

• Age-group results in the Cow Harbor 10K in Northport, NY, on Long Island, considered one of the best 10Ks in the US, were unavailable because finish line equipment was under water and unable to record most times as a result of heavy rains from Hurricane Ivan.

• **Henry Scollard**, 40, Cambridge, MA, with a 17:08, and **Adam Harder**, 41, with a 17:34, were fourth and fifth overall in the Komen Race for the Cure 5K, Boston, MA, Sept. 12. **Simonetta Piergentilli**, 40, Wilmington, MA, in 18:40, won the W40+ title in 18:40. **Al Nagel**, 63, Lincoln, MA,

21:15, and **Jan Bober-Holmquist**, 60, Burlington, MA, were among the division winners.

• **Alan Cohen**, 40, Plainview, NY, with a fifth-place 19:11, and **Liz Flavahan**, 40, Hicksville, NY, in 21:19, pounded to masters firsts in the inaugural Heart & Sole 5K, in Plainview, Aug. 31. **Eddie Arbeiter**, 52, of Plainview, was second M40+ (19:22). The race was conducted by the Greater Long Island RC to support community hospital MRI programs at three North Shore-Long Island Jewish Health System facilities.

• **Ken Rolek**, M40, 33:36, and **Beth Moras**, W45, were first masters in the YJCC Joel Spector 10K/USATF-NJ Masters Championships, Washington Township, Sept. 12. **Mark Zarnek**, M40, was three seconds back in 33:39. **Roger Price**, 55, began his string of M55 victories and best age-graded performances with an 86.9% 36:03. **Ann Thornhill**, 64, won the W60 race in 46:59.

• **Jeanne Pare**, Mendham, NJ, 43, forged a first woman-overall 85:06, and **Joseph McVeigh**, 41, Convent Station, NJ, with a 71:48 were 40+ winners in the Liberty Waterfront Half-Marathon/USATF-NJ Championships, Sept. 26, Jersey City. **Roger Price**, 55, Piscataway, NJ, won the M55 division with an age-graded best 86.1% 79:43. **Anna Thornhill**, 64, was top A-G female with an 82.3% 85:05. In the adjunct 5K, **Nick Paolazzi**, 45, Paramus, NJ, in 18:32, and **Valerie Wagner**, 41, Wayne, NJ, in 23:35, were masters firsts. **Carl Lea**, 63, Maplewood, NJ, was 13th overall with a 21:37.

• In the USATF-NJ 5K XC Championships, Holmdel, Oct. 10, **Roger Price** was the top A-G M40+ performer with an 83.3% 18:12. **Jeremy Stratton**, M40, was M40+ first (17:12). **Anselm LeBourne**, M45, a close second (17:15). **Lauren Rhatigan**, W40, was first W40+ in 20:14. **Janice Morra**, W45, ran a 20:34. **Dorothy Little** won the W65 title (26:18).

• **Brian Pope**, M40, 14:37, and **Joanna Thompson**, W40, 17:54, sped to masters wins in the CVS Downtown 5K, Providence, RI, Sept. 12. **Steve Boyd**, M40, was second (14:45). **Wendy Burbank** was top W60+ (23:08).

• **Steven Spence**, M40, 66:23, and **Tatiana Pozdniakova**, W45, 73:36, chalked up masters victories in the Philadelphia Distance Run 13.1 Mile, Sept. 19. **Ronald Smith** won the M70 division (91:12). **Pozdniakova** was first female (75:00) in the Providence, RI, Half-Marathon, Sept. 16. **Andrew Masai**, M40, was first M40+ (68:56). **Laurence Olsen**, M50, ran a 77:06.

• **Larry Taylor**, M40, 32:24, and **Mary Alico**, W40, 35:24, zoomed to 40+ firsts in the Richard S. Caliguiri Great Race 10K, Pittsburgh, Sept. 26. **Terry McClusky**, M55, won his race in 34:49. **Lou Lodovico**, M80, finished in 48:50. **Marti Stephan**, W60, ran a 53:39.

• Indoor record-holder for the 3000, **Craig Fram**, M40, 25:19, and **Lisa Senetore**, W40, 30:14, scorched the route to masters firsts, USATF-NE 5 Mile Championships, South Boston, Oct. 3. **Sumner Brown** took the M60+ race in 30:14. **Kathy Martin** was the quickest W50 in 30:57.

• **Felipe Vergar**, M40, 2:37:08, and **Mary-Lynn Currier**, W40, 2:54:59, captured masters titles in the Hartford, CT,

Marathon, Oct. 9. In the half-marathon, **Antonio Bautista**, M40, 77:19, and **Martha Merz**, W40, 83:53, were the prevailing masters. **Rick Boyle**, M50, recorded an 83:25. The 5K ruling masters were **William Brosmith**, M40, 16:22, and **Zofia Wieceiorkowska**, W40, 18:04. **Sidney Letendre** won the W50 dustup in 19:45.

• **Dan Verrington**, M40, 74:16, and **Valentina Yegorova**, W40, 75:55, vanquished the masters fields in the BAA Half-Marathon, Boston, Oct. 10. **Mark Reeder**, M40, was second (74:49). **William Dixon** (79:54) and **Karen Deroma-Durante** (96:19) were first 50-59s.

SOUTHEAST

• **Mary Ann Protz**, 48, stormed to an overall women's first with a 79:37 in the Naples on the Run 20K, Naples, FL, Sept. 19. **Perry Small**, M40, took the M40+ race in 73:37.

MIDWEST

• **Brent Andersen**, M40, 58:28, and **Ann Remmers**, W40, 65:28, scored masters victories in the John Rogucki Memorial 15K, Ann Arbor, MI, Sept. 18. **John Tarkowski**, M50, was second M40+. **James Carlton** won the M60 race in 58:45. **Ellen Nitz** took the W60 contest in 78:46.

• **Dave Bussard**, M40, 76:33, and **Christen Meyer**, W40, 83:38, won the top masters awards in the Chicago Half-Marathon, Sept. 19. **Efren Alvarez**, M50, 82:22, and **Miloslava Keptova**, W55, 1:47:44, took division firsts.

MID-AMERICA

• Sprinter **Mel Larsen**, M80, Ames, IA, is featured on the front page of the Iowa Life section of The Des Moines Register, Sept. 23, as "the fastest runner in the world at his age today."

• **Joan Benoit-Samuelson**, 47, was first female overall with an 82:11 in the Dick Beardsley 13.1 Mile, Detroit Lakes, MN, Sept. 11. **John Ofstedal**, M40, won the M40+ race in 75:03.

• **Rob Welo**, M40, 34:26, and **Lynn Foutch**, W40, 39:10, posted masters firsts in the Governor's Cup 10K, Denver, Sept. 19. **James Boughter**, M60, won his race in 40:38. **Ellen Hart**, W45, broke 40 with a 39:22. In the 5K, **Steve Kovisto**, M40,



JERRY WOJCIK

Bill Collins, 53, of Texas, winning the M50 400 (54.20), 37th National Masters T&F Championships, Decatur, Ill.

17:36, and **Amy Enos**, W40, 22:46, were the masters rulers. **Kent Mitchell**, M60, 23:12, **Jack Barry**, M65, 23:14, and **Marty Lund**, W60, 27:02, were among the division winners.

• **Andy Ames**, M40, 28:11, took the masters 8K in the USATF-CO XC Championships, Boulder, Oct. 2. **Lisa Goldsmith**, W40, won the W40+ (24:09) encounter in the 5.8K. **Jeff Martin**, M60, ran the 5.8K in 27:35. **Gail Hunter**, W60, pounded out a 28:15.

SOUTHWEST

• **Carol Finsrud**, W45, grabbed six golds in the throws at the Lions 14th Relays, Round Rock, TX, Sept. 18. The M50 Houston Elite team (**L. Smith/R. Smith/Hartfield/Mitchell**) blazed to a world best 1:37:13 in the 4x200.

• **Ron Parks**, M40, 27:10, and **Terri Cassell**, 31:38, who held off **Kristi Slagle**, 31:43, and **Priscilla Godi**, 31:55, to win the W40-44 division, blew to masters firsts in the Hurricane 8K, Tulsa, Sept. 25. **Wish Lemons**, W85, ran a 79:35.

WEST

• **Matt Ebner**, 43, in 65:23, and **Elliott**

Senior Games Spotlight

Among the information available on the National Senior Games Association Web site at www.nsga.com: How to Join the NSGA; listing of State Games; Events; Results; Rules; and the NSGA Hall of Fame. Included in the Hall of Fame are these track & field athletes and distance runners: Harold Chapson, Helen Mary Darnall, Clive Davies, Frank Furniss, Sister Marion Irvine, Payton Jordan, and Shirley Matson.

From Senior Games Results:

• **Nadine O'Connor**, 62, broke the W60 U.S. 200 record of 29.57 by Irene Obera in 1997 with a 29.05, San Diego Senior Olympics, Poway, CA, Sept. 19. **Herman Castille**, M55, zipped to a 58.41 400. **Ann Steekelenburg**, W55, high jumped 1.37.

• **Bob Matteson**, 88, Bennington, VT, erased the single-age world best for the 800, with a 4:26.8, Granite State Senior Games, Manchester, NH.

• **Steve Bowles**, M65, recorded the fastest times of the meet in the 50m (7.00), 100 (13.44), 200 (27.04), and 400 (63.00), South Dakota Senior Games, Brookings, Sept. 8-12. **Tom Langenfeld**, M65, was tops in the HJ (4-10).

• **Tom Smith**, M50, sped to a 55.56 400; **Hilary Goerge**, M55, hit a 45-0 SP; **Mary Hartzler**, W55, had a 96-4 DT; and **Bud Stiffler**, M65, ran a 20:04 in the 5K road race, Indiana Senior Games, Indianapolis, Sept. 14. □

Scott, 40, in 67:03, were 1-2 overall in the Mt. Baldy Run to the Top 8 Mile, Mt. Baldy, CA, Sept. 6. **Jodi Ruby**, W40, was first W40+ with a 95:42. **Jim Heller**, M55, ran an 88:19.

• **Andrew Atkeson**, 43, Los Angeles, with a third-place 16:29, and **Darcelle Salinas**, 43, Fontana, CA, fifth woman in 21:36, scored masters victories in the Santa Monica 5K, Santa Monica, CA, Sept. 25. **Margari Hernandez**, 52, was third M40+ (17:34). **Yoko Eichel**, 57, was fourth W40+ (22:22).

• **Jeff Atkinson**, 41, Redondo Beach, CA, with a second-overall 33:42, and **Diane Silva**, 41, Manhattan Beach, CA, in 40:42, flew to masters wins in the Manhattan Beach Old Hometown 10K, Oct. 2. **Terry Alkana**, 51, Redondo Beach, was first of 145 M50s with a 36:52. **Chang Tsu**, 83, Manhattan Beach, led the three M80+ finishers to the line with a 77:32. **Sharon Lotesto**, 53, Redondo Beach, won the W50 title by four minutes. **Chieko Allwein**, Torrance, CA, took the W70 race in 55:55. Nearly 4000 finished.

• **Dan Nelson**, M40, 15:20, and **Maria Trujillo de Rios**, W40, 18:03, slipped to masters wins in the Jamba Juice Banana Man 5K, San Francisco, Sept. 19. Division winners included **Don Porteous**, M55, 17:21; **Stanley Coombs**, M80, 27:47; **Heidi Helvestine**, W50, 18:28; and **Barbara Miller**, W65, with a 21:21, five seconds over the W65 US record of 21:16.

• **Stu Sherman**, M45, 23:29:30, and **Jennifer Johnston**, W40, 24:32:41, survived the Angeles Crest 100 Mile, Wrightwood, CA, Sept. 18, to take masters wins.

NORTHWEST

• **Chuck Coates**, M45, in 33:33, and **Tammy Volk**, W40, in 41:05, logged masters wins in the Prefontaine Memorial 10K, Coos Bay, OR, Sept. 18. **Jim Bevins**, won the M65 race in 48:14, and **Bill McChesney** the M75 contest in 53:30. **Linda Hartman**, W50, ran a 42:54, and **Joan Ottaway**, W60, a 48:06.

• **Paul Abdalla**, M40, in 2:40:46, and **Cheryl Tronson**, W45, in 3:06:22, blossomed to masters firsts in the City of Roses Marathon, Portland, OR, Oct. 3.

INTERNATIONAL

• For info on the 16th WMA World Championships, San Sebastian, Spain, in English go to their Web site: <http://www.wma-2005.com/ingles/index.htm>. The men's schedule is at <http://www.wma-2005.com/ingles/3-4calendarioa.htm>. The women's schedule is at <http://www.wma-2005.com/ingles/3-4calendariob.htm>.

• The European Athletic Association (EAA) organized its 59th Calendar Conference in the Estonian capital, Tallinn, on Oct. 14-17. WMA has over the last 10 years been a participant at this Conference, the task and importance of which are to set the athletic calendar for coming years. The WMA Delegates in Tallinn were **Torsten Carlius**, WMA President, and **Giuseppe Galfetti**, WMA Treasurer, who informed the EAA of, and promoted, the next WMA World Championships in San Sebastian, ESP, Stadia Championships in 2005, Linz, AUT; Indoor Championships in 2006; and **Riccione**, ITA, Stadia Championships in 2007. The EVAA (European Veterans Athletic Association), represented by **Dieter Massin**, EVAA President, and **Marina Hoernecke-Gil**, EVAA Secretary also attended this Calendar Conference.

— From Torsten Carlius
WMA President

• At the International Association of Ultra-runners (IAU) World 100K Road Championships, Winschoten, NED, four masters raced for the USA, helping them to 5th place (women) and 8th place (men) team finishes. Around a flat, fast 10K loop, **Rena Schumann**, 43, Folsom, CA, shaved 29 minutes off her PR to finish fourth US woman, 8:54:44, while Minnesotans **Jarrow Wahman**, 43, Duluth, 7:47:42, and **Jim Ramacier**, 41, White Bear Lake, ran 2-3 for Team USA. The talented **Scott Creel**, 41, Bozeman, MT, was forced to drop out after experiencing difficulties between 50K-60K.

OBITUARIES

• **Carol L. Johnston**, Whittier, CA, died June 26 at age 93. He began competing in the pole vault and high jump as a master in his 60s for the USC Trojan Masters and still holds the M75 indoor (2.82), M80 (2.51), and M85 (2.24) outdoor WRs for the pole vault. Born Dec. 24, 1911, he lived and worked on the family farm in Iowa through his high school years, earning 5 cents a day riding his horse early in the morning to start the coal furnace in the



Carol Johnston

one-room schoolhouse. He graduated with a degree in mathematics from Drake U. He taught high school math in Kelly, IA, where he met and married his wife, Cletus, also a teacher. In 1936, he moved to Los Angeles and completed a masters degree in mathematics at USC. During WWII, he worked full time in a defense plant, taught at Huntington Park HS, and coached its track team. He later taught in the math department at East Los Angeles College until retiring in 1974. He wrote or co-authored several math texts, which are still used in classrooms today. When he was 85, National Geographic featured him in an article on athletes and aging in two issues in 1997 and 1998. He leaves a daughter, Sonnie Summers, and son, Bruce Johnson. His wife, Cletus, died in 1999. He will be remembered as a spirited competitor and a rugged individualist.

— from Bruce Johnson

• **Ralph "Doc" Summerlin**, a dentist from Huntsville, AL, died Sept. 27 after a lengthy battle with bone marrow cancer. He was 69. He participated in masters track from 1983 to 2003, and holds the M55 US record (11.66) for the 100, set in 1990 when he was 58. A native of Florida, he grew up in Luverne, AL, and ran track on a scholarship at the U. of Alabama. He enrolled in the dental school at the university after graduation. He moved to Huntsville and started his dental practice in 1962. Ralph was a personal friend of mine and very humble gentleman, who dearly loved the sport of track & field. He requested that donations be sent to the St. Jude's Children's Hospital in Memphis, TN.

— from Randall Brady

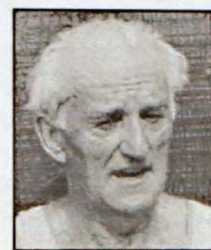
• **John A. Kelley**, who won two of the 61 Boston Marathons he ran in, died Oct. 6 in South Yarmouth, MA. He was 97. In 1935, he won the race with a 2:32:07, and again in 1945, with a 2:30:40, the fastest in the world that year. At age 84, he completed his last Boston in 1992, with a 5:58:36. He was born Sept. 6, 1907 in West Medford, MA, the oldest of 10 children, and grew up in Medford, MA. In high school, he was a 4:40 miler. He had no money for college and became an electrical maintenance worker for the Boston



JERRY WOJCIK

The Texas TC 4x400 relay team (l to r): Bill Lewis, 57; Lester Mount, 58; Sergio Angulo, 52; and Bob Hahn, 52, in the 37th National Masters T&F Championships, Decatur, Ill.

Edison Co. in 1937, retiring in 1972. In



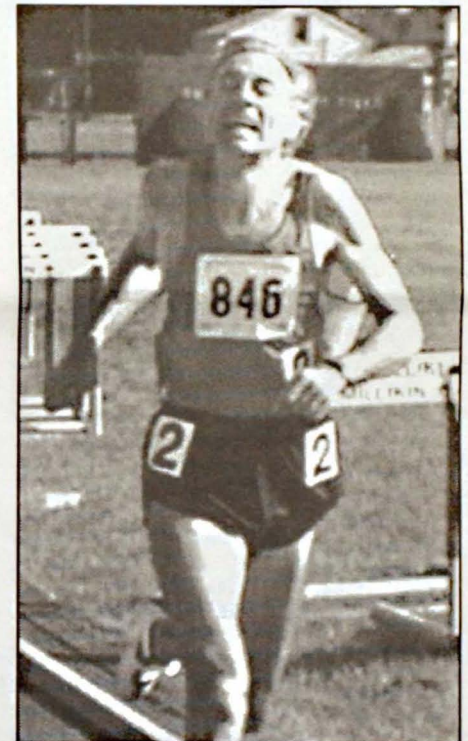
RICHARD LEE SLOTKIN
John Kelley

1950, he became the first road runner elected to the National T&F Hall of Fame, the only time the officials waived the rule requiring that an athlete be retired at least five years, thinking that he would never retire.

— The New York Times

CORRECTIONS

+**Claire Overstake**, in the October front page photo of heptathletes at the 2004 Dec/Hept National Championships, Carthage, MO, was attributed with the age of 75. She is, indeed, a very youthful 47.



JERRY WOJCIK

Paul Perry, 59, of Illinois, second M55 in the 1500 (4:40.51), 37th National Masters T&F Championships, Decatur, Ill.

FIFTEEN YEARS AGO November 1989

• **Wilson Waigwa** (40, 30:16) and **Laurie Binder** (42, 34:01) Win National Masters 10K in Pittsburgh

• **Eddie Hart**, 40, Runs 10.6 for M40 100m WR in Berkeley

• **Norm Green** (57, 51:45, 96.3%) and **Ed Benham** (82, 69:58, 96.0%) Star in Delaware 15K

All-American Athletes

Continued from page 24

James Lacey	5000	22:18	9/26/04
Chuck Wiedman	PV	7-7	6/12/04
Glenn Yoder	HJ	4-6	6/5/04
M75-79			
Edward Failor	Javelin	82-0	8/12/04
W40-44			
Beverly Buss	1500m	5:22.3	7/14/04
	3000m	11:28.03	7/7/04
	5000m	19:17.50	6/30/04
Keena Carstensen	1500m	5:11.82	7/24/04
	3000m	11:11.77	7/28/04
	5000m	20:01.89	7/7/04
Lani Powell	Discus	29.73	7/17-18/04
W45-49			
Debra Lowell	5K	21:55	9/25/04
Debra Stuart	HJ	1.22	7/24/04

W50-55			
Debbie Topham	5K RW	27:37.59	8/6/04
	10K RW	58.13	8/8/04
W55-59			
Linda Piff	200m	34.92	8/5-8/04
	400m	1:15.64	8/5-8/04
	800m	3:00.96	8/5-8/04
W60-64			
Kel Zehr	1500m	6:34.2	7/28/04
	3000m	14:14.32	6/30/04
	5000m	24:28.02	7/25/04
W75-79			
Patricia Osmon	Hammer	56-2	7/17-18/04
Mellicent Whinston	LJ	7-5	6/19-20/04
	SP	17-8 1/2	6/19-20/04

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 open to men and women over age 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 30-December 5. 2004 USATF Annual Meeting, Portland Hilton, Portland, Ore. One RCA Dome, Suite 140, Indianapolis, IN 46225. 317-261-0500; fax: 261-0481; www.usatf.org

March 11-13, 2005. USA National Masters Indoor Championships, Nampa (Boise), Idaho. Mark Murdock, 208-859-9219.

