

NATIONAL MASTERS NEWS

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

327th Issue

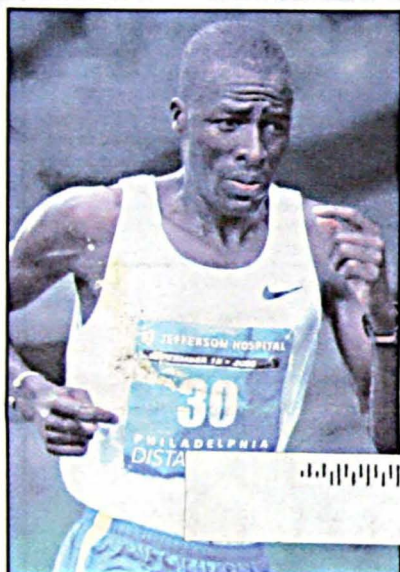
November 2005

\$3.00

Hussein, Loken Prevail in Muggy, Windy Twin Cities Marathon

By SUSANNAH BECK

Mbarek Hussein, 40, Albuquerque, N.M., became the third master since 2000 to win the overall title at the USA National Championships/Twin Cities Marathon, Oct. 2, with a 2:18:28 ramble under stiflingly humid and windy



VICTOR SAILER / PHOTO RUN
Mbarek Hussein, 40, overall winner (2:18:28) in the USA National Masters Championships/Twin Cities Marathon.

conditions.

The Kenyan-born New Mexican became a U.S. citizen last fall, and, with this performance, became the first American to qualify for the 2008 Olympic Trials Marathon (qualifying standard: 2:22:00), three years away.

Last month, Hussein lowered the U.S. M40+ half-marathon record, with a rather better quality 1:03:23 at the Philadelphia Distance Run (old record: Tuttle/1:05:11/1999).

Hussein, who boasts a 2:08:10 marathon PR from only two years ago at the Dong A Seoul International Marathon, ran with a slow-paced but dwindling pack of younger runners through 20 miles, before finding himself alone in the final miles that stretch endlessly from the Mississippi River crossing up over Summit Avenue to the State Capital finish.

The three-time winner of the Honolulu Marathon, and younger brother of Boston Marathon champion Ibrahim Hussein, picked up \$38,000 of "entertainment" savings for his efforts. "I

after the race was over, it was the hottest

Twin Cities Marathon on record, with temperatures in the 70s and 61% humid-

Continued on page 8

De Reuck Shatters U.S. Masters Marathon Record at Chicago

By SUSANNAH BECK

Two weeks after gently outrunning the pack at the Heritage Oaks Bank Masters Championships 10K in Paso Robles, Calif. (33:33), 2004 U.S. Olympian and world cross-country medalist Colleen De Reuck, 41, Boulder, Colo., placed fourth overall (2:28:40) at the Chicago Marathon, Oct. 9.

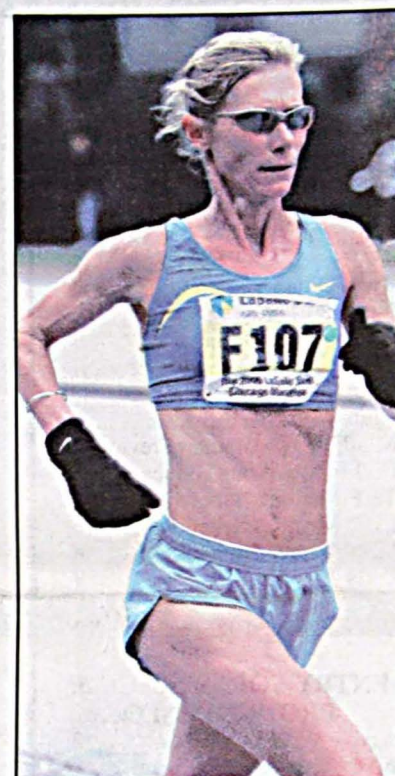
She was the first masters finisher, male or female, and earned \$36,500 in prize money.

De Reuck had the masters WR of 2:26:51 (Priscilla Welch/1987) "at the back of my mind" before the race, and said she would see how she felt as the race unfolded.

A halfway split of 1:13:18 seemed to be in the right ballpark, but a few slowish miles toward the end drifted De Reuck back to setting only the U.S. masters record (old record: Spangler/2:32:39/2003).

De Reuck's PR for the marathon is 2:26:35 (1996).

In between races, De Reuck took the time to address Chicago area school children about the importance of lung health, as part of a program sponsored by the American Lung Association of Metropolitan Chicago. □



VICTOR SAILER / PHOTO RUN
Colleen De Reuck, 41, broke the U.S. masters marathon record with a 2:28:40, Chicago Marathon.

Simonaitis, De Reuck Tops in National 10K Championships

By JERRY WOJCIK

Dennis Simonaitis, 43, and Colleen De Reuck, 41, were the overall winners in the USA National Masters 10K Championships, in Paso Robles, Calif., on Sept. 25.

Simonaitis, Draper, Utah, ran away from a strong M40 field to successfully defend his title (earned here last year in 30:24) with a slower 31:00. Danny Gonzalez, M40, Mountain View, Calif., was second (31:51), with Peter Magill, M40, South Pasadena, Calif., third (32:35).

Ivan Huff, M45, Paso Robles, Calif., finished fourth overall in taking the M45 championship (32:29). Ric Sayre, Ashland, Ore., won the M50 race in 33:35.

John Brennand, Santa Barbara, Calif., with a 42:10, dethroned Glynn Wood, Monterey, Calif., as M70 champion, despite Wood running over a minute better than his 2004 time with a 52:43.



VICTOR SAILER / PHOTO RUN
Dennis Simonaitis, 43, shown here in the Gate River Run, was the men's winner (31:00), USA National Masters Championships/Heritage Oaks Bank 10K.

Continued on page 4

USATF Heads to Jacksonville

Jacksonville, Florida, will host the 27th annual meeting of USA Track & Field on Nov. 30-Dec. 4. This year's theme is "Our Time."

Masters agenda items include acceptance of bids for future championship meets and road races; selection of the athletes-of-the-year in track and field, racewalking and long distance running; presentation of the 2005 Masters Hall of Fame inductees; and approval of masters age-group records.

This is a "Law & Legislation" year. Deadline for amendment submissions was Aug. 31.

Agendas appear in this issue for the Masters Track & Field and Long Distance Running committee meetings, and are also available at www.usatf.org.

In addition to a steady diet of meetings, masters attendees will participate in the Jesse Owens Awards/Hall of Fame Induction Ceremonies on Dec. 1; a Friday Expo Breakfast, presented by Sport Court, on Dec. 2; the Saturday Awards Breakfast Buffet on Dec. 3; and a Saturday Night Closing Reception.

Continued on page 5

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- LDR Meeting Schedule — p. 6
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By PHILIP GREE
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Ch

Entry Procedures Clarified for 2006 WMA Indoor Meet in Linz, Austria

By PHILIP GREENWALD
USATF Masters T&F Team
Manager

January 10, 2006, is the deadline for entries for the 2nd WMA Championships – Indoor to be held in Linz, Austria, March 15-20. The meet will offer standard indoor track and field events and a pentathlon, plus several outdoor events – winter throwing, half-marathon, 8K cross-country, and a 10K racewalk. A complete schedule is available at www.linz2006.com.

The entry form has two parts – the meet entry form and a USA supplemental form. Both are available on-line at HYPERLINK <http://www.usatf.org/groups/Masters/>, www.usatf.org/groups/Masters/, or by mail from Sherry Quack, USATF National Headquarters, One RCA Dome, Suite 140, Indianapolis, IN 46225.

The completed forms, including payment of all fees (in U.S. dollars), are to be returned to Quack at the same address before Jan. 10, 2006. The USATF staff and Philip Greenwald, the USA Team Manager, will then process the entries, convert the payment to Euros, and forward meet entry and fees to Linz.

All USA athletes must wear official uniform tops. Athletes can use the top they purchased for San Sebastian or they can order one with their entry. Additional uniform items (tops, match-

ing shorts, warm-ups, rain suits, etc.) are available on-line.

In scheduling their travel, athletes should plan to arrive in Linz the day before their first event. There will be team meetings every day at 10:30 a.m. (location to be announced on the USA message board), and arriving athletes should either attend the next meeting or check with Philip Greenwald regarding any last minute changes.

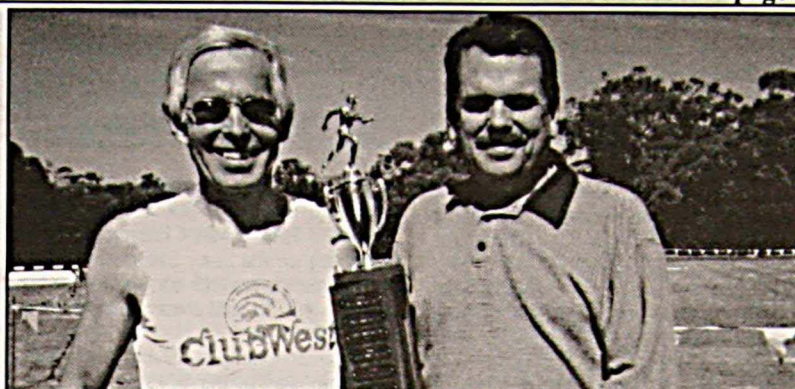
Athletes planning to run the 4x200m relay should enter the 200m (the selection of teams is based on performances in the 200m) and arrange to stay through the evening of March 20. □

FIVE YEARS AGO November 2000

*Joshua Kipkemboi (41, 2:12:46), Tatyana Pozdnyakova (45, 2:35:54) Win in Twin Cities Marathon/National Masters Championships

*Anselm LeBourne (41, 4:26.3) and Kathy Martin (48, 5:11.7) Shine in 5th Avenue Mile

*Texas Hosts U.S. Masters Weight Pentathlon



BEVERLEY LEWIS
Tim Gamble (r), vice-president of Northern Trust, presents Don Treux, Goleta, Calif., with the Ray Williams Trophy for Best 5000m Runner 60+, Club West Meet, Santa Barbara, Calif., Oct. 1.

Relay Record Set in Club West Meet

By JERRY WOJCIK

A U.S. relay record fell in the 31st Club West Meet held at UC-Santa Barbara on Oct. 1. The So Cal TC M60-69 team of Frank Condon, John Darlington, Dennis Duffy, and Larry Barnum combined to run a 9:35.99 in the 4x800 and break the national record of 10:09.10 (Stewart, Stevenson, Stevens, King) set in 1989.

In other action on the track, Stan Whitley, M55, won the 100 (12.2) and 200 (24.9) with the day's best marks for M40+. Curtis Moore won the M35 400 in 51.70. Karen Duncanson, W40, ran the 2000SC in 9:37.44.

In field events, Dave Quick, M45, long-jumped 5.76/18-1 3/4, and John Dobroth, M60, high-jumped 1.60/5-3.

Top shot putter was Gary Schmidt, M50, with a 12.56/41-2 1/2. John Hansen, M45, had the longest javelin throw (52.84/173-4).

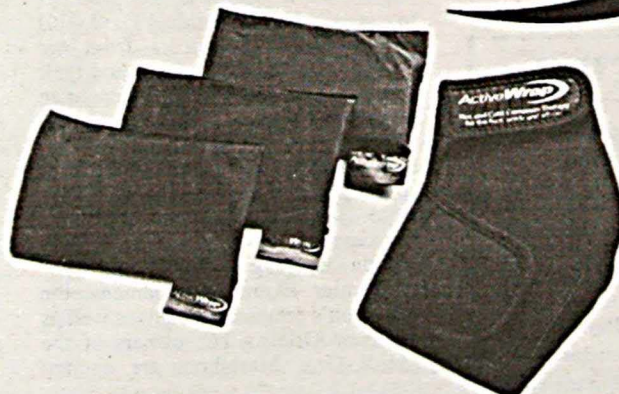
Recipients of the meet's many performance trophies included Juan Bustamante, M60, Sherman Oaks, Calif., Jimmie Whitney High-Point T&F Trophy; Tom Meyer, M50, San Diego, Calif., Robin Paulsen Outstanding Field Performance Trophy (hammer, 47.54); and Vicki Bigelow, W70, San Lorenzo, Calif., REMAX Outstanding Woman Track Performance Trophy (800, 3:15.74).

The event was sponsored by the City of Santa Barbara, Santa Barbara AA, Northern Trust, Santa Barbara News-Press, and Pane e Vino Trattoria. □



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WEIGHT CHANGES

The 3kg shot and hammer for M80+ and the 750g discus for W80+ do not take effect until May 1, 2006, per WMA rule 7 (2): "Any modification of the technical rules takes effect the following May 1st."

Our USATF rule 332-1.(c) requires us to use the old weights throughout 2006 as there is a cutoff date of Jan. 1, 2006, for any changes and the new WMA weights will not yet be in effect.

So, it looks like WMA will use the new weights next season, but USATF will not do so until 2007.

Rex Harvey

WMA Vice-President Stadia

(Ed. note - Jerry Wojcik, in his October "Weight Room," wrote that the new weights for M80 and W80 would go into effect on Jan. 1, 2006.)

TEN YEARS AGO November 1995

*Herbert Steffny (42, 2:18:36),
Elena Sipatova (40, 2:37:37)
First in Twin Cities Marathon/
National Masters Championships

*Martin Mondragon (41, 50:49),
Sue Given (42, 65:53) Win in
Virginia 10 Miler

*James Pryde (42, 54:33),
Margaret Starnes (40, 67:44)
Top Masters in Annapolis 10
Mile

SAN SEBASTIAN

There are over 3000 of my photos from the 16th WMA Championships in Donostia on the Sony ImageStation site. These photos are free for you to use but require you to make up a password to access the site.

A great example of masters sportsmanship was in the W45 steeplechase. Sue Grigsby (USA) fell back in the water and was floundering a bit. Ursula Redenz (GER), who was clear of the water pit, stopped and went back to pull Sue out of the water.

Doug Smith
Toronto, Canada



JERRY WOJCIK
Sue Grigsby, W45, in the 5000, 16th WMA World Championships.

National 10K

Continued from page 1

Colleen De Reuck, 41, Boulder, Colo., won the women's race with a tenth-overall 33:33. "I've started my taper for Chicago," the four-time Olympian said about her upcoming marathon. "I thought I'd run 33:30, so it's about what I expected. This was the first time that I've run in a masters-only race."

Diane Bussa, W40, Brookfield, Colo., was second (35:21), and Lisbet Sunshine, W40, San Francisco, Calif., third (36:23). Last year's W40+ winner with a 36:19, Rosemarie Lagunas, W40, San Jose, Calif., finished fourth (37:27).

Long Island's Marie-Louise Michelsohn won the W60 race in 43:11. Barbara Miller took the W65 contest (45:49).

The race, held along with the Heritage Oaks Bank 10K, was run in cool temperatures of about 50-degrees on a two-loop course, considered fast.

Finishers numbered 172. Masters winners shared \$12,000. □

-Some information from womens sportsnet.com



VICTOR SAILER / PHOTO RUN
George Hirsch, first M70 (3:31), wears his age in the Berlin Marathon.

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41st Edition to Benefit New Orleans Police Department

Mardi Gras Marathon Back in the Big Easy

In an unprecedented move to assist with the restoration and rebuilding of homes lost by members of the New Orleans Police Department during Hurricane Katrina, the 41st running of the Mardi Gras Marathon and Half-Marathon will donate all net proceeds to a special NOPD Building Fund. This fund will assist officers from the NOPD to rebuild their lives and their homes in the city that they fought to protect and serve.

The event, scheduled for Sunday, Feb. 5, 2006, will be the first major sporting event back in the Big Easy since Hurricane Katrina brought the Crescent City to its knees on that dark Monday morning in August.

Premier Event Management, the marathon's production team, as well as the New Orleans TC, owners of the Mardi Gras Marathon, are excited

about this opportunity to give something back to an organization that gave so much during the Katrina Disaster.

"Like post-9/11 New York City, the City of New Orleans will also need the added tourism and marketing value that events like this can bring to the Crescent City," said Bill Burke, race director for the 2006 event.

Runners and walkers can register now and get up-to-the-minute information on the 2006 event on the official Mardi Gras Marathon Web site at www.MardiGrasMarathon.com

For race information or sponsorship opportunities on the 2006 Mardi Gras Marathon and "Back in the Big Easy Project," contact Bill Burke at Premier Event Management, 504-454-6561 office; 504-628-3155 cell; or billpe musa@yahoo.com.

-Running USA Wire □

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CZMN

Call for Workout Venues

During the Strategic Planning Meeting in Hawaii at the 2005 National Championships, the committee determined that it would benefit masters athletes to know where and when they could go to work out and train. Therefore, we are putting out a call for this information.

We hope to list the venues in a future issue, as we do with our Clubs and Coaching lists.

Please respond to Training,

P.O. Box 50098, Eugene, OR 97405, or e-mail natmanews@aol.com, or fax 541-345-2436 before Nov. 30.

In your response, give the name of the site, street address, city, state, days and hours open, restrictions, available facilities and equipment (e.g., hammer ring, hurdles, pole vault, high jump, etc.), and local contact person, if necessary to use the site. □



Many of us athletes have had three days in good experiences with Spain.

Competition

As always, there was much to be learned. In some cases, I am sorry for the way the case was handled.

Some athletes discussed international competition. USATF has no control over how hard you try, and WMA, the LOCs can't control the show time. This was San Sebastian.

Below are listed some lessons to keep in mind for future meets:

• Get there early! Many athletes have competitive reasons, but the process logistical change on an hourly basis. Cases declarations are other cases, the day of the event.

Sometimes declarations are made at a different venue than the event. Athletes need to know the credentials and declaration process. Check the Language can be a problem.

• Having the weight room closed from the event seemed crazy to us, but they chose to do it. On the other hand, they try hard to be on top of the event, they cannot know the event, they cannot know the event, they cannot know the event every day. Check the board every day.

• Work the event well for clear understanding.

• Accommodations should have been made for the event. October at www.linz.com have some strong information in this deadline. With your entry www.usatf.org by the deadline.

Games Committee

I have regretfully a nation of Sandy Pash Games Committee. I have tirelessly in this inception. The Games Committee is one of the most important we have. Thank you for your great work.

I am happy, however, to have the appointment of Jim DeWeese as Chairman. Both have worked for a long time and increase the degree of athletes experience in the competition meets.

I have added a committee to help with the competition, which has become



Track & Field Report

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

A Busy Second Half

Many of us are still trying to catch our breath after the great competitive season we have had. Lots of traveling, and, in some cases, touring. Twenty-three days in Spain and Portugal almost did me in. Hopefully, most had good experiences with our USATF Championships in Hawaii and the Worlds in Spain.

Competition

As always, there were lessons to be learned. In some cases, the hard way, and I am sorry for those for whom this was the case.

Some athletes discovered that in international competition, when USATF has no control, many things don't go according to plan. No matter how hard you try, as in the case of WMA, the LOCs can be hard to control at show time. This was certainly true in San Sebastian.

Below are listed some of the biggest lessons to keep in mind for future meets:

- Get there early! Not only for competitive reasons, but for understanding the process logistics. Things can change on an hourly basis. In some cases declarations are the day before, in other cases, the day of competition.

Sometimes declarations are at a different venue than the competition. Athletes need to know that obtaining credentials and declaration are not the same thing. Check-in times change. Language can be a problem.