June 3-18, 2005. National Senior Games, Pittsburgh, PA. National Senior Games Association, PO Box 82059, Baton Rouge, LA 70884-2059; www.nsga.com

August 4-7, 2005. 38th Annual USA National Masters Championships, Honolulu, HI. Hawaii LOC, 2005 Hawaii Masters Championships, 1493 Halekoa Dr., Honolulu, HI 968221. www.hawaiihamps.com; 808-732-8805; zeug@hawaii.rr.com

September 10, 2005. USA National Masters Weight & Superweight Championships, Seattle, WA. Hammer, Sept. 9, 5:00 pm. Ken Weinbel, 4103 Hillcrest Ave. SW, Seattle, WA 98116. 206-938-3895; kweinbel@comcast.net

EAST

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

December 4-12. Florida Senior Games State Championships, The Villages, FL. 850-488-8347; email: games@flsports.com; www.flasports.com

December 12. Philadelphia Masters Indoor Meet. (s) Haverford, PA. Kyle Mecklenborg, 215-393-1382; krmeck@erols.com

January 9. Philadelphia Masters Indoor Meet. Swarthmore, PA. (s) Kyle Mecklenborg, 215-393-1382; krmeck@erols.com

January 22. 38th annual Hartshorne Memorial Masters Mile, Cornell U., Ithaca, NY. W30+; M40+. Prize purse for M&W Elite Mile; bonus for new record (M&W40+). 10 am. Rick Hoebeke, 2706 Agard Rd., Trumansburg, NY 14886. 607-255-6530 (d); 387-6431 (e).

January 23. Greater Boston TC Invitational, Harvard U. (s) 617-282-5537; www.gbtc.org

February 26. Mid-Atlantic USATF Masters & Open Indoor Championships. (s) Collegeville, PA. Kyle Mecklenborg, 215-393-1382; krmeck@erols.com

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

November 20. Lions/Waterloo Throws Meet, Austin, TX. (s) BBQ served at 4:00 pm. Seth Brower, 512-345-9573; waterlootrackandfield.org

January 22. USAT-NTC Winter Sun Meet #1, Clermont, FL. (s) Also WP. 352-241-7144; www.usat-ntc.com; e-mail: noonwalk_99@yahoo.com

February 5. USAT-NTC Winter Sun Meet #2, Clermont, FL. (s) Also indoor pentathlon. 352-241-7144; www.usat-ntc.com; e-mail: noonwalk_99@yahoo.com

February 19. USAT-NTC Winter Sun Meet #3, Clermont, FL. (s) See Feb. 5.

March 19. USAT-NTC Spring Fling #1, Clermont, FL. (s) 352-241-7144; www.usat-ntc.com; e-mail: noonwalk_99@yahoo.com



KONRAD WOJCIK

Hurdlers Roger Parnell (l), first M55 (16.22), and Russell Jacquet-Acea, first M50 (15.96), 2004 Hayward Classic, Eugene, Ore.

April 9. USAT-NTC Spring Fling #2, Clermont, FL. (s) 352-241-7144; www.usat-ntc.com; e-mail: noonwalk_99@yahoo.com

April 23. USAT-NTC Spring Fling #3, Clermont, FL. (s) See April 9.

May 14. USAT-NTC Spring Fling #4, Clermont, FL. (s) 352-241-7144; www.usat-ntc.com; e-mail: noonwalk_99@yahoo.com

NORTHWEST

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

November 13-29. Hawaii Senior Olympics, Honolulu. Mark Zeug, 808-732-8805; www.hawaii-seniorolympics.com

INTERNATIONAL

November 5-13. South America Championships, Montevideo, Uruguay. www.worldmasters-athletics.org

November 6-14. Pan Pacific Masters Games, Queensland, Australia. 45 sports. Phone: +61 7 5564 8733; fax: +61 7 5564 9733; www.mastersgames.com.au

November 26-28. North Island Masters Championships, Whangarei, New Zealand. (09) 433-7346; email: willi-a@xtra.co.nz

December 3-5. South Island Masters Championships, Christchurch, New Zealand. (03) 980-2457; email: bkjago@paradise.net.nz

July 22-31, 2005. World Masters Games, Edmonton, Alberta, Canada. +1 780 822 2005; www.2005worldmasters.com

August 22-September 3, 2005. 16th World Masters Athletics Championships, San Sebastian, Spain. www.wma-2005.com

LONG DISTANCE RUNNING

NATIONAL

November 6. American Ultrarunning Association Championships/San Diego 1 Day-24-Hour Run, San Diego, Calif. 760-967-8348; www.sandiegol1dayrace.com/index.html

November 7. USA National Masters 8K Cross-Country Championships, Boston, Mass. Steve Vaitones, office@usatfne.org

November 14. USA National Masters Championships/Peachtree City 50K, Peachtree City, Ga. 770-487-7445; darksiderunningclub@comcast.net

November 30-December 5. 2004 USATF Annual Meeting, Portland, Ore. One RCA Dome, Suite 140, Indianapolis, IN 46225. 317-261-0500; fax: 261-0481; www.usatf.org

December 4. USA National Masters 10K Cross-Country Championships, Portland, Ore. www.usatf.org

December 18. USA National Masters Championships/HUFF 50K Trail Run, Huntington, Ind. www.huff50k.com

ON TAP FOR NOVEMBER

TRACK AND FIELD

With the outdoor season at a close, and the indoor not yet active, the Lions/Waterloo meet on the 20th, Austin, TX, and a few Senior Games events are about the sum of it, unless you leave the country for the South America Championships in Uruguay on the 5th-13th; the Pan Pacific Masters Games, Queensland, Australia, on the 6th-14th; and the North Island Masters Games in New Zealand on the 6th-14th.

LONG DISTANCE RUNNING

The AUA 1 Day-24-Hour Championships will be held in San Diego on the 6th, followed by the National Masters 8K XC Championships in Boston on the 7th, and the National Masters 50K Championships, Peachtree City, GA, on the 14th. The ING New York City Marathon, with 35,000 entrants, runs through the Big Apple on the 7th, also the date of the USATF-NE XC Championships in Boston and the San Antonio Marathon. The Richmond, VA, Marathon is set for the 13th. The Can-Am Challenge/GVH XC 6K, Rochester, NY; Marathon of the Palm Beaches, FL; and Roseville Big Bird 10K, Roseville, MI, are among the offerings for the 14th. Philadelphia hosts its marathon, and Portland sees the USATF NW Regional XC Championships on the 21st. Thanksgiving finds the 68th Manchester, CT, 5 Mile, and the Thanksgiving 10 Mile, Deland, FL, among a long list of Turkey Day races, including the Atlanta Marathon. The 28th agenda has the NYRR Pete McCardle XC Challenge in the Bronx; Seattle Marathon; and the 20th Run to the Far Side, San Francisco.

RACEWALKING

The National Masters 20K Championships will strut off in Clermont, FL, on the 13th. Gran Prix RWs in NYC's Central Park are on the slate for the 14th and 28th. □

Manchester, CT. 860-649-6456; www.ManchesterRoadRace.com

November 25 (Thurs). Feaster 5 Mile & 5K, Andover, MA. 978-258-8226; www.feasterfive.com

November 25. USATF Adirondack Championships/Troy Turkey Trot 10K, Troy, NY. USATF Adirondack, 518-273-5552.

November 27. Delaware Open 5K XC Championships, Wilmington. 302-892-2829; www.geocities.com/delawarexcchamps.

November 27. Cow Chip XC, Trumbull, CT. www.hitekracing.com

November 27. Bridie Goldstein 5K, Syosset,

November 21. Little Bennett's Revenge 5K XC, Clarksburg, MD. 301-353-0200; www.mcrcc.org

November 21. NYRR Race to Deliver 4 Mile, Central Park. See Nov. 7.

November 25. 68th Manchester 5 Mile,

NY. 516-921-0808, x114; www.mercyfirst.org
November 28. Andover Country Club 6K XC Race, Andover, MA. David, LaBrode, 978-373-3408.
November 28. NYRR Pete McArdle Cross-Country Classic, Van Cortlandt Park, Bronx. See Nov. 7.
December 4. NYRR Hot Chocolate 15K, Central Park. 212-860-4455; www.nyrrc.org
December 31. NYRR Midnight Run 4 Mile, Central Park. Midnight. See Dec. 4.
December 31. First Night Saratoga 5K, Skidmore College, Saratoga Springs, NY. 5:30 pm. 518-584-8262; www.firstnightsaratoga.org

SOUTHEAST

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

November 6. Vulcan 10K Run, Birmingham, AL. 205-879-5344; www.vulcanrun.com
November 6. Food World Senior Bowl Charity 10K, Mobile, AL. 251-473-7223; www.pcpacers.org
November 13. USATF Florida Cross-Country 3K & 5K Championships, Clermont. Don DeNoon, 352-241-7144.
November 13. YWCA Turkey Trot 5K for Women, Bristol, TN. 423-968-9444; www.ywcabristol.org
November 13. SunTrust Richmond Marathon & NTELOS 8K, Richmond, VA. 804-673-7223; richmondmarathon.com
November 13. Colonial Cup 10K, Camden, SC. 803-438-6434; www.strictlyrunning.com
November 13. Golden Games 5K, Palm City, FL. Jesse Moore, 772-221-1419.
November 14. Marathon of the Palm Beaches, Half-Marathon & Relay, West Palm Beach, FL. 561-833-3711, x222; www.marathonofthebeaches
November 20. Turkey 10 Miler, Tanner Williams, AL. 251-473-7223; pcpacers.org
November 20. Paul DeBruyn 15K & 30K, Ormond Beach, FL. DBTC, PO Box 1303, Daytona Beach, FL 32115; www.daytonatrackclub.org
November 25. Thanksgiving 10 Mile & 5K, Deland, FL. 386-736-0002; altavistasports.com
November 25. Hyatt Charlotte 8K Turkey Trot, Charlotte, NC. 704-554-1234, x2002; www.hyattturtrotyrot.com
November 25. Atlanta Marathon & Half-Marathon, Atlanta, GA. 404-231-9064; atlantatrackclub.org
November 27. Derby 50K, Derby, NC. 910-582-6747; www.mangumtc.org
November 28. Space Coast Marathon & Half-Marathon, Cocoa, FL. 321-784-2075; spacecoastrunners.org
December 4. St. June Memphis Marathon & Half-Marathon, Memphis, TN. 800-565-5112; www.stjudemarathon.org
December 11. Rocket City Marathon, Huntsville, AL. Malcolm Gillis, M.E.Gillis@att.net; www.HuntsvilleTrackClub.org
January 7-9. Walt Disney World Marathon, Half-Marathon & 5K, Lake Buena Vista, FL. 407-896-1160; disneyworldsports.com
January 16. St. Pete Beach Classic 10K & 5K, St. Petersburg, FL. 727-367-RACE; stpetebeachclassic.com
January 23. Naples Daily News Half-Marathon, Naples, FL. 239-434-9786; naplesnews.com
January 30. Miami Tropical Marathon. 305-278-8668; www.miamitropicalmarathon.com

MIDWEST

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

November 6. Universal Sole-Mizuno 5K XC, Chicago. 773-868-0893; www.universalsole.com
November 6. Outback Scramble 5 Mile XC, Indianapolis, IN. 317-733-3300; www.tuxbro.com
November 7. Cold Turkey Trot 5K, Lansing, MI. 800-678-5864; www.alam.org
November 13. Scarecrow Sprint 5K XC, Fremont, OH. 419-334-5906; www.fremontohio.org

November 13. Indiana Fall Classic 10K, Terre Haute. 812-894-2368; www.wvrr.org
November 14. Roseville Big Bird 10K & 4K, Roseville, MI. 586-445-5480; www.ci.roseville.mi.us
November 25. 95th Thanksgiving Day 10K, Cincinnati. 513-321-3006; www.thanksgivingdayrace.com
November 26 (Fri). Fantasy 10K, Howell, MI. 6 pm. 517-546-2439; gaultracingmanagement.com
November 27. 45th Great River Road 10K, Alton, IL. 800-963-1633.



JERRY WOJCIK

Bruce McBarnette, M45 winner in the high jump (1.92), 37th National Masters Championships, Decatur, Ill.

MID-AMERICA

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

November 13. Rim Rock Run 37K, Grand Junction, CO. 970-243-4055; www.rimrockrun.org
November 20. Living History Farms 8K XC, West Des Moines, IA. 800-529-7684; fitshoeman@earthlink.net
November 25. Northwest AC Arena 5K, Minneapolis. 952-593-8178; ewood@wellbridge.com

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

November 7. San Antonio Marathon & Half-Marathon, San Antonio, TX. 210-696-3797; www.samarathon.org
November 20. Oklahoma Marathon, Tulsa. 918-407-9650; oklahomamarathon.org
November 21. International Friendship 10K, McAllen, TX. 956-688-3333; www.mcallen.net
November 25. Dallas YMCA 8K Turkey Trot, Dallas, TX. 214-954-0500; www.thetrot.com
December 11. Sunmart Texas Trail 50 Mile & 50K, Huntsville, TX. Roger Soler, 210-366-3701; rsoler@rogersoler.com; www.rogersoler.com
December 12. Dallas White Rock Marathon, Half-Marathon & Relay, Dallas, TX. www.runtherock.com
January 16. HP Houston Marathon & Half-Marathon, Houston, TX. 713-957-3453; www.hphoustonmarathon.com

WEST

Arizona, California, Hawaii, Nevada, New Mexico

November 6. Verdugo Hills Trail 7 Mile, Glendale, CA. www.verdugohillshike.org
November 6. Helen Klein Ultradistance Classic, 50 Mile, 50K & 30K, Sacramento. 916-859-0821; www.ultrarunner.net
November 6. SBAA/Santa Barbara News Press Half-Marathon. 805-967-8822; www.newspress.com/halfmarathon

November 7. Dinosaur Dash 10K, Tustin, CA. 714-832-3060; www.dinosaurdash.com
November 7. Orange County Half-Marathon, Newport Beach, CA. 619-298-7400; kathylopcrevents.com
November 20. Davis Turkey Trot 5K & 10K, Davis, CA. www.changeofpace.com
November 20. Valley of the Fire Marathon, Lake Mead, NV. 702-398-7244; valleyoffiremarathon.com
November 27. Topanga Turkey Trot 5K, 10K & 15K, Topanga, CA. 310-281-6083; www.trailrace.com
November 28. 20th Run to the Far Side, San Francisco, CA. 415-759-2690; www.rhodyco.com
December 5. California International Marathon, Folsom to Sacramento. CIM, 120 Ponderosa Court, Folsom, CA 95630. www.RUNCIM.org
December 5. Orange County Marathon, Newport Beach, CA. 949-476-7076; www.ocmarathon.com
December 5. Tucson Marathon, Tucson, AZ. 520-320-0667; tucsonmarathon.com
December 12. Lasse Viren 20K, Pt. Mugu St. Park, CA. Steve Blum, 805-652-1744; blumper@pacbell.net
January 16. Maui Surf & Sand Half-Marathon, Maui, HI. 530-544-7095; MauiSurfSandHalf.com
January 30. Las Vegas Marathon/Relay & Half-Marathon, Las Vegas, NV. www.lvmarathon.com

NORTHWEST

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

November 7. City of Trees Marathon, Boise, ID. 208-378-7160; www.CityofTreesMarathon.com
November 13. ORRC Clackamas 5K XC, Milwaukie, OR. www.orrc.net
November 14. USATF Oregon XC Championships, Gabriel Park, Portland. 4 Miles. 503-525-2122; www.fitrightnw.com/xcc.php
November 21. USATF Northwest Regional XC Championships, Pier Park, Portland. 5 Miles. See Nov. 14.
November 25. Turkey Stuffer 5K, Springfield, OR. www.goodrace.com; email: jack.spaulding@goodrace.com
November 28. Seattle Marathon & Half-Marathon. 206-729-3660; www.seattlemarathon.org
December 11. Jingle Bell Run 8K & 5K, Eugene, OR. The Step Beyond, 541-686-4494; www.thestepbeyond.com
December 31. First Run 5K, Portland, OR. Midnight start. www.racecenter.com



JERRY WOJCIK

Coreen Steinbach, 53, of New York, in the 10,000, 37th National Masters T&F Championships, Decatur, Ill.



JERRY WOJCIK

Ken Rose, of Connecticut, fifth (12.47) in the M55 shot put, 37th National Masters Championships, Decatur, Ill.

CANADA

November 7. Ontario Masters T&F Association 8K Championships, Sunnybrook Park Toronto. www3.sympatico.ca/Ontario.masters

INTERNATIONAL

November 28. San Sebastian Marathon, Spain. www.athlima.com

RACEWALKING

November 6. USATF South Carolina 1-Hour RW Championships, Greenville.
November 13. USATF National Masters 20K RW Championships, Clermont, FL. Also open 5K. Don DeNoon, 352-241-7144; www.usatntc.com; e-mail: noonwalk_99@yahoo.com
November 14. Gran Prix Racewalk #1, Tavern on the Green, Central Park, NYC. Stella Cashman, 212-628-1317; FranciCash@aol.com
November 28. Gran Prix Racewalk #2. See Nov. 14.
December 5. Gran Prix Racewalk #3, Tavern on the Green, Central Park, NYC. Stella Cashman, 212-628-1317; FranciCash@aol.com
February 13. USA National Masters 50K RW Championships, Clermont, FL. Don DeNoon, 352-241-7144; www.usatntc.com; e-mail: noonwalk_99@yahoo.com

We Welcome Letters

- The *National Masters News* welcomes letters on topics of general interest.
- Letters submitted to Write-On should include your full name, signature, address, and daytime telephone number. Information other than your name and city in which you live are kept confidential.
- E-mail submissions same as above (except, of course, no signature).
- Keep it short. Concise letters developing a single theme are more likely to be published.
- Please type and double space.
- Letters are condensed and edited.
- Not all submissions are published.

M30-34				
Dan Murdock	100m	11.24	8/8/04	
M40-44				
Brett Darrington	1500m	4:19.11	7/28/04	
	Mile	4:42.56	5/30/04	
	Mile	4:48.17	4/24/04	
Steve Cooper	1500m	4:21.72	8/9/04	
Joe Napoli	Discus	45.10	6/29/04	
M45-49				
Crescenzo	200	24.57	3/10/04	
Di Vetta	400m	55.18	3/10/04	
	800m	2:09.46	3/10/04	

RECIPIENTS OF ALL-AMERICAN AWARDS

Bryan Stewart	SP	12.98	5/29/04
	Discus	37.89	6/19/04
M50-54			
Craig Mead	Mile	5:06.11	5/30/04
	3000m	10:35.72	7/28/04
George Sandas	Hammer	44.31	7/24/04
Gary Sutton	Weight	10.47	3/6/04
	SW	6.21	5/7-9/04
Michael Wasp	Javelin	55.24	8/5-7/04

M55-59			
James McEvoy	Javelin	137-0	5/15/04
Loann Robertson	Discus	143-07	6/12/04
Sy Silverstein	Javelin	44.89	10/2/04
Tim Wigger	800m	2:21.81	9/26/04
M60-64			
Doug Goodhue	10K	37:16	8/7/04
	5K	18:02	6/12/04
Ralph O'Neal	Mile	5:49.2	10/3/04

Tom Sharples	PV	9-6	5/30/04
M65-69			
George Cairns	Pent.	3505	8/7/03
	200m	29.50	9/4-5/04
William Eisenhart	Discus	129-04	7/7/04
	Javelin	124-3	6/19/04
Al Matheis	LJ	4.31m	6/26/04
Glenn Yoder	HJ	4-6	6/23/02
M70-74			
Irv Faria	1500m	6:11.89	7/31/04
	5000m	22:23	8/15/04

Continued on page 21

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	14.8
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 1/4	5-9 1/4	5-6	5-3	4-11	4-9	4-6 1/4	4-1 1/4	3-9 1/4	3-3 1/4	2-7 1/4	
PV	4.40	4.10	3.95	3.70	3.55	3.05	2.70	2.40	2.30	2.00	1.80	1.30	
	14-5 1/4	13-5 1/4	12-11 1/4	12-1 1/4	11-7 1/4	10-0	8-10 1/4	7-10 1/4	7-6 1/4	6-6 1/4	5-10 1/4	4-3 1/4	
LJ	6.50	6.10	5.85	5.60	5.40	4.90	4.50	4.20	3.80	3.35	2.85	2.20	
	21-4	20-1 1/4	19-2 1/4	18-4 1/4	17-8 1/4	16-1 1/4	14-9	13-9 1/4	12-5 1/4	10-11 1/4	9-4 1/4	7-2 1/4	
TJ	13.20	12.60	11.50	10.80	10.40	9.50	8.90	8.20	6.96	6.50	5.94	5.51	
	43-3 1/4	41-4 1/4	37-8 1/4	35-5 1/4	34-1 1/4	31-2	29-2 1/4	26-11	22-10	21-4	19-6	18-1	
Shot	14.50	14.02	13.41	12.62	13.10	12.00	12.80	11.50	11.00	9.00	8.00	6.00	
	47-7	46-0	44-0	41-5	42-11 1/4	39-4 1/4	42-0	37-8 1/4	36-1 1/4	29-6 1/4	26-3	19-8 1/4	
Discus	44.80	42.80	39.50	37.50	42.00	41.00	42.00	39.00	34.00	26.00	22.00	15.24	
	147-0	140-5	129-7	123-0	137-9	134-6	137-9	127-11	111-6	85-4	72-2 1/4	50-0	
Hammer	47.24	44.20	40.00	39.00	39.00	36.00	36.00	32.00	30.00	24.00	20.00	17.07	
	155-0	145-0	131-3	127-11	127-11	118-1	118-1	105-0	98-5	78-9	65-7 1/4	56-0	
Javelin	62.00	56.00	48.76	47.00	43.00	41.00	39.00	35.00	31.00	24.00	19.00	14.02	
	203-5	183-9	160-0	154-2	141-1	134-6	127-11	114-10	101-8	78-9	62-4	46-0	
35#Wt.	15.00	14.00	13.00	12.00	10.00	9.00			6.00	5.00	4.00	3.00	
	49-2 1/4	45-11 1/4	42-8	39-4 1/4	32-9 1/4	29-6 1/4			19-8 1/4	16-4 1/4	13-1 1/4	9-10	
Weight	15.00	14.00	13.25	12.50	14.25	13.25	14.00	13.25	13.50	11.75	10.00	8.75	6.00
	49-2 1/4	45-11 1/4	43-5 1/4	41-0 1/4	46-9	43-5 1/4	45-11 1/4	43-5 1/4	44-3 1/4	38-6 1/4	32-9 1/4	28-8 1/4	19-8 1/4
56#Wt.	9.50	9.00	8.50	8.00	6.00	5.50	5.00	4.50	3.50	3.00	2.50	2.00	
	31-2	29-6 1/4	27-10 1/4	26-3	19-8 1/4	18-1 1/4	16-4 1/4	14-9	11-5 1/4	9-10	8-2 1/4	6-6 1/4	
Pent.	2800	2600	2600	2600	2600	2600	2600	2600	2600	2400	2200	2000	
Decath.	5500	5250	5250	5000	5200	5000	4500	5000	4800	4200	3000	2500	
Wt. Pent.	2800	2700	2800	3000	3000	3000	3000	3000	2600	2700	3000	3000	

- Notes: 1) 100 standards are for automatic time; use standard conversion for hand time.
 2) Short hurdles: 30-49: 39"; 50-59: 36"; 60-69: 33"; 70-79: 30"; 80+: 27"
 3) Long hurdles: 30-49: 36"; 50-59: 33"; 60-69: 30"; 70+: 27"
 4) Shot put: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 27"
 5) Discus throw: 30-49: 2kg; 50-59: 1.5kg; 60+: 1.0kg;
 6) Hammer: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k
 7) Javelin: 30-49: 800g; 50-59: 700g; 60-69: 600g; 70-79: 500g 80+: 400g
 8) Weight: 30-49: 35# 50-59: 25# 60-69: 20# 70-79: 16# 80+: 12#
 9) Pen/Dec/Wt. Pen: 30-39 IAAF pts.; 40+ WAVA factoring (new WAVA).
 10) Metric heights and distances are the standard; feet and inches listed for convenience.

U.S. MASTERS ALL-AMERICAN STANDARDS

FOR WOMEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
55	8.0	8.20	8.50	8.80	9.10	9.40	9.80	10.30	10.80	11.50	12.30	13.40	14.80
60	8.60	8.80	9.10	9.50	9.90	10.20	10.60	11.10	11.70	12.40	13.40	14.40	15.90
100	13.8	14.1	14.4	15.0	15.5	16.4	16.8	18.6	19.8	22.0	25.0		
200	28.0	28.8	30.0	31.6	33.0	35.0	37.0	39.0	42.0	48.0	52.0		
400	63.5	65.5	68.0	70.0	78.6	80.0	83.0	84.0	86.0	98.0	104.0		
800	2:33	2:35	2:40	2:46	2:54	3:10	3:20	3:36	3:56	4:30	5:40		
1500	5:10	5:20	5:30	5:40	6:00	6:20	6:45	7:30	8:00	8:50	10:10		
Mile	5:40	5:50	6:10	6:30	6:50	7:00	7:40	8:10	8:50	9:40	10:45		
3000	11:30	11:50	12:00	12:30	14:00	14:30	15:00	16:00	18:30	20:00	23:00		
5000	19:45	20:15	21:00	22:00	23:30	24:50	26:00	28:00	30:00	34:00	36:00		
10000	41:30	42:40	44:00	48:00	50:00	52:00	56:00	60:00	66:00	76:00	85:00		
100H	17.2	18.2											
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0		
400H	75.0	79.0	84.0	88.0									
300H					66.0	72.0	79.0	87.0	96.0	110.0	120.0		
2K-SC	8:20	8:35	9:00	9:30	10:00	10:25	11:00	11:55	12:50				
HJ	1.40	1.35	1.27	1.22	1.12	1.07	1.02	0.97	0.92	0.89	0.84		
	4-7	4-5	4-2	4-0	3-8	3-6	3-4	3-2 1/4	3-0 1/4	2-11	2-9		
PV	2.70	2.40	2.10	1.80	1.50	1.20	1.10	1.00	0.90	0.80	0.70		
	8-10 1/4	7-10 1/4	6-10 1/4	5-10 1/4	4-11	3-11 1/4	3-7 1/4	3-3 1/4	2-11 1/4	2-7 1/4	2-3 1/4		
LJ	4.60	4.42	4.04	3.81	3.40	3.20	3.10	2.60	2.30	2.10	1.50		
	15-1	14-6	13-3	12-6	11-1 1/4	10-6	10-2	8-6 1/4	7-6 1/4	6-10 1/4	4-11		
TJ	9.50	9.09	8.43	7.49	7.01	6.40	6.20	6.00	5.50	4.50	3.89		
	31-2	29-10	27-8	24-7	23-0	21-0	20-4 1/4	19-8 1/4	18-1 1/4	14-9	12-9		
Shot	10.30	9.32	8.51	8.40	8.00	7.77	7.50	6.60	6.00	5.20	4.30		
	33-9 1/4	30-7	27-11	27-6 1/4	26-3	25-6	24-7 1/4	21-8	19-8 1/4	17-1 1/4	14-1 1/4		
Javelin	35.00	33.50	28.00	25.00	23.00	22.15	20.00	17.00	16.00	15.00	12.00		
	114-10	109-11	91-10	82-0	75-5 1/4	72-8	65-7 1/4	55-9 1/4	52-6	49-2 1/4	39-4 1/4		
Discus	32.00	30.00	25.00	24.00	22.00	21.00	18.00	16.00	14.00	13.00	11.00		
	105-0	98-5	82-0	78-9	72-2 1/4	68-10 1/4	59-1 1/4	52-6	45-11 1/4	42-8	36-1 1/4		
Hammer	35.00	32.50	30.00	25.00	23.00	22.00	21.00	18.00	14.00	12.00	9.00		
	114-10	106-7	98-5	82-0	75-5 1/4	72-2 1/4	68-10 1/4	59-1 1/4	45-11 1/4	39-4 1/4	29-6 1/4		
Weight	10.00	10.00	9.00	8.00	9.00	8.00	9.50	8.75	7.75	6.50	5.50	4.25	3.50
	32-9 1/4	32-9 1/4	29-6 1/4	26-3	29-6 1/4	26-3	31-2	28-8 1/4	25-5 1/4	21-4	18-0 1/4	15-7	11-5 1/4
Sup.Wt.	6.50	6.00	5.50	5.00	5.25	5.00	4.75	4.50	4.00	3.50	3.00		
	21-4	19-8 1/4	18-1 1/4	16-4 1/4	17-2 1/4	16-4 1/4	15-7	14-9	13-1 1/4	11-5 1/4	9-10		
Wt.Pent.	2600	2500	2500	2500	2800	2600	2600	2500	2500	2400	2300		

TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene, OR 97405; e-mail: natmanews@aol.com. To keep information current, we generally do not publish results more than 3 months old. Results typed and measuring 2-1/4" wide in metric in our format receive preference. Deadline is the 10th of the month prior to issue date.

EAST

Dartmouth Weight Meets Hanover, NH

Sept. 11-
Carl Wallin 62 (SP16# 39-4/SP
5k 45-9)
Don Filkins 50 (SP16# 38-9/SP
6k 42-8/HT 6k 134-11/DT 1.5k
131-2)
Packy Fusco 61 (SP16# 28-3/SP
5k 33-8/DT 127-10)
Erik Probstfeld 33 (HT16# 190-0)
Sept. 25-
Carl Wallin 62 (SP16# 40-2/SP6k
41-6/SP5k 46-11)
Don Filkins 50 (SP16# 38-8/SP6k
42-6/SP5k 45-7/HT6k 125-5/
DT 1.5k 122-0)
Bill Cotter 39 (SP16# 36-6 5/HT
16# 145-2/DT 2k 119-8)
Sam Messiter 76 (SP4k 29-11/DT
1k 87-1)
Erik Probstfeld 33 (HT16# 189-4)

Delaware Fall Throwers Classic, U. of Delaware Newark, Sept. 18

Shot Put
M30 Kunle Lawson 12.91m
Alan Pugh 12.35m
M35 Jim Storch 8.40m
M45 Warren Taylor 13.06m
M50 John Mattei 13.22m
Dennis Hansen 12.51m
George Castelli 12.34m
Carl Reichard 11.75m
Nick Helfrich 9.94m
M55 Bill Gainey 12.36m
Charles Roll 14.24m
M60 Mike Valle 11.93m
Ray Rakowski 11.79m
Jerry Sullivan 8.64m
M65 Bill Kuegler M65 11.89m
Jack McDonald 9.14m
John Sellers 8.37m
M70 Ray Feick 10.77m
M75 Bill Garrahan 10.13m
M80 Brian Power-Waters 7.71m
W40 Oneithe Lewis 13.14m
Heather Scanlon 8.41m
W60 Roslyn Katz 7.62m
W65 Anna Cirulnick 6.69m
Discus
M30 Alan Pugh 48.26m
Kunle Lawson 45.54m
M35 Anders Halvorsen 35.43m
Jim Storch 20.95m
M45 Warren Taylor 42.37m
Herman Pinque 39.88m
Dana Dawson 32.07m
M50 John Mattei 41.08m
Bill Iovino 40.92m
George Castelli 35.28m
Dennis Hansen 33.70m
Nick Helfrich 33.10m
M55 Terry Shuman 39.60m
Jack Selcher 39.46m
Bill Gainey 36.78m
Charles Roll 34.82m
Glen Weaver 34.44m
M60 Mike Valle 41.29m
Ray Rakowski 36.95m
John Lang 32.76m
Jerry Sullivan 23.38m
M65 John Sellers 35.35m
Bill Kuegler 34.04m
Russ Van Put 32.76m
Jack McDonald 30.00m
M70 Ray Feick 30.53m
M75 Bill Garrahan 31.74m
M80 Brian Power-Waters 21.32m
W35 Nancy Lommel 15.06m
W40 Oneithe Lewis 42.88m
Heather Scanlon 21.46m
W60 Roslyn Katz 17.60m
W65 Anna Cirulnick 16.16m
Hammer
M30 Kunle Lawson 46.18m
M35 Anders Halvorsen 61.39m
Lou Chisan 58.85m
M40 Jim Brown 39.95m

M50 Carl Shields 52.48m
Peter Farmer 49.13m
Carl Reichard 44.68m
George Sandas 40.86m
Nick Helfrich 33.02m
M55 Terry Shuman 37.88m
Bill Gainey 30.84m
Dan Folk 25.14m
M60 Mike Valle 41.50m
Vladimir Strelnitski 31.41m
John Lang 25.38m
M65 John Sellers 31.48m
Bill Kuegler 28.14m
Jack McDonald 22.20m
M70 Ray Feick 34.56m
M75 Bill Garrahan 31.09m
M80 Brian Power-Waters 16.41m
W40 Oneithe Lewis 50.02m
W60 Roslyn Katz 25.16m
W65 Anna Cirulnick 17.42m

Javelin
M30 Jason McMullen 64.75m
Kunle Lawson 39.51m
M35 David Sanfilippo 54.63m
M50 Bill Iovino 40.77m
Nick Helfrich 38.69m
M55 Gerry Shatzer 36.35m
Glenn Weaver 35.71m
Seyavash Karimian 33.33m
M60 John Lang 37.00m
Jerry Sullivan 24.56m
M65 Bill Kuegler 31.32m
John Sellers 27.30m
Jack McDonald 26.18m
M70 Ray Feick 29.88m
M75 Bill Garrahan 31.33m
Sid Kiwitt 26.00m
M80 Brian Power-Waters 15.67m
Jerry Sullivan 8.64m
W30 Nancy Lommel 9.82m
W40 Heather Scanlon 21.98m
W60 Roslyn Katz 17.11m
W65 Anna Cirulnick 10.13m

Weight Throw
M30 Kunle Lawson 14.09m
Mike McKenna 12.22m
M35 Lou Chisan 18.26m
Anders Halvorsen 18.15m
Jim Storch 7.12m
M40 Jim Brown 14.72m
M50 Carl Reichard 15.63m
Dennis Hansen 13.94m
George Sandas 12.23m
Nick Helfrich 12.23m
M55 Charles Roll 14.30m
Bill Gainey 13.11m
Terry Shuman 12.41m
Dan Folk 9.50m
M60 Mike Valle 17.05m
John Bronstein 15.15m
Vladimir Strelnitski 11.91m
John Lang 11.13m
M65 Bill Kuegler 13.73m
John Sellers 12.57m
Jack McDonald 11.48m
M70 Ray Feick 14.46m
M75 Bill Garrahan 14.36m
M80 Brian Power-Waters 9.14m
W40 Oneithe Lewis 16.48m
W60 Roslyn Katz 10.50m
W65 Anna Cirulnick 7.12m

Superweight
M30 Kunle Lawson 9.59m
M35 Anders Halvorsen 11.19m
M40 Jim Brown 9.95m
M50 Carl Reichard 7.44m
Nick Helfrich 5.84m
Dennis Hansen 5.65m
M55 Charles Roll 5.36m
Dan Folk 4.05m
M60 Mike Valle 5.14m
Vladimir Strelnitski 4.22m
John Bronstein 3.86m
M70 Ray Feick 7.83m
W40 Oneithe Lewis 9.79m
W60 Roslyn Katz 5.55m

SOUTHEAST

PVTC T&F Championships McLean, VA; Sept. 4-5

100m
M30 Anis Khachnaoui 12.00
M35 Andrew Higgins 11.74
Chris Sloan 12.32
Lawrence Kennedy 12.56
M40 Robert Harding 12.20
Joseph Aukward 13.23
Lorenzo Thomas 13.46
M45 Kaestner McDonough 12.57
Mark Jones 12.66
Oscar Peyton 11.99
M50 Anthony Markley 13.26
Chuck Williams 13.89
Michael McDaniel 12.75
Melvin Fields 13.31
Chris Alvord 13.74
M60 Robert Koontz 13.53
Walter Palmer 14.92
M70 John Martin 18.44
W50 Claudia Simpson 17.60
Katherine Gerber 18.13
W60 Joy MacDonald 17.45
Janie Mortensen 31.49
W70 Audrey Lary 16.27
200m
M30 Anis Khachnaoui 24.26
William Spencer 25.33
M35 Andrew Higgins 23.80
Lawrence Kennedy 25.23
Ronald Davy 26.44
M40 Robert Harding 24.61
Darnell Smith 24.79
Isaac Parker 26.24
M45 Kaestner McDonough 25.88
Paul Sigur 27.86
Oscar Peyton 24.59
Anthony Searles 25.08
Anthony Markley 27.33
M50 Michael McDaniel 26.74
Melvin Fields 27.32
Joel Liles 28.81
M60 Blaine Lawson 32.30
Walter Palmer 31.84
W35 Charmaine Roberts 27.83
W50 Katherine Gerber 40.50
W70 Audrey Lary 34.89
400m
M30 Kerry Williams 57.75
Damon Runion 1:03.35
Mark de Oliveira 1:06.30
M35 Troy Nelson 58.93
Ronald Davy 1:03.09
M40 Robert Harding 53.72
Darnell Smith 55.51
Charles Edwards 44.62
M45 Bernard Gant 1:01.27
Stephen Easley 1:02.46
Paul Sigur 1:02.83
M50 Anthony Markley 1:02.84
Alan Creveling 1:06.72
M55 Joel Liles 1:04.53
Philip Stafford 1:07.05
John Cruden 1:10.60
M60 Blaine Lawson 1:12.21
W35 Charmaine Roberts 59.21
W50 Claudia Simpson 1:30.95
W60 M-L Michelsohn 1:19.34
Patti Palmer 1:41.44
800m
M30 Kerry Williams 2:23.66
M35 Windson Jones 2:16.50
M40 Steve Nearman 2:06.22
M45 Clifford Tell 2:50.44
Russ Patton 2:16.99
Curtis Davis 2:21.83
Stephen Easley 3:04.62
M50 Rick Hower 2:29.18
Larry Hart 2:52.45
M55 Philip Stafford 2:33.48
Richard Mon 2:39.32
M60 Jim Verdier 3:01.09
W30 Camille Martin 2:23.62
W40 Lorraine Jasper 2:23.70
W60 Patti Palmer 4:32.39
W65 Tami Graf 3:39.18
1 Mile
M40 Stuart Pineo 4:58.62
Ted Poulos 5:37.79
Clifford Tell 6:07.78
M45 Maurice Pointer 5:17.74
Peter Blank 6:42.21
M50 Jay Wind 5:59.02
M55 Robert Weiner 6:23.66
M60 Jim Noone 5:51.75
Jim Verdier 6:42.64
M80 Walt Washburn 8:52.63
W30 Camille Martin 5:27.02
W45 Bernadette Flynn 7:00.18
C Caravoulas 9:43.02
W65 Tami Graf 8:13.76
3000m
M30 Kyle Lanier 9:39.77
M40 Ted Poulos 10:49.88
M45 Maurice Pointer 10:18.16
Peter Blank 12:34.43
M50 Jay Wind 11:34.97
M55 Steven Schaeffer 13:13.79
M60 Jim Noone 11:41.55
W40 Julie Hayden 11:27.37
W45 C Caravoulas 18:22.49
W60 M-L Michelsohn 11:52.22
5000m
M30 Karsten Brown 19:29.90
M35 N McVey-Finney 16:43.00
M40 Ted Poulos 17:12.90
Clifford Tell 22:43.70
Thomas Tobin 24:00.50
M45 Peter Blank 23:26.10

M50 Jay Wind 19:38.20
M60 Jim Noone 20:10.30
W30 S Kvasnicka 17:14.30
Kyra Brown 25:02.10
W35 Jennifer Lazio 22:23.20
W45 C Caravoulas 31:44.70
W65 Tami Graf 27:39.30
Short Hurdles
M50 Andrew Markley 19.86
M55 Gerard Dunne 24.41
M65 Bob Paulen 20.49
M70 James Stookey 14.47
Long Hurdles
M30 Michael Jackson 57.60
M50 Anthony Markley 1:13.99
M65 Bob Paulen 55.33
High Jump
M45 Bruce McBurnette 1.94
Jim Banneau 1.80
John Casale 1.50
M50 Keith Mathis 1.56
Anthony Markley 1.29
M60 Richard Klehm 1.40
Michael Valle 1.19
M65 Bob Paulen 1.24
Jack Kuhns 1.19
M70 James Stookey 1.29
James Condell 1.19
W50 Gloria Hash 0.94
W65 Evelyn Wright 1.19
Pole Vault
M55 Tomlinson Rauscher 11-0
Gary Carter 10-6
Gerard Dune 9-0
M60 Richard Klehm 9-6
M65 Taylor Goode 9-6
M70 James Condell 7-6
W60 Joy MacDonald 7-0
Long Jump
M35 Keith Mitchell 5.74
John McKenzie 5.38
James O'Malley 4.88
M45 Marcus Battle 5.28
John Casale 4.98
M50 Anthony Markley 4.09
M55 Roger Crockett 4.90
Joel Liles 4.61
Gerard Dunne 4.32
M65 Bob Paulen 4.10
M70 James Stookey 3.82
W50 Claudia Simpson 3.42
Gloria Nash 2.26
W60 Patti Palmer 2.58
W65 Evelyn Wright 3.23
W70 Audrey Lary 3.76
Triple Jump
M45 Marcus Battle 11.38
John Casale 10.09
M50 Anthony Markley 9.31
Keith Mathis 9.23
M55 Roger Crockett 10.03
Joel Liles 9.15
Wayne White 9.06
M65 Bob Paulen 8.39
M70 James Stookey 9.16
Shot Put
M30 Kunle Lawson 13.87
Brian Butt 10.55
M35 Derrick Johnson 12.60
M40 James Brown 11.73
M45 Warren Taylor 14.31
Frank Cancino 10.59
Scott Medlin 10.37
M50 Daniel Valasek 10.93
Michael Kalnas 9.87
M60 Michael Valle 11.67
Victor Litwinski 10.25
Richard Klehm 10.04
M65 Jack Kuhns 11.22
Bill Smith 10.16
M70 James Condell 9.34
M75 Bill Bergen 7.95
Discus
M30 Kunle Lawson 46.90
Brian Butt 28.34
M35 Derrick Johnson 32.87
M40 Glenn Thompson 48.52
M45 Warren Taylor 43.33
Frank Cancino 34.89
Scott Medlin 29.91
M50 Gary Sutton 31.39
Terry Shuman 38.83
M60 Larry Pratt 49.94
Michael Valle 43.93
Michael Harrington 38.02
M65 Bill Smith 41.36
Jack Kuhns 36.40
Russell van Put 33.53
M70 Harry Holm 36.57
James Condell 27.37
M75 Bill Bergen 24.54
W30 Jenn Green 13.68
W60 Patti Palmer 12.57
W65 Evelyn Wright 21.16
W70 Audrey Lary 21.40
Javelin
M30 Don Ampansiri 51.40
Kunle Lawson 40.71
Kevin Brown 37.59
M35 Robert Luciano 54.10
M45 Frank Cancino 40.82
John Casale 34.53
Scott Medlin 30.31
M50 Keith Mathis 38.50
M55 Seyavash Karimian 32.16
M60 Richard Klehm 31.47
Victor Litwinski 26.05
M65 Jack Kuhns 28.69
M75 Bill Bergen 14.77
Charles Pistorino 27.20
W50 Gloria Nash 8.30
W60 Patti Palmer 14.21
W65 Evelyn Wright 18.65
W70 Audrey Lary 15.82