- Having the weights and measures room closed from 12-5 may have seemed crazy to us, but that's the way they chose to do it. Our team managers try hard to be on top of things, but even they cannot know everything. Make sure to attend the team meetings - every day. Check our information board every day.

- Work the event Web site diligently for clear understanding of the process.

- Accommodations for Linz, Austria, should have been made by the end of October at www.linz2006.com. They have some strong incentives for meeting this deadline. You can follow up with your entry form through www.usatf.org by the Jan. 10, 2006, deadline.

Games Committee

I have regretfully accepted the resignation of Sandy Pashkin as Chair of our Games Committee. Sandy has served tirelessly in this position since its inception. The Games Committee is one of the most important committees we have. Thank you, Sandy, for your great work.

I am happy, however, to report the appointment of Jim Flanik as the new Games Committee Chair, and Carroll DeWeese as Committee Vice-chair. Both have worked with our committee for a long time and will surely help increase the degree of satisfaction our athletes experience in future championship meets.

I have added a vice-chair to this committee to help in the administration, which has become more than one

person can handle.

Annual Meeting

This year, the USATF Annual Meeting is in Jacksonville, Fla., from Nov. 30 - Dec. 4. This is a very important meeting, where we accomplish a major part of business for the year. I would encourage all members to attend. If that is not possible, be sure to let your Masters Association Delegates to the meeting know how feel about various topics which are important to you.

Major issues this year include membership fee increases and possible restructuring of the Board of Directors, which could exclude a specific member from Masters Track & Field.

Your Executive Committee has been working hard on membership and has recommended a \$10 increase, which we want passed through directly to the Masters Track & Field Committee. Our strategic plan has concluded that this is the only sure way we will be able to step up to the next level of growth and member satisfaction.

If the USATF organization as a whole does not want the increase, then we would support the increase for just Masters Track & Field.

One topic that will be on the agenda will be club scoring. We are looking for someone to head a subcommittee to make recommendations to the Masters Committee at the Annual Meeting. The Masters T&F meeting schedule is on this page and will also be updated on the USATF Web site.

Strategic Plan

The Masters Executive Committee met for a whole day in Hawaii, working on the second part of the Strategic Plan. We will have that available in next month's issue of NMN and on the USATF Web site soon.

Among the major tasks I have been assigned is the appointment of several new subcommittee chairs. I am looking for people to step up to lead in the following areas:

National Volunteers Coordinator
Mini and Specialty Meet Facilitator
Masters Track & Field Club Advocate
Web Site Liaison with National Office
Masters T&F Fundraising Committee
Hall of Fame Facility

Those who have already stepped up include:

Meet Manual (up to the regional level) - Becky Sisley
Grants - Jim O'Neill
Masters T&F Facilities Data Base - Suzy Hess and Jerry Wojcik

Please make a big contribution to your sport with your time and talent. □

USATF Meeting

Continued from page 5

tion on Dec. 3rd.

A Masters Athlete-of-the-Year will be selected from candidates chosen by the Masters T&F and LDR committees. The masters chairs from those committees and the USATF president will select the awardee, who will be honored under the sponsorship of BENGAY at the Hall of Fame Award Ceremonies. Last year, Kathy Martin, 52, Northport, N.Y., was selected for the honor.

Early-bird registration rate is \$160 for those postmarked on or before Nov. 8. After that date, the cost will be \$210; onsite registration will be \$250.

A new feature of this year's meeting is online registration. Registrants need their 2005 or 2006 membership number and password, which can be retrieved at www.usatf.org/member ship. For those who need assistance, a help line is available at the USATF National Office by calling 317-261-0478, x324 from 8:30 a.m. to 5 p.m. ET, Monday-Friday.

The Hyatt Regency Jacksonville Riverfront is the host hotel. USATF special room rates start at \$114 plus tax. Reservations must be completed by Nov. 6 for that rate and can be made by calling 1-888-233-1234 or booking online at <http://jacksonville.hyatt.com/groupbooking/trak>.

Jacksonville, the 13th most populous city in the U.S. (773,781 in 2003), is located inland on the St. Johns River



BOB KOPAC

Tom Rauscher (l), M55, 3.45m, and Gray Watkins, M50, 3.75m, broke meet pole vault records in the 2005 Empire State Games.

about 30 miles south of Georgia.

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

USATF 27th Annual Meeting Masters Track & Field Committee Nov. 30 - Dec. 4, 2005

Hyatt Regency Jacksonville Riverfront Hotel
Jacksonville, Florida

Final Schedule (as of October 3, 2005)

Wednesday, November 30, 2005

8am - 11am	Masters T&F Executive Committee
12pm - 2pm	Masters Regional Coordinators
2pm - 6pm	Masters T&F Awards Committee
7pm - 10pm	Opening General Session

Thursday, December 1, 2005

8am - 10am	General Competition Division
10am - 1pm	Masters T&F
12pm - 2pm	Joint T&F/LDR Hall of Fame Subcommittee
2pm - 6pm	Masters T&F
7pm - 11pm	Jesse Owens/Hall of Fame Reception & Banquet

Friday, December 2, 2005

8am - 1pm	Masters T&F
	Roll Call of Delegates
	Presentation & Voting for 2008 I/O Championships
	Reports on Future Awarded Championships
2pm - 4pm	Joint Session T&F/LDR
4pm - 6pm	Northwest Masters Regional

Saturday, December 3, 2005

7am - 9am	USATF Awards Breakfast Buffet
9am - 10am	General Competition Committee
10am - 2pm	Masters T&F
2pm - 6pm	Masters Regional Coordinators
7pm - 11pm	USATF Closing Reception

Sunday, December 4, 2005

8:30am - 10am	USATF Closing General Session
---------------	-------------------------------



Third Wind

By MIKE TYMN

Tom Toscano "hangs tuff"

If I had to give one single reason for my love of sports it would be this: I love the tests of the human spirit. I love to see defeated teams refuse to die. I love to see impossible odds confronted. I love to see impossible dares accepted. I love to see the incredible grace lavished on simple plays – the simple flashing of beauty of perfect form – but even more, I love to see the heart that refuses to give in, refuses to panic, seizes opportunity, slips through defenses, exerts itself far beyond capacity, forges momentarily of its bodily habitat an instrument of almost perfect will.

– Michael Novak – *The Joy of Sports*

Although Tom Toscano had entered both the 100 and 200 at the USA National Masters Championships in Honolulu during August, he ended up being a spectator. Don't assume, however, that Toscano is not a competitor. He gives real meaning to the words of Michael Novak.

Toscano, a 61-year-old retired junior high school principal from Shoreham, New York, was diagnosed with a brain tumor after undergoing a seizure in his car on October 18, 2003. He was then given six months to live.

Pain in the As...

"What initially looked like a stroke turned out to be a golfball-size grade 4 glioblastoma multiforme, which I affectionately call my pain in the astrocytoma," Toscano offered in a very upbeat manner. "As in real estate, location is everything and my tumor was in a 'good' spot, the right occipital lobe, and accessible by surgery."

Two weeks after the seizure, Toscano underwent a craniotomy, followed by three different regimens of chemotherapy, 32 radiation treatments, and weekly acupuncture treatments.

While the MRI was clear following his last radiation treatment on April 30, 2004, another MRI on December 16 revealed that the tumor had regenerated to about half the former size.

Yet, three days later, on Dec. 19, Toscano clocked 7.4 seconds for 55 meters in winning his division at the LITF meet in Suffolk County. Two days after that he underwent another surgery.

While undergoing Camptosar treatments, Toscano set his sights on competing in Hawaii. "I was one MRI away from being able to run," Toscano continues, still with a very upbeat tone. Then, on June 30, another MRI showed another growth and a week later, a month before the big meet in Honolulu, he had three gold "bb's" implanted in his skull to serve as a reference point for a new round of radiation.

Spectator Sportsman

After eight radiation treatments, Toscano and his wife, Jessie, left for Honolulu. "The doctor felt that I'd really be risking a hemorrhage if I tried something explosive," he adds. "So I just had to content myself with being a spectator."

The highlight of the meet was watching his good friend Mickey Milove take silver in the M60 100-meter hurdles. "He's the guy you should be writing about," Toscano says, enthusiastically. "He just had an ACL replacement in January."

Toscano refers to himself as an "escapee from the Bronx." After his father returned from WWII service in the Pacific, the family moved to the suburb of

Levittown in 1949. His track and field career began on Father's Day, 1953, when he won the 100-yard dash at a CYO meet in Hicksville.

Injury-Prone

"I loved the race so much that I never stopped," he muses, "but I realized that I had a serious handicap." Just an even 5-foot and 90 pounds in the ninth grade, Toscano figured he had to work harder if he was going to achieve. By his junior year, he was down to 10.0 for the 100 and 22.0 for the 220.

"But then I pulled a hamstring and started a ridiculous stretch of 48 years and still counting of season-ending injuries."

After receiving an academic scholarship to Rutgers University, Toscano, who grew to 5-5 and 130 pounds, continued to be hampered by injuries, never realizing his potential. While doing graduate work at the University of Hawaii and then coaching at Kauai High School in 1966-67, he competed in some local meets and recorded his best times of 9.7 and 21.7.

Masters Arena

Toscano began competing in the masters arena at age 41, but in his first "healthy" year he pulled a hamstring while winning his heat in the 60 at the nationals in Princeton.

"I taped my leg until it turned blue, but it didn't help as I ran sixth and last in the final," he says. In the '85 Empire Games in Buffalo, he won the 100 meters in a meet record time of 11.4. He went on to win a number of LITF, Metropolitan, Empire Games and Eastern States championships, "but I have been stymied by injury at the national level."

Year-round Training

Training has always been a year-round activity for Toscano. He would run up to four miles a day to achieve an aerobic base, throwing in some repeat 400s and weight training, then during September he would begin with interval sessions two or three times a week.

"I'd increase the speed incrementally until I was doing four to six quarters in the low 60s," he explains his regimen. "Once there I'd change to mostly 200s and when I was hitting the mid 25s, I knew I was fit enough to race. In early 2003, I bought a copy of Phil Campbell's book, *Ready, Set, Go!* and completely embraced his sprint training approach."

T&F Highlight

Looking back on his track and field career, Toscano selects being a starter at Special Olympics meets for 33 straight years as the highlight.

"I believe that remaining competitive is keeping me alive," Toscano offers, three days before a scheduled third surgery on

September 14.

Fighting the Prognosis

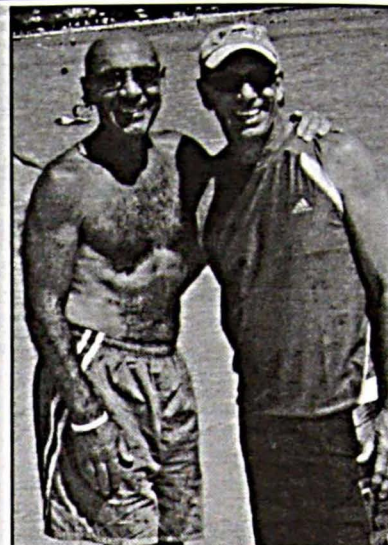
"After an initial prognosis of six months, which I rejected, I started to train immediately and believe that though my doctors are skeptical or reticent about sprint training, it is sustaining me. Here is an area where I'm really on my own, which I find a real challenge."

"I know that someday we all must die, but in my case I thought an exception would be made. As you might imagine, I've been contemplating mortality quite a bit lately."

Toscano adds that he has been doing a lot of philosophical reading in search of "greater" and "higher" truths, what he refers to as "stepping out of 'time' and 'place.'"

But, optimistic that his third surgery will be successful, Toscano looks forward to again "steppin' out" on the track. □

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



Tom Toscano (l), pictured here with fellow competitor Mike Milove.

USATF 27th Annual Meeting Masters Long Distance Running Committee Nov. 30 – Dec. 4, 2005

Hyatt Regency Jacksonville Riverfront Hotel
Jacksonville, Florida

(*High priority tasks)

Wednesday, November 30, 2005

8am – 11am Masters LDR Executive Committee
12pm – 4pm USATF Board of Directors
4pm – 6pm LDR Executive Committee
7pm – 10pm Opening General Session

Thursday, December 1, 2005

10am – 12pm Masters LDR
Distribute award nominations* (Don Lein)
Solicit nominations for Otto Essig Award*
Chairman's report
Report on Board of Directors meeting
Consideration of L&L amendments pertaining to Masters LDR*
12:30pm – 2pm Masters Hall of Fame Subcommittee
4pm – 6pm LDR Division Meeting
7pm – 11pm Jesse Owens/Hall of Fame Reception & Banquet

Friday, December 2, 2005

8am – 10am LDR Division Meeting
12pm – 2pm Masters LDR
Decision on awards*
Championship bids*
Budget report
Any rules amendments for consideration
2pm – 4pm Joint Session T&F/LDR
WMA reports (San Sebastian, Spain)
Preparing for WMA Indoor 2006 in Linz, Austria
Masters Hall of Fame
National Masters News
Other common concerns

Saturday, December 3, 2005

7am – 9am USATF Awards Breakfast Buffet
9am – 1pm Road Running Technical Council
9am – 12pm Mountain, Ultra, Trail Council
10am – 12pm Cross-Country Council
2pm – 4pm Masters LDR
Records* (Linda Honikman)
Report from Ultra, Mountain & Trail Running Committee and Cross-Country Council
Reports from representatives to other committees (associations, RRTC, medical, etc.)
Appointments of Executive Committee and to other committees
Any unfinished business
New business
Adjourn
4pm – 6pm LDR Division Executive Committee
7pm – 11pm USATF Closing Reception

Sunday, December 4, 2005

8:30am – 10am USATF Closing General Session
10:30am – 12pm Board of Directors

Unless a major Championships chance that ciation and regional

There are problems gauges not working problems, record available, not enough measurements, lack measuring equipment loss of paperwork, the required signature, as well as all documentation.

Most masters a that record perform examined because bogus records in the Unfortunately, a performances never because of some fail to ratification.

Be Prepared

As a matter of pr wants associations organizers of locally to be prepared for responsible for do necessary for getting tion along with all mentation sent pro al masters record ke matter, this seldom

An athlete seeking know the process and needs to get inv other than at world pionships, a record USATF-sanctioned become an official by a U.S. citizen in Sanctioned Mee

Senior Olympic meets are often n USATF sanction i inexpensive, and i knows that an athle record, he or she is a sanction (contac Association and al advance of the me on a sanction on th of the USATF Web

If you expect to sure to notify the organizer and ask tions.

Electronic timing

Any racing di including 400m m timed. You will r printout to go with tion.

Wind gauge

If a record try i up to and includin jump or triple jump including the long wind gauge is ne working wind ga mon problem. W cate instruments, expected to be in i in fact, they are ne

Speaker's Corner

By Bud Held

Process for Ratifying Records

Unless a masters track or field record is set at a National Masters Championships or a World Masters Championships, there is a significant chance that it will never get approved. A lot of things go wrong at the association and regional levels, as well as at the local level.

There are problems such as wind gauges not working, electronic timing-problems, record applications not available, not enough officials to verify measurements, lack of weighing and measuring equipment for implements, loss of paperwork, and failure to get all the required signatures on the application, as well as all the other required documentation.

Most masters athletes appreciate that record performances are closely examined because they don't want bogus records in the books.

Unfortunately, a lot of legitimate performances never get recognized, because of some failure along the road to ratification.

Be Prepared

As a matter of principle, the USATF wants associations, as well as the organizers of locally sanctioned meets, to be prepared for records and to be responsible for doing all the things necessary for getting a record application along with all the required documentation sent promptly to the national masters record keeper. As a practical matter, this seldom happens.

An athlete seeking a record needs to know the process and the requirements, and needs to get involved. First of all, other than at world and national championships, a record must be set at a USATF-sanctioned meet in order to become an official U.S. or World (set by a U.S. citizen in the USA) record.

Sanctioned Meets

Senior Olympics and other local meets are often not sanctioned. A USATF sanction is fairly easy and inexpensive, and if a meet organizer knows that an athlete wants to try for a record, he or she is often willing to get a sanction (contact the local USATF Association and allow four weeks in advance of the meet). You can check on a sanction on the Association page of the USATF Web site.

If you expect to try for a record, be sure to notify the meet director or organizer and ask some specific questions.

Electronic timing

Any racing distance up to and including 400m must be electronically timed. You will need a photo finish printout to go with the record application.

Wind gauge

If a record try is for a racing event up to and including 200m or the long jump or triple jump (or a multiple event including the long jump), a working wind gauge is necessary. Lack of a working wind gauge is a fairly common problem. Wind gauges are delicate instruments, and too often are expected to be in working order when, in fact, they are not.

Officials may all agree that there was no wind, but the record won't count unless there is an official wind gauge reading. Because a non-working wind gauge is such a common problem, a serious athlete may want to consider buying his own wind gauge as a backup.

Both SpringCo and On-Track have USATF acceptable mini-wind gauges listed in their catalogues for \$299. If the wind gauge doesn't work, the moment is lost forever. There is no going back to get a reading.

Officials

Local meets and even association championship meets are often short of officials. Many field event records have been lost because there were not enough USATF officials available at the appropriate time to verify measurements.

Height and distance measurements in field events must be observed and verified by three USATF-certified officials, including the chief event judge. This can be fairly time-consuming in the high jump, and especially the pole vault, as measurements must be made before each record try.

In the running events, the starter and the chief photo finish judge must be certified USATF officials. The wind gauge operator, the implement certifier and the meet referee must also be certified USATF officials.

Implements

Field implements are required to meet USATF and IAAF specifications. Be sure that the meet director has made arrangements for the proper weighing and measuring equipment. Javelin measurements are quite difficult without specialized equipment. Implements that do not meet specifications are not allowed in competition.

Applications

Although all sanctioned meets are supposed to have record application forms on hand as well as someone designated to fill them out, gather needed documentation and send it to the national masters record keeper; this often does not happen. An athlete expecting a record should always bring an application to the meet.

Application forms are available on the Internet. There are several versions around, but the best is the one designed by Sandy Pashkin, the current national masters record keeper. It can be downloaded from the National Masters News Web site (natmanews@aol.com) as two separate forms, one for track records and one for field records.

The one on the USATF Web site is a more complicated dual-purpose form. WMA is working on a new record application form and it should be available on the WMA Web site (world-



The U.S. gold medal (3:58.49) M60-64 4x400 relay team of (l to r) Sam Hall, Warren Graft, Roger Pierce, and Larry Barnum, 16th WMA World Championships.

masters-athletics.org) shortly.

Signatures

Field record applications require three USATF officials' signatures with USATF numbers to verify the measurement (which must be given in meters and centimeters). The implement certification (if applicable) and the wind gauge certificate (if applicable) require signatures with USATF numbers.

Finally, the signature of the meet referee (who guarantees that everything was done in accordance with the appropriate rules of competition), with USATF number is required.

Documentation

Most record application forms list the required accompanying documentation: a printed program, complete results of the event, a copy of the event

sheet for field events, and a printed photo finish photograph for track events.

Mail all masters record applications along with all required documentation to: Sandy Pashkin, 2525 Willakenzie Rd. #4, Eugene, OR 97401.

Officials and meet directors often get no pay and little appreciation. They often have to put up with complaints from disgruntled athletes when things don't go right. If it were not for the contribution of the people who organize and run track meets, we athletes would have little fun and no glory.