Weight Throw
M30 Kunle Lawson 12.92
M35 Tony Dzipak 12.12
M40 James Brown 14.52
Glenn Thompson 14.14
M45 Scott Medlin 8.75
M50 Gary Sutton 13.15
M55 Terry Shuman 12.75
M60 Michael Valle 15.81
Victor Litwinski 12.63
M65 Jack Kuhns 12.15
John Sellers 10.92
Jack McDonald 10.30
M75 Bill Bergen 8.37
W60 Patti Palmer 5.40
W65 Evelyn Wright 10.36
W70 Audrey Lary 11.32
Superweight
M30 Kunle Lawson 8.71
M40 James Brown 9.83
M50 Gary Sutton 4.89
M60 Michael Valle 5.80
Victor Litwinski 4.60
M65 Jack Kuhns 5.05
Pentathlon
M30 Adam Alderton 2990
Kevin Kanyan 2409
M35 James Barr 2644
John McKenzie 2093
M40 James Higgins 1173
M45 Peter Blank 1300
M50 Anthony Markley 2554
M55 Frank Monroe 1640
M60 Victor Litwinski 1977

M70 Hermina Blinichott 1923
Mile RW
W40 Laura Niel 7:55.44
W45 C Caravoulas 12:58.09
W75 Terry Hamilton 13:31.97
M45 Peter Blank 11:48.86
M65 Roger Webb 10:56.18
3K RW
M45 Peter Pland 23:58.08
M60 Victor Litwinski 19:15.44
M65 Roger Webb 21:47.12
W60 Barbara Charles 28:10.00
W75 Terry Hamilton 26:47.99
W85 Mary Latham 28:04.19
5K RW
W40 Laura Niel 29:00.70
W75 Terry Hamilton 45:25.20
Mary Latham 48:00.10
10K RW
M40 Tim Good 1:00.51
M60 Jim Carmines 1:03.18
Michael Schwed 1:14.10
M65 Roger Webb 1:10.24
W60 Lois Dicker 1:13.00
10K Road Race
M30 Keith Muller 36:52.70
Karsten Brown 47:05.31
M30 Kareem Lanier 33:22.90
Keith Muller 36:52.70
Karsten Brown 47:05.31
M60 Stephen Forman 45:47.70
W30 Kyra Brown 56:29.14

MIDWEST

Norm Bower Memorial Wt. Pentathlon, Kent St. U. Kent, OH; Sept. 18

Points	HT	SP	DT	JT	WT	
--- M50 ---						
1 Gary Sutton	33.94m	10.41m	30.54m	34.63m	12.40m	
M50	2753	(505)	(602)	(475)	(505)	(666)
--- M55 ---						
1 Jeff Gerson	14.26m	6.25m	18.37m	18.91m	6.11m	
M57	1366	(169)	(364)	(275)	(251)	(307)
--- M60 ---						
1 Mickey Bitsko	43.05m	11.68m	38.34m	27.30m	14.45m	
M61	3624	(851)	(779)	(727)	(448)	(819)
2 John Sloan	28.32m	9.11m	29.26m	32.13m	10.36m	
M63	2716	(509)	(580)	(521)	(553)	(553)
3 Abe Sheinker	22.90m	6.68m	20.21m	14.24m	7.62m	
M64	1659	(386)	(395)	(323)	(176)	(379)
--- M65 ---						
1 Jack Kuhns	32.88m	11.19m	36.46m	31.30m	12.89m	
M65	3792	(712)	(880)	(780)	(613)	(807)
--- W55 ---						
1 Mary Hartzler	38.29m	10.20m	29.42m	24.52m	11.32m	
W55	4035	(991)	(894)	(697)	(627)	(826)
--- W75 ---						
1 Bernice Holland	18.98m	6.57m	18.09m	15.87m	7.03m	
W77	3806	(782)	(933)	(710)	(684)	(697)

Open Throwing Events:
W55 Shot Put
1 Mary Hartzler 10.69m 70.24%
W75 Shot Put
1 Bernice Holland 6.65m 75.48%
M45 Shot Put
1 Frank Makozy 8.98m 45.17%
M60 Shot Put
1 Ken Mallory 9.00m 49.45%
M65 Shot Put
1 Jack Kuhns 11.10m 70.66%
M45 Discus Throw
1 Frank Makozy 27.59m 40.73%
M60 Discus Throw
1 Ken Mallory 37.21m 56.42%

Wisconsin TC Meet Madison; July 1

100m
M35 Roland Parish 11.4
400m
M30 Phil Downs 59.1
M50 Tom McClintock 68.8
800m
M35 Scott Topel 2:18.0
M40 Randy Wildman 2:23.2
M45 Andy Mulder 2:54.6
M50 Tom McClintock 2:44.4
1500m
M40 Tom Carlson 5:50.7
M45 John Marquart 4:59.7
5000m
M30 Michael Eglin 17:45.4
M40 Jim Bogus 17:45.0
M45 Gary Diffie 20:24.9
M50 Greg Kesling 20:32.7
W30 Deborah Mahoney 20:31.6
W45 MaryAnne Hinkes 22:58.4
110H
M30 Seth Matuchesi 19.3

Indiana Senior Games Indianapolis; Sept. 14

100m
M50 Tom Smith 11.08
M55 Lloyd Hathcock* 12.56
Rick Parker 13.10
M60 Richard Weber 13.97
M65 James Washington 14.47
M70 Loren Monroe* 16.53
Norm Harruff 16.87
M75 Charles Modlin 15.94
M85 Karl Dipping* 40.2h
W60 Mary Robinson* 15.94
200m
M50 Tom Smith 25.38
M55 Lloyd Hathcock* 26.69
Rick Parker 28.19

M60 Richard Weber 30.91
M65 James Washington 30.44
M70 Loren Monroe* 35.31
M75 Charles Modlin 34.56
M80 Wilbur Harrer 50.47
W55 Elaine Dagen* 42.12
W60 Mary Robinson* 32.00
400m
M50 Tom Smith 55.56
M55 Robert Lloyd* 1:03.43
Rick Parker 1:03.87
M60 Arnold Graves 1:11.03
M65 James Ware 1:14.28
M70 Garland Gowen 1:37.22
M75 Charles Modlin 1:23.85
M80 Wilbur Harrer 1:53.85
W60 Mary Robinson* 1:16.00
800m
M50 Turran Harper* 2:25.62
Byron Batteiger 2:25.63
M55 Ronald Ruffin 2:31.38
M60 Gene Lausch 3:14.66
M70 Garland Gowen 3:41.95
M80 Harold Carey 3:32.50
W55 Mary Hartzler* 3:12.00
1500m
M50 Byron Batteiger 4:54.64
M65 Gene Lausch 6:34.52
M70 Garland Gowen 7:02.63
M80 Harold Carey 7:04.97
W55 Mary Hartzler* 6:26.94
High Jump
M50 John Jones* 4-4
M55 Dave Knott 4-6
M60 Howard Scelsi 3-0
M65 James Ware 4-4
M70 Loren Monroe* 3-10
Clifford Dickman 3-6
W55 Mary Lou Platis 3-2
W70 Katy Felkner 2-10
Long Jump
M50 John Jones* 16-3
Bill Rumely 13-4
M55 Tony Kohut 13-10
M65 Jim Washington 12-0

M70	Loren Monroe*	11-11
	Emerson Hughey	11-3
M75	Charles Modlin	11-6
M85	Karl Dippong	2-3
Shot Put		
M50	Steve Christ*	42-3
M55	Hilary Goerge*	45-0
	Douglas Holland	38-2
M60	Malachi McGruder*	32-4
	Bill Meacham	27-10
M65	Stephen Cohen*	38-2
	Jerry Lambert	35-0
M70	Pete Ausburger*	37-3
	James Glascock	32-2
M85	Karl Dippong	11-0
W55	Mary Hartzler*	35-3
W65	Mary Robinson*	23-0
Discus		
M50	Wayne Renner*	91-0
M55	Dave Knott	131-0
	Hilary Goerge*	110-9
M60	Malachi McGruder*	118-0
	Bill Meacham	109-0
M65	Stephen Cohen*	127-0
	Paul Deem	113-8
M70	James Glascock	97-5
M85	Karl Dippong	30-3
W55	Mary Hartzler*	96-4
	Mary Lou Platis	67-9
W60	Mary Robinson*	58-7
W70	Betty Neal	97-5
W85	Mary Bowmaster	38-2
1500m RW		
M50	Russell Fox*	9:31.67
M55	Bill Butzin*	12:32.01
M65	Ray Everson	9:08.19
W60	Elizabeth Weber	11:34.89
W65	Jacqueline Host	13:02.12
W75	Jo Presser	12:43.01
5K Road Race		
M50	David Minor	19:38
M60	Roger Williams	23:21
M65	Bud Stiffler	20:04
M70	Ernst Forster	24:32
M80	Harold Carey	25:21
W65	Ruth Everson	24:57
10K Road Race		
M50	David Minor	37:50
M65	Joe Leichy	40:58
*Out of state		

MID-AMERICA

4th Annual Halstead Open & Masters Mini T&F Meet
Halstead, KS; Aug. 21

100m		
M35	Steve Bunn	11.52
M40	Jeff Hagemann	11.88
	Don Cottner	12.01
M45	Ron Boleware	12.04
	Kirk Burgess	12.22
	William Brown	12.53
M50	William Sellers III	12.50
	Daryl Regier	13.34
	Maure Weigel	14.06
M55	Joe Hoover, Jr.	13.35
	Dave Osborne	13.97
M65	Bob Lida	12.75
	Deloyne Huffman	16.75
M70	Roger Weidman	15.72
	Wendell Palmer	18.37
200m		
M35	Steve Bunn	24.40
M40	Jeff Hagemann	23.50
M45	Ron Boleware	25.82
	William Brown	26.01
M50	William Sellers III	25.78
M55	Joe Hoover, Jr.	29.70
M65	Bob Lida	26.25
	Deloyne Huffman	36.46
W40	Wendy Goerzen	41.15
400m		
M40	Jeff Hagemann	55.66
	Bryan Goerzen	67.78
M45	Ron Boleware	59.55
M50	William Sellers III	60.58
	Gilberto Castillo	64.00
	Daryl Regier	67.44
M65	Bob Lida	62.60
	Deloyne Huffman	83.75
800m		
M35	Tim Milliken	2:35.75
M40	Jeff Davis	2:20.01
M50	Gilbert Castillo	2:28.62
	Daryl Regier	2:46.90
M65	Deloyne Huffman	3:09.81
M70	Bill Perich	3:20.92
W35	Tammy Davis	3:01.73
M30	Grant Williams	6:04.29
M35	Dusty Cowell	5:24.89
	Tim Milliken	5:47.69
M40	Jeff Davis	5:29.00
M45	Michael Valdois	5:25.38
M50	Brad Chatfield	5:58.48
M55	Rick Brandorff	7:17.28
M65	Deloyne Huffman	7:51.63
W35	Tammy Davis	6:52.35
W40	Wendy Goerzen	6:39.59
W50	Christine Brandorff	8:02.69
High Jump		
M40	Randy Flickinger	4-10

M50	Daryl Regier	4-10
	Maure Weigel	4-4
M55	Joe Hoover, Jr.	4-10
M65	Jerrold Springer	3-10
M70	Bill Butterworth	3-10
M80	Scott Herrman	3-6
Long Jump		
M40	Randy Branting	17-4½
	Randy Flickinger	15-9
M45	Terry Lank	15-5
M50	Maure Weigel	15-6¼
	Daryl Regier	14-7¼
M55	Joe Hoover, Jr.	15-8
M65	Jerrold Springer	11-0
M70	Wendell Palmer	9-11¼
M75	Dale Hearon	9-4¼
Triple Jump		
M40	Randy Branting	36-6¼
M45	Terry Lank	31-4¼
M50	Maure Weigel	32-3¼
M65	Jerrold Springer	22-10½
Discus		
M35	Wendell Donaldson	140-7
M45	Rick Anderson	143-9
M60	Ralph Check, Jr.	118-3
M65	Ron Anderson	143-0
	Jerrold Springer	124-1
M70	Wendell Palmer	143-8
	Bill Butterworth	101-8
M75	Dale Hearon	83-0
M80	Scott Herrman	65-11
W45	Vicki Check	70-6
W65	Sharon Springer	43-10

Rocky Mountain Masters
Games, Ft. Collins, CO
Sept. 4-5

(correction)		
3000m		
M40	Jim Bogus	10:21.1
	Wm Mitchell	11:46.3
M55	Jerry Brown	13:01.1
M65	Ray Franks	14:49.8

South Dakota Senior Games
Brookings; Sept. 8-12

50m		
M50	Robert Patterson	7.25
M55	Dale Paulson	7.19
M60	Dick McConnell	7.68
M65	Steve Bowles	7.00
M70	Lloyd Kempt	7.91
M75	Gerald Armitage	8.63
M80	Ralph Maxwell	9.15
W60	Marion Krueger	9.09
W65	Leann Fredrickson	11.00
W70	Betty Sjogren	10.84
W75	Mary Ann Boe	9.68
W80	Ginny Anderson	13.84
W85	Mary Kay	11.57
100m		
M50	Phil Trieb	13.78
M55	Russ Anteronen	13.82
M60	Carl Etter	14.41
M65	Steve Bowles	13.44
M70	Lloyd Kempt	15.19
M75	Michael Darell	17.87
M80	Ralph Maxwell	18.56
W55	Alison Paulson	23.69
W60	Marion Krueger	19.44
W65	Leann Fredrickson	23.63
W70	Betty Sjogren	22.50
W75	Mary Ann Boe	20.01
W80	Ginny Anderson	30.91
200m		
M50	Phil Trieb	28.64
M55	Carter Holmes	28.65
M60	Carl Etter	28.57
M65	Steve Bowles	27.04
M70	Lloyd Kempt	32.49
M75	Darrell Mitchell	37.65
M80	Ralph Maxwell	40.59
W55	Darlene Horst	49.41
W65	Leann Fredrickson	58.59
W70	Betty Sjogren	51.12
W75	Mary Ann Boe	44.22
400m		
M50	Greg Sievers	1:03.0h
M55	Carter Holmes	1:06.3h
M60	Carl Etter	1:03.3h
M65	Steve Bowles	1:03.00
M70	Alvin Uecker	1:14.4h
M75	Darrell Mitchell	1:25.3h
M85	Sigurd Andenas	NTA
W65	Roberta Parker	2:27.9h
W70	Edith Weber	1:39.0h
W75	Mary Ann Boe	1:48.0h
800m		
M50	Shaw Regan	2:25.8h
M55	Carter Holmes	2:42.6h
M60	Willard Bishop	2:50.4h
M70	Alvin Uecker	2:59.8h
W65	Roberta Parker	5:14.0h
W70	Edith Weber	4:08.4h
W75	Mary Ann Boe	4:26.0h
1500m		
M50	Greg Sievers	5:00.0h
M55	Michael Cody	5:58.0h
M65	Sherwood Sagedahl	6:08.0h
M70	Alvin Uecker	6:12.0h
M75	Gerald Armitage	7:12.0h
W65	Roberta Parker	10:02.0h
W70	Edith Weber	8:00.0h

High Jump		
M50	Dan Mehlbrech	5-4
M55	Terry Medjo	4-7
M60	Carl Etter	4-8
M65	Tom Langenfeld	4-10
M70	Lloyd Kempf	4-1
M75	Harry Birath	3-7
M80	Ralph Maxwell	3-8
M85	Sigurd Andenas	3-6
W60	Harriet Kaufman	3-4
W65	Audrey Kempf	3-5
Pole Vault		
M50	Michael Moser	6-0
M55	Doug Jacobs	6-0
M60	Reed Sanderson	8-0
M65	Duane Rykhos	7-6
M70	Lloyd Kempf	6-0
Long Jump		
M50	Phil Trieb	15-2
M55	Terry Medjo	13-1
M60	Carl Etter	15-7
M65	Tom Langenfeld	12-4
M70	Dale Fredrickson	11-2½
M75	Darrell Mitchell	9-0
M80	Ralph Maxwell	9-5½
M85	Sigurd Andenas	5-4
M90	Marion Krueger	8-9
M65	Leann Fredrickson	6-9
M70	Betty Sjogren	4-5½
Shot Put		
M50	Jim Ruedebusch	35-0
M55	Virgil Paulsen	37-1½
M60	Ralph Check	40-3
M65	Lovell Wheeler	33-4
M70	Al Weisbecker	31-11¼
M75	Harry Birath	22-10½
M80	Eldor Larson	24-11
M85	Sigurd Andenas	17-6½
W50	Patricia Entringer	21-9
W60	Marion Krueger	24-7¼
W65	Audrey Kempf	23-6
W70	Betty Sjogren	14-11¼
W75	Ceil Edrich	16-1
W85	Mary Kay	17-2
Discus		
M50	Dan Mehlbrech	118-4
M55	Virgil Paulson	133-9
M60	Alex Meyer	119-9
M65	Bob Beattie	108-0
M70	Al Weisbecker	95-11
M75	John van Liere	91-8
M80	Vern Anthony	72-1
M85	Sigurd Andenas	46-1
W50	Patricia Entringer	52-6
W60	Marion Krueger	42-6
W65	Audrey Kempf	62-10
W70	Betty Sjogren	32-5
W85	Mary Kay	38-0
Javelin		
M50	Dan Mehlbrech	114-9
M55	Terry Medjo	124-2
M60	David Roebert	93-4
M65	Lovell Wheeler	104-2
M70	Raymond Morkve	88-2
M75	Wallace Runio	47-0
M85	Sigurd Andenas	42-0
W50	Patricia Entringer	43-2
W60	Marion Krueger	56-9
W65	Audrey Kempf	55-5
W75	Lee Anthony	34-10
1500m RW		
M50	Brent Marsden	8:46.0h
M55	Bob Gaston	8:11.0h
M60	Jim Huff	11:50.0h
M65	Bill Krueger	9:48.0h
M75	Jerard Hargis	9:26.0h
M85	Sigurd Andenas	13:07.0h
W75	Lee Anthony	13:40.0h
5000m RW		
M50	Brent Marsden	34:37.0h
M55	Michael Wiggins	35:24.0h
M65	Bill Krueger	34:32.0h
M75	Jerard Hargis	35:24.0h
5K Road Race		
M50	Wallace Little Moon	19:00
M55	Bob Kranz	24:00
M65	Sherwood Sagedahl	23:10
M70	Alvin Ravenscroft	23:35

SOUTHWEST

Lions 14th Relays
Round Rock, TX; Sept. 18

100m		
M30	Jay Ortiz	13.85
M35	Erich Bass	12.63
M40	Andrew Seach	12.47
M45	Monzell Baker	12.33
M50	Richard Riddle	13.37
M55	John Dion	14.52
M65	Wayne Bennett	13.96
M70	Herbert Acord	16.49
M80	Adolph Hoffman	19.39
W30	Sarah Boyd	14.91
W35	Donna Lawrence	13.39
W40	Adrienne Rison	17.28
W45	M Coffee-Carney	18.91
W70	Phyllis Provost	22.50
200m		
M40	Andrew Seach	25.27
M45	David Saye	25.02
M50	Richard Riddle	26.81
M55	John Dion	30.67
M65	Wayne Bennett	28.29
M70	Herbert Acord	37.07
W35	Donna Lawrence	30.94
W45	Adrienne Rison	37.91
W65	M Coffee-Carney	42.57