Be sure to thank officials and show your appreciation whenever you get the opportunity. It is the only compensation that many of them will ever get. □

Southwest Regional Masters Indoor Championships

Texas Tech University
(Lubbock, Texas)

Saturday, January 14, 2006

ENTRY FEES: \$25 initial entry fee and \$5 for each additional event

ENTRY FORMS: TTU athletic web site: www.texas-tech.com
Or call TTU track office: 806-742-3355, x249
E-mail: joe.walker@ttu.edu

ENTRY DEADLINE: Monday, January 9, 2006 @ 12 p.m.
FAX entries to Joe Walker at 806-742-0365
Or mail to: TTU Track Office, Box 43021, Lubbock, TX 79409
(Make checks payable to Wes Kittley)

CONFIRMATION DEADLINE: All entries must be confirmed by phone or fax by Thursday, January 12, 2006

Masters Field Events (M&W may be combined)

Event	Mark
8:00 a.m. Long Jump	_____
Pole Vault	_____
9:00 a.m. Shot Put	_____
9:30 a.m. High Jump	_____

Masters Running Events (All running events start at 12:30 p.m., please look at schedule closely)

Event	Mark
55mH	_____
55m	_____
Mile Run	_____
400m	_____
800m	_____
200m	_____
3000m	_____

Please print or type:

First Name: _____ Last Name: _____

Male: _____ Female: _____ Age: _____ D.O.B.: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Phone: () _____ E-mail: _____

Waiver & Release: I know that participating in masters track racing is potentially hazardous activity. In consideration of your accepting this entry into the Southwest Regional Masters Indoor Championships, I hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims of damages I may have against Texas Tech University, Dallas Masters Track Assoc., its employees, agents, officers and the sponsors, the volunteers and their representatives, successors and assignees for any and all injuries suffered by me in said event, or as a result of my travel to and from the competition. I attest and certify that I am physically fit and have trained for the competition and that my date of birth is as stated on the application. I authorize meet personnel and its agents permission to request emergency medical treatment or care as necessary to insure my well being. I agree not to cover or alter my competitor number in any way upon pain of disqualification.

Signature: _____ Date: _____



PAGLIANO'S PODIATRIC POINTERS
The Foot Beat
 By JOHN W. PAGLIANO, D.P.M.

Six Steps to Staying Injury-Free

As masters runners, we sometimes overlook the basic causes of running injury. We are so used to doing things our way that we tend to forget some of the simple fundamentals. In one of his many articles on running, NMN columnist Hal Higdon has pointed out that there are six basic concepts for staying healthy as a runner. These are not hard to follow:

1. Obtain proper equipment. Avoid cheap sneakers and fashionable clothing. Don't scrimp on footwear. Acquire shoes that are appropriate for your event and biomechanics. When the shoes begin to show wear, toss them. Most injuries can be traced to improper shoes.
2. Train intelligently. Try to have a plan. Don't stumble from one workout to the next. Set goals, but give yourself time to meet these goals. Remember, we can't run like we did at age 18.
3. Find your red line. Through trial and error, most of us know the point at which we become injured. This is usually measured by miles and speed. Try to back off on the training when you hit that red line. You can push gently upward, but we all have a line beyond which we get hurt.
4. Never get out of shape. This is a key to basic fitness. Again, achieve a goal and don't push too hard. Make increases gradually and back off, but don't stop, your training program.
5. Keep a diary. You don't have to record every workout in detail, but this will be of help when an injury occurs. You can look back and per-

haps discover why.

6. Utilize professionals. If your 72-hour rest period or miracle cure doesn't work, seek out professional help. There are podiatrists, orthopedists, chiropractors, physical therapists, athletic trainers and massage therapists who can help you get over those nagging injuries.

As Higdon states, not all runners have bulletproof bodies. We all have different biomechanics and are all susceptible to injury. As a runner, the way to avoid problems is to give constant attention to avoiding injuries. □

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

FIFTEEN YEARS AGO November 1990

•Richard Marczak, 45, Top Age-Graded Runner at Twin Cities in 2:20:47

•Nelson, Martinez, Havens Win National Marathon Titles

•Rod Dixon Sets Mile Record in Masters Debut

Twin Cities Marathon

Continued from page 1

ity.

The medical tent attended over 200 runners after the race, and many more en route. Race times were slow across the board.

U.S. many-time master blaster Dennis Simonaitis, 43, Draper, Utah, fresh off his Heritage Oaks Bank 10K masters championship crown a week previous, finished in a probably painful 2:27:33. Simonaitis was the masters winner at TCM last year, when he ran 2:18:53.

Susan Loken, 42, Phoenix, Ariz., won her first masters title by placing third in the women's race, in a PR 2:43:10. Unlike Hussein, Loken had other athletes to run with during the race, and even passed a few in the final miles.

Loken recently changed coaches, upped her mileage, improved her eating, and hired a personal strength trainer to help break out of her 2:44 rut (she has run four 2:44s). She won \$19,000 in prize money.

Olympic Marathon medalist Joan Benoit-Samuelson, 48, Freeport, Me.,

was second masters woman, in 100th place overall, 2:46:27. In all, twelve women met the 2:47 standard that allows them entry into the 2008 Olympic Marathon Trials.

Local masters ace and defending masters champion Janet Robertz, 46, Shorewood, Minn., was in third place for masters women at 24 miles when she started to weave across the road and then collapsed. Bystanders prevented her from finishing the race.

Perennial Twin Cities runner John Stolz, 50, Bend, Ore., won the M50 with a solid 2:40:50 showing, seventh master overall.

Jim Schleisman, 72, Jefferson, Iowa, repeated as M70 winner, 3:36:27, while Jerry Johncock, 77, Grand Rapids, Mich., topped the M75 podium with a 4:12:37.

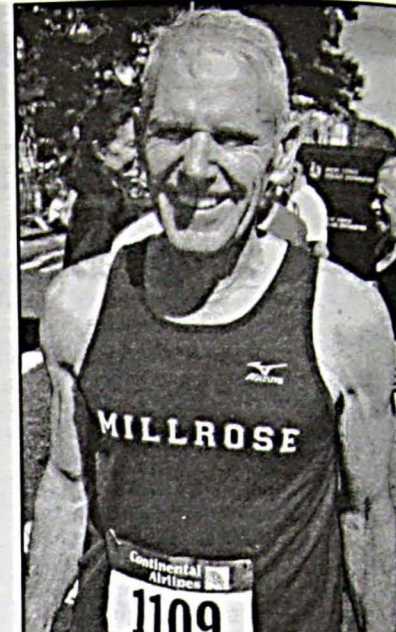
Of 10,561 entrants, 7753 finished the race, a state record. □

—from reports by Bruce Bothers/Pioneer Press, and Bob Cooper and Peter Gambaccini/Runner's World.

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Ginette Bedard, 72, top age-graded masters woman (7:11/86.8%), Continental Airlines Fifth Avenue Mile.



Alfred Finger, 71, second M70 (6:23), Continental Airlines Fifth Avenue Mile.

O'Driscoll, Rizzo Top Masters in 5th Ave. Mile

By JERRY WOJCIK

Masters runners were again a large part of the Continental Airlines Fifth Avenue Mile run on the world-famous avenue, starting at East 80th St. and finishing at East 60th St.

Organized again by the NYRR, this year's race on Sept. 24 was run in sunny conditions with temperatures in the low 70s and humidity at about 30%.

Conor O'Driscoll, 44, Rye, N.Y., was the M40+ winner for the third time in a row, with a 4:28, a second better than his win last year and two seconds better than in 2003.

Charlotte Rizzo, 43, Bronxville, N.Y., second W40 last year, took the W40+ race with a 5:15, a five-second improvement over her 2004 time.

Top performance honors went to Alston Brown, 56, Mt. Vernon, N.Y., winner of the M55 race with an age-graded 93.8% 4:46. Paul Mascali, 53, Manhasset, N.Y., second in the M50 race, was the second-best age-graded, with a 91.0% 4:47. O'Driscoll came in at third with a 90.8%.

Best masters woman was Ginette Bedard, 72, Howard Beach, N.Y., win-

ner of the W70 division with an age-graded 86.8% 7:11. Rizzo and Mary Evans, 46, Scarsdale, N.Y., W45 winner in 5:23, tied for second best with 86.3%.

The winners in the George Sheehan Memorial 60-69 division were Milt Schumacher, 60, of Rhode Island, 5:19, and Ann Makoske, 60, of Florida, 6:33.

First in the 70-79 division were Witold Bialokur, 70, NYC, 6:00, and Bedard. The winner of the M80+ division was John Bates, 82, NYC, 7:11.

"The Fifth Avenue Mile went extremely well," said Al Puma, who organizes the George Sheehan Memorial Races for age-groups 60-and-above. "I would have liked more elite runners in the George Sheehan 60, 70 and 80+ groups. The elites do not seem to show without special invitations."

Puma added, "The NYRR gave prizes in five-year age groups to 90 plus. Money of \$150 for first, plus beautiful Tiffany crystal bowls."

The open/professional winners were Craig Mottram, Australia, in 3:49.9, and Carmen Douma-Hussar, Canada, in 4:28.0. □

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Does Re

In October's Mance of 40-to authors conclude is due to a decline a reduction in str in that study was people of similar ly call "control su

To ascertain wh (chronic) exercisi aging process, co masters athletes controls is necessa

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Sedentary Con

A group of Turk lished an interesti which attempted to tal reaction time v bic ability and blo hormones in seden trained elderly m Journal of Neuro pp. 623-637, 2004.

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And the Winne

The results of significant differe two groups of sub ured parameters. was higher (31 mi per kg) in master controls (19 ml/n



Masters Science

By AVITAL SCHURR

Does Regular Exercise Slow Down Aging?

In October's Masters Scope, I reviewed a study that compared the performance of 40-to-88-year-old masters athletes in the 100m. The study's authors concluded that the deterioration with age in the 100m performance is due to a decline in velocity in all phases of the run, but is primarily due to a reduction in stride length and an increase in ground contact time. Missing in that study was a comparison of masters athletes to sedentary counterparts, people of similar ages who do not exercise, people whom scientists frequently call "control subjects."

To ascertain whether or not regular (chronic) exercising slows down the aging process, comparison between masters athletes and their sedentary controls is necessary.

The brain's cognitive performance is known to decline with advancing age. Thus, comparing the performance of a cognitive task by masters athletes to the performance of the same task by their sedentary controls should reveal differences in the effects of exercising on the process of aging.

Sedentary Controls

A group of Turkish scientists published an interesting study last year, which attempted to correlate the mental reaction time with maximal aerobic ability and blood levels of several hormones in sedentary and physically trained elderly males (*International Journal of Neuroscience*, Vol. 114, pp. 623-637, 2004).

Ten male masters athletes, age 62 to 74 years, exercising regularly, and 11 male sedentary subjects (controls), age 60 to 70 years, were included in the study. The weight of the sedentary group was somewhat heavier (71 to 92 kg) than the weight of the athletes (68 to 74 kg).

To measure mental reaction time (RT), the investigators used a general vocational aptitude test. They employed a specific instrument that accurately measures and records RT, which is considered to be a reliable measurement of cognitive function.

Both groups were advised not to exercise heavily before they were tested for aerobic capacity, which is known to decline with aging. The best physiological test of aerobic capacity is the measurement of the maximum oxygen consumption capacity ($\text{VO}_{2\text{max}}$).

Along with the measurement of $\text{VO}_{2\text{max}}$, blood samples were also taken to measure levels of the hormones testosterone (T) and growth hormone (GH). It is generally believed that sex hormones could influence cognitive performance. All study subjects were evaluated for their aerobic fitness level on a cycle ergometer that allowed $\text{VO}_{2\text{max}}$ measurement.

And the Winners Are...

The results of this study showed significant differences between the two groups of subjects in all measured parameters. The mean $\text{VO}_{2\text{max}}$ was higher (31 milliliters per minute per kg) in masters athletes than in controls (19 ml/min/kg); the mean

reaction time (RT) was significantly shorter in the exercising group (107 seconds) than among the sedentary group (148 seconds); the average blood testosterone (T) levels were almost 50% higher in the masters athletes than in the non-exercising subjects, and the levels of growth hormone (GH) were twice as high in the masters athletes as in the controls.

These results indicate that long-term exercise decreases mental reaction time and increases maximal oxygen uptake capacity, and confirm other studies that reach the conclusion that exercise training in humans has positive effects on cognition and $\text{VO}_{2\text{max}}$.

The investigators thus concluded that long-term exercise decreases RT and increases $\text{VO}_{2\text{max}}$, T, and GH in elderly males. The relationship between fitness and mental reaction and the roles of testosterone and growth hormone in cognition are not well understood.

It has been speculated that physical training improves cognitive brain function through enhanced cerebral blood flow and improved neurotransmitter function and balance.

On Aging Men and Mice

Interestingly, in a news release on Sept. 14, 2005, titled "Perhaps you can teach an old mouse new tricks, after all. But be sure to pick an active one," the Society for Neuroscience revealed the upcoming publication of a study in mice by a team of scientists from the Salk Institute of Biological Studies.

This team showed "that mice that voluntarily started exercising in old age were better able to learn new tasks, and regenerated more of the brain's message-relaying neurons than their sedentary counterparts."

"A slowdown in the growth of neurons and in mental ability is associated with normal aging, but the 19-month-old mice in the study (equivalent to an older person) were able to reverse this decline - adding up to 50% as many new neurons as young sedentary mice - after using a running wheel for a month. Furthermore, the new neurons appeared to function as well as those in the brains of young mice."

Clearly, scientific evidence accumulates to indicate what our elder sages told us all along, that regular exercising slows the aging process and keeps both our bodies and brains healthier. □



Runners on the second loop in the 2005 USA Masters Winter XC National 8K, Ft. Vancouver, Wash. The USA Fall Nationals will be held in Rochester, N.Y., on Nov. 19.

Happy Thanksgiving from the staff at NMN

Murray Toughest at Tufts 10K for Women

Masters newcomer Patty Murray, 40, Boulder, Colo., 34:53, made herself known to a star-studded field of masters women at the 29th running of the Tufts 10K for Women, Boston, Mass., Oct. 10, leading runner-up Carmen Ayala-Troncoso, 46, Austin, Texas, 35:38, by 45 seconds.

Murray was the 1987 NCAA 10,000 champion, and races frequently in Colorado.

Under cloudy skies, four other masters women ran below 37:00, including Nancy Tinari, 46, Coquitlam, B.C., Canada, 35:56,

third; Tatyana Pozdnyakova, 50, Gainesville, Fla., 36:20; and Mimi Fallon, 40, Walpole, Mass., 36:26.

Just two weeks after qualifying for the 2008 Olympic Trials at the Twin Cities Marathon in Minnesota, Joan Benoit-Samuelson, 48, ran 36:31.

Marge Bellisle, 50, Warren, R.I., was second W50 (39:42) after Pozdnyakova, while Marie-Louise Michelsohn, 64, Stonybrook, N.Y., set a pending U.S. age-64 record, 42:50.

Barbara Robinson, 72, Franconia, N.H., ran away with the W70 race, 52:10. □

DEADLINE

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

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Masters Racewalking

By ELAINE WARD

Racewalkers Recount Experiences at Championships – Part II

As most of you know, August was the month of the Nationals in Honolulu, Hawaii, and the World Championships in San Sebastian, Spain. This, the second column in a series, reflects more comments received from those attending these races. The USA medal count at the World Championships: 8 gold, 7 silver and 5 bronze individual medals; 5 gold, 1 silver and 2 bronze team medals. —ew

Carl Acosta, M70: Nationals: 5K, gold, 33:31.41; 10K, gold, 1:07:22. Worlds: 5K, 8th, 32:39.25; 20K, 7th, 2:17:22.

There is no comparing the Nationals in Hawaii and the World Championships in Spain. In Hawaii, attendance was down because of the closeness of the Worlds. In my age division, there were just two of us, George Solis and me, and George was hurting, so I really didn't have any competition.

At registration, the volunteers were novices and the race packets had been mixed up, so everything had to be redone. There was no pedestal presentation for the awards. You just went to a desk under the stadium and waited in a long line.

Basically, it is hard not to like Hawaii, but the competition wasn't good and the organization left much to be desired.

San Sebastian was another story. I arrived the day of the opening ceremonies and was very impressed by the reception. The stadium was packed and the music was very emotional.

Moving Ceremony

There were over 90 countries gathered in the infield with different colors and uniforms. A torch was brought into the stadium by the youngest athlete from Spain who was 11 years old. He handed it to the oldest athlete who was 93 years old. Carrying the torch onto the stage, he lighted the venue's torch to a standing ovation. It was overwhelming.

The last time the opening ceremony was so moving was in Eugene in 1989 and Myasaki in 1993. In Buffalo, in 1995, they brought us into the stadium and made us sit in the bleachers.

The closest race was the first four places in the M70 with only 1:36 minutes separating first and fourth places. Paul Johnson had a chance to get a gold or silver medal, but the whole scenario changed the last three laps and he found himself fighting for the bronze medal with Kuchumov Aglya from Russia.

When Paul realized that Aglya was right off his shoulder coming down the finish straightaway, he went into overdrive. Aglya thought he had beat Paul, but stopped at the wrong line and Paul kept going. Paul didn't know he had gotten third place until late in the afternoon when he was looking at the race film.

A Relaxed Race

I was very relaxed for my race. I knew I had trained the best that I could. About six weeks prior to the Nationals, my leg was still aching from a previous injury. Then all of a sudden, there was a breakthrough and I didn't feel any pain. My range of motion came back and I said to

myself, "Go with the flow. Don't make any changes."

Believe it or not, and it's kind of embarrassing to say, but I was battling vertigo and had to stop Pilates classes, because every time I lay back and got up, the room would spin around.

I had gone to Pilates to improve my range of motion. I am not blaming Pilates, but when I stopped, that's when everything loosened up in my body. Maybe I was over-stretching and doing too many exercises with the pressure I felt to get back my flexibility before the nationals and worlds.

I also want to give Jolene Steigerwalt credit here, as she worked on me to get rid of the scar tissue from my injury and it helped a lot.

Training Program

My actual training for the races was moderate. I hadn't done a 20K since Puerto Rico. My tune-up was to do a 15K race in May. I got DQed, but I got my nine miles in. On the weekends, the most I did was 10 miles and speed work twice a week.

The rest of the time I did continuous easy walking for 45-60 minutes, focusing on technique. I also did cross-training: lap swimming for one-half mile three times a week and a little hiking. Nothing extraordinary.

San Sebastian was my ninth World Games, so I knew what to expect. I knew who I was racing and went to the start line with the single thought to do the best I could. I had my heart monitor on. I had divided the 5K into thirds.

The first mile, I kept my heart rate between 152-155. The second mile, I tried to maintain this rate. Then, on the third mile, I didn't worry about my heart rate, but gave whatever I had left.

It's good to pace yourself with a heart monitor at the beginning of a race, so you don't go out too fast, get into oxygen debt, and shut down. Then at the end you have plenty to give.

Enthusiastic Spectators

In the 20K, it was raining the whole race. I was racing with a 64-year-old guy from Germany, Alfred Ludwig. He had children and grandchildren on the other side of the fence, who followed him around practically the whole race. They were pumping up his adrenalin. Every time his family would call out, he would surge ahead of me.

One time one of his kids, about 9 years old, came out on the course right in front of me, and I had to push him away. The family was very motivated, cheering, and Ludwig was ecstatic. All he would have to do is look back at me and the kids

Jasionowski, Richardson Break Records

Sharp, Tracey First Masters in National 5K RW

By JERRY WOJCIK

Older racewalkers had a significant impact on the USA National Masters & Open 5K Racewalk Championships held in Kingsport, Tenn., on Oct. 8.

Ray Sharp, 45, Atlantic Mine, Mich., was first overall with a 22:34 of the 25 open and masters men's finishers. Ian Whitley, 46, Reno, Nev., was third male in 25:15.

Leon Jasionowski, 60, Shelby Township, Mich., finished fourth male with a U.S. record 25:19, in winning the M60 race over a field of eight, the largest and most competitive group in the event. Norman Frable, 60, Irving, Texas, was second (25:59), and James Carmines, 62, Etters, Pa., third (27:14).

Frable was winner of the 5000 (26:17) and 20K (2:01:07) racewalks in the 16th WMA World Championships in Spain. The present M60 national record is held by Dave Romansky at 25:28 in 1990.

Paul Johnson, 68, Fort Smith, Ark., won the M65 race (32:27). Jack Starr, 77, Newark, Del., was the first M70+ (32:27).

Lynn Tracey, 53, Racine, Wisc., with a 27:21, was second female overall, behind open winner Jolene Moore, 39, 24:00, in the women's field, which, with 29, was larger than the men's. Teresa Aragon, 44, Santa Fe, N.M., was third overall (27:27).

The first W60+, Elton Richardson, 66, New York City, clocked a 31:06 in winning the W65 race to set a W65 U.S. record. Ruth Leff has the record at 31:23 in 1993. Richardson was a double gold

would start shouting.

He was great for me to work off as he gave me a continuous target to catch. Going into the stadium, he was about 25 meters ahead. The people in the audience were cheering me on, which kept us both pushing. I finally did catch up, and we finished exactly together at 2:17:22.

Cliff Elkins, M70: Worlds: 5K, 18th, 36:05.94; 20K, 12th, 2:32:46 (Cliff was 3rd member of the M70 gold medal team with Jack Bray and Carl Acosta).

I have competed at Durban, Gateshead, Brisbane and Puerto Rico. The track walk in San Sebastian was by far the best of all the venues. The road course was potholed in places, but very well marked, and the rain was not the venue's fault.

I never could get myself into the 5K emotionally. I did a poor warm-up and went out very slow. The only good laps were the last two.

Tough Opposition

On the other hand, I was very well prepared for the 20K. I wanted to make the USA team and knew my main competition was going to be Bob Fine. Bob had a very good 5K and I knew it would be tough.

I also wanted to beat my two Mexican amigos. Bob gave it all he had for the first 10K of the race. We could have been Siamese twins.

I knew he had not trained for distance and I was well prepared. After Bob fell back and I was ahead of my two amigos, I just concentrated on form.

Training Together

Both Claire and I do the same training. We have a wonderful coach in Bill

medalist in the 16th WMA World Championships 5000 (31:18:30) and 10K (1:05:51).

Panseluta Geer, 58, Hazlet, N.J., won the W55 national title with a first W50+ 29:50.

The event was held along with the John Deere Health 5K and directed by Bobby Baker. □



JERRY WOJCIK
Marianne Martino, USA, W55, in the 10K race walk, 16th WMA World Championships.

Strachan who emphasized long distance, including several weekly 12-milers as well as maintaining form.

Training in the Phoenix heat, even at 5:30 a.m., requires determination as the temperature is already in the 90s.

Claire was coming off a back injury, while I was trying not to stress my knee that had been replaced the prior year. We do tempo work one day a week, but the last month took two rest days a week.

Claire Elkins, W70: Worlds: 5K, silver, 40:18.40; 10K, gold, 1:23:52.

In the 5K, I wanted the gold but knew little about my foreign competitors. I had the lead for the first eight laps, until my Romanian competitor passed me and opened up a 20-yard lead.

I tried to close at the finish, but fell 1.5 seconds short and got the silver about two minutes ahead of third.

Straight for the Gold

In the 10K, I felt I could win the gold. My Romanian competitor was never closer than 50 yards behind me. From the 5K mark on, I knew I just needed to maintain to win.

I finished over four minutes ahead of the silver medalist and had no calls or marks.

My strategy in the 10K was not to go out too fast, and then open up in the middle of the race. Both my 5K and 10K times were the best of the past year and close to my PRs. □

(Thanks to all those who shared their experiences for NMN. I do not have e-mail addresses for many competitors. If you were not contacted by me, please notify me of your email address at narwf@sbcglobal.net. —ew)



Award winners Bill Be (c), 78, and George D Arts 5K, Roslyn Harbo.

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On The Run

By HAL HIGDON

Radio Daze

Two hours before the start of the LaSalle Bank Chicago Marathon, I walked toward the finish line, passing boxes of bagels and bananas awaiting the nearly 33,027 runners who would finish later that day. My stomach rumbled. I failed to eat before leaving the hotel and had a four-hour ordeal ahead. Should I grab a banana? I decided not, fearing my greed would deprive some worthier runner of his reward.

I was reporting on the race, not running. My assignment was to provide expert commentary for the ESPN 1000 radio broadcast. My co-hosts would be broadcaster Dave Juday and Olympian Mark Coogan. Dave and I had worked together on pre-race broadcasts, but never race day, so I didn't know the routine.

"Any coffee?" I pleaded when I arrived at the radio booth near the finish line.

"None," Dave confessed, "but my wife baked banana muffins."

I grabbed a muffin and went searching for coffee, finding some in an unguarded VIP tent. Returning with two hot cups, I set one down on the table, allowing Dave and Mark to fight for possession.

Quick Review

Hot coffee and a banana muffin. Life doesn't get much better.

I sat and began reviewing notes that would allow me to sound intelligent during our four-hour broadcast, starting one hour before the start and continuing three hours past, at which point ESPN would resume its usual menu of Fantasy Football and talk about White Sox playoff hopes.

In the meantime, Deena Kastor held center stage, hoping to become the first American to break 2:20. Kastor had as competition Constantina Tomescu-Dita, the defending champion from Romania.

The men's field was crammed with fast Kenyans, including two-time winner Evans Rutto.

Lumpenproletariat

Before the broadcast, Mark and I had agreed that he got to gab about everyone faster than 2:30; I claimed the rest: the lumpenproletariat going for BQs and PRs, or seeking simply to finish.

Mark began by discussing potential winners. I countered that 35,500 starters would come close to filling US Cellular Field, where the White Sox play.

"Consider that ballpark figure circling 26 miles of city streets...." Guarded by a thousand policemen. Aided by 8000 volunteers. Drinking 41,780 gallons of Gatorade. Eating 50,000 bananas, including the one I resisted grabbing. I had the numbers.

And They're Off...

At 8:00 the marathon began, fast and slow runners each chasing their dreams. We cut back and forth between reporters on vehicles

accompanying the leaders and reporters stationed on the street.

Time flew, and suddenly we saw three Kenyans rushing past our booth. "Felix Limo is in full stride," I announced. "Nobody is going to catch him!" Limo won in 2:07:04, fastest in the world this year.

At that point, Deena Kastor, still on sub-2:20 pace, held a minute lead over Tomescu-Dita.

Fearlessly, I awarded Kastor the victory, "even if she has to crawl in on her hands and knees." And she almost did just that, cracking badly, staggering to a 2:21:25 finish, less than her goal, but still five seconds up on the fast-closing Romanian.

Quick Recovery!

We interviewed Limo soon after by phone connection, but were told Kastor was near comatose and would not be available for an interview. That information proved false, because five minutes later she was on the line sounding quite chipper.

"Lucky they weren't awarding style points," I told her, "otherwise we'd be interviewing Constantina." She laughed, since she had just pocketed \$125,00 for winning.

Suddenly, we were off the air, our four-hour ordeal completed. Only one banana muffin remained. I grabbed it before Dave or Mark could make a move. As Kastor proved, you take your victories any way you can. □

(Hal Higdon, a Contributing Editor for *Runner's World*, won the Windy City Marathon in 1964, a precursor to today's LaSalle Bank Chicago Marathon. Only a few dozen runners and no prize money.)

Visit the
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Web Site at:

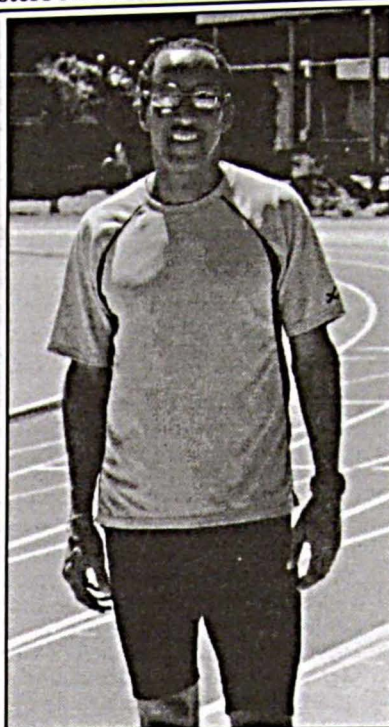
www.nationalmastersnews.com

TWENTY YEARS AGO November 1985

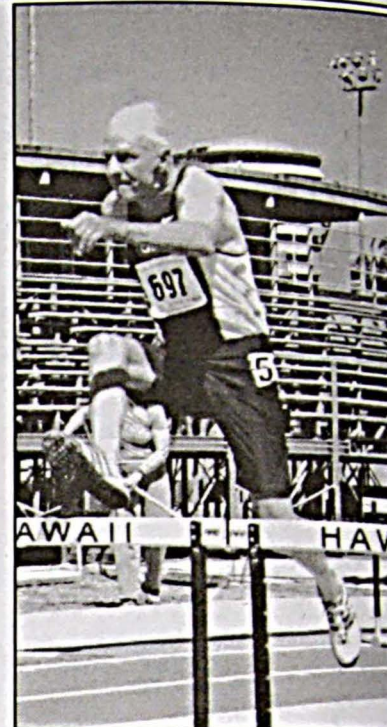
*Clive Davies, 70, Wins \$4000 in Twin Cities

*Kirk Randall Top Master in TAC National 5K

*Walker, Steigerwalt Win U.S. 15K Racewalk



SUZY HESS
Bill Collins, M50 winner in the 100, 200 and 400, 2005 USA National Masters Championships, Honolulu.



SUZY HESS
James Stookey, M75 winner in the 80H (14.37), 2005 USA National Masters Championships, Honolulu.

Veterans Day 10K to Benefit Returning Troops Wounded in Conflict

The 6th Annual Veterans Day 10K on Sunday, Nov. 6, is a benefit for Helping Our Heroes Foundation, a Virginia-based non-profit organization that aids returning troops wounded in conflict.

The race, with more than 2000 participants, starts at 8 a.m. in West Potomac Park, just south of Lincoln Memorial, near Tidal Basin and FDR Memorial in Washington, D.C., across the river from the Pentagon. Runners, both civilian and military, come from all over the D.C. area and 24 states.

All registrants receive long-sleeved, 100% cotton teeshirts with a colorful, patriotic design. Food and hot beverages will be provided following the race for all participants and volunteers, and refreshments will be provided on the course near the two- and four-mile marks, and at the start/finish lines.

The race is hosted by DC Group Inc. and directed by Capital Running Company. For information about the race, see <http://www.dcgrouppg.com> or <http://www.runwashington.com> or call 301-871-0400.

The race page is <http://www.runwashington.com/other/veteransday10k.html>

Packet pickup and late registration will be on Friday-Saturday, Nov. 4-5, at a location to be announced. On race day morning, packet pickup will begin at 7 a.m. near the start/finish line in West Potomac Park.

The race will benefit Helping Our Heroes Foundation (<http://www.hohf.org>), which provides a way for donated funds and services to directly reach the injured military, and a way for concerned Americans to volunteer to actively support the armed forces.

HOHF's primary objective is to fund programs and organize volunteers to

complement the actual "case work" being administered by Disabled Soldier Support System (DS3) employees. The foundation works with qualified soldiers needing support from the office of the DS3 Chief, whose case workers maintain contact with each injured soldier.

The foundation provides mentors and patient advocates, identifies and funds educational opportunities for soldiers, coordinates specialty counseling (financial assistance, career, housing, etc.), and assists with emergency funding needs.

Among HOHF's programs are "Hire a Hero" Career Nights at Walter Reed Army Medical Center, open to anyone injured from service in either OIF/OEF, where those who have decided to choose another career path after their service are introduced to potential employers who have openings and are ready to hire.

Major sponsors of the race include National Association of Broadcasters, DC Group Inc., Bracewell & Giuliani LLP, Pearson Government Solutions, StillSecure, and World Wide Technology Inc., and more to come.

Prizes are courtesy of Fleet Feet, bd's Mongolian Barbeque, Daily Grill, Great American Restaurants, Kiehl's Since 1851, Metro 29 Diner Restaurant, Papa John's Pizza, Romano's Macaroni Grill, Shooter McGee's Delectables and Cure-Alls, Soccer Kicks, SomaFit, Starbucks Coffee Company, Washington Sports Club, and more to come.

For more information, call Tony Gomez (703-606-4155) or the race hotline (301-871-0400).

To become a sponsor, call Jay Jacob Wind (703-505-3567) or e-mail jay.wind@att.net. □

— From Jay Jacob Wind

Ma

NATION

* Teresa Vail, 42, 20 Walk USA, was first w 3:37:57 at the USA Nation RW Championships, Ocean Sept. 17. Dave McGover Chocolates, was third m Leon Jasionowski, 60, P under 4:00:00 with a fifth-

* Eugene, OR, was aw to host the 2008 US Olym Hayward Field, it was ann by USA Track & Field. fourth time Eugene has h having held them in 197. Tentative dates for the 2 June 27-July 6. Hayward site for the 1989 WAVA W ships and several masters and, this year, will host t Hayward Masters Classic.

EAST

* Anselm LeBourne lo 800 WR with a 1:55.13 Masters Championships, R NYC, July 26. The reco Ronaldo Mercelina, NED, 1991.

* Ken Rolek, 43, Eastor and Madelyn Noe-Schlent cruised to masters wins i Waterfront Half-Marathon Championships, Jersey Ci Bruce Langenkamp, 56, won the M55 race with an Thornhill, 65, NYC, took the in 1:48:43. Feliciano Perei NJ, with an 83.5% 86:01 Dyson, 68, Princeton, NJ, v 1:52:34, were the top age-gr Division winners and age- were awarded prize money.

* Bob Chase set an M weight (25#) record of Delaware Fall Throwers Cla Sept. 25. Glenn Thompson an MR 15.57 with the 35# we Roll, 59, got another with (14.35).

* Keith Field, 44, Mor 35:44, and Cindy James, 4 IL, in 40:08 churned out m the 28th Great Cow Harbor 1 NY, Sept. 17. Christopher Sayville, NY, with a three-s 35:47, was second M40+. De 55, St. James, NY, won over field with a 37:51. Marion S Northport, NY, took the W65 minutes with a 52:40.

* The Army 10-Miler, Wa Oct. 2, became a fun run v harbor unit found a packa 14th Street Bridge over the the course. Before the front 20,000 starters got there, the ers decided to turn them ba age later turned out to be ha

* Ted Poulos, M40, took in the Greenbelt, MD, 15K (5 and Kensington, MD, 8K (29 Beverly Black, W45, was fir 15K (72:53). Helen Beven, W40+ first in the 8K (34:36) Cooper won the M50 race Alice Franks the W55 (37:3

* Michael Woodman, MD, 55:36, and Christina Severna, MD, 64:46, cruises wins in the 30th Annap Annapolis, MD, Aug. 28. C 53, Sterling, VA, was 12th Lisa Mills, 48, Rogers, AR, race with a ninth-female 67: race, seven runners start 3982 finished. Ercolin G ville, MD, edged Don Sing MD, by four seconds with the M70 race.

Masters Scene

NATIONAL

• **Teresa Vail**, 42, 2004 Olympian, of Walk USA, was first woman overall in 3:37:57 at the USA National Masters 40K RW Championships, Ocean Township, NJ, Sept. 17. **Dave McGovern**, 40, Varsano's Chocolates, was third male in 3:48:07. **Leon Jasionowski**, 60, Pegasus AC, was under 4:00:00 with a fifth-place 3:57:23.

• Eugene, OR, was awarded the rights to host the 2008 US Olympic T&F Trials at Hayward Field, it was announced Oct. 15 by USA Track & Field. This will be the fourth time Eugene has hosted the Trials, having held them in 1972, '76 and '80. Tentative dates for the 2008 Trials are June 27-July 6. Hayward Field was the site for the 1989 WAVA World Championships and several masters championships, and, this year, will host the 25th annual Hayward Masters Classic, June 24-25.

EAST

• **Anselm LeBourne** lowered the M45 800 WR with a 1:55.13 in the MAC Masters Championships, Randall's Island, NYC, July 26. The record is held by **Ronaldo Mercelina**, NED, at 1:56.16 in 1991.

• **Ken Rolek**, 43, Easton, NJ, in 74:51, and **Madelyn Noe-Schlentz**, 44, in 89:15, cruised to masters wins in the Liberty Waterfront Half-Marathon/USATF NJ Championships, Jersey City, Sept. 25. **Bruce Langenkamp**, 56, Wharton, NJ, won the M55 race with an 85:21. **Anna Thornhill**, 65, NYC, took the W65 contest in 1:48:43. **Feliciano Pereira**, 76, Union, NJ, with an 83.5% 86:01, and **Imme Dyson**, 68, Princeton, NJ, with an 80.2% 1:52:34, were the top age-graded masters. Division winners and age-graded bests were awarded prize money.

• **Bob Chase** set an M80 US super-weight (25#) record of 5.56 in the Delaware Fall Throwers Classic, Newark, Sept. 25. **Glenn Thompson**, 42, notched an MR 15.57 with the 35# weight. **Charles Roll**, 59, got another with the 6k SP (14.35).

• **Keith Field**, 44, Moriches, NY, in 35:44, and **Cindy James**, 45, Flossmoor, IL, in 40:08, churned out masters firsts in the 28th Great Cow Harbor 10K, Northport, NY, Sept. 17. **Christopher Webber**, 53, Sayville, NY, with a three-second slower 35:47, was second M40+. **Dennis O'Brien**, 55, St. James, NY, won over a strong M55 field with a 37:51. **Marion Stanjones**, 67, Northport, NY, took the W65 race by eight minutes with a 52:40.

• The Army 10-Miler, Washington, DC, Oct. 2, became a fun run when a police harbor unit found a package under the 14th Street Bridge over the Potomac on the course. Before the front runners of the 20,000 starters got there, the race organizers decided to turn them back. The package later turned out to be harmless.

• **Ted Poulos**, M40, took masters wins in the Greenbelt, MD, 15K (57:22), Sept. 4, and Kensington, MD, 8K (29:48), Sept. 17. **Beverly Black**, W45, was first W40+ in the 15K (72:53). **Helen Beven**, W40, ran to a W40+ first in the 8K (34:36), while **James Cooper** won the M50 race (29:48), and **Alice Franks** the W55 (37:38).