400m		
M35	Eliseo Hernandez	59.50
M40	Andrew Seach	55.14
M45	Robert Fiedler	1:04.57
M55	Herman Caviel	1:51.15
W35	Lisa Render	1:19.59
W40	Denise Rison	1:49.54
W60	Edwina Rison	2:27.13
800m		
M35	Eliseo Hernandez	2:27.42
M45	Tom Sherwood	2:16.87
M50	Steve Gibson	3:29.87
M55	Robert Core	3:04.92
W40	Denise Rison	4:19.48
W60	Edwina Rison	6:01.09
W70	Phyllis Provost	4:58.53
1500m		
M35	Jesse Delvan	4:42.99
M45	Tom Sherwood	4:35.90
W49	Denise Rison	8:54.23
W60	Edwina Rison	13:31.69
3000m		
M40	Ephry Kaplan	14:57.14
M45	Michael Rutledge	10:59.33
W70	Phyllis Provost	19:40.32
Short Hurdles		
M50	Robert Hahn	18.05
M60	Jim Cawley	20.33
M65	George LaBelle	20.32
Long Hurdles		
M30	Buron Audrey	1:21.30
M35	Eliseo Hernandez	1:05.30
M45	Bradley Gardner	1:15.50
M55	Lester Mount	1:11.93
M65	George LaBelle	1:14.70
4x200m Relay		
M50	Houston Elite	AR 1:37.13
(Allie/Collins/Haywood/Grant)		
(HE (L. Smith/ R. Smith/Hartfield/ Mitchell)/1:40.33/1995)		
High Jump		
M45	Don Keller	1.50
M50	Sil Bosch	1.80
M55	Terrell Schaffer	1.55
M60	mark Chapman	1.30
M65	Jerro! Springer	1.20
M70	Robert Phillips	1.25
M75	Ed Williams	1.07
M80	Adolph Hoffman	1.07
W65	Shelly Whitlock	3-9
W70	Phyllis Provost	2-8
Pole Vault		
M30	Dan Ventura	4.55
M45	Jerry Strong	4.40
M55	Dennis Schmitt	2.90
M60	Steven Warr	2.75
M65	Pedro Rodriguez	3.05
M70	Robert Phillips	1.85
M80	Adolph Hoffman	2.15
W65	Shelly Whitlock	1.40
Long Jump		
M40	Michael Labay	17-7
M45	Monzell Baker	18-9
M50	Sil Bosch	16-0
M65	George LaBell	12-4
M70	William Morris	11-4
M75	Ed Williams	8-11
M80	Adolph Hoffman	10-4
W30	Sarah Boyd	14-5
Triple Jump		
M40	Cliff Wiese	22-5
M45	Monzell Baker	41-2¾
M50	Sil Bosch	31-7½
M65	George LaBelle	24-7
M70	William Morris	21-6½
M80	Adolph Hoffman	21-6½
W30	Sarah Boyd	31-8
Shot Put		
M35	Eliseo Hernandez	27-9
M40	Kevin Morse	39-9
M50	Roger Conboy	42-3
M55	Terrell Schaffer	30-2
M60	Jeff Harrell	41-3
M65	Jerro! Springer	32-1
M70	James Carney	30-9
M75	Jim Gerhardt	40-2
M80	Adolph Hoffman	28-1
W40	Kim Clopton	24-2
W45	Carol Finsrud	39-0
W60	Sharon Springer	18-9
W65	Shelly Whitlock	23-9
W70	Phyllis Provost	19-2
Discus		
M40	J Nicholopoulos	30.60
M50	John Stilbet	38.23
M55	Terrell Schaffer	34.50
M60	Jeff Herrell	51.40
M65	Jerro! Springer	39.47
M70	James Carney	27.90
M75	Jim Gerhardt	35.51
M80	Adolph Hoffman	25.44
W45	Carol Finsrud	48.49
W60	Sharon Springer	11.04
W65	Shelly Whitlock	13.80
W70	Phyllis Provost	16.20
W75	Sara Sievert	10.56
Hammer		
M40	Kevin Morse	34.85
M45	David Bolles	32.90
M50	Roger Conboy	44.75
M60	Mark Chapman	30.68
M65	Harold Crater	20.59
M75	Jim Gerhardt	20.25
M80	Adolph Hoffman	21.97
W45	Carol Finsrud	42.15
Javelin		
M30	David King	53.60
M40	Cliff Wiese	26.46
M45	Keith Kishbaugh	41.41
M50	Roger Conboy	41.41

M75	Jim Selby	3:13.20
	Jim Hinton	3:48.09
W60	Donna Benson	4:19.67
1500m		
M50	Steve Lassegard	5:10.30
M60	Tom Linnell	5:32.24
	Malcolm McGawn	6:10.15
M65	Jerry Albert	6:10.20
M70	Carl Grubbs	7:30.07
	Paul Hassan	8:19.18
M75	Jim Selby	6:17.20
	Jim Hinton	7:44.97
M80	John Cross	8:32.84
3000m		
M50	Gordon Marnie	11:43.4h
	Paul Baumhoefner	12:21.6h
M55	John Gleason	11:31.0h
M60	James Natfel	13:33.0h
	Jim Lyons	13:49.0h
M65	Michael Archuleta	13:31.4h
	Jerry Albert	13:53.0h
M70	Ray Archibald	16:13.53
	Richard Gardner	20:03.1h
M80	John Cross	16:06.8h

Short Hurdles		
M50	Thad Wilson	15.00
	Michael Torres	20.72
M65	John Carr	22.99
	Mario Jaime	29.47
M70	Don Ryan	15.32
	Sunil Sarcar	21.77

Long Hurdles		
M45	Rob Duncanson	1:08.92
M50	Ross Jones	1:21.01
M60	Terry Rowan	51.83
M65	John Carr	1:09.93
M70	Sunil Sarcar	1:24.12

High Jump		
M50	John Little	1.67
	Richard Watson	1.52
M55	Charlie Rader	1.57
M65	Davie Perry	1.32
	Bert Bergen	1.22
M70	Sunil Sarcar	1.17
	Ray Archibald	0.91
M75	James Arthur	1.06
	Clarence Stephenson	1.02
M80	Vic Jones	0.98
	Ed Luce	0.98
M90	Leland McPhie	0.98
W55	A Steekelenburg	1.37
W60	Kathy Bergen	1.27
W75	Frances Styles	0.84

Pole Vault		
M50	Bill McNeal	3.05
M55	Steve Morris	3.36
M75	Bud Held	2.75
W50	Rita Hanscom	2.60
W60	Nadine O'Connor	2.85

Long Jump		
M50	Thad Wilson	4.98
	Frank Taylor	4.94
M55	Bruce Underhill	4.66
	John Gleason	3.72
M60	Terry Rowan	4.45
	Victor Chaney	4.16
M65	Carlos Cota	4.02
	Otis Williams	3.94
M70	Lawrence Ball	3.51
	Sunil Sarcar	3.19
M75	Paul Evans	2.94
	Clarence Stephenson	2.37
M90	Leland McPhie	2.03
W50	Linda Cohn	3.93
W60	Ann Louise Onton	2.26
W65	Marilyn Ongley	3.28
W75	Frances Styles	2.30

Triple Jump		
M50	Thad Wilson	11.17
M55	Bruce Underhill	8.06
M60	Victor Chaney	9.49
M70	Lawrence Ball	7.37
	Sunil Sarcar	7.26
W50	Linda Cohn	8.25
W60	Ann Louise Onton	4.59
W75	Frances Styles	5.32
Shot Put		
M50	Richard Watson	11.17
	Eddie Person	9.99
M55	James McEvoy	9.78
M60	Riley O'Neil	11.74
	Dan Girling	9.20
M65	Jerry Fasten	10.41
	Francis Nacozy	9.66
M70	Doug Tomlinson	11.89
	Ernie Smith	10.09
M75	Les Jones	7.47
	Clarence Stephenson	7.31
M80	Ted Jacobs	6.90
M90	Leland McPhie	5.88
W45	Christine Stone	5.90
W50	Linda Cohn	8.40
W60	Ingrid Mancini	7.56
W65	Ann Abreu	6.67
W75	Dolly Scott	4.43

Discus		
M60	Riley O'Neil	38.34
	Ronald Damschen	32.57
M65	Alan Rosen	35.80
	Jerry Fasten	35.00
M70	Doug Tomlinson	35.67
	Edward Martin	29.58
M75	Les Jones	18.46
	Clarence Stephenson	16.95
M80	Robert Davidson	11.89
M90	Leland McPhie	16.14
W45	Christine Stone	12.52
W50	Linda Cohn	22.90
W55	AS Steekelenburg	22.55
W60	Kathy Bergen	18.35
	Ingrid Mancini	14.71

W65	Ann Abreu	14.60
W70	Nina Duncan	10.11
W75	Dolly Scott	10.26
Hammer		
M50	Richard Watson	40.24
M60	Ronald Damschen	18.68
M70	Doug Tomlinson	33.77
	Eugen Staniciu	26.70
Javelin		
M50	Richard Watson	45.67
	David Lewis	42.04
M55	David Johnson	53.43
	Ron Rook	38.54
M60	Ronald Damschen	32.73
	Kenneth Baker	29.06
M65	Jerry Fasten	33.44
	Otis Williams	22.90
M70	Edward Martin	33.13
	John Adams	19.47
M80	Edward Chynoweth	19.12
M90	Leland McPhie	23.30
W50	Linda Cohn	35.69
W60	Kathy Bergen	22.59
W65	Abb Abreu	19.91

1500m RW		
M60	Bob Weeks	8:20.3h
M65	Gary Steck	8:39.6h
M75	Gene Connor	11:05.1h
M80	Ray Crawford	13:53.8h
5000m RW		
M55	Rick Campbell	29:01.6h
M60	Bob Weeks	29:54.5h
M65	Gary Steck	30:33.7h
M80	John Cross	36:32.2h

Club West Masters 30th Annual T&F Meet Santa Barbara, CA; Oct. 2

50m		
M45	Peter Chen	7.1
M50	Robert Hahn	7.0
	Jerry Beatty	7.5
M55	Robert McConnell	7.2
	John Hawkins	7.5
	Lance Pierce	7.7
M60	Dan Girling	8.0
	Juan Bustamante	8.7
M65	George La Belle	7.9
W75	Johnnie Valien	10.8
M70	Sam Flory	8.0
M75	Jim Selby	8.7
M80	George Simon	10.2
W40	Joy Upshaw-Margerum	7.0
W45	Debbie Selby	8.4
W65	Fei-Mei Chou	10.1

100m		
M35	Aaron Danchik	14.10
M45	Rob Duncanson	12.90
M50	Robert Hahn	13.80
	Jerry Beatty	14.40
M55	Robert McConnell	13.80
	Lance Pierce	14.39
M60	Dan Girling	15.30
	Juan Bustamante	17.10
M65	Emil Pawlik	14.00
M70	Sam Flory	15.00
M75	Al Escobosa	16.00
	Jim Selby	16.70
W40	Caren Ware	14.9
W45	Debbie Selby	16.40
	Karen Vaughn	16.70
W50	Rita Hanscom	13.70
	Denise Janneck	15.60
W60	Nadine O'Connor	14.2
W65	Fei-Mei Chou	19.7
W75	Shirley Dietderich	21.9

200m		
M35	Aaron Danchik	28.3
M45	Eugene Anton	25.8
M50	Steve Kloch	25.8
	Murray Mead	26.3
	Paul Shires	27.1
	Jerry Beatty	29.1
M55	Lester Mount	26.6
	Norman Thomas	30.0
M60	Dan Girling	32.1
	Juan Bustamante	41.0
M65	Emil Pawlik	28.8
M70	Sam Flory	30.6
M75	Jim Selby	34.4
W40	Joy Upshaw-Margerum	26.7
W45	Debbie Selby	35.4
W50	Rita Hanscom	27.6
W65	Fei-Mei Chou	43.4

400m		
M35	Aaron Danchik	1:05.6
M40	Willy Rossow	56.3
	Tim Jones	59.9
M45	Greg Godfrey	1:04.5
M50	Steve Wulf	57.7
	Steve Kloch	1:00.1
M55	Norman Thomas	1:09.4
M60	Larry Barnum	56.8
	Juan Bustamante	1:57.5

M75	Jim Selby	1:16.8
	Al Escobosa	1:19.1
W45	Debbie Selby	1:25.3
W65	Fei-Mei Chou	1:45.2
800m		
M40	Willy Rossow	2:09.3
	Tim Jones	2:32.2
M45	Greg Godfrey	2:23.7
M50	Bill Fitzpatrick	2:18.8
M55	Norman Thomas	2:44.7
M60	Larry Barnum	2:14.7
M65	Jeremy Lys	2:41.1
M75	Jim Selby	3:12.7
1500m		
M40	Tim Jones	5:21.9
M45	Rob Duncanson	4:57.7
M55	Gary Rust	5:06.2
M65	Jeremy Lys	5:53.8
M75	Jim Selby	6:35.9
W13	Jordan Hasay	4:31.9

5000m		
M45	Rob Duncanson	19:25.9
M70	Gordon McClenathen	24:16.6

10,000m		
M45	Mark Cleary	37:37.6
W50	Denise Janneck	44:21.2
2000m Steeplechase		
M60	Rollie Cavaletto	8:55.5
W40	Caren Ware	9:07.3

80m Hurdles		
W40	Joy Upshaw-Margerum	12.50
	Caren Ware	16.20

100m Hurdles		
M50	Robert Hahn	17.6
M65	Emil Pawlik	16.20
110m Hurdles		
M45	Eugene Anton	17.30
	Rob Duncanson	20.20
	Jeff Davison	20.30

300m Hurdles		
M60	Terry Rowan	53.2
M65	Emil Pawlik	51.4

400m Hurdles		
M40	Tim Jones	1:09.0
M45	Rob Duncanson	1:09.0
	Jeff Davison	1:10.5
	Andrew Hecker	1:18.6
M55	Lester Mount	1:11.3
W40	Caren Ware	1:23.2

High Jump		
M45	Keith Nelson	1.88
	Henry Watson	1.57
	Rob Duncanson	1.3
M55	John Hawkins	1.63
	Charlie Rader	1.57
M60	Herman Pettegrove	1.47
M65	Emil Pawlik	1.47
	Dave Perry	1.47
	Jack Kuhns	1.22
	George La Belle	1.17
W45	Karen Vaughn	1.27
W55	Nancy Nevin-Nelson	.91
W65	Fei-Mei Chou	.91
W75	Johnnie Valien	.91

Long Jump		
M40	Lavell Davenport	5.61
M45	Peter Chen	5.22
	Jeff Davison	4.61
M50	John Hawkins	5.30
	Rob Duncanson	5.04
M60	Terry Rowan	4.39
	Larry Jones	4.33
M65	Emil Pawlik	4.66
	George La Belle	3.65
M70	Milton Meux	2.79
W40	Joy Upshaw-Margerum	5.30
	Caren Ware	4.07
W65	Fei-Mei Chou	2.54
W75	Johnnie Valien	2.51

Triple Jump		
M40	Lavell Davenport	12.77
M45	Peter Chen	8.97
	Rob Duncanson	8.89
M50	Paul Shires	9.32
M55	John Hawkins	10.51
	Scott Wolfe	9.45
M60	Terry Rowan	9.08
M65	George La Belle	7.15
W40	Caren Ware	8.63
W65	Fei-Mei Chou	5.32

Pole Vault		
M45	Rob Duncanson	3.20
M50	Murray Mead	3.81
M55	John Hawkins	3.81
M60	Bruce Hotaling	3.20
	Larry Jones	2.89
	Tom Sharples	2.74

W50	Rita Hanscom	2.84
W60	Nadine O'Connor	3.00
Shot Put		
M45	James Kerman	13.72
	Kevin Young	8.97
M50	Mike Shiaras	14.90
	Gary Schmidt	12.25
M55	Mike Deller	12.42
	John Hawkins	12.17
M60	Dan Girling	9.61
	Juan Bustamante	7.94
M65	Jack Kuhns	11.37
	Alan Rosen	8.57
M70	Henry Ross	12.51
W45	Karen Vaughn	8.78
W50	Cathy Baar	5.74
W60	Hattie Perry	6.27
W75	Johnnie Valien	4.88

LONG DISTANCE RUNNING

Discus		
M50	Gary Schmidt	37.18
M55	Mike Deller	43.43
	John Hawkins	37.71
	Scott Wolfe	34.59
M60	Juan Bustamante	24.33
M65	Alan Rosen	36.28
	Jack Kuhns	34.41
	Phil Fehlen	26.18
M70	Stewart Thomson	42.22
	Milton Meux	29.24

Overall		
Bob Sweeney	37	13:05:28
Connie Gardner	40	15:48:04
M35	Serge Arbona	15:57:39
M40	Steve Peterson	14:11:26
	John Nichols	16:06:49
	David Corfman	20:30:42
	Jay Finkle	21:26:30
M45	John Geesler	14:55:44
	Danny Ripka	16:55:23
	John McGuire	21:05:33
	Don Frichtl	21:44:13
	Marlin Howe	22:18:52
	Ray Krolewicz	23:35:37
M50	Bob Oberkehr	18:43:25
	Nelson Strithoff	20:35:04
M55	Roy Pirrung	17:54:24
	Frederick Davis	20:20:02
	Ronnie Wong	23:36:36
M60	Jhabron David	21:36:32
M65	Bruce Boyd	20:34:23
W35	Rebecca Johnson	16:19:13
W40	Connie Gardner	15:48:04
W45	Janet Runyan	17:28:59
	Debra Hom	20:29:53
	Juli Aistars	22:21:16
W50	Louise Mason	26:06:06
W55	Steve Yates	26:42:35

Margaret Mason	3:22:54
Doris W-Dausman	3:27:28
Donella Neuhaus	3:28:07
Judy Geck	3:28:50
Vicki Cross	3:29:06
Andriette Wickstrom	3:31:48
Susan Kersten	3:32:29
W50 Victoria Crisp	3:13:11
Paulette Butler	3:24:48
Susie Roberts	3:29:19
Theresa Vangrov	3:44:44
Bryndis Magnusdottir	3:48:14
Kristi Berg	3:53:09
Patti Vitek	3:55:51
Carol Weigand	3:57:23
Maryann Gallagher	3:57:34
Mary Powell	3:58:49
W55 Gloria Jansen	3:29:23
Faye Berger	3:40:13
Judi Crawford	3:55:26
Robin McKenzie	3:58:02
Sara Cheme	3:58:52
Paulette Marie Posch	4:02:45
Linda Iacullo	4:09:43
Kathleen Andrews	4:15:20
Carol Brouillard	4:16:13
Kay Underwood	4:19:04
W60 Sharon Dolan	3:41:35
Marie Slonski	4:01:44
Jan Rohde	4:09:44
Nancy Buretta-Joyce	4:10:14
Celeste Fondaco	4:27:13
Francine Bangs	4:37:44
Mary Dose	4:40:40
Sylvia Pizzini	4:45:29
Karin Grossman	5:03:32
Jody Burns	5:09:38
W65 Pat Ordahl	5:19:25
Phyllis Kahn	5:34:28
Pinkie Rice	5:51:31
Margaret Mason	6:09:08
W70 Carolyn Sankey	4:49:49
Patricia Wahlgren	5:34:40
W75 Joy Johnson	5:53:13

10 Miler	
Overall	
Chad Johnson 28	48:44
Sara Wells 27	57:13
M40 Patrick Billig	53:29
Digger Carlson	54:21
Michael Moulsoff	59:18
M45 Paul Giannobile	55:48
Doug Keller	55:52
Bobby Paxton	56:09
M50 Michael Seaman	59:39
Ronald Pentz	1:03:29
Michael Bjornberg	1:05:24
M55 Paul Lamere	1:03:26
Jim Graupner	1:04:45
Greg Buse	1:08:32
M60 Stu Clem	1:10:49
David Gibson	1:12:00
Dennis Brewer	1:12:15
M65 Larry Eaton	1:13:44
Glenn Powell	1:23:27
Ronald Jarvinen	1:26:02
M70 Raymond Garrity	1:23:30
Dick Olson	1:34:05
Arnie Gilbertson	1:45:05
M75+Bob Shurte	2:10:28
Ron King	2:16:17
W40 Debbie Leyden	1:00:20
Kelly Keeler	1:03:48
Rochelle Wirth	1:04:23
W45 Robin Tedlund	1:11:11
Kelly Rogers	1:11:19
Susan Felton	1:11:42
W50 Suzanne Ray	1:08:38
Julie Virkus	1:08:43
Nancy Camp	1:16:23
W55 Diane Stoneking	1:16:40
Kathleen Shea	1:18:54
Linda Schissel	1:19:35
W60 Marilyn Schnobrich	1:16:32
Kathleen Peterson	1:23:24
Margi Miller	1:38:56
W65 Nancy Schumacher	1:24:20
Barbara Goldstein	1:56:30
Anne Riggs	1:59:28
W70 Barbara Burhans	1:41:49
Lois Degonda	1:48:13
Barbara Kranz	1:54:09