• **Michael Woodman**, 40, Timonium, MD, 55:36, and **Christina Morganti**, 40, Severna, MD, 64:46, cruised to masters wins in the 30th Annapolis 10 Mile, Annapolis, MD, Aug. 28. **Chuck Moeser**, 53, Sterling, VA, was 12th overall (58:38). **Lisa Mills**, 48, Rogers, AR, took the W45 race with a ninth-place 67:35. In its initial race, seven runners started; this year, 3982 finished. **Ercolin Gresia**, Catonsville, MD, edged **Don Singer**, Annapolis, MD, by four seconds with a 91:03 to win the M70 race.

• **Kathryn Martin**, 53, 24:26, led the entire women's field at the NYRR Fitness Mind, Body, Spirit Games 4-Miler, Central Park, NYC, Sept. 17. Men's masters winner was **Jerry Macari**, 45, 22:21.

• **David Herr**, 40, Canaan, VT, 2:34:58, was first overall at the New Hampshire Marathon, Bristol, NH, Oct. 1, with a 12-minute lead over second place.

• **Wayne Levy**, 40, Newton, MA, topped a tough group of masters men at the USATF-New England Championships / Ollie 5 Miler, Boston, Oct. 2., 25:45. **Jason Cakouros**, 40, Milton, MA, 25:51, and **Dan Verrington**, 43, Bradford, MA, 26:03, made it an honest race. Gate City Strider's **Jack Kick**, 73, Dunstable, MA, 40:32, narrowly edged GNBTC's **Donald Dayton**, 71, Dartmouth, MA, 40:39, for M70 bragging rights. Former Boston Marathon winner **Uta Pippig**, 40, nabbed the W40+ title, 29:03.

• **Levy** also took masters honors at the Boston AA Half-Marathon, Oct. 9, 1:12:50. **Firaya Sultanova-Zhdanova**, 44, Russia/Gainesville, was third woman overall and top W40+, 1:15:19.

SOUTHEAST

• Masters runners **Andrew Greenidge**, 40, Coconut Creek, FL, 73:23, and **Mary Ann Protz**, 49, St. Petersburg, FL, 79:14, sailed to overall wins in the Naples on the Road 20K, Naples, FL, Sept. 18. Impressive division winners included **Colin Ansigne**, 46, Coral City, FL, 77:19; **Jorge Ramos**, 50, Hialeah, FL, 79:40; **Albert Wieringa**, 59, St. Petersburg, 81:04; **Bob Borglund**, 77, Ft. Myers, FL, 1:51:19; **Joyce Adams**, 51, Venice, FL, 97:50; and **Leslie Higgins**, 80, Ft. Myers, 2:41:43.

• **Terri Bennett**, 43, Chapel Hill, NC, hastened to the masters win with a 22:14, NCRC Women's 5K, Charlotte, NC, Sept. 24. **Sally Squier**, 63, Raleigh, NC, won the W60 race in 28:49.

MIDWEST

• **Dennis Grantz**, 56, reaped a second overall in 46:50 at the Harvest Stompede 7 Mile, Traverse City, MI, Sept. 17. **Jane Kowieski**, 51, took the W40+ race with a 55:19. **Paul Deladurantaye**, 59, was fourth finisher (48:48). In the 5K, **Ken Flannery**, 45, was first overall in 19:55, and **Sharon Bade**, 42, was first W40+ in 24:11.

• **Hendrik Vanloot**, 40, flew to an overall first (2:41:16), Air Force Marathon, Wright Patterson AFB, OH, Sept. 17. First W40+ was **Lisa Veneziano** (3:08:25).

• **Bill Owens**, M40, 54:48, and **Lisa Menninger**, W40, 59:03, were first masters in the Autumn Shoreline Classic, Decatur, IL, Sept. 17. **Joe Theil** won the M45 race (56:52). **Kim McCarthy** was the fastest W50 (72:10).

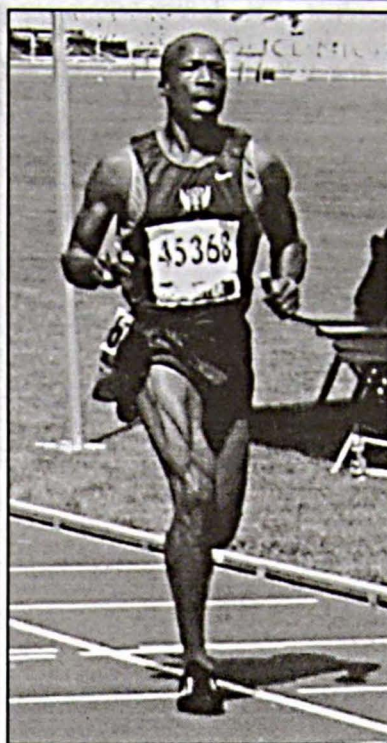
MID-AMERICA

• **Kevin Haas**, 47, St. Louis Park, MN, broke his two-week-old state record of 32:48 with a 32:45, Victory 10K, Minneapolis, MN, Sept. 5. **Bonnie Sons**, 40, Shorewood, MN, 36:40, and **Sharon Stubler**, 40, Minnetonka, MN, 37:23, finished third and fourth females. **Suzanne Ray**, 53, Vadnais Heights, MN, was first W50+ in 41:54.

• **Todd Sperling**, M45, 1:34:26, and **Laurie Hanscom**, W40, 1:45:14, turned in masters firsts, City of Lakes 25K, Minneapolis, Sept. 11. **Jared Mondry**, M60, 1:46:46, and **Suzanne Ray**, W50, 1:52:09, went home age-group winners.

SOUTHWEST

• **Pete Orban**, 50, Claremore, OK, posted a second overall (16:46) and **Pam**



JERRY WOJCIK
Anselm LeBourne, M45 winner in the 800 (1:57.60) and 1500 (4:01.64), 16th WMA World Championships.



JERRY WOJCIK
Thomas Vanzandt, USA, third in the high jump (1.96), 16th WMA World Championships.

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www.nationalmastersnews.com

Sneed, 49, Cleveland, OK, was first female overall (19:49) in the Route 66 CPA 10K, Sept. 10, in Tulsa.

• Standouts on the men's side at the Arkansas Senior Olympics, Hot Springs, Sept. 21-15, were **David Cottner**, M55, who tripled in the sprints (100, 12.25; 200, 25.81; and 400, 57.26) and **David Bower**, M70, with a 37-1 1/2 heave in the shot put. On the women's side, **Carlotta Barnhill**, W75, was a one-woman powerhouse winning the 100 (21.43), 200 (4:8.40), 400 (1:58.02), high jump (3-2), long jump (5-11), discus (50-0), and javelin (39-6).

WEST

• **Rich Hanna**, M40, 15:26, and **Lisbet Sunshine**, W40, 17:35, squeezed out masters wins, Jamba Juice 5K, San Francisco, Sept. 18. **Barbara Miller**, W65, 21:56, and **Don Paul**, M55, 17:36, scored division wins.

NORTHWEST

• **Odis Sanders**, M45, 2:32:53, and **Mie Honda**, W40, 3:02:11, reeled off masters firsts, Portland Marathon, Oct. 9. **Myra Rhodes** won the W70 race in 3:59:04.

CANADA

• M70 WR holder **Ed Whitlock**, 74, Milton, ONT, held off **Joop Ruter**, 71, NED, by about 45 minutes in Part Two of a head-to-head battle of the silver titans at the Scotiabank Toronto Waterfront Marathon, Sept. 25 (Whitlock won Part One at the Rotterdam Marathon in April). Whitlock's 3:02:40 was eight minutes off his run here last year (2:54:49).

OBITUARIES

• **John Whittemore**, one of the oldest track & field athletes to compete in the U.S., died last April in Montecito, CA. He was 105. He had last competed in the 2004 Club West Meet in October, just a few weeks shy

of his 105 birthday, and set an M100-104 record of 11-2 with the javelin. He had set eight age-group world records, the first in 1979, when he was 80, in the hammer. He also had held records in the discus and shot put. He was born Nov. 20, 1899 in St. Louis, MO. His family moved to Santa Barbara in 1905. He rode a horse five miles to Santa Barbara HS, where he'd tether the horse to a pepper tree in front of the school. He graduated in 1917 and attended Stanford. Asked about his longevity, Whittemore said, "Eating fresh vegetables and fruit, with regular exercise." "He was amazing," **Beverly Lewis** of Club West and a long-time friend of Whittemore's, said. "He gave so much to track. The kids looked up to him, little kids and big kids....He was at this amazing age out there competing. He was some sort of phenomenon." —*Santa Barbara News-Press* (Ed. note: Lewis obtained Whittemore's medals and trophies and distributed them to various organizations in the Santa Barbara area to honor Whittemore's memory.)

• **Betty Jane Joslin** passed away on June 9. She was 90. She began running in masters track in her 50s and had last competed at the USA National Masters Championships in Spokane in 1995 in the 100m, but continued to accompany her husband, Leon, a popular thrower, at meets in Seattle and the Northwest. She was born Betty Jane Zisner in Grand Rapids, MI, to a family of educators. She met Leon in high school in 1930. They were married for almost 67 years. Years after the Joslins moved to Seattle, she scored the highest score of anyone ever tested in the history of the service hired by a bank to evaluate prospective employees, and she was hired immediately. Later, she and Leon were partners in a real estate business for 13 years. She received a Coast Guard commendation for spotting a father and two children bobbing in the Puget Sound in 45-degree water and guiding a rescue boat to the location near their West Seattle waterfront home. □

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 4. 27th USATF Annual Meeting, Jacksonville, FL. Hyatt Regency, 904-588-1234. www.usatf.org
March 24-26. USA National Masters Indoor Championships, Reggie Lewis Center, Boston, MA. USATF-NE, 617-566-7600; office@usatfne.org
August 3-6. 39th USA National Masters Championships, Charlotte, NC.

EAST

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

December 4. Philadelphia Masters All-Comers Indoor Meet, Albright College, Reading, PA. Kyle Mecklenborg, 215-393-1382; kmerck@erols.com; www.pmtf.net

December 11. Philadelphia Masters All-Comers Indoor Meet, Haverford College, Haverford, PA. See Dec. 4

January 8. Philadelphia Masters All-Comers Indoor Meet, Swarthmore College, Swarthmore, PA. Kyle Mecklenborg, 215-393-1382; kmerck@erols.com; www.pmtf.net

January 21. 39th Annual Hartshorne Memorial Masters Mile, Cornell U., Ithaca, NY. W30+; M40+. Prize purse for Men's and Women's Elite Mile; bonus for new record (M & W40+). 10 a.m. Rick Hoebeke, 2706 Agard Rd., Trumansburg, NY 14886. 607-255-6530 (d), 387-6431 (e).

January 8 & 22. Potomac Valley TC Indoor Meets, Jefferson Community Center, Arlington, VA. 7:45 pm. 703-218-2726; www.pvtc.org
January 22. Philadelphia Masters All-Comers Indoor Meet, The Glen Mills Schools, Glen Mills, PA. See Jan. 8

February 5. Philadelphia Masters All-Comers Indoor Meet, Albright College, Reading, PA. Kyle Mecklenborg, 215-393-1382; kmerck@erols.com; www.pmtf.net

February 5. Potomac Valley TC Indoor Meet, Jefferson Community Center, Arlington, VA. 7:45 pm. 703-218-2726; www.pvtc.org

February 25. Mid-Atlantic USATF Masters & Open Indoor Championships, Lehigh U., Bethlehem, PA. Kyle Mecklenborg, 215-393-1382; kmerck@erols.com; www.pmtf.net

SOUTHEAST

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

November 19. The Carolinas Throwers Convention With Indoor Running Events, UNC-Charlotte, site of the 2006 National Masters Championships. Includes WP. Gordon Edwards, 704-588-6885; www.carolinatrackandfield.org

December 10. Weight Pentathlon/Open Throws Meet, NTC, Clermont, FL. 352-241-7144, x4206; www.usantc.com

December 3-11. Florida Senior Games State Championships, Tallahassee. 850-488-8347; flsports.com

January 21. Winter Sun Meet #1, NTC, Clermont, FL. Javelin clinic. 352-241-7144, x4206; www.usantc.com

February 25-March 12. Polk Senior Games, Polk County, FL. M&W50+. 863-533-0055; www.polk-seniorgames.org

February 18. Winter Sun Meet #2, NTC, Clermont, FL. 352-241-7144, x4206; www.usantc.com

March 18. Spring Fling #1, NTC, Clermont, FL. 352-241-7144, x4206; www.usantc.com

April 8. Spring Fling #2, NTC, Clermont, FL. 352-241-7144, x4206; www.usantc.com

May 27. Florida AC Classic, NTC, Clermont, FL. 352-241-7144, x4206; www.usantc.com

June 10. USATF Florida Championships, Clermont, FL. 352-241-7144, x4206; www.usantc.com

WEST

Arizona, California, Hawaii, Nevada, New Mexico

January 7. Sierra Vista Arizona Senior Games. 9am. 520-458-7922.

January 14 & 22. New Mexico Indoor All-Comers Meets, Albuquerque. Scott Steffan, 505-836-3653.

January 26-27. New Mexico Indoor Heptathlon & Pentathlon, Albuquerque. Scott Steffan, 505-836-3653.

February 22. New Mexico Indoor All-Comers Meet, Albuquerque. Scott Steffan, 505-836-3653.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

November 19-20. Lions Fall Throwers Meet & Clinic, Austin, TX. Seth Brower, 512-694-2037; waterlootrackandfield.org

January 14. USATF Southwest Regional Masters Indoor Championships, Texas Tech U., Lubbock. 806-742-3355 X249; joe.walker@ttu.edu

NORTHWEST

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

June 10-11. Portland Masters Classic/Oregon Association Championships, Mt. Hood CC, Gresham. Paul Stepan, 3011 NE Linden, Gresham, OR 97030; 503-666-8950(h); IstePan@yahoo.com

June 24-25. 25th Hayward Classic/USATF Northwest Regional Masters Championships, Eugene, OR.

INTERNATIONAL

November 20. Singapore Masters Championships, akannan23@hotmail.com

November 25-27. South Island Masters Championships, Invercargill, New Zealand. 03 21 58298; evan.macintosh@xtra.co.nz

December 2-4. North Island Masters Championships, Wellington, New Zealand. 04 477 4914; kath.d@xtra.co.nz

January 14-21. 13th Oceania Masters Championships, Christchurch, New Zealand. Canterbury Masters, PO Box 12256, Christchurch, New Zealand; www.omac2006.org.nz; e-mail: bkjago@paradise.net.nz

March 15-20. 2nd WMA World Indoor Championships, Linz, AUT. www.linz2006.com/eng

July 19-30. European Veterans Athletics Association Championships, Poznan, POL. www.evacs2006.pl

August 24-27. NCCWMA Stadia Championships, Guatemala City, Guatemala.

August 28-September 9, 2007. 17th WMA World Championships, Riccione, Italy. www.riccione.wma2007.org

March 12-17, 2008. 3rd WMA World Indoor Championships, Clermont-Ferrand, France.

July-August, 2009. 18th WMA World Championships, Lahti, Finland.

LONG DISTANCE RUNNING

NATIONAL

November 19. USA Fall National XC Championships, Rochester, NY. Masters: M10K & W6K. Bill Quinlisk, 412 Humboldt St., Rochester, NY 14610-1113; 585-482-6371; www.gvh.net/feast-in-the-east

November 30-December 4. 27th USATF Annual Meeting, Jacksonville, FL. Hyatt Regency, 904-588-1234. www.usatf.org
February 6-8. Running USA 2006 National Conference for the Running Industry, San Diego, CA. Registration at www.RunningUSA.active.com

EAST

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

November 3. Metro Harriers 3 Mile XC Championships, Baltimore, MD. 3:00 pm. 410-789-7560.

November 6. USATF -NE XC Championships, Boston, MA. 8K Masters. USATF, office@usatfne.org; www.usatfne.org/cross

November 6. ING New York City Marathon. 212-860-4455; www.nyrr.com

November 12. Pittsylvania XC Challenge, Frick Park, Pittsburgh, PA. 8K. John Harwick, 724-464-2222.

November 13. Stockade-athon 15K, Central Park, Schenectady, NY. hamletbryans@aol.com

November 19. JFK 50 Mile, Hagerstown, MD. spinnlem@msn.com; www.50jkmile.org

November 20. Philadelphia Marathon & 8K. www.philadelphiamarathon.com

November 24. 69th Manchester 5 Mile, Manchester, CT. Manchester RR, PO Box 211, Manchester, CT 06045-0211; www.manches-terroadrace.com

November 25. Jolly Holly 5K, Millville, NJ. 856-696-3924; www.lin-mark.com

November 26. Cow Chip 5K XC, Trumbull, CT. Marty Schiavone, 203-374-6433.

November 27. Rob's Run 5K XC, Syosset, NY. spolansky@aol.com; www.glicr.org

December 12. USATF-NJ 10 Mile Championships, West Windsor. Pam Fales, 973-334-8900.

December 17. HoHoHo Holiday 5K, Bethpage, NY. Joe Sturgess, 516-349-7646.

December 31. NYRR Midnight Run, NYC. www.nyrr.org

SOUTHEAST

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

November 4. Atlanta Marathon & Half-Marathon. 404-231-9064; www.atlantatrackclub.org

November 5. Food World Senior Bowl Charity 10K, Mobile, AL. 251-473-7223; www.pcpacers.org

November 5. Vulcan Run 10K, Birmingham, AL. 205-879-5344; www.vulcanrun.com

November 5. Yorktown Battlefield 10 Miller & 5K, Yorktown, VA. 757-886-1302; 757-722-1303.

November 5. Apple Valley 5K XC, Bedford, VA. Theresa Boyes, 173boyes@aol.com

November 12. SunTrust Richmond Marathon, Richmond, VA. 804-673-RACE; www.richmondmarathon.com

November 12. A1A Marathon, Ft. Lauderdale, FL. 888-ESM-SPORTS; A1AMarathon.com

November 19. USATF Florida XC Championships, NTC, Clermont, FL. 352-241-7144, x4206; www.usantc.com

November 19. Turkey 10 Miller & 5K, Tanner Williams, AL. 251-473-7223; www.pcpacers.org

November 19. Governor's Land 5K, Williamsburg, VA. 757-229-7375; www.colonialroadrunners.org

November 20. Runner's Classic 10K & 5K, Orlando, FL. 866-454-6561; www.pem-usa.com

November 24. Thanksgiving 10 Mile & 5K, DeLand, FL. 386-736-0002; www.altavista-sports.com

November 24. St. Petersburg Times 5K & 10K, Clearwater, FL. www.tampabay.com/turkeytrot

November 24. Outback Distance Classic Half-Marathon, Jacksonville, FL. www.1stplacesports.com

November 24. Atlanta Marathon & Half-Marathon. 404-231-9064; www.atlantatrackclub.org

November 27. Space Coast Marathon & Half-Marathon, Cocoa, FL. 321-751-8890; www.running-zone.com

December 3. St. Jude Memphis Marathon, Memphis, TN. 800-565-5112; www.stjudemar

ON TAP FOR NOVEMBER

TRACK AND FIELD

Other than a throws meet in Charlotte, NC, on the 19th, there's not much going on, so head for the 27th USATF Annual Meeting, in Jacksonville, FL, starting on the 30th.

LONG DISTANCE RUNNING

The USA National Club XC Championships will be held in Genesee Valley Park, Rochester, NY, on the 19th. The ING New York City Marathon dominates the first weekend. Races on the 12th-13th include the Richmond, VA, Marathon on Saturday, and the Stockade-athon 15K, Schenectady, NY; San Antonio Marathon; and Roseville, MI, Big Bird Races on Sunday. The 19th offers the Rogue Valley Challenge 50K & 100K Relay, Jacksonville, OR. The 69th Manchester, CT, 5 Mile tops the list of races on Thanksgiving Day and the following weekend. Other XC races are available in Boston, MA; Pittsburgh, PA; Clermont, FL; Apple Valley, MN; Cuba, NM; Sandy, OR; Baltimore, MD; Syosset, NY; and Canada vs. US 8K Challenge, Surrey, BC, on the 13th.

RACEWALKING

The National Training Center, Clermont, FL, will host the USA National Masters 20K Championships on the 13th.

November 3. Charlotte Marathon, Relay & 10K, Charlotte, NC. www.runcharlotte.com

December 4. Marathon of the Palm Beaches, Half-Marathon & 5K. www.marathonofthepalmbeaches.org

December 10. USATF-GA 10 Mile Championships, Dalton. David Leatherman, 706-673-5804.

December 10. HTC Rocket City Marathon, Huntsville, AL. 256-650-7063; www.runrockcity.com

December 17. USATF Florida XC Relay, NTC, Clermont, FL. 5 persons/each run two 2500m 100ps. 352-241-7144, x4206; www.usantc.com

December 18. Jacksonville Marathon. 904-731-1900; www.1stplacesports.com

MIDWEST

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

November 12. Sycamore Challenge 5K, Cincinnati. www.racedmc.com

November 13. Ann Arbor Turkey Trot 5K & 10K, Ann Arbor, MI. 734-623-9640; www.tor-toiseandhare.com

November 13. Roseville Big Bird 10K & 4K, Roseville, MI. alipinski@roseville-mi.com

November 24. Chicago Turkey Trot. www.caprievents.com

November 26. The Downtown Mile, Fremont, OH. 419-334-5906.

December 10. Chase Mortgage Rudolph Ramble, Chicago. www.caprievents.com

MID-AMERICA

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

November 12. USATF Minnesota M/O 5K XC Championships, Apple Valley. USATF-MN, 8416 34th Ave N, New Hope, MN 55427; www.usatfmn.org/ccnew.html

November 24. Northwest Athletic Club Arena 5K, Minneapolis. 952-546-5474; podenthal@wellbridge.com

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

November 6. The Half, 13. Dallas. 972-235-2513; www.thefhalf.com

November 13. San Antonio Marathon, San Antonio, TX. www.samarathon.org

November 19. Oklahoma 918-407-9650; www.oklahomamarathon.com

November 24. Dallas YMCA Mile. www.thetrot.com

December 10. Sunmart Texas 50 Mile & 50K, Huntsville (S. Houston). 210-494-9493; www.sunmart.com

December 11. Dallas White 1 Half-Marathon & Relay. www.dallaswhite.com

WEST

Arizona, California, Hawaii, New Mexico

November 5. Helen Klein Classic 50 Mile, 50K & 30K, S. 916-859-0821; www.ultrarunners.com

November 5. Santa Barbara Marathon & 5K, Santa Barbara. 3671.

November 6. Santa Clarita Marathon & 5K, Santa Clarita. 1472; scmarathon.org

November 6. U.S. Half-Marathon. www.ushalf.com

November 12. Calabasas Classic, Calabasas, CA. 818-715-0100; basasclassic.com

November 12. USATF NE Championships, Cuba. www.usatfne.org

November 19. Turkey Trot, Vegas, NV. 702-450-4788; www.ningteam.com

November 26. Topanga Turkey Trot & 15K, Topanga, CA. www.topangaturkeytrot.com

November 27. Run to the 10K, San Francisco. 415-777-1000; www.rhody.com

December 3. Death Valley B Half-Marathon & 10K, Death Valley. 415-868-1829

December 3. Tiger Run 5K, CA. Therese Malina, 626-403-1000

December 4. Las Vegas Marathon. www.lasvegasmarathon.com

December 4. High Desert Ultra 50K Trail Championships, 1 Chris Rios, 760-384-3764; http://www.hdsultra.com

December 4. California Int'l Marathon & Relay, Folsom. 916-981-1000

December 4. Tucson Marathon 0667; www.tucsonmarathon.com

December 10. Venice-Marina Santa Monica, CA. www.w2p.com

December 11. Honolulu Marathon. www.honolulumarathon.org

December 11. Lasse Viren 21 Park, CA. 805-648-5922; www.lasseviren.com

For the late

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SOUTHWESTArkansas, Louisiana, Mississippi,
Oklahoma, Texas

November 6. The Half, 13.1 Mile, & 5K, Dallas. 972-235-2513; www.thehalf.org
 November 13. San Antonio Marathon & Half-Marathon, San Antonio, TX. 800-447-3379; www.samarathon.org
 November 19. Oklahoma Marathon, Tulsa. 918-407-9650; www.oklahomamarathon.org
 November 24. Dallas YMCA Turkey Trot 8 Mile. www.thetrot.com
 December 10. Sunmart Texas Trail Endurance 50 Mile & 50K, Huntsville State Park (n. or Houston). 210-494-9493; www.sunmart.net
 December 11. Dallas White Rock Marathon, Half-Marathon & Relay. www.runtherock.com

WESTArizona, California, Hawaii, Nevada,
New Mexico

November 5. Helen Klein Ultradistance Classic 50 Mile, 50K & 30K, Sacramento, CA. 916-859-0821; www.ultrarunner.net
 November 5. Santa Barbara News-Press Half-Marathon & 5K, Santa Barbara, CA. 805-965-3671.
 November 6. Santa Clarita Marathon, Half-Marathon & 5K, Santa Clarita, CA. 661-284-1472; scmarathon.org
 November 6. U.S. Half-Marathon, San Francisco. www.ushalf.com
 November 12. Calabasas Classic 5K & 10K, Calabasas, CA. 818-715-0428; www.calabasaclassic.com
 November 12. USATF New Mexico XC Championships, Cuba. www.usatf.org
 November 19. Turkey Trot 5K & 10K, Las Vegas, NV. 702-450-4788; www.lasvegasrunningteam.com
 November 26. Topanga Turkey Trot 5K, 10K & 15K, Topanga, CA. www.trailrace.com
 November 27. Run to the Far Side 5K & 10K, San Francisco. 415-759-2690; www.rhody.com
 December 3. Death Valley Borax Marathon, Half-Marathon & 10K, Death Valley, CA. Dave Horning, 415-868-1829
 December 3. Tiger Run 5K, South Pasadena, CA. Therese Malina, 626-403-0752.
 December 4. Las Vegas Marathon. LVmarathon.com
 December 4. High Desert Ultra/USATF SCA 50K Trail Championships, Ridgecrest, CA. Chris Rios, 760-384-3764; <http://othtc.com>
 December 4. California International Marathon & Relay, Folsom. 916-983-4622.
 December 4. Tucson Marathon. 520-320-0667; www.tucsonmarathon.com
 December 10. Venice-Marina Christmas Run, Santa Monica, CA. www.w2promo.com
 December 11. Honolulu Marathon. www.honolulumarathon.org
 December 11. Lasse Viren 20K, Pt. Mugu St. Park, CA. 805-648-5922; tkingtrack@msn.com

NORTHWESTAlaska, Idaho, Montana, Oregon,
Utah, Washington, Wyoming

November 6. City of Trees Marathon & Half-Marathon, Boise, ID. 208-378-7160; www.cityoftreesmarathon.com
 November 12. Pioneer Road Run 9 Mile & 5K, Phoenix, OR. So Oregon Sizzlers, PO Box 665, Medford, OR 97501.
 November 12. Oregon Grand Prix Series - USATF Grand Prix Finale, Sandy, OR. Harry Simonis, 541-504-1077; www.usatf-oregon.org
 November 19. Rogue Valley Challenge 50K or 100K Relay, Jacksonville, OR. 541-535-7212; gillette@connpoint.net
 November 27. Seattle Marathon & Half-Marathon. 206-729-3660; www.seattlemarathon.org
 December 31. First Run 5K, Downtown, Portland, OR. Party & registration at 10:00 pm. www.racecenter.com

CANADA

November 6. OMTFA 8K XC Championships/CAN-AM East, Sunnybrook Park, Ontario. 416-252-7047; canadianmastersathletics.com
 November 13. Canada vs. U.S. 8K XC Challenge, South Surrey, BC, Canada. Carole Langenbach, 206-433-8868; pntf@wolfenet.com
 November 20. OMTFA/OTFA 5K XC Championships, Woodstock, Ontario. canadianmastersathletics.com
 December 3. Canadian XC Championships, Vancouver. canadianmastersathletics.com

INTERNATIONAL

November 20. BMAF 10 Mile Championships, Bishops Stortford, Herts. www.bmaf.org.uk
 December 11. WMA World 100K Championships, Bariloche, ARG. Deadline Nov. 25. Phone/fax: +554 294 4434557; www.mundial100k-wma.com.ar
 September 23-24, 2006. WMA/WRMA Mountain Running Championships, Saillon, SUI. www.world-masters-athletics.org

RACEWALKING

November 13. USA National Masters 20K RW Championships, Clermont, FL. Don DeNoon, 352-241-7144; www.usat-ntc.com; e-mail: noonwalk_99@yahoo.com
 December 3. USA National Open & Masters One-Hour RW Championships, Jacksonville, FL. www.usatf.org
 December 4. Gran Prix #2 5K RW, Central Park, NYC. Stella Cashman, 212-628-1317; francicash@aol.com
 December 11. Gran Prix #3 5K RW, Central Park, NYC. Stella Cashman, 212-628-1317; francicash@aol.com
 February 12, 2006. USA National Masters/Open 50K RW Championships, Lake Louisa, Clermont, FL. Also South Region Masters 15K RW Championships. 352-241-7144, x4206; www.usantc.com



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RECIPIENTS OF ALL-AMERICAN AWARDS

M40-44				
Leonard Ferman	1500	4:22.78	7/30/05	
Trent Hagler	100	11.36	5/12/05	
	200	23.32	5/12/05	
James Scesney	800	2:06.00	7/24/05	
Jim Watts	800	2:00.47	6/11/05	

M45-49				
Mark Carver	800	2:08.78	8/4-7/05	
	1500	4:30.74	8/4-7/05	
	Pent.	2964	8/4-7/05	
Charles Greene	JT	58.03	9/5/05	
Fred Kitzrow	Mile	4:49	6/21/05	
	800	2:08.4	7/12/05	
Michael Kountze	100	11.80	7/30/05	
	200	23.93	7/30/05	

M50-55				
Joe Meyers	SP	14.55	7/29/05	
Gary Camp	3000 SC	13:15.14	8/4-7/05	

Greg Pizza	100	11.95	4/17/05	
Barry Warmerdam	JT	45.38	5/28/05	

M55-59				
Tim Wigger	800	2:18.47	9/25/05	

M60-64				
John Darlington	Mile	5:57.2	7/10/05	
Warren Graft	100	13.10	8/22, 9/3/05	
	200	27.90	8/22, 9/3/05	
	400	62.97	8/22- 9/3/05	

M65-69				
Gervasio Rodriguez	TJ	8.29	7/2-13/03	
	TJ	8.22	8/26-29/04	

M70-74				
Paul Lehmkuhl	55m	8.56	2/13/05	
	TJ	8.05	2/13/05	

Ken Tronstad	HT	32.48	7/24-31/05	
	SP	12.51	7/24-31/05	
	JT	33.18	7/24-31/05	
Bobby Whilden	100	12.76	6/9-10/05	
	200	27.28	6/9-10/05	

W40-44				
Carla Greene	JT	42.05	9/5/05	
Claudia Ward	1500	5:29.95	5/21-22/05	
Mary Hurley-Weeks	1500	5:29.2	7/30/05	

W50-54				
Debbie Topham	3K RW	17:10.04	1/23/05	
	20K RW	2:04.32	5/15/05	

W55-59				
Ingrid Mancini	DT	21.00	6/28/03	

W60-64				
Barbara Leighton	200	34.92	7/27/05	
	400	1:22.72	7/30/05	

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	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	8.8	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%	6-4%	5-9%	5-6%	5-3%	4-1%	4-9%	4-6%	4-1%	3-9%	3-3%	2-7%	
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%	13-5%	12-11%	12-11%	11-7%	10-0%	8-10%	7-10%	7-6%	6-6%	5-10%	4-3%	
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%	20-4%	19-2%	18-4%	17-8%	16-4%	14-9%	13-9%	12-5%	10-11%	9-4%	7-2%	
TJ	13.20	12.60	11.50	10.80	10.40	9.50	8.90	8.20	6.96	6.50	5.94	5.51	
	43-3%	41-4%	37-8%	35-5%	34-1%	31-2%	29-2%	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%	39-4%	42-0%	37-8%	36-1%	29-6%	26-3%	19-8%	
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%	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%	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%	
35FWL	15.00	14.00	13.00	12.00	10.00	9.00			6.00	5.00			
	49-2%	45-11%	42-8%	39-4%	32-9%	29-6%			19-8%	16-4%			
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%	45-11%	43-5%	41-0%	46-9%	43-5%	45-11%	43-5%	38-6%	32-9%	28-8%	19-8%	
Sup.WL	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%	27-10%	26-3%	19-8%	18-4%	16-4%	14-9%	11-5%	9-10%	8-2%	6-6%	
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) Superweight: 30-49: 56# 50-59: 35# 60-69: 25#
 10) Pen/Dec/Wt.Pent.: 30-39 IAAF pts.; 40+ WMA factoring.
 11) Metric heights and distances are the standard; feet and inches listed for convenience.

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

WOMEN

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

MEN

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

Age-standardized times for mid-point of each 5-year interval (e.g., age 32, 42, 47, etc.).

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

Twilight Throwers Weight Pentathlon
Chelmsford, MA; July 17

	NAME / AGE	HT	SP	DT	JT	WT	TOTAL
M45	Brian Doherty (45)	36.50	9.87	27.43	32.36	11.41	2632
	Dan Wallace (49)	33.11	11.90	36.41	29.35	11.68	2856
M50	Carl Reichard (50)	42.80	10.59	33.72	31.99	14.88	3107
M55	Ned Rich (55)	24.41	8.65	24.24	25.35	9.66	2249
M60	Buster Byrnes (63)	36.90	10.04	34.11	25.12	12.84	3104
	Jim Chambers (61)	31.86	10.87	00.00	31.05	12.50	2528
M65	George Cormey (68)	25.26	9.75	25.70	32.15	10.57	3043
M70	Paul Xanthopoulos (74)	20.93	12.07	34.50	34.38	12.86	3654
M75	Bill Garrahan (75)	29.13	10.04	33.97	32.54	14.08	4412
M80	Bob Chase (84)	00.00	5.92	16.18	13.62	10.58	2100

Mid-Atlantic USATF
Masters Championships
Plymouth Meeting, PA
July 24

100m	M30 Durell Johnson	12.44					
	Ted Diehl	13.11					
M35	David Sanfilippo	11.92					
	Joseph Williams	12.14					
M40	Gerald Crocker	11.59					
	Darnell Smith	12.06					
	Michael Burke	12.44					
	Michael Evans	12.55					
	Brandon Newell	12.72					
M45	Tony Fulton, Sr.	11.59					
	Lovell Butler	11.80					
	Rick Evans	12.07					
	Michael Patterson	12.91					
	Al Spencer	13.32					
M50	Thomas Jones	11.88					
	Terry McKechnie	12.54					
	Gary Leigh	12.73					
	Gary Arend	13.35					
M55	John Borden	14.79					
M60	Melvin Fields	12.88					
	Fred Edelstein	14.34					
M65	Larry Colbert	13.66					
	William Bittner	13.77					
	Burr Daly	15.44					
M70	Walter Palmer	14.92					
M75	Joe Granahan	17.42					
M80	Oscar Harris	17.62					
W30	Jill Cypress Turner	12.83					
	April Holmes	13.70					
W35	Virginia Whitfield	14.58					
W40	Renee Henderson	13.43					
	Monika Caldwell	13.85					
200m	M30 Durell Johnson	25.88					
	Ted Diehl	26.91					
M40	Gerald Crocker	24.05					
	Darnell Smith	24.18					
	Michael Evans	25.59					
	Ronald Davy	26.73					
M45	Tony Fulton, Sr.	24.47					
	Rick Evans	24.88					
	Michael Patterson	26.39					
	Al Spencer	27.48					
M50	Thomas Jones	25.01					
	Gary Leigh	26.56					
	Terry McKechnie	26.61					
	Mark Lacy	29.91					
M55	Carl Grossman	31.25					
	Bob Schuler	32.28					
M60	Melvin Fields	26.28					
	Glenn Schmehl	27.86					
	Bob Fuhrman	29.93					
M65	Larry Colbert	28.23					
	Nate Byrd	28.99					
M70	Walter Palmer	31.30					
W30	Jill Cypress Turner	26.39					
	April Holmes	29.10					
W40	Monika Caldwell	29.04					
W60	Sue Levy	1:06.55					
400m	M30 Ted Diehl	1:03.29					
	M40 Jim O'Donnell	52.94					
	Darnell Smith	53.40					
	Ray Parker	54.22					
	Alex Megariotis	1:10.11					
M45	Sal Allah	50.24					
M55	Richard Brown	1:05.61					
	Carl Grossman	1:12.62					
	Bill Indek	1:13.92					
M60	Melvin Fields	1:00.37					
	Glenn Schmehl	1:04.38					
	Bob Fuhrman	1:09.27					
M65	Larry Colbert	1:06.12					
	M85 George Blyn	3:18.22					
W40	Monika Caldwell	1:07.99					
800m	M30 Neil Clark	2:04.31					
	M35 Windsor Jones	2:11.35					
	M40 Scott Landis	2:06.00					
	James Scesney	2:06.36					
	Bryan Carr	2:07.30					
M45	Chuck Shields	2:05.26					
	Tom Yunker	2:30.21					
	Alex Megariotis	2:32.45					
M50	Joe Bruno	2:19.74					
M55	Richard Brown	2:33.73					
	Bill Indek	2:52.57					
M60	Carl Landis	2:41.76					
	Robert Bennett	2:49.29					
M85	George Blyn	6:33.42					
W30	Theresa Cuozzo	2:48.88					
W45	Joan Affleck	2:53.60					
W60	Sue Levy	4:42.22					
1 mile	M40 Kevin Forde	5:02.91					
M45	Chuck Shields	4:43.62					
M50	Joe Kern	5:18.56					
M55	Fred Dedrick	6:16.59					
M60	Louis Coppens	5:51.70					
	Carl Landis	6:05.30					
M85	William Benson	10:13.46					
	George Blyn	14:51.08					
5000m (hand timed)	M30 Mike Padilla	15:35					
	Kareem Lanier	16:05					
M35	Gene Tung	16:19					
	Terry Kelly	17:20					
M40	Kevin Forde	17:03					
M45	Maurice Pointer	17:55					
M50	Terry Permar	16:47					
	Joel Hoffsmith	18:22					
M55	Seith Bergmann	19:20					
M60	Louis Coppens	19:40					
M70	Jim Sutton	21:03					
M80	Lynne Andersson	20:24					
W45	Sarah Tabbutt	19:54					
W60	Fran Emanuel	27:33					
100mH	M50 James Broun	15.41					
110mH	M30 Michael Jackson	16.05					
	Durell Johnson	21.05					
M45	Lee X	16.92					
	George Munro	18.59					
400mH	M30 Michael Jackson	57.39					
	M45 Lee X	1:02.56					
4x400m	M40-49 Pineland Strid	3:54.79					
	Doyle/Shea/Malpass/O'Donnell						
High Jump	M30 Durell Johnson	1.52m					
	M50 Art Kress	1.52m					
	M55 David Montieth	1.58m					
	John Harbulak	1.17m					
M65	Burr Daly	1.12m					
W35	Virginia Whitfield	1.22m					
	Jenay Lawrence	1.07m					
W45	Karen Vaughn	1.27m					
W50	Gloria Nash	0.97m					
Pole Vault	M40 Duncan Littlefield	4.57m					
	M45 George Munro	3.05m					
	M50 Peter Hirschmann	3.66m					
	Mitch Farbstien	2.74m					
M55	John Harbulak	2.29m					
	Carl Grossman	1.83m					
Long Jump	M30 Ted Diehl	5.14m					
	M35 Nick Damalas	6.45m					
	Chuck Lumio	6.33m					
	Rafael Suarez	5.23m					
M40	Bruce Mannon	4.74m					
M45	Mortimer Sellers	4.78m					
	Lovell Butler	4.40m					
M50	Mauro Medina	4.92m					
	Krzysztof Kot	4.80m					
M55	Larry Nolly	5.08m					
	John Harbulak	3.66m					
M60	Charles MacDonald	2.68m					
	M65 Burr Daly	3.43m					
	M80 Oscar Harris	3.22m					
W35	Virginia Whitfield	3.45m					
	Jenay Lawrence	3.13m					
W50	Gloria Nash	1.87m					
Triple Jump	M30 Charles Weeks	11.78					
	M45 Val Barnwell	11.65					
M50	Edward Goner	12.02					
	John Brooks	12.05					
	Rob Porcaro	12.96					
M55	Kenrick Smith	12.59					
	Noah Perlis	13.80					
M60	Rich Jones	12.98					
	Gene Ballard	14.32					
M65	John H. Lewis	14.38					
M70	Tom Talbot	16.53					
W50	Sharon Warren	13.97					
200m	M40 Charles Weeks	24.27					