EAST**Annapolis 10 Mile**
Annapolis, MD; Aug. 29

Overall	
Alexander Hetherington 37	56:15
Mary Kate Bailey 29	60:42
M40 Tim Schuler	57:52
Jon Schoenberg	59:13
Rich Robinson	63:47
Laurance Kam	64:51
M45 Jim Hage	56:32
Mark Malander	61:06
Pete Peterman	62:34
Maurice Pointer	63:27
M50 Chuck Moeser	58:08
James Pryde	62:05
Roger Claussen	67:44
M55 Mick Slonaker	66:18
Ronnie Wong	68:29
Priya Pinit	68:46
M60 John Kirkpatrick	69:29
John Churchman	71:10
Art Burger	71:30
M65 Art Morey	83:14
Benito Vazquez	84:48
Richard Williams	87:56
M70 Jerry Lewis	82:04
George Yannakakis	82:29
Ercolini Gresia	1:42:15
M75 Bill Law	2:03:58
John Fry	2:21:38
W40 Monica Grillo	68:27
Jill Hargis	69:30
Julie Thienel	69:44
W45 Carole Rosasco	74:04
Alison Suckling	74:34
Jeanne O'Leary	75:59
W50 Pat Donohue	79:14
Kathy Hibbert	79:52
Karen Erb	80:54
W55 Barbara Matthewson	73:23
Rose Malloy	82:37
W60 Karolynn Coleman	94:09
Nancy Linck	97:29
W65 Ruth Karpers	1:52:07
Kathleen Guerrieri	1:52:30
W75 Betty Moore	3:00:00

Heart & Sole 5K
Plainview, NY; Aug. 31

Overall	
Brendan Martin 15	17:39
Donna McMahon 34	18:42
M35 Charles Crowe	19:22
M40 Alan Cohen	19:11
Paul Bonanni	19:52
Peter Downes	20:41
M45 Kenneth Ong	19:27
Mike Baard	20:00
Brian McMahon	20:52
M50 Eddie Arbeiter	19:22
Frank Notarstefano	19:47
Kevin Kremler	20:19
M55 Jay Hildebrand	20:53
Rod O'Neill	20:56
Howard Cragg	22:39
M60 Jerry Coiro	22:06
Arthur Koppelman	22:50
Robert Kurtz	28:34
M65 Carl Grosbard	29:02
Norm Hershkowitz	30:11
Frank Martin	34:08
M70 Guy Froehlig	25:51
George Devoe	27:51
Alan Druckman	29:03
M75+Bert Jablon 77	29:16
George Dennis 80	37:23
W40 Liz Flavahan	21:19
Hillary Doloboff	23:50
Nancy Hanrahan	25:16
W45 Dolores Doman	21:53
Evelyn Kenigsberg	23:30
Lorraine Heuther	25:12
W50 Mary Von Bevern	24:53
Vnienna Naylor	26:03
Dorothy Russo	29:03
W55 Eliz Penagos	26:25
Evelyn Arenella	27:05
Kathy Lindsley	27:10
W60 Helma Clavin	28:51
Joan Ackerman	35:09
W65 Carolyn Cornell	31:36
Barbara Ross	49:50

YJCC Joel Spector 10K /
USATF-NJ Masters Championships, Washington Township; Sept. 12

Overall	
Stephen Ondieki	31:12
Doris Fego	38:12
M40 Ken Rolek	33:36
Mark Zarnek	33:39
Ed Kuri	34:31
Daniel Feder	34:48
M45 Oliver Knowlton	34:32
Randall White	35:21
Rick Pingitore	35:33
Gene Gugliotta	38:53
M50 Bill Bosmann	37:50
Bill Trengove	38:53
Chris Lehman	39:40
M55 Roger Price	36:03
Bruce Langenkamp	40:15
Douglas Brown	40:29
M60 Bill Hagman	38:34
Ron Ayre	43:03
John Nowatkowski	43:25
M65 John Leonard	43:38
James Leitz	44:17
Dick Hill	45:58
M75 Bill Welsh	92:10
Bill O'Brien	92:22
W40 Sally Simeone	42:13
Angie Dello	43:43
Tracy Swenson	42:43
W45 Beth Moras	41:09
Susan Muhaw	45:22
Mary Foley	47:58
W50 Jane Parks	43:55
Lorraine McPhillips	45:01
W55 Susan Juronics	44:24
Betty Shonts	46:55
W60 Anna Thornhill	46:59
Eileen Holzman	50:36
W65 Imme Dyson	49:58
Dorothy Little	50:42
W70 Toshiko d'Elia	54:58

Erie Marathon
Erie, PA; Sept. 12

Overall	
Sean Gallagher 22	2:46:10
Sharon Cattell 38	3:22:17
M40 Dan Dudek	2:52:16
Peter Cooper	3:00:50
Thomas Daily	3:04:22
M45 S Mark Courtney	2:59:45
Edward Housel	3:01:21
Patrick Connor	3:08:18
M50 Doug Soliz	3:02:54
Rick Hardesty	3:07:13
Drake Stockert	3:18:19
M55 Ken Scharmann	3:23:02
Jerry Petro	3:23:15
Robert Crawford	3:38:47
M60 John Doebrich	3:36:49
Michael Traynor	3:47:25
Gary Bell	3:48:57
M65 Fred Bostrom	3:55:32
Jim Press	4:49:25
James Lindblade	6:32:45
M70+Richard Sullivan	4:32:06
Jim Marvin	5:23:18
W40 Lori Piedimonte	3:29:26
Melissa Pastore	3:45:33
Shirley Pratt	3:46:24
W45 Junko Leerink	3:24:29
Barbara Sosnowski	3:56:58
Aimee Gilman	3:57:00
W50 Patty Hoffman	3:53:54
Nanci Virginillo	5:31:55
Karen Schapira	6:08:33
W55 Judy Mowery	4:13:31
Irene Fitzgerald	4:44:17
Joanna Digorio	5:30:56
W60 Cheryl Stallings	4:36:31
Peggy Corey	5:11:19
W65 Mary J Stubbs	4:38:46

Komen Run for the Cure 5K
Boston, MA; Sept. 12

Overall	
Matt Downin 27	15:03
S Delahunty-Evans 33	16:26
M40 Henry Scollard 40	17:08
Adam Harder 41	17:34
Don Palladini 47	18:47
M50 Roger Nasatka 51	18:50
David Cobb 58	19:38
Duke Hutchinson 57	20:12
M60 Al Nagel 63	21:19

Tom Murdock 63	28:28
Rodger Weisman 62	30:32
M70+Leo Leclair 73	27:16
Mark Goldstein 71	36:19
W40 Simone Piergentili 40	18:40
Anna Geifman 41	19:51
Nanci Cahalane 45	20:16
W50 Kathy Ann Beebe 58	22:15
Eliz Gonnerman 59	23:03
Lind Epstein 51	24:30
W60 J Bober Holmquist 60	20:41
Charlotte Francis 63	26:31
Pamela Webber 60	28:43
W70+Lillian Christma 73	43:34
Donna Treloar 72	59:25

CVS Downtown 5K
Providence, RI; Sept. 12

Overall	
TIM BROE 27	13:37
MARIE DAVENPORT 29	15:20
M40 BRIAN POPE	14:37
STEVE BOYD	14:45
JAMES SHEREMETA	15:23
MIKE PLATT	15:44
DAN DILLON	16:35
ROBERT ROSS	17:18
DAVE SCHAAD	18:00
TED NORTON	18:04
MICHAEL THOMPSON	18:10
LOU PANACCIONE	18:19
M50 LAURENCE OLSEN	16:59
RICHARD ENGLAND	17:53
BILL RAMSAY	17:57
RAY MANDEVILLE	18:31
JEFF HLINKA	18:52
RAY DANFORTH	19:00
RICHARD BLINKHORN	19:44
LUCKY BEAUCHEMIN	19:54
M60+COLIN MCARDLE	18:01
JOE DRUGAN	20:04
RICHARD SILVA 70	21:06
DAVID PEMBER	21:09
WILLIAM MYENS	21:51
JIM MCMAHON	23:18
W40 JOANNA THOMPSON	17:54
Z WIECIORKOWSKA	18:02
CATHY PEARCE	18:42
MARGE BELLISLE	18:50
CHRISTINE LOPEZ	18:59
MADELENA BOUDREAU	19:18
CHERYL THEODORE	19:59
SUSAN KENNEY	20:11
W50 TERRY MAHR	19:10
R STOCKDALE-WOOLEY	19:19
DEIRDRE BIRD	21:01
HARRIET JOHNSON	23:54
CAROLINE TROISE	23:57
LOURDES PINO	24:39
W60+WENDY BURBANK	23:08
SOFIA MORIARTY	25:31
DORIS DARLING	28:59
JOANNE LIPPERT	31:07

NYRR Fred Lebow X-C 5K
Van Cortlandt Park, Bronx
NYC; Sept. 19

Overall	
Matthew Moran 29	15:54
Barbara Gubbins 44	19:17
M40 Michael Henschel	18:33
M45 Charles Miers	18:33
M50 Daniel Gonzalez	20:23
M55 Alston Brown	18:18
M60 Hal Lieberman	24:27
M65 Michael Frankfurt	31:53
M70 Noel Byrne	28:34
M75 Jack Haar	31:54
W40 Catherine Stone	20:07
W45 Mary Evans	20:17
W50 Ivelise Brook	33:12
W55 Judith Tripp	26:21
W60 Edith Jones	31:20

Philadelphia Distance Run
13.1M**Philadelphia, PA; Sept. 19**

Overall	
Julius Kibet 22	1:01:18
Nuta Olaru 34	1:09:38
M35 Elarbi Khattabi	1:01:19
John Kariuki	1:05:17
Gene Mitchell	1:06:46
M40 Steven Spence	1:06:23
Andrew Masai	1:07:01
Abraham Limo	1:07:39
Freddie Klevan	1:09:32
John Kelly	1:12:57
M45 Bob Schwelm	1:12:37
Jeffrey Painter	1:15:59
Stuart Calderwood	1:16:27

Jeffery Hayes	1:16:33
Anthony Basile	1:16:36
M50 Terry Permar	1:15:01
Gary Fanelli	1:15:22
Paul Hines	1:21:08
Michael Bailey	1:22:03
Dave Coyne	1:23:38
M55 Mick Slonaker	1:22:37
Hal Katzen	1:27:30
Anthony Jordan	1:28:40
Dwight Edris	1:28:47
Tsuneyoshi Takai	1:29:46
M60 Richard Webb	1:26:33
Art Burger	1:28:50
Charlie Patterson	1:29:18
Tom Jennings	1:36:00
Frank Hopper	1:37:46
M65 George Evinski	1:35:11
Jerry Gornish	1:40:34
John Cardoso	1:44:15
Bill Sollers	1:50:41
Bill Jones	1:54:52
M70 Ronald Smith	1:31:12
Geo. Vannakakis	1:46:43
Richard Hoban	1:53:12
Robert Thien	2:04:48
Charles Powell	2:05:36
M75 Joseph Havlick	2:23:34
W35 Marla Runyan	1:11:19
Mary Coordt	1:18:48
Andrea Niggemeier	1:18:57
W40 Debbi Kilp-Morris	1:16:19
R. Burangulova	1:17:33
Doreen Mccoubrie	1:19:21
Patti S-Garbrecht	1:22:21
Missy Foy	1:23:09
W45 T. Pozdnyakova	1:13:36
Lee DiPietro	1:19:35
Sarah Tabbutt	1:27:39
Lesley C.-Swann	1:28:42
Kari Proffitt	1:32:33
W50 Leah Whipple	1:31:26
Carolyn Bujak	1:33:54
Beth Howlett	1:35:02
Barbara Brightbill	1:36:23
Nancy Werthmuller	1:38:44
W55 Joy Hampton	1:40:50
Udon Beidler	1:43:09
Eileen P-Shovlin	1:45:31
Jane Serues	1:47:43
Joan Osborne	1:47:15
W60 Marilyn G.-Walsh	1:39:53
Annette Macmillan	1:50:29
Sandra Fluck	1:53:05
Ingrid C.-Fox	1:53:31
Sandi Roberts	1:57:48
W65 Sandra Folzer	1:50:26
Imme Dyson	1:52:27
Zandra Moberg	2:25:40
W70 Fatima Ali	2:22:50

Providence Half-Marathon
Providence, RI; Sept. 26

Overall	
Patrick Nthiwa 21	1:02:36
Tatyana Pozdnyakova 49	1:15:00
M40 Andrew Masai	1:08:56
Chris Lawrence	1:17:02
Martin Tighe	1:19:47
M50 Laurence Olsen	1:17:06
Geary Daniels	1:17:32
Bill Rodgers	1:23:38
M60 Colin Mcardle	1:24:45
Jerry Rosa	1:25:50
David Pember	1:35:00
M70+Joe Fernandez	1:43:35
Charles Rogers	1:47:35
Donald Ross	2:02:33
W40 Tatyana Pozdnyakova	1:15:00
Joanna Thompson	1:23:57
Miae Jacobs	1:27:52

Randall White	77:34
Rick Pingitore	79:14
Greg Leto	82:29
M50 Bill Trengrove	86:02
Bill Bosmann	86:59
Tom Fitzgerald	88:51
M55 Roger Price	79:43
Feliciano Pereria	88:49
Douglas Brown	89:06
M60 Pat Cosgrove	94:55
Hilary Peterlin	96:19
John Nowatowski	97:05
M65 Stephen Chopek	98:57
James Leitz	99:51
M70 Joe La Bruno	2:07:36
Ray Reddick	3:07:11
W35 Beth O'Connor	88:25
W40 J Pare	85:06
Wendy Locke	88:44
Pamela Fales	95:57
W45 Beth Moras	89:56
Kari Proffitt	93:47
Elaine McAvoy	1:44:26
W50 Jane Parks	99:05
Lorraine McPhillips	1:43:01
J FamungKrause	1:45:08
W55 Sue Juronics	1:40:12
Betty Shonts	1:44:25
Ecotty Eckert	1:59:23
W60 Anna Thornhill	1:44:18
Eileen Holzman	1:59:21
Antje Hennings	2:02:13
W65 Imme Dyson	1:49:09
Dorothy Little	1:56:39
W70 Toshiko d'Elia	2:02:33

-5K-

Overall

Clarance Tobias	30	16:55
Amy Nalven	26	19:46
M35 Glen Carnes	17:13	
M40 Andrew Whitney	18:46	
Mark Jacobson	22:16	
M45 Nick Paolazzi	18:32	
Emil Estok	20:25	
M50 Rich Gilbert	22:11	
Enock Mokamba	22:38	
M55 Marty Slutzky	23:23	
Ed Jakubik	24:06	
M60 Carl Lea	21:37	
M65 Ray Weber	26:03	
M75+Nate Finestone	75	29:16
W35 Harriet Puja	21:24	
W40 Valerie Wagner	23:35	
Sandy McCabe	26:07	
W45 Marcia Postallian	24:07	
Lynne Mortimer	24:30	
W50 Linda Barrese	26:37	
W55 Andrea Vibbert	34:36	
W60 Pat O'Hanlon	58:54	
W65 Anne Staffin	38:35	
W70 Shirley Pettijohn	38:14	

New Hampshire Marathon
Bristol, NH; Oct. 2

Overall

Abdom Pichardo	35	2:43:20
Bonnie Ritchotte	31	3:23:08
M40 Andrew Milne	3:10:37	
Thomas Ueland	3:16:39	
Terry Spoc	3:20:00	
Mark Bonderud	3:21:44	
Atsushi Kato	3:22:49	
M50 Lenny Deshayes	3:06:19	
Rob Willis	3:23:47	
Gerd Duerr	3:36:10	
Arthur Brooks	3:40:44	
Jack Stepp	3:44:27	
M60 John Wallace	3:38:26	
Paul Hargrave	3:42:10	
Newton Baker	4:04:49	
Dan Shuff	4:12:09	
Robert Shultz	4:35:03	
M70+Richard Fedion	4:44:17	
W40 Sinthy Kounlasa	3:52:29	
Parvaneh Moayedi	4:05:38	
Boonsom Hartman	4:28:10	
Elizabeth Bean	4:45:51	
Jennifer Cox	4:45:51	
W50 Frances Gilday	5:50:24	
W60 Sharon Kerson	62	5:46:11
Jane Goodman	69	7:31:15
W70+Hildy Fosse	75	6:21:07

NYRR Grete's Great Gallop
Half-Marathon
Central Park, NYC; Oct. 3

Overall

Kays Kototsa	28	1:08:42
Abbi Gleeson	23	1:21:46
M40 Alfonso Polania		1:15:04

M45 Amador Ybanez	1:17:25
M50 D Kalogeropoulos	1:18:59
M55 Julio Aguirre	1:24:45
M60 Norbert Sander	1:26:36
M65 Jeng Ahn	1:41:44
M70 John Cioffi	2:08:47
M75 Joseph Burns	2:08:41
W40 Corinna Cortes	1:27:57
W45 Marie Wickham	1:34:00
W50 Barbara Byrne	1:32:51
W55 Ann Davies	1:39:01
W60 Carol Johnston	1:47:10
W65 Wen-Shi Yu	2:14:08
W70 Ginette Bedard	1:50:56
W75 Bertha McGruder	2:47:11

NYRR Norway Run 1.7 Miles
Central Park, NYC; Oct. 3

Overall

William Pedraza	42	8:38
Julia Stamps	25	9:25
M40 Peter Allen		8:42
M45 Americo Ceballos		10:06
M50 Gerardo Rojas		10:53
M55 Diego Paz		11:48
M60 Bob Edmonds		11:13
M65 David Kenney		12:35
M70 Sherwin Berger		14:22
M75 Richard Gordon		21:41
M80 Allen Flagg		26:26
W40 Judith Rodenbeck		10:42
W45 Stacy Creamer		10:22
W50 Margaret Enloe		12:29
W55 Ann Makoske		11:45
W60 Sylvia Holm-Jensen		19:12
W65 Joan Bondell		14:49
W70 Elizabeth Thomas		23:24
W75 Joan Rowland		26:18

USATF-NE 5M Champion-
ships / Ollie Road Race
South Boston, MA; Oct. 3

Overall

Mark Carroll	23:56
Amy Mortimer	26:42
M35 JIM DANDENEAU	25:13
M40 CRAIG FRAM	25:19
TOM DOODY	25:44
LARRY SAYERS	26:10
SCOTT LUNDQUIST	26:19
PAUL HAMMOND	26:22
DOUG MARTYN	26:26
TONY DAROCHA	26:29
DAN VERRINGTON	26:39
M50 JOHN BARBOUR	26:36
GEARY DANIELS	27:49
BOB RUEL	27:58
LAURENCE OLSEN	28:29
JOHN LEE	28:33
ROBERT CHASEN	28:43
M60 SUMNER BROWN	30:07
BILL RILEY	32:04
JAMES DALEY	32:23
ARTHUR ROBERTS	33:11
W35 MIMI FALLON	28:52
LISA SENETORE	30:14
SIMONETTA PIERGENTI	30:30
JULIE PETERSON	30:37
CATHY PEARCE	30:44
BRENDA EGIZI	30:46
CAROLINE OWEN	31:15
MARGE BELLISLE	31:45
NANCY CORSARO	31:54
W50 KATHRYN MARTIN	30:57
R STOCKDALE-W	31:50
EILEEN TROY	34:17
KAREN D-DURANT	34:32
SUE MASLOWSKI	34:41
MARY PEABODY	34:42
W60 JANET B-HOLMQUI	34:05
LAURA BECKWITH	40:33
BARBARA STEWART	48:23
ANNE M McDONALD	1:00:31
W80 LOUISE ROSSETTI	1:16:17

Sportshoe Maine Marathon
Portland, ME; Oct. 3

Overall

ERIC LAVIGNE	28	2:31:01
EMILY LEVAN	31	2:39:54
M40 VLADIMIR SUCHAN		2:51:58
MICHAEL SIMENSKY		3:03:18
BOB LINDBERG		3:06:14
M45 FLOYD LAVERY		2:54:47
MICHAEL ZACKIN		2:59:16
DICK GRAVES		2:59:47
M50 STEVE ISRAEL		3:10:04
RONALD JOHNSTON		3:13:05
TOM GETCHELL		3:14:49
M55 TORBJORN DAHL		2:59:11
GARY WALL		3:02:34
JOHN WHITMAN		3:14:18
M60 ROBERT KNOX		3:37:06
JOHN WALLACE		3:38:11

JOHN RANCOURT	3:38:41
M65 MARV BRADLEY	4:19:28
CLIFF BURGESS	4:56:48
BRIAN MCGRATH	5:02:04
M80 WALTER LYNN	4:37:38
W40 SUSAN MULLIGAN	3:28:33
RUTH CRONIN	3:30:58
PAOLA SANDRONI	3:39:19
W45 DONNA HURLEY	3:06:18
ROBIN JOHNSON	3:48:04
EILEEN DUNFEY	3:56:13
W50 BARBARA FREEDMAN	3:30:05
PAMELA HALL	3:30:28
FILLIS FRIEDMAN	3:31:27
W55 J BUTTERFIELD	4:12:15
CAROL SHIVELY	4:14:10
KITTY KELLEY	4:15:56
W60 JUDITH KOOB	5:17:36
RENE COLLINS	5:27:07
C COOK-MCCOY	5:29:00
W65 SANDRA WEBBER	5:26:33
CAROLYN MITCHELL	5:30:23