MAC Masters Championships, Randall's Island
NYC; July 26

100m	M40 Charles Weeks	11.78
	M45 Val Barnwell	11.65
M50	Edward Goner	12.02
	John Brooks	12.05
	Rob Porcaro	12.96
M55	Kenrick Smith	12.59
	Noah Perlis	13.80
M60	Rich Jones	12.98
	Gene Ballard	14.32
M65	John H. Lewis	14.38
M70	Tom Talbot	16.53
W50	Sharon Warren	13.97
200m	M40 Charles Weeks	24.27

Mark Nesbitt	24.63
Gladston Jones	24.63
M45 Val Barnwell	24.20
M50 Edward Goner	25.08
Julius Tajdini	29.64
M55 Kenrick Smith	27.36
Charles Pleasant	28.38
M60 William Burrell	29.07
M65 John H. Lewis	29.81
M70 Tom Talbot	43.10
W40 Shemayne Williams	28.47
Sharon Warren	29.41
Dawn Best	32.40
W50 Gloria Nash	54.60

M40 David Bynoe	52.72
Gladston Jones	53.07
Marc Nesbitt	53.97
M50 Archie Gaspy	54.27
Francis Schiro	55.01
John Brooks	59.42
M55 Sakshat Flowers	64.19
Charles Pleasant	66.20
M65 John H. Lewis	69.27
M70 Tom Talbot	1:38.95
W35 Lisa Daley	57.77
W60 Marie-L. Michelson	1:20.21

800m	M40 Sal Allah	1:55.19
	Gerard Pearlberg	2:09.82
M45	Anselm LeBourneWR	1:55.13
	Leon A. Brown	2:12.09
	Andrew Ness	2:36.04
M50	Anthony Baker	2:51.89
M55	Harry Lichtenstein	2:58.44
M65	Sid Howard	2:26.92
W40	Shemayne Williams	2:38.45

1500m	M45 Mike Cooper	4:56.01
	Adrian Sterrett	5:00.05
W30	Sonya Badger	5:08.77
3000m	W60 Marie-L. Michelson	12:14.70
100mH	M55 Ivan Black	18.20
400mH	M50 Anthony Baker	1:24.12
	M55 Ivan Black	1:14.79

High Jump	M35 Joe Kakuta	1.52
	Igor Agae	1.95
M40	Bruce McBurnette	1.90
	Robert Hanbery-Brown	1.52
M55	Ivan Black	1.37
	Mike DeJesus	1.32
M60	Gerald Counihan	1.52

Long Jump	M40 Charles Weeks	5.66
	Clarence Fullerton	4.53
M45	Mike Travers	5.59
	Robert Hanbery-Brown	4.78
M50	Jim Clark	4.59
	Rob Porcaro	4.56
M55	Ivan Black	4.71
	Gerard Dunne	4.19
W40	Dawn Best	3.97
W50	Gloria Nash	2.11

Triple Jump	M40 Clarence Fullerton	9.56
	M50 Jim Clark	10.42
	M55 Ivan Black	10.33
	Gerard Dunne	8.90
M70	Tom Talbot	5.22
M75	Des Margetson	4.27

W50 Que Harbor	9.1
W55 Mary Clark	10.6
W65 Patricia Beam	9.7
W75 Eleanor Ryiko	12.7
100m	
M50 Roger Lee	13.3
Jeffrey Watry	13.7
M55 Stuart Radloff MO	12.6
Dennis Rexroad	14.5
M60 Paul Smith	14.0
M65 Steve Bowles NV	13.7
Peter Stopoulos	15.0
M70 Ron Jelinek	15.0
M75 Harry Brown	15.0
M80 Richard Rucoba	17.7
W50 Que Harbor	17.6
W55 Lillie Kelly MO	15.8
W65 Patricia Beam	20.4
W75 Eleanor Ryiko	25.2

200m	
M55 Stuart Radloff MO	26.7
Dennis Rexroad	20.4
M60 Paul Smith	29.4
M65 Steve Bowles NV	28.6
F J DeGrado	45.2
M65 Steve Bowles	28.6
W65 Patricia Beam	46.2
W75 Vera Whiteside	54.3

400m	
M50 Jeffrey Watry	1:02.3
M55 Stuart Radloff MO	1:00.9
David Jameson	1:09.9
M60 Frank Davis	1:06.3
M65 Don Cadigan	1:26.9
M75 Harry Brown	1:12.2
M80 Richard Rucoba	1:21.2
W50 Que Harbor	1:20.6
W75 Vera Whiteside	2:07.9

800m	
M55 Jim Deremiah	3:36.1
M60 Paul Spinner	3:03.4
M65 John Sanford	3:48.9
M80 Tab Talkin	8:34.7
W50 Que Harbor	2:59.6
W75 Vera Whiteside	4:57.1

1500m	
M55 David Jameson	6:37.6
M60 Frank Davis	5:08.1
M65 John Sanford	7:58.2
M75 Karl Muller	9:15.5
5000m	
M50 Leo Vandervlugt	17:57.7
M60 Frank Davis	21:39.2
M65 Charles Klyber	
W50 Que Harbor	20:19.0

High Jump	
M50 Jeffery Watry	5-4
M55 Dave Knott IN	4-8
David Hansen	4-4
M60 Larry Rheams MO	4-6
John Boun	4-4
M65 Louis Vodopya TN	4-0
James Walsh	3-8
W55 Mary Clark	3-3
W60 Carol Schempp	3-4
W65 Patricia Beam	3-2

Long Jump	
M50 Jeffery Watry	15-9
M55 Tommie Lofton	12-9
M60 Paul Smith	13-4
M65 Peter Stopoulos	13-9
M70 Ron Jelinek	11-4
M75 C L Bruce MO	9-6.50
M80 Bud Braunlich IA	8-2
W55 Mary Clark	7-8
W60 Carol Schempp	8-9
W70 Char Sobkowski	5-7.50
W75 Vera Whiteside	6-11.50

Shot Put	
M50 Ron Summers	47-8
M55 David Hansen	35-10.50
M60 Loarn Robertson	44-11
M65 Stephen Cohen	35-7
M70 Kim Krull MO	32-9
Rod Meyer	29-11
M75 Phil Brusca MO	34-2.50
Vic Durchholz	27-7.50
M80 Bud Braunlich IA	21-1
Gene LeMay	18-11
W50 Debra McNabney	31-2
W55 Myrle Mensey MO	33-1
Mary Clark	22-9
W60 Emma Taylor	18-5
W65 Patricia Beam	24-3
W70 Char Sobkowski	12-4.75
W75 Vera Whiteside	17-8.50

Discus	
M50 Ron Summer	138-6
M55 Valentino Martinez	151-6
M60 Loarn Robertson	153-3
M65 Stephen Cohen	139-8
M70 Jim Allen	104-1
M75 Phil Brusca MO	110-10
Vic Durchholz	77-2
M80 Harold Miller	75-8
W50 Debra McNabney	66-9
W55 Myrle Mensey	80-10
W60 Carol Schempp	49-7
W65 Patricia Beam	60-2
W70 Char Sobkowski	66-7
W75 Vera Whiteside	54-7
W85 Bennie Murphy	20-3

Javelin	
M50 Jeffrey Watry	136-2
M55 Dave Knott IN	124-10
David Hansen	111-5
M60 David Hood MO	95-1
John Hess	86-4
M65 Steve Domahidy MO	113-3
James Walsh	105-0
M70 Jim Allen	85-8
M75 Karlis Ezerins MI	90-0
Robert Maschal	80-2
M80 Jack Hipple	69-0
W50 Debra McNabney	57-2
W55 Myrle Mensey MO	70-0
Mary Clark	47-0
W60 Emma Taylor	25-5
W65 Patricia Beam	58-2
W70 Char Sobkowski	48-0
W7 Vera Whiteside	47-7

MID-AMERICA

South Dakota Senior Games, Madison, SD Sept. 8

50m	
M50 Randy Mason	7.26
M55 Rick Althoff	7.59
M60 Dick McConnell	7.40
M65 Steve Bowles	7.56
M70 Alan Brevik	7.54
M75 Don Phillips	8.70
M80 Gerald Armitage	9.70
M90 John Zilverberg	13.34
W50 Jan Johnson	9.17
W65 Marion Krueger	9.64
W70 Elaine Goldammer	12.60

100m	
M50 Clay Roberts	14.10
M55 Russ Anteronen	13.61
M60 Carl Etter	14.30
M65 Steve Bowles	13.92
M70 Alan Brevik	14.44
M75 Don Phillips	15.76
M80 Gerald Armitage	17.79
M85 Ralph Maxwell	17.29
M90 John Zilverberg	28.75
W65 Marion Krueger	20.79
W70 Elaine Goldammer	24.34

200m	
M50 Clay Roberts	28.54
M55 Montey Sanleu	27.72
M60 Carl Etter	28.27
M65 Merv Armstrong	29.19
M70 Alan Brevik	31.80
M75 Don Phillips	35.00
M80 Gerald Armitage	36.94
M85 Ralph Maxwell	37.46
M90 John Zilverberg	29.20
W65 Leann Fredrickson	43.49
W70 Roberta Parker	48.32

400m	
M50 Greg Sievers	1:03.12
M55 Montey Sanleu	1:01.25
M55 Russ Anteronen	1:12.73
M60 Carl Etter	1:04.56
M65 Denis Wingen	1:29.14
M70 Alvin Ravenscroft	1:21.15
M75 Don Phillips	1:23.59
M80 Gerald Armitage	1:26.70
W70 Betty Sjogren	2:24.21

800m	
M50 Greg Sievers	2:26.90
M55 Montey Sanleu	2:22.22
M60 Willard Bishop	2:55.40
M70 Alvin Ravenscroft	3:09.51
M75 Don Phillips	3:33.24
M80 Gerald Armitage	3:33.23
W70 Roberta Parker	5:35.74

1500m	
M50 Greg Sievers	5:10.98
M55 Montey Sanleu	5:01.70
M60 Ken Fedders	7:09.00
M70 Alvin Ravenscroft	6:27.50
M80 Gerald Armitage	7:19.00
W50 Jan Johnson	7:21.25
W70 Roberta Parker	10:32.38

High Jump	
M50 Valeri Snezeko	5-04
M55 Rick Althoff	4-02
M60 Carl Etter	4-08
M65 Roger Nelson	3-11
M70 Tom Langenfeld	4-08
M75 Harry Birath	3-06
M85 Ralph Maxwell	3-08
W50 Kay Glynn	4-06
W65 Harriet Kaufman	3-04

Pole Vault	
M55 Doug Jacobs	6-00
M60 John Tweeten	9-00
M65 Howard Bich	6-00
W70 Duane Rykhus	7-06
W50 Kay Glynn	8-06

Long Jump	
M50 Phil Trib	14-07.25
M55 Rick Althoff	13-09.00
M60 Carl Etter	15-08.50
M65 Merv Armstrong	13-09.25
M70 Ted Sjogren	10-02.50
M75 Don Phillips	9-11.75

M85 Ralph Maxwell	11-09.75
M90 John Zilverberg	6-01.50
W50 Jan Johnson	7-09.00
W65 Marion Krueger	9-03.00
W70 Roberta Parker	5-03.00
Shot Put	
M50 Steve Schroeder	30-02.50
M55 Wayne Johnson	34-00.00
M60 Ralph Check, Jr.	36-08.00
M65 Howard Bich	34-01.00
M70 Lovell Wheeler	33-07.25
M75 Eugene Boer	26-04.00
M80 Eldor Larson	20-02.50
M85 Sigurd Andenas	20-01.50
W50 Kay Glynn	29-01.50
W60 Arlene Bich	13-06.50
W65 Marion Krueger	23-10.50
W70 Elaine Goldammer	16-09.00
W75 Margie McGighe	13-09.00

Javelin	
M50 Howard Woodard	100-09
M55 Wayne Johnson	83-04
M60 Carl Etter	104-05
M65 Merv Armstrong	101-10
M70 Lovell Wheeler	106-05
M75 Edward Failor, Sr.	90-07
M85 Sigurd Andenas	32-01
W50 Kay Glynn	86-00
W60 Arlene Bich	23-04
W65 Marion Krueger	61-10
W70 Roberta Parker	29-02
W75 Lydia Beckler	28-07

Discus	
M50 Steve Schroeder	95-10
M55 Wayne Johnson	94-08
M60 Virgil Paulson	141-11
M65 Merv Armstrong	114-07
M70 Lloyd Kempf	98-00
M75 John Van Lier	86-00
M80 Eldor Larson	51-09
M85 Sigurd Andenas	50-05
M90 John Zilverberg	35-06
W50 Kay Glynn	68-06
W60 Ellie Armstrong	59-00
W65 Marion Krueger	63-03
W70 Betty Sjogren	32-03
W75 Margie McGighe	24-00

400m Racewalk	
M50 Phil Trib	2:06.28
M55 Michael Wiggins	1:45.40
M60 Jim Huff	2:41.41
M70 Bill Krueger	2:20.32
M75 Glen Peterson	3:19.40
M85 Sigurd Andenas	3:08.50
M90 John Zilverberg	3:14.68
W65 Leann Fredrickson	3:18.69
W80 Ginny Anderson	3:25.45

800m Racewalk	
M55 Jim Nelson	5:32.28
M60 Jim Huff	5:54.38
M70 Bill Krueger	5:04.47
M75 Glen Peterson	7:05.44
M85 Sigurd Andenas	7:00.90
W50 Terri Schuermans	6:23.87
W65 Leann Fredrickson	6:57.78

1500m Racewalk	
M55 Michael Wiggins	6:54.94
M60 Jim Huff	12:02.00
M65 Dan Moran	10:11.80
M70 Bill Krueger	10:11.80
M75 John Van Lier	12:38.92
W60 Shirley Rausch	12:42.00
W75 Cecil Eldrich	12:26.00

5000m Racewalk	
M55 Russ Anteronen	43:14.00
M70 Bill Krueger	35:30.71
M75 John Van Lier	43:56.93
M85 Sigurd Andenas	45:06.78
W60 Shirley Rausch	43:21.12
W65 Marlene Schurz	47:02.25
W70 Elaine Goldammer	45:57.62

5K Road Race	
M50 Scott Parsley	28:50.30
M55 Delmar Wolkow	24:24.00
M60 Ken Fedders	26:03.90
M70 Alvin Ravenscroft	24:24.20
W70 Roberta Parkr	37:56.60

Kansas Senior Olympics Topeka, Sept. 24-25	
100m	
M50 James Freund	12.35
M55 Ike Murphy	13.22
M60 Tom Bassett	13.22
M65 Bob Lida	12.84
M70 Roger Weidman	15.80
M75 Darwin Michaud	17.44
M80 Kelly Green	17.22
M85 Ralph Maxwell	17.09
W50 Sandra Carter	16.50
W65 Char Lane	17.47
W70 Margaret Boice	17.47
W80 Lavina Haelele	19.69

200m	
M50 James Freund	25.50
M55 Ike Murphy	27.59
M60 Tom Bassett	26.88
M65 Bob Lida	25.68
M70 Deloyd Huffman	35.74
M75 Darwin Michaud	39.10
M80 Kelly Green	38.35

M85 Ralph Maxwell	37.41
W50 Sandra Carter	38.57
W65 Char Lane	38.32
W80 Lavina Haelele	44.82
400m	
M50 James Freund	58.06
M55 Ike Murphy	1:03.94
M60 James Hunley	1:13.13
M65 Bob Lida	1:02.00
M70 Deloyd Huffman	1:22.93
M75 Glenn Opie	1:42.37
W65 Char Lane	1:37.44

800m	
M55 Tim Wigger	2:18.47
M60 Jim Ross	3:21.93
M65 Ross Greathouse	2:54.22
M70 Deloyd Huffman	3:15.99
M75 Bill Birch	3:19.81
W65 Char Lane	4:51.06

1500m	
M50 Parush Dasaraju	6:01.01
M55 John Oyler	5:22.62
M60 Donald Woodard	8:54.28
M65 Kirby Clark	7:22.62
M70 Deloyd Huffman	8:16.43
W65 Shirley Seminoff	9:08.54

High Jump	
M50 Garry Pirch	5-6
M55 Larry Law	4-6
M60 Donald Woodard	4-0
M65 Daniel Peters	4-4
M70 Lyle Pfaff	3-0
M75 Frank Bollinger	3-10
M80 Kelly Green	3-8
M85 Ralph Maxwell	3-0
W65 Eileen Schmidt	3-2

Pole Vault	
M50 Terry Miller	10-6
M55 James Dolezel	10-0
M60 Dennis Stempel	8-6
M70 Grover Wicher	8-6

Long Jump	
M50 Garry Pirch	11-10.50
M55 James Dolezel	16-2.25
M60 Thomas Casey	13-5
M65 Daniel Peters	12-11
M70 Lyle Pfaff	9-1
M75 Richard Soller	10-4.50
M80 Kelly Green	8-9
M85 Ralph Maxwell	11-4.50
W60 Diana Schultz	5-11
W65 Char Lane	10-5
W70 Kathleen Ramonda	2-8.50