Hartford Marathon, Half-
Marathon & 5K
Hartford, CT; Oct. 9

Overall

Zintu Meaza	27	2:18:50
Lete Berne	26	2:46:21
M35 Ednaldo Oliveira		2:45:22
M40 Felipe Vergar		2:37:08
Leonardo Moya		2:40:17
Russell Sears		2:43:18
M45 Mickey Reidy		2:58:27
John Whelan		2:58:45
Mickey Reidy		2:58:27
M50 Richard Galera		3:08:35
Charles Whynacht		3:14:25
George Nelson		3:14:34
M55 Eric Taube		3:11:19
William Stewart		3:20:50
Charles Buzinsky		3:23:25
M60 Greg Prugh Sr.		3:27:54
James E. McCormack Jr.		3:38:29
James Freiband		3:39:51
M65 Marv Bradley		4:14:07
Dick Bartlett		4:52:37
Tom Bailey		5:24:47
M70 Donald Dayton		4:09:43
Alan Schwartz		4:40:48
M75 Gene Bandler		6:19:18
W35 Mary Thomas		3:26:44
W40 Mary-Lynn Currier		2:54:59
Yukiko Nishide		3:06:27
Rebecca Steinkraus		3:13:27
W45 Nancy Taormina		3:09:38
Lisa Motta		3:33:16
Lisa Motta		3:33:16
W50 Linda Parrish		3:34:42
Sue Fowler-Finn		3:40:19
Barbara Pearce		3:42:25
W55 Magher Susan		4:03:07
Shari Philmeck		4:09:53
Lichu Sloan		4:27:07
W60 Ruth Fairbrother		4:22:34
Cheryl Cook-McCoy		5:23:19
Sharon Kerson		5:57:25
W65 Connie Fox		5:47:05
W70 Jeannette Cyr		5:02:49

Half-Marathon

Overall

Geoffrey Letting	29	1:06:07
Larisa Michailova	35	1:16:12
M35 Gideon Mutusa		1:08:50
M40 Bautista Antonio		1:17:19
Ken Clark		1:20:31
Todd Brown		1:21:26
M45 Jon Kornacki		1:23:15
Dennis Barone		1:25:09
Clifford Lane		1:28:49
M50 Rick Boyle		1:23:25
Thomas Harding		1:26:30
Daniel Lavoie		1:26:55
M55 Patrick Dehaven		1:29:18
Bob Sagor		1:31:00
Arthur Nager		1:34:04
M60 John Courtmanche		1:33:50
Mark Turkington		1:33:58
Donald Vogel		1:36:35
M65 Fred Zuleger III		1:49:14
Harvey Strauss		1:51:24
Fitzroy Mark		2:03:17
M70 John McGowan		1:56:49
Jerry Shimoda-Peterson		2:10:40
John Farr		2:20:53
W35 Deborah Gaebler		1:27:47
W40 Martha Merz		1:23:53
Teresa Lawton		1:35:05

Nancy Fitzgibbon	1:36:27
W45 Betty R-Knapp	1:35:00
Kathryn Epstein	1:40:12
Catherine Lyons	1:40:43
W50 Kathy Gribbon	1:39:14
Barbara Deubel	1:41:58
Elizabeth Sparks	1:46:13
W55 Joan Lavin	1:44:44
Jane Pearl	1:51:25
Linda Zavalick	1:54:34
W60 Noreen Hendley	1:50:41
Athleen Ellington	2:03:40
Winnie Hopfe	2:07:49
W65 Elizabeth Sparkowski	2:26:56
Virginia Mullen	2:38:41
Marjorie Sasiela	3:07:46
W70 Irene Burke	3:09:26

5K

Overall

Erik Nedeau	33	15:17
Amy Nedeau	29	17:53
M35 Bob Davenport		16:37
M40 William Brosmith		16:22
M45 Jeffrey Heintz		17:47
M50 John Shostrom		17:57
M55 Thomas Fowler-Finn		20:20
M60 Charles Lamb		24:17
M65 Marvin Howard		25:26
M70 Walt Gale		24:23
M75 Bob Davidson		26:14
M80 Bill Tribou		28:34
W35 Kristen Kemp		21:20
W40 Zofia Wieciorkowska		18:04
W45 Sally Knight		22:08
W50 Sidney Letendre		19:45
W55 Ellie Lowell		23:39
W60 Mary Bonetz		27:52
W65 Zofia Turos		24:55
W70 Ruth Robinowitz		50:18
W90 Mary Haines	90	1:15:11

USATF-NJ 5K X-C
Championships
Holmdel Park; Oct. 10

Overall

Mohamed Khadraoui	15:48
Megan Phillip	19:03
M40 Jeremy Stratton	17:12
Steve Trembley	17:21
Ed Kuri	17:32
Dan Feder	17:37
M45 Anselm LeBourne	17:15
Chuck Shields	17:18
Chris Harkins	17:58
Rick Pingitore	18:28
M50 Gary Pierce	18:42
Wm Scholl	19:09
John Daly	19:09
M55 Roger Price	18:12
Harry Nolan	18:50
Bruce Langenkamp	19:45
M60 Bill Hagman	20:47
Pat Cosgrove	21:44
John Nowatowski	21:50
M65 John Leonard	22:19
Richard Hill	23:26
James Leitz	23:48
M70 Wm Richardson	27:57
Joe LaBruno	29:30
Ray Reccick	45:15
M75 Bill Welsh	40:02
Bill O'Brien	48:15
W40 Lauren Rhatigan	20:14
Pamela Fales	22:24
Sherry Felton	23:35
W45 Janice Morra	20:34
Chris Murphy	22:03
Rene Rovtar	26:56
W50 Jane Parks	22:58
Lorraine McPhillips	24:14
Kuniko Hurley	24:25
W55 Betty Shonts	24:21
Linda Piff	27:41
W60 Anna Thornhill	25:23
Eileen Holzman	27:07
W65 Dorothy Little	26:18
Imme Dyson	26:52
Madeline Bost	33:34
W70 Diane Stone	41:33

B.A.A. Half-Marathon
Boston, MA; Oct. 10

Overall

Luke Metto	28	1:02:57
Lomah Kiplagat	30	1:12:05
M40 Dan Verrington		1:14:16
Mark Reeder		1:14:49
Bobby Bligh		1:16:49
Chris Kelly		1:20:13

Errol Yudelman	1:20:22
Harry Pino	1:21:31
Harold Dion	1:21:34
David Welch	1:21:39
Bernie O'Reilly	1:21:43
Peter De Cambre	1:21:53
M50 William Dixon	1:19:54
Michael Wessels	1:27:41
Michael Menovich	1:29:11
Hal Goforth	1:29:23
Michael Amster	1:31:09
Dennis Herman	1:32:31
Roberto Rodriguez	1:33:54
Jonathan Haines	1:36:11
M60 Robert Gormley	1:30:46
Al Nagel	1:37:10
Joseph Walsh	1:44:53
Michael Gonnerman	1:45:36
Ken Blumberg	1:47:27
Richard Kuhl	1:53:00
M70 Bill Engle	1:58:12
Hart Anway	2:04:13
Don Ross	2:03:44
Anthony Cellucci	2:38:15
W40 Valentina Yegorova	1:15:55
Zinaida Semenova	1:17:14
Monique Maddy	1:22:10

MIDWEST

John Rogucki Memorial 15K
Ann Arbor, MI; Sept. 18

Overall

Rick Bane 24	51:49
Marybeth Reader 35	1:02:13
M40 Bent Andersen	57:28
Rick Armes	58:32
Eric Pagac	1:00:26
M45 George Wynarsky	1:01:14
Alan Caldwell	1:01:45
Donald Hlavaty	1:03:20
M50 John Tarkowski	57:44
Doug Soliz	1:00:29
Mike Stone	1:01:07
M55 Rick Warner	1:10:37
Mano Jagasia	1:12:48
William Belski	1:13:25
M60 James Carlton	58:45
Wally Herrala	1:00:39
Jim Kruse	1:15:34
M65 Bob Volenski	1:20:33
M70 Lonnie Fisher	1:23:25
Bob Ranta	1:30:48
M75 Joseph Yurich	1:45:59
M40 Ann Remmers	1:05:28
Heidi Drallos	1:09:43
Marie Campbell	1:12:58
M45 Jackie Blair	1:06:04
Gina Morris	1:13:02
Marita Ritter	1:14:03
M50 Toni Klemmer	1:23:10
Elke Dozauer	1:24:36
Colleen Reese	1:35:35
M55 Cecilia Brzyz	1:20:59
Nina Bovio	1:22:16
Naomi Shepherd	1:34:02
M60 Ellen Nitz	1:18:46
Mary Roche	1:30:51
Cora Hill	1:33:10
M65 Sandra Somers	1:43:52

Chicago Half-Marathon
Chicago, IL; Sept. 19

Overall

Chris Wehrman 28	1:07:06
Kim Miltz 30	1:19:38
M35 Paul Bonfiglio	1:16:22
M40 Dave Bussard	1:16:33
Douglas Jones	1:17:43
Paul Dyba	1:19:36
M45 Jim Desjardins	1:21:29
Edwin Cook	1:25:00
Atsushi Kunugida	1:25:12
M50 Efrén Alvarez	1:22:22
Ken Burke	1:24:40
Robert Torres	1:26:33
M55 Steve Essig	1:27:51
Don Correll	1:32:20
Chris Nemeth	1:32:34
M60 Richard Pleet	1:34:59
Robert Carlson	1:39:42
Lloyd Hardman	1:43:29
M65 Irwin Reynolds	1:47:32
Robert Pates	1:55:40
George Brown	1:56:34
M70+Ralph Swanson 73	2:30:59
Earl Hanson 72	2:40:06
Don Swanson 79	2:48:59
W35 Kelly Phillips	1:26:55
W40 Christen Meyer	1:23:38
Lori Schafer	1:23:43
Kim Ryba	1:41:38
W45 Kim Yoon	1:38:36
Diane Butterfield	1:40:41
Louise Perkowski	1:41:18
W50 Dawn Rosenberger	1:44:59
Jeanne Dulski	1:46:37
Jodi Sogaard	1:51:57
W55 Miloslava Keprtova	1:47:44
Susan Goldman	1:55:03
Kate Spencer	1:56:17
W60 Patricia Knabe	2:05:01
Yvonne Smith	2:06:19
Sharon Gries	2:15:13
W65 Nancy Billish	2:29:32
Helen Ward	2:57:32
Bonnie O'Leary	2:58:07
W70+Barbara Kummerer 71	2:36:08

Over the Hill TC 5K X-C
Hunting, OH; Sept. 26

M30 Steve Favozzo	22:16
M40 Spencer Johnson	24:31
M45 Guy Gadowski	19:49
Lawrence Finley	23:59
Walter Thiem	24:39
Mike Glodowski	28:30
Mike Castro	37:57
M50 Nino Monaco	22:40
Jim Majer	26:20

M55 Jeff Gerson	30:25
Norm Thomas	30:31
W55 Cathi Gerson	30:29

Dayton River Corridor
13.1M
Dayton, OH; Sept. 26

Overall

Will Edwards 24	1:09:05
Ann Alyanak 26	1:17:04
W40 Linda Barhorst	1:32:22
Kumi Sato	1:35:55
Wanda Krebs	1:39:29
W45 Gretchen Kiskoock	1:35:00
Dana Walker	1:43:03
Sandra Burcham	1:46:13
W50 Laurie Herman	1:51:25
Vicki Hughes	1:55:07
Cindy Brooks	1:56:44
W55 Janice Kreuz	1:32:50
Elizabeth Brown	1:55:10
Shirley Sirois	2:09:46
W60 Connie Showalter	2:28:34
Beatrice Downey	2:21:34
Frances Gilbert	3:06:38
M40 Lance Kinsey	1:18:57
Kevin Walsh	1:19:08
Jay Owens	1:21:57
M45 Mark Jensen	1:16:34
Art Kitz	1:21:10
Michael Nedeff	1:22:22
M50 Mark Hogue	1:15:02
Michael Barr	1:23:17
Dave Beach	1:27:10
M55 Henry Osier	1:30:39
Ed Hunter	1:33:16
John Titus	1:34:13
M60 Earl McCormick	1:37:10
Harlan Knudson	1:45:06
Jack Lynch	1:48:51
M65 Wayne Wheeler	1:36:24
Bill Zehner	1:37:00
Raymond Meister	2:02:02
M70+Richard Weidner	1:44:31
Jerry Hoffman	1:59:38
Joe Schwaiger	2:06:34

Fox Cities Marathon
& Half-Marathon
Appleton, WI; Sept. 26

Overall

Vince Temu 33	2:28:34
Wioletta Kryza 36	2:46:40
M35 Bob Cislis	2:33:12
M40 Stuart Kolb	2:46:21
M45 Norb Lauer	2:54:00
M50 Joseph Jackels	3:04:06
M55 Frank Spicer	3:58:56
M60 Richard Raab	4:15:50
M65 Pat Britt	4:30:28
M75 Donald Diesen	6:37:06
W40 Sue Pierson	2:57:09
W45 Deb Thomford	3:18:31
W50 Linda Garnett	4:11:09
W55 Cheryl Raymus	4:10:13
W60 Lynn Hensley	4:51:08

Half-Marathon

Overall

Mark Manz	1:08:47
Jacqueline Adelmeyer	1:24:16
M40 Mike Servais	1:24:07
M45 Lee Allinger	1:27:52
M50 Peter Schmitz	1:30:22
M55 Jose Rodriguez	1:24:22
M60 Kent Kretschmar	1:44:30
M65 James Fahrbach	1:37:31
M70 Ray Waiter	2:27:13
W35 Ann Limberg	1:36:10
W40 Marie Sumnicht	1:25:13
W45 Caroline Hatlestad	1:40:54
W50 Barbara Jewell	1:37:25
W55 Carol Klitzke	1:56:46
W60 Marcia Balthazor	2:26:58
W65 Mary Lindgren	2:09:13

Chicago Marathon
Chicago, IL; Oct. 10

Overall

Evans Rutto	2:06:16
Constantina Dita	2:23:45
M40 LUC MOLEMANS	2:31:08
LANCE WINDERS	2:32:34
CHRIS SPINNEY	2:34:40
ALAN NEWTON	2:35:06
RUSSELL BOORE	2:35:16
RONALD CHISOLM	2:35:19
STEVEN MAVES	2:36:31

JOSE COSTA	2:38:07
JERRY LACK	2:39:11
PAUL HAMMOND	2:40:22
M45 CRAIG FRAM	2:29:30
THOMAS DEVER	2:31:17
GAVIN STEVENS	2:33:27
DAVE WALTERS	2:34:44
RONALD DAVIS	2:40:36
S CALDERWOOD	2:41:33
ALLAN RICHARDSON	2:42:38
BRUCE HALL	2:44:54
FRANCISCO MARIN	2:45:02
FRANCIS FORT	2:46:25
M50 ZYGMUNT LYZNICKI	2:42:18
SERGE LEFEBVRE	2:44:06
GIOCONDO NEZOSI	2:53:23
JAMES BOESCH	2:54:38
TOM GILLMAN	2:54:52
MARK LEDUC	2:55:06
SCOTT RENKEN	2:57:26
YONG RHEE	2:57:53
M55 STEPHEN REED	2:59:10
CRAIG DONATH	3:03:18
GEOFF WILSON	3:08:31
FEDERICO GILI	3:10:38
JIM GRANAHAN	3:14:40
RICHARD CARSON	3:15:41
GIL LEVINE	3:16:06
DONALD UNGARO	3:16:38
M60 GERARD MALACZYNSKI	3:03:27
DANIEL BLEUZE	3:08:03
MICHAEL RICHERT	3:09:44
MARTIAL THEATRE	3:09:47
JEAN BAPTISTE PIVERT	3:12:31
RICK STETSON	3:13:35
M65 JAMES KALAS	3:39:06
JOHN FEDOR	3:39:23
ROLAND THOMMEN	3:47:33
ARNOLDO LEVY	3:52:46
ANGUS HAGGARTY	3:53:41
MICHAEL ARCHULETA	3:54:47
M70 DAVID GREER	3:57:03
JACK ROLLO	4:17:48
T.C. CHUNG	4:45:30
BRIAN VIGRASS	4:50:14
M75 GERRY HOPKINS	4:49:59
HU GOLDSTEIN	5:05:33
SEAN KEARNS	5:25:29
ROBERT THOMAS	5:51:53
M80 ARTURO GUZMAN	4:56:25
W40 JENNY SPANGLER	2:33:36
WILLETTA PAGE	2:45:15
CHRISTEN MEYER	2:54:57
MICHELE MCFADDEN	2:58:29
JACKIE MORGAN	2:58:45
ESTHER JURASEK	3:01:00
AMY HAYES	3:04:30
NANNETTE TORRES	3:05:25
M45 SAYURI KUSUTANI	2:52:11
BRENDA WALTON	3:05:21
TRICIA MCCLAIN	3:06:00
MONICA JOYCE	3:06:27
MARIE ANNICK GILLARD	3:06:37
LAURA KENNEDY	3:07:08
RACHAEL ST. CLAIRE	3:11:24
MONICA THEIS	3:13:48
M50 LUISA RIVAS	3:08:11
LEAH WHIPPLE	3:10:00
ANNIE LOUCHARD	3:21:52
KRISTINE GU-GOETZ	3:21:57
MAURA ENGEL	3:28:04
LINDA FERNETS	3:28:20
M55 MARGET LANE	3:08:18
NANCY ROLLINS	3:26:24
VIRGINIA FOSTER	3:30:36
SUSAN CROLL	3:38:13
SANDY MENELEY	3:44:44
LIZ CORBETT	3:46:01
M60 JEAN MARMOREO	4:15:36
PENNY ELLIOTT	4:22:49
EDA CARROLL	4:28:40
IRENE SIX	4:29:24
MARION MYERS	4:32:00
ADA LETINSKY	4:07:31
JOAN MAXWELL	4:14:07
LOUISE MIKLOVIC	4:23:10
ANE GADE	5:02:23
MARTHA PATTERSON	5:04:36
M70 ELEANOR CLAUS	4:48:52
R REICHENBACH	6:34:00
JOYCE DUVAL	6:34:51
M75 GLORIA SCHIFFLER	7:05:35

JOAN Benoit Samuelson 47	1:22:11
M35 Eric Pegors	1:24:31
Steve Howe	1:27:59
Dennis Barrett	1:30:52
M40 John Ofstedal	1:15:03
Kirt Goetzke	1:16:36
Steve Windels	1:22:15
M45 Bill Schalow	1:26:33
Bradley Huckle	1:30:48
Kurt Stunek	1:31:53
M50 Tom Silverberg	1:28:07
Dave Goetzke	1:28:58
Cary Segal	1:29:31
M55 Wayne Walvatne	1:28:14
Don Kirby	1:30:34
Al Neil	1:32:12
M60 Dale Summers	1:32:51
Severin Blenkush	1:44:20
Harvey Johnson	1:44:35
M70 Roger Aiken	2:20:56
W35 Theresa Felix	1:37:14
Jackie Pekareh	1:37:42
Cindy Meland	1:39:25
M40 Pam Walter	1:30:12
Patricia Langum	1:34:25
Cathy Amundson	1:41:04
M45 J Benoit Samuelson	1:22:11
Colleen Carter	1:37:38
Ann Dolence	1:39:50
M50 Therese Vogel	1:40:04
Becky Swanson	1:50:02
Jean Schwegel	1:53:59
M55 Rhonda Provost	1:57:27
Diane Demars	2:00:46
Kathryn Benhardus	2:03:10
M60 Lynn Glesne	2:22:08
Phyllis Martin	3:05:31
M70+Barbara Burhans	2:21:43
Lois Degonda	2:29:15

Jack 15.202M
White, SD; Sept. 18

Overall

Chris Kopp 25	1:31:14
Patty Hood 36	2:05:37
M40 Jeff Alvey	1:48:28
M45 Scott Jamison	1:55:38
M50 Owen Hotvet	1:47:43
M55 Dave Schaefer	2:04:50
M70 James Thvedt	2:26:27
W40 Kelly Bakken	3:44:31
W50 Connie Carrow	2:34:43
W55 Susan Scott	3:30:55

Governor's Cup 10K / 5K
Denver, CO; Sept. 19

Overall

Charles Kamindo 35	29:57
Martha Tenorio 38	35:21
M35 Steve Fossel	36:18
M40 Rob Welo	34:26
Sam Shusterman	34:56
Tabasco Cruz	36:41
M45 Tom McGurry	35:43
Angelo Aragon	36:18
Jay Survil	39:07
M50 Herb J Tanzer	39:29
Ray Ruppel	39:33
Steve Santana	40:11
M55 William McIntyre	40:51
David Cromer	43:29
Craig Carver	44:38
M60 James Boughter	40:38
Charles Drage	42:12
Larry Avery	45:40
M65 Danny C Martinez	44:21
Mike Burzynski	51:30
Richard Kennett	56:56
M70 Don Robinson	53:38
Stan Arnold	1:19:20

W35 Karen Voss	43:12
W40 Lynn Fouch	39:10
Sheri Wright	40:35
Karen Murphy	40:53
W45 Ellen Hart	39:22
Sherry Buckner	44:58
Barbara Hartung	48:15
W50 Helen Hertzog	49:34
Deb Anderson	51:11
Janet Cromer	53:20
M55 Judith Russell	51:33
Lynn Swanson	54:24
Debbie Dispense	57:08
M60 Kay Chemott	52:48
Sally Kennett	54:02
M75 Marilyn Olen	1:31:03

5K Overall	
Benjamin J Koch 24	16:28
Patty Murray 39	17:32
M35 Edward Steinhauer	17:52
M40 Steve Kovisto	17:36
David J Bieda	19:09
Dan Schwartz	21:19
M45 Bill Mills	18:59
Steven Hall	21:45
Eric Johnson	21:52
M50 Geo Rumphsmith	20:20
Lowry Foster	20:34
Craig Ewing	20:51
M55 Lloyd Kull	24:27
Terry Lauhon	24:30
Rodney Waage	25:46
M60 Kent Mitchell	23:12
Doug Tollin	24:38
Dennis Noonan	25:07
M65 Jack Barry	23:14
Don Macy	24:40
Charles Engel	25:18
M70 Cleo Coen	33:35
Harry Mang	36:50
M80 Earl Turner	38:15
Alex Silva	41:52
Len Mazzi	44:15
W35 Joni Horst	22:49
W40 Amy Enos	22:46
Teresa Moxon	25:37
Rosalie Hodgson	26:02
W45 Luann Giebler	23:40
Liz Tabeling-Garcia	24:57
Stephanie Kohler	28:38
M50 Evan Sletta	26:24
Donna M Martinez	26:46
Patricia Foos	27:51
M55 Diane Eanes	29:03
Pamela Asher	32:07
Carole Fulkerson	32:31
M60 Marty Lund	27:02
Susie Ryan	27:36
Nancy Abens	29:30
W75 Lucille Walden	41:03

USATF Colorado Assoc. XC
Championship 5.8K / 8K
Boulder, CO; Oct. 2

8K

M40 Andy Ames	28:11
Peter Hegelbach	29:53
Greg Cunningham	31:20
M45 Tim Dolen	30:36
Mark A Mathieu	31:00
Mike Sandrock	32:11
M50 Benji Durden	31:07
Ron Harmon	33:41
Jim Christoph	34:06
M55 Rick Katz	31:55
Dave Dooley	31:57
Rich Castro	39:28

5.8K

M60	Jeff Martin	27:35
	Bill Faulkner	28:39
	Roger M Wittner	30:15
M65	Hank Kaplan	32:39
M75	Kenneth R. Wright	42:25
W40	Lisa Goldsmith	24:09
	Jennifer Fawcett	29:01
W45	Catriona Dowling	24:26
	Martha Buttner	26:57
	Amie Durden	30:24
W50	Cathy Nicoletti	27:08
	Barbara Connell	31:16
	Connie Harmon	31:34
W55	Anita Gonzales	32:36
	Pat Emigh	35:22
W60	C Gail Hunter	28:15
W65	Pat Peterson	33:26
	Judy Smythe	33:52
	Lois Calhoun	34:47

M55	Jim Bordini	17:59
	Don Porteous	17:21
	Jim Gorman	18:31
	Len Goldman	18:40
M60	Joachim Bechtle	17:37
	Fred Martin	19:11
	Steve Stephens	19:41
M65	Russ Kieman	20:05
	Neal Chappell	20:11
	Ricardo Guidolin	21:39
M70	Roger Fong	22:45
	Phil Phythian	26:12
	William Flodder	27:05
M75	Sam Hirabayashi	25:04
	Don Watson	34:32
	George Anderson	50:22
M80	Stanley Coombs	27:47
	Stanley Demartini	39:57
W35	Midori Sperandeo	17:31
	Becca Doane	18:14
	Tanya Fredricks	18:46
W40	Maria Trujillo De Rio	18:03
	Lisbet Sunshine	18:10
	Karen Jeffers	19:01
W45	Meredith Mills	20:01
	Kate Samuelson	20:28
	Susan Beck	22:26
W50	Heidi Helvestine	18:28
	Melinda Morse	20:16
	Claire Malanson Fry	21:23
W55	Laury Fisher	23:36
	Bridie Dillon	23:53
	Janet Bowman	24:05
W60	Suzanne Franco	26:38
	Joan Long	28:55
	Linda Hall	29:08
W65	Barbara Miller	21:21
	Trudi Hofmann	26:25
	Nova Poff	27:06
W70	Barbara Robben	28:41

Maui Marathon Kaanapali, HI; Sept. 19

Overall		
	Jacob Rotich	2:28:14
	Jeannie Wokasch	3:11:37
M40	Jonathan Lyau	2:43:23
	Masahiro Numata	2:45:26
	Kazuhiko Tanaka	3:16:55
M45	Tony Fong	2:58:59
	Shuichi Mizuno	3:00:02
	David Hipps	3:16:30
M50	Al De La Roche	3:02:22
	Kazuhiko Kiriama	3:02:40
M55	Kouichirou Miyano	3:19:13
	Yoshikazu Fujita	3:28:40
M60	Kanji Oshima	3:26:56
M65	Yutaka Nakamura	4:17:18
M70	Robin Wilson	4:37:04
M75	Willy Joppich	6:39:40
M80+Jack	Friedlander	8:12:32
W40	Peggy Nelson-Panzer	3:19:29
	Mary Cote	3:21:40
	Christine Gibbons	3:23:03
W45	Connie Comiso	3:44:26
	Yukiko Matsuzaki	3:53:36
	Louise Gold	3:57:45
W50	Georgiane Senda	4:15:12
	Eiko Kadobayash	4:16:36
W55	Rose Pals	3:49:49
	Dottie Foster	4:23:01
W60	Yasuko Hasuko	4:14:05
W65	Shizuko Kuroda	4:17:20

Santa Monica 5K Santa Monica, CA; Sept. 25

Overall		
	Brian Washburn	16:12
	Jennifer Overlock	29:17:55
M40	Andy Atkeson	16:29
	Keith Olson	17:26
	Wally Shiba	20:20
M45	Franco Goss	18:26
	Keith Shimabukuro	19:30
	Chris Schuette	19:54
M50	Margari Hernandez	17:34
	Barry Schaefer	19:03
M55	Delfino Rodriguez	20:37
	Chris Venn	20:43
M60	Juan Cabeza	19:35
	Jim Spear	21:01
M65	Susumu Niimi	22:37
	John Spivack	24:22
M70+Andrew	Martin	24:15
W40	Darcelle Salinas	21:36
	Susan Sheets	22:00
W45	Arlene Lewis	22:17
	Leslie Cohen	23:52
W50	Singe Nam	22:57
	Sonia Nam	23:08
W55	Yoko Eichel	22:22

	Beth Robertson	23:07
W60	Wendy Watson	23:19
	Fran Smith	24:28
W65	Shirley Blush	23:32
W70+Bernie	Southcott	33:47

Manhattan Beach Old Hometown 10K, Manhattan Beach, CA; Oct. 2

Overall		
	Sal Bautista	21:32:32
	Alison Atkinson	37:37:49
M40	Jeff Atkinson	33:42
	Jerry Hernandez	35:30
	David Adams	35:36
	Jack Courtney	35:41
	Mark Shalvarjian	35:44
M45	Rich Gust	37:37
	Gary Pavlick	39:27
	Manny Reed	39:34
	Jim Morehart	39:42
	Denny Nivens	39:50
M50	Terry Alkana	36:52
	Barry Schaefer	39:30
	Paul Craig	40:04
	Scott Minium	40:49
M55	Steve Notaro	40:43
	Marty Friedman	41:00
	Gene Wilson	41:20
	Ray Parker	42:00
M60	Don Jennings	45:44
	William Chick	46:49
	Gerald Holleman	46:50
	Walt Whitaker	46:50
M65	Luis Gorordo	44:25
	Frank Greene	45:23
	Jerry Shourds	46:22
M70	Kurt Fry	46:30
	Robert Lyons	49:43
	Richard Rodgers	50:31
M75	Edgar Driver	60:08
	Milo Sather	64:53
	Loren Leonard	67:04
M80+Chang	Tsu	77:32
	Dan Levine	80:22
W40	Diane Silva	40:42
	Amy Mallow	41:21
	Marcella Piersol	42:58
	Laura Kilcollins	44:09
W45	Gail Curry	44:10
	Charlotte Senseny	45:26
	Susan Meistrell	45:58
	Karen Hightower	48:10
W50	Sharon Lotesto	43:25
	Pat Finnerty	47:52
	Nancy Wheeler	48:49
	Merle Laduke	49:12
W55	Loreli Trippel	46:54
	Beth Robertson	47:39
	Margi Braun	52:11
W60	Wendy Watson	48:41
	Diane Eastman	51:26
	Judy Ryan	55:13
W65	Sue Kavanaugh	68:39
	Joy Curry	68:42
W70	Chieko Allwein	55:55
	Peggy Bartlett	76:28
W75	Miyoko Ohara	75:38
	Lorraine Ginsburg	1:45:55

NORTHWEST

Walt's 5K Run Woodburn, OR; Aug. 14

Overall		
	Brian Bernier	21:16:39
	Stacy Amaya	13:24:40
M35	Shaun Davis	20:35
M40	Steve Bye	16:59
M45	Salvador Vargas	19:52
M50	Jim Barnes	19:47
M55	John Larsen	21:17
M65	Len Edholm	24:27
M70+John	Keston	22:12
W40	Alaina Lemmon	25:56
W45	Cheryl Kehrl	26:17
W50	Lesley Johnson	29:31
W70+Raye	Johnson	80:32:55

Prefontaine Memorial 10K Coos Bay, OR; Sept. 18

Overall		
	Joey Bockett	25:32:41
	Megan Bibner	16:38:45
M40	Joe Dudman	34:36
	Brent Balse	37:56
	Stanford Talbott	39:58
M45	Chuck Coats	33:33
	Bruce Paullin	37:24
	Dan Bouchell	39:17
M50	G Christensen	38:00
	Ernie Kahle	39:53
	Stan Goodell	40:36
M55	John Seggie	41:31
	Thomas Brown	43:23
	Patrick Myers	43:36
M60	Roger Patrick	51:12
	Jerry Swartsley	55:13
	Henry Manahan	57:23

M65	Jim Bevins	48:14
	Jim Lawson	54:46
	Joe G Delgado	55:10
M70	Gary Keppen	56:13
	Oscar Johnston	59:48
	John Bailey	1:00:55
M75	Bill McCheesney	53:30
M80	Bill Hutchinson	1:13:33
W40	Tammy Volk	41:05
	Denise Delzotti	43:18
	Dustina Coleman	46:51
W45	Jeanne Landrum	44:49
	Barbara Young	49:02
	Jeanne Lemerande	50:50
W50	Linda Hartman	42:54
	Susan Bierman	49:55
	Claudia Benn	51:38
W55	Nancy Wakkuri	58:02
	T Hoogesteger	1:13:14
	Linda Lachapelle	1:13:32
W60	Joan Ottaway	48:06
	Carol Carnley	1:01:00
	Marcia Groth	1:19:34
W70	Lois Humphrey	1:36:22

Portland Marathon Portland, OR; Oct. 3

Overall		
	Chris Charles	2:25:33
	Liane Sullivan	2:49:48
M35	Jose Garcia	2:33:05
M40	Paul Abdalla	2:40:46
	Kenneth Wilner	2:46:41
	Cliff Richards	2:49:10
M45	Gene Steacy	2:51:51
	Stan Hollenberg	2:57:16
	Tim Knox	2:57:25
M50	Dan Menard	3:09:50
	Bruce Stowell	3:10:17
	Randy Isaac	3:11:24
M55	Bart Smith	3:14:36
	Jesus Ceja	3:19:09
	Dan Cooper	3:25:53
M60	Paul Ford	3:19:20
	Denny Wintheiser	3:33:43
	Ellis Andrews	3:40:29
M65	Bill Scarborough	3:29:20
	Robert Vaughn	3:37:11
	Chester Chapman	3:40:43
M70	Jack Swanson	4:22:41
	Richard Willets	4:28:47
	Jimmie Floyd	4:29:58
M75	Ronald Calhoun Sr	5:27:37
	Ryozo Mizutani	5:30:55
	John (Jack) Meteyer	5:57:55
M80	Walt Washburn	4:51:45
	Willis Greenaway	5:18:14
W35	Sally Bergesen	3:02:12
W40	Mary Hanna	3:06:22
	Kim Grasberger	3:07:20
	Cindy Lewandowski	3:10:32
W45	Cheryl Tronson	3:03:50
	Brenda Greer	3:23:02
	Patricia Hutcheson	3:26:36
W50	Linda Herbert	3:22:20
	Ann Bell	3:25:05
	Teresa Hogan	3:25:48
W55	Christi Heine	3:51:32
	Susan Love	3:53:47
	Sue Stannard	4:09:46
W60	Gunhild Swanson	3:36:11
	Sharon Sell	4:25:32
	Kathy Stout	4:27:07
W65	Dolores Scott	4:53:46
	Janice Schmidt	5:15:18
	Maxine Tomisser	5:29:59
W70	Kathleen Callaway	6:18:46
	Shirley Mallon	6:29:51
	Rose Walton	6:52:35

Komen Race for the Cure 5K Portland, OR; Sept. 19

Women's Race		
Overall		
	Liz Wilson	36:16:55
W40	Sandi Bennett	19:01
	Kelly Kruehl	19:25
	Audrey Obrien	19:30
W45	Denise Foote	19:06
	Susie Neighbors	19:40
	Bridget Dawson	20:03
W50	Laura Caldwell	19:59
	Patricia Banister	24:44
	Cindy Murphy	24:58
W55	Linda Barkus	27:02
	Gail Vangorder	27:03
	Lori Kollas	27:42
W60	Suzie Carleson	23:04
	Karen Demko	28:23
	Susan Chesemore	32:12
W65	Mary Marsolais	25:42
	Jan Schmidt	31:24
	Alice Kenney	32:56
W70+Teresa	Piven	81:32:14

	Jean Champion	75:48:47
	Bobbie Lardie	74:48:58
Co-ed Race		
Overall		
	Dan Franek	38:16:17
	Kim Grasberger	40:20:01
M35	Dan Franek	16:17
M40	Eugenio Vidales	17:31
M45	Robert Peattie	17:55
M50	Jim Jones	18:03
M55	Alan Beck	18:56
M60	David Loprinzi	21:40
M65	Allan Barnes	26:38
M70+Dave	Harrison	75:24:15
W40	Kim Grasberger	20:01
	Delany-Keif	22:28
	Thea Morgan	22:41
W45	Janet Schroer	20:59
	Laura De Simone	23:08
	Lynn Elliott	23:48
W50	Debbi Kor	25:32
	Elinor Preston	25:39
	Pamela Constantine	25:57
W55	Karen Beck	25:34
	Susan Hays	30:07
	Barb Miller	30:35
W60	Lucy Vosmek	30:50
	Margaret Noel	31:36
	Nina Wisner	31:56
W65	Carol Zarzana	38:59
	Judith Wilson	46:02
	Ruth Carsner	53:45
W70+Katie	McCollum	27:45
	Barbara Dougan	37:00
	Helen Lachman	43:28

Eugene Celebration 8K Eugene, OR; Sept. 19

Overall		
	Paul Kezes	25:23:22
	Sopagna Eap	23:29:56
M35	Todd Harris	31:27
M40	Craig Thornley	28:31
M45	Scott Buttinghausen	27:07
M50	Tom Sanborn	30:54
M55	Deigh Bates	32:33
M60	Dick Weeks	33:18
M65	Dan McCormack	33:21
M70	John Hepner	37:46
M75+Joe	Brown	75:49:49
M35	Christine Buckson	37:24
W40	Trisha Kluge	34:00
W45	Carla Hervet	34:00
W50	Sandy Itzkowitz	42:46
W55	Kathy Anderson	44:31
W60	Suzanne Rodkey	47:52
W65	Jane Dods	48:23
W75+Ruth	Anderson	58:56

CANADA

Scotiabank Toronto Waterfront Marathon Toronto, Ont.; Sept. 26

Overall		
	Danny Kassap	2:14:50
	Lioudmila Kortchaguina	2:36:31
M35	Mauntis Van Der Veen	2:35:05
M40	Marek Szatan	2:41:55
	Kevin Tulloch	2:46:28
	Tim Ward	2:52:41
M45	Jim Orr	2:49:52
	Marc Bedard	3:01:37
	Alberto Feiteira	3:04:34
M50	Mario Festival	2:51:14
	Brian Breedon	3:03:27
	Paul Madonia	3:03:52
M55	Lawrence Trickey	3:15:33
	Dale Thibideau	3:22:16
	David Johnson	3:24:20
M60	Terry Robson	3:36:06
	Stan Bloom	3:45:30
	Rick Hatzlhofer	3:49:53
M65	John R. Campbell	3:57:07
	William Guenther	4:04:41
M70+Ed	Whitlock	2:54:48
	Jim Simpson	3:40:52
	Carl Pegels	4:26:08
W35	Lioudmila Kortchaguina	2:36:31
	Tania Jones	2:48:06
W40	Angie Ferraro	3:02:36
	Nadiya Sytarchuk	3:12:58
	Deb Morrissey	3:19:14
W45	Elizabeth Waywell	3:17:49
	Tippen Maureen	3:30:59
	Clara Northcott	3:39:44
W50	Judy Howitt	3:32:16
	Christine Dirks	3:42:37
	Helena Labinowicz	3:59:33
W55	Sarah Adams	4:05:54

"Pain-Free Relief... finally, after decades of running!"

- Jim Selby, World Champion

Flexagen™ is a revolutionary new joint care system that utilizes special nutrients to promote mobility and flexibility. Available without a prescription, Flexagen™ is made with a 100% safe and natural formula, rich in cetylated fatty acids. Flexagen™ has been shown in clinical trials to relieve pain and impeded range of motion. The unique system underwent strict clinical tests and scientific studies at the University of Connecticut and University of Minnesota.

Used by Champions to:

- *Reduce Pain*
- *Improve Range of Motion*
- *Reduce Stiffness*
- *Support Flexibility*

Incredible Two Part System:

Flexagen™ softgels are made with a 100% safe and natural formula, rich in cetylated fatty acids, shown in clinical trials to support healthy joint motion. The powerful blend of fatty acid esters in Flexagen™ allows for healthy, nourished joints without any harmful side effects.

Flexagen™ pain relief crème is mild yet extremely effective at easing joint related pain and stiffness, as well as muscle aches. Different from most products on the market that simply mask the pain, Flexagen™ crème works below the surface of the skin. Its transdermal formula passes through deep layers of skin to work directly on the source of the pain.

In a double blind clinical trial conducted at the University of Connecticut, participants using the ingredients found in the Flexagen™ system showed significant and cumulative improvement throughout the study. The focus of the study was cetylated fatty acids and their effects on joint function and in particular those who suffered from knee osteoarthritis. Patients involved in the study showed improved flexibility and function just thirty minutes after the initial application of the ingredients found in Flexagen™. The results were so powerful, we are willing to make you a money back offer... if Flexagen™ doesn't work for you, we'll **refund your money** (less shipping).

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, prevent or cure any disease.



"After decades of running, it's important to have the absolute best for my joints. Flexagen™ is far superior to any product I've ever tried in my 60 years of athletics."

Jim Selby
Senior Star Athlete

Instant Pain Relief

"I decided I wanted to use something more natural, and what I decided on was Flexagen™ because I believed this would be the answer to my problems. I was thrilled with the results. Flexagen™ cream provides instant pain relief while the softgels support the flexibility in my joints. I don't know what I would do without Flexagen™."

- **Derek Boosey**

1968 Olympic Athlete for Great Britain, Triple Jump
1998 World Masters Triple Jump Gold
Medallist, (55-59 age category)

Nothing Like It

"The only thing that's ever worked for me has been Flexagen™. I've never had anything else that's given me any sort of relief either short or long term, but the Flexagen™ has just been a blessing. It's the greatest thing I've ever tried."

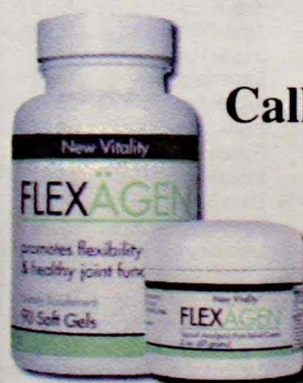
- **Ken Cole**

1964 & 1968 Olympic Basketball Team

I'm a Believer

"Flexagen™ worked better than anything the patients we tracked had tried before. Many of them were borderline surgery candidates, looking for something as a last resort. Nobody was more skeptical than I was. But when we saw the results: the increase in range of motion and significant reduction in pain, certainly I'm a believer now. I recently gave it to my mother, and she swears by it."

- **Dr. Nicolas Ratamess**
Clinical Researcher



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