Shot Put	
M50 Garry Pirch	30-8
M55 Bob Peters	40-0
M60 Loarn Robertson	45-11
M65 Al Salmon	39-1
M70 John Harshbarger	32-2
M75 Bill Butterworth	28-9
M80 Kelly Green	28-0
M85 Bill Trimmell	22-5.50
W50 Barbara Stanbrough	29-9
W55 Janice Crumme	29-7.50
W60 Diana Schultz	25-6
W65 Eileen Schmidt	20-5
W70 Kathleen Ramonda	17-0
W80 Leola Hoover	10-5

Discus	
M50 Bob Draffen	106-9
M55 Valentino Martinez	158-1
M60 Loarn Robertson	147-0
M65 Richard Cochran	168-2
M70 John Harshbarger	99-4
M75 Bill Butterworth	94-6
M80 Kelly Green	72-11
W55 Janice Crumme	66-9
W60 Diana Schultz	49-1
W65 Eileen Schmidt	42-8
W70 Kathleen Ramonda	39-8

Javelin	
M50 John Ellison	118-7
M55 Ed Morland	151-0
M60 Alex Meyer	97-3
M65 Ken Ohm	115-5
M70 Lyle Pfaff	76-8
M75 Dale Hearon	53-5
M80 Jack Haelele	63-0
W55 Janice Crumme	51-11
W60 Diana Schultz	76-1
W65 Char Lane	52-5
W70 Kathleen Ramonda	25-4

1500m RW	
M55 Michael Wiggins	7:28.59
M60 Mark Germann	14:34.94
M70 Alan Poisner	9:03.47
M75 Floyd Delon	14:22.91
W60 B J Thornburg	11:44.15
W65 Eileen Schmidt	12:25.66
W70 Bobbie Thutthley	14:52.41

5000m RW	
M55 Michael Wiggins	27:30.68
M70 Alan Poisner	

WEST

Douglas County/Northern
Nevada Senior Games
Carson City, NV; Sept. 11

50m

M50 Kevin Christensen	7.33
M55 Frank Mosher	7.96
M65 Charles Wolfe	11.92
M70 Ben Rivera	8.14

100m

M50 Kevin Christensen	9.97
M55 J Michael Berbyshire	10.60
M60 Dennis Wischmeier	20.20
M65 Charles Wolfe	23.64

400m

M50 Kevin Christensen	1:13.89
M55 Ron Burke	1:29.67
M65 Charles Wolfe	1:48.02

800m

M50 Kevin Christensen	2:53.00
M55 Ron Burke	4:14.00
M65 Charles Wolfe	4:32.00

1500m

M55 Ron Burke	9:25.44
M60 Dennis Wischmeier	7:40.52
M65 Charles Wolfe	10:15.65

Shot Put

M50 Kevin Christensen	32-10
M55 James Schroeder	28-10
M60 Robey Willis	30-5
M65 Tom English	26-6
M70 Robert Jordan	30-9

Discus

M50 Kevin Christensen	102-4
M55 James Schroeder	96-2
M65 Tom English	55-2
M70 Robert Jordan	106-11

San Diego Senior Games
Patrick Henry HS
Sept. 25

50m

M50 Michael Rabb	6.90
M55 Patrick Lyons	7.08
M60 Henry Randolph	7.52
M65 Karl Thorpe	7.79
M70 Ted Lafranchi	7.81
M75 Jim Selby	8.50
M80 Robert Davidson	15.87
M85 Rocky Delaurentis	13.48
M90 Deborah Brockman	8.61
M95 Lynn Nafel	8.48
M65 Marilyn Ongley	9.89
M70 Fran Styles	11.83

100m

M50 Curtis Royall	14.00
M55 Stan Whaley	12.45
M60 Henry Randolph	14.32
M65 Karl Thorpe	14.44
M70 Ted Lafranchi	14.78
M75 Jim Selby	16.26
M80 Robert Davidson	28.24
M85 Rocky Delaurentis	27.94
M90 Deborah Brockman	17.04
M95 Lynn Nafel	14.22
M65 Marilyn Ongley	19.46
M70 Fran Styles	21.65

200m

M50 Steve Kloch	26.82
M55 Stan Whaley	25.59
M60 Henry Randolph	30.14
M65 Karl Thorpe	30.73
M70 Ted Lafranchi	30.27
M75 Jim Selby	34.51
M80 Robert Davidson	1:18.91
M85 Rocky Delaurentis	1:19.84
M90 Beverly Hicks	36.35
M95 Nadine O'Connor	29.51
M65 Marilyn Ongley	41.08
M70 Fran Styles	53.50

400m

M50 Steve Kloch	1:01.24
M55 Jorge Fabres	1:24.66
M60 Ted Draper	1:11.87
M65 Edward Miller, Jr	1:22.42
M70 Carl Grubbs	1:29.68
M75 Lynn Nafel	1:18.10
M65 Marilyn Ongley	1:38.87
M70 Jerry Davidson	2:07.39

800m

M60 Malcolm McGawn	2:57.47
M65 Herman Esquibel	3:06.70
M70 Carl Grubbs	3:53.37
M75 Jim Selby	3:07.03
M60 Donna Benson	4:29.70
M70 Jerry Davidson	5:20.73

1500m

M50 Rob Duncanson	5:04.14
M55 Jorge Fabres	6:36.84
M60 Malcolm McGawn	6:03.48
M65 Herman Esquibel	6:50.16
M70 Carl Grubbs	7:36.61
M75 Jim Hinton	8:08.68
M80 John Cross	8:15.27
M50 Janis Campbell	7:00.35

3000m

M50 Rob Duncanson	10:51.21
M65 Herman Esquibel	15:03.20

M70 Brian McCarthy	17:33.53
M75 Jim Hinton	17:26.04
M80 John Cross	17:47.30
M60 Donna Benson	10:01.47
M80 Gerry Davidson	21:37.63

M50 Rob Duncanson	18.52
M60 James Hollister	15.33
M65 John Carr	22.55

M50 Rob Duncanson	1.42
M55 John Little	1.57
M65 Dave Perry	1.42
M70 Donald Cohen	1.02
M50 Donna Wright	1.02
M70 Ellen Brannigan	0.92
M75 Fran Styles	0.82

M50 Rob Duncanson	2.90
M55 Billy McNeal	2.90
M75 Franklin Held	2.76
M60 Nadine O'Connor	2.90

M50 Rob Duncanson	2.90
M55 Billy McNeal	2.90
M75 Franklin Held	2.76
M60 Nadine O'Connor	2.90

M50 Paul Baumhoefner	4.28
M55 John Tomaschke	4.94
M60 James Hollister	4.97
Ron Muranaka	4.97
M65 Otis Williams	4.17
M80 Paul Evans	2.70
M50 Donna Wright	3.23
M65 Marilyn Ongley	2.71
M70 Fran Styles	2.02

M60 James Hollister	10.31
M65 Terry Rowan	8.75
M75 Fran Styles	4.78

M50 Richard Watson	9.95
M55 Bruce McDonald	11.68
M60 Ron Damschen	8.43
M65 Jerry Harwood	9.82
M70 Henry Ross	12.70
M75 Andrew Genninger	7.72
M60 Ingrid Mancini	8.00
M65 Ann Abreu	6.14
M75 Dolly Scott	4.80

M50 Richard Comber	45.54
M55 Joseph Apple	27.83
M60 Ron Damschen	37.96
M65 Bob Humphries	44.50
M70 Doug Tomlinson	35.62
M75 L B Jones	20.40
M80 Paul Evans	23.02
M60 Indrid Mancini	15.13
M65 Ann Abreu	16.48
M70 Ellen Brannigan	17.02

M50 Richard Watson	36.65
M55 Eddie Dameron	31.72
M60 John Schneider	40.00
M65 Otis Williams	24.91
M70 Edward Martin	37.56
M75 Andrew Genninger	15.06
M65 Ann Abreu	17.44

M50 Richard Watson	36.93
M55 Joseph Apple	22.42
M70 Doug Tomlinson	35.63

M60 Dick Abodeely	11:19.97
M75 L B Jones	13:27.12
M80 John Cross	11:34.71
M85 Hal Elrick	14:20.12
M65 S Kleinschmidt	13:59.89
M75 Larue Jaeger	13:08.08

M70 Donald Cohen	47:36.30
M65 Sharon Kleinschmidt	47:43.40

M50 Richard Watson	36.93
M55 Joseph Apple	22.42
M70 Doug Tomlinson	35.63

M60 Dick Abodeely	11:19.97
M75 L B Jones	13:27.12
M80 John Cross	11:34.71
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M85 Hal Elrick	14:20.12
M65 S Kleinschmidt	13:59.89
M75 Larue Jaeger	13:08.08

M70 Donald Cohen	47:36.30
M65 Sharon Kleinschmidt	47:43.40

M50 Richard Watson	36.93
M55 Joseph Apple	22.42
M70 Doug Tomlinson	35.63

M60 Dick Abodeely	11:19.97
M75 L B Jones	13:27.12
M80 John Cross	11:34.71
M85 Hal Elrick	14:20.12
M65 S Kleinschmidt	13:59.89
M75 Larue Jaeger	13:08.08

W40 Elaine Iba	14.42
W50 Cathy Baa	20.55
W60 Rosielee Jones	20.23
W70 Fei-Mei Chou	19.53
W75 Shirley Dietderich	22.52

M35 Curtis Moore	23.56
Gwynn Villegas	25.06
M40 Paul Shields	25.23
M50 Bill Fitzpatrick	28.13
Phil Vallicella	28.62
Stephen Biersmith	28.64
Chris Goodwin	30.10
M55 Stan Whitley	24.90
Ray Yeck	26.30
Larry Lettieri	28.90
Larry Ketelaar	31.00
M60 Bob Callori	32.44
Juan Bustamante	45.83
M65 Don French	46.17
M70 Milton Meux	41.28
W50 Cathy Baa	44.75
W60 Rosielee Jones	50.10
W70 Fei-Mei Chou	42.74

M35 Curtis Moore	51.70
Matt Bogdanowicz	53.95
David Kunselman	54.15
M40 Paul Shields	54.36
Willy Rossow	55.41
M50 Bill Fitzpatrick	1:02.19
Phil Vallicella	1:03.05
Chris Goodwin	1:07.34
Larry Ketelaar	1:12.79
M60 Anthony Teske	1:11.03
Juan Bustamante	2:05.91
M65 Don French	1:48.63
W70 Fei-Mei Chou	1:50.77

M35 David Kunselman	2:06.21
M40 Willy Rossow	2:08.73
M50 Rob Duncanson	2:15.44
W70 Vicki Bigelow	3:15.74

M40 Christopher Schultz	5:46.60
M70 Gordon McClenathen	6:44.98

M65 Don Truex	22:33.26
M60 Rollee Cavaletto	8:58.71
W40 Karen Duncanson	9:37.44

M80 Richard Warren	20.86
W45 Karen Vaughn	18.37

M50 Paul Shires	21.12
M10mH	
M35 Gwynn Villegas	19.60
M30mH	
M35 Gwynn Villegas	65.05
M50 Rob Duncanson	66.40
Paul Shires	72.63
M65 Terry Rowan	53.65

M50 S.F. Track Club	60.97
Jim Pasquali, Bob Callori,	
Chris Goodwin, Rick Thoman	

M60 So. Cal TC AR	9:35.99
Frank Condon, John Darling-	
ton, Dennis Duffy, Larry	
Barnum	
S.F. Track Club	12:08.42
Matt Bogdanowicz, Chris	
Goodwin, Carlos Borrico,	
Larry Ketelaar	

M45 Victor Berezovskiy	1.80
M50 Keith Nelson	1.80
Jason Meisler	1.65
M60 John Dobroth	1.60
M65 Jack Kuhns	1.30
W45 Karen Vaughn	1.30
W55 A Steekelenburg	1.30
W70 Fei-Mei Chou	0.95

M35 Pete Brooks	4.27
M40 Bernie Miller	3.81
M45 Victor Berezovskiy	3.66
M50 Mike Hogan	3.81
M60 Larry Jones	2.90
M65 Terry Cannon	3.20
Rob Duncanson	3.20

M35 Curtis Moore	5.65
M40 Logan Culp	5.09
Christopher Schultz	4.72
M45 Dave Quick	5.76
M50 Paul Shires	4.86
M60 Larry Jones	4.41
Juan Bustamante	2.90
M65 Terry Rowan	4.28
M70 Roger Tsuda	4.12
M75 Milton Meux	2.65
M80 Richard Warren	2.75
W35 Cyndi Brooks	4.53
W45 Elaine Iba	4.47
W70 Fei-Mei Chou	2.39

M35 Curtis Moore	12.42
M45 Dave Quick	12.98

M40 Dennis Simonaitis	31.00
Danny Gonzalez	31.51
Peter Magill	32.22
Brian Pope	32.35

M40 Dennis Simonaitis	31.00
Danny Gonzalez	31.51
Peter Magill	32.22
Brian Pope	32.35

M40 Dennis Simonaitis	31.00
Danny Gonzalez	31.51
Peter Magill	32.22
Brian Pope	32.35

M40 Dennis Simonaitis	31.00
Danny Gonzalez	31.51
Peter Magill	32.22
Brian Pope	32.35

M40 Dennis Simonaitis	31.00
Danny Gonzalez	31.51
Peter Magill	32.22
Brian Pope	32.35

M40 Dennis Simonaitis	31.00
Danny Gonzalez	31.51
Peter Magill	32.22
Brian Pope	32.35

M40 Dennis Simonaitis	31.00
Danny Gonzalez	31.51
Peter Magill	32.22
Brian Pope	32.35

M40 Dennis Simonaitis	31.00
Danny Gonzalez	31.51
Peter Magill	32.22
Brian Pope	32.35

M40 Dennis Simonaitis	31.00
Danny Gonzalez	31.51
Peter Magill	32.22
Brian Pope	32.35

M40 Dennis Simonaitis	31.00
Danny Gonzalez	31.51
Peter Magill	32.22
Brian Pope	32.35

Jay Wind	69:34
Dwight Eddis	69:39
Gerard Cabrol	69:53
M60 Piriya Pinit	69:05
John Kirkpatrick	69:46
John Churchman	74:32
M65 Malcolm O'Hagan	73:15
Stephen Forman	78:35
Tom Cowley	83:53
M70 Ercolini Gresia	91:03
Don Singer	91:07
M75 Joe Rutkowski	1:42:43
John Fry	1:44:53
W35 Alisa Harvey	61:58
W40 Christina Morganti	64:46
Robyn Humphrey	65:02
Monica Grillo	66:46
Johanna Siemon	67:16
W45 Lisa Mills	67:35
Carole Rosasco	71:52
Mary Cupo	75:49
Janet Jones	76:29
W50 Karen Erb	74:06
Laura Roman	74:49
Linell Smith	76:17
W55 Rose Malloy	75:34
Linda Mills	82:16
Linda Kearney	82:21
W60 Betty Smith	86:01
Marge Burley	88:13
Pat Welch	90:38
W65 Brenda Murray	1:50:42
Kathleen Guerrieri	1:52:07
M Tomaszewski	1:54:31
W70 Hiroko Hunt	2:00:02
Patricia O'Brien Award	
(1st female Anne Arundel County)	
Christina Morganti 40	64:46
Commander Willie McCool Award	
(1st Naval Academy Alumnus)	
Steve Giorgis 50	61:39

Greenbelt 15K Greenbelt, MD; Sept. 4

Overall	
Jason Grimm 26	55:29
Jacqueline Concaugh	59:13

M40 Ted Poulos	57:22
M45 George Buckheit	59:15
M50 Richard Morgan	1:00:58
M55 Jay Wind	1:08:18
M60 Greg Chaconas	1:16:37
M65 Richard Rhoads	1:36:54
M70 Bill Bishop	1:36:53
M80 Walt Washburn	1:56:59
W40 Teresa Shattuck	1:13:38
W45 Beverly Black	1:12:53
W50 Kaye Ferguson	1:24:14
W60 Louise Avidon	2:01:59
W65 Tami Graf	1:41:17

Kensington 8K Kensington, MD; Sept. 17

Overall	
Kareem Lanier 32	26:27
Patty Fulton 39	32:13
M40 Ted Poulos	28:41
M45 Tom Pollak	31:14
M50 James Cooper	29:48
M55 James Rogers	34:45
M60 Martin Faigin	41:15
M65 Maynard Weyers	38:32
M70 Jack McMahon	44:02
M75 Nianxiang Xie	46:58
W40 Helen Beven	34:36
W45 Heidi Sheppard	39:27
W50 Bj Freeman	46:26
W55 Alice Franks	37:28
W60 Melinda Berge	46:30
W65 Tami Graf	47:07

Great Cow Harbor 10K Northport, NY; Sept. 17

Overall	
Anthony Famiglietti 26	29:17
Kim Pawelek 31	35:31
M35 Pat O'Rourke	34:33
M40 Keith Field	35:44
Martin Knapp	35:51
Russell Perry	37:37
Silas Murray	38:34
Thomas Taylor	38:48
M45 Richard Dela Sota	37:09
Michael Robles	37:54
Roger Davis	39:26
M50 Christopher Webber	35:47
Kevin Carroll	38:00
Tom Lightfoot	40:23
M55 Dennis O'Brien	37:51
Alan Oman	38:07
Michael De Micco	39:58
M60 Douglas Escher	41:47
Steve Conroy	44:05
Alex Flyntz	45:30
M65 Mel Cowgill	47:00

Jose Mendez	47:26
Sandy Schindel	53:44
M70 Frank Hippler	53:23
John Toner	58:02
M75+George Marr 76	60:28
Fred Bluemel 76	83:29
W35 Amy Manson	36:57
W40 Karen Cotty	41:46
Susan Murray	42:50
Andrea Coladner	43:25
Carolyn Ddmstaider	43:41
W45 Cindy James	40:08
D Malkin-Washeim	45:21
Cathie Josephson	46:09
W50 Andrea Rubinoff	47:31
Catherine Oehrlein	49:44
Zoila Denis	51:12
W55 Melissa Kennedy	45:49
Lynne Lopez	49:53
Sandra Palmer	50:52
W60 Betty Horstmann	47:36
Janet Romayko	58:25
Patricia Burrows	65:37
W65 Marion Stajones	52:40
Kate Shreck	60:58
Ellen Duffy	62:46
W70 Wen-Shi Yu	61:52
Alexandra Finger	66:12

NYRR Fitness Mind, Body, Spirit Games 4 Miles, Central Park, NYC Sept. 17

Overall	
Abraham Assefa 33	19:05
Kathryn Martin 53	24:26
M40 John Soebbing	25:22
M45 Jerry Macari	22:21
M50 John Lombardi	25:33
M55 Peter Farago	27:44
M60 Michael Hudick	26:41
M65 Michael Goldman	30:25
M70 Witold Bialokur	27:46
M75 William Fortune	34:27
M80 Sab Koide	41:44
W40 Corinna Cortes	25:50
W45 Jane Lundy	26:45
W50 Kathryn Martin	24:26
W55 Mary Rosado	30:48
W60 Ruth Liebowitz	35:07
W65 Evelyn Davis	38:09
W70 Naomi Vogel	39:51
W75 Joan Rowland	49:35

NYRR Fred Lebow Cross- Country 5K, Van Cortlandt Park, Bronx, NYC Sept. 18

Overall	
Patrick Dooley 20	16:25
Kelly Chin 24	19:25
M40 Jose Tacuri	18:57
M45 Charles Miers	18:18
M50 Philip Vasquez	21:45
M55 Joseph Porcaro	19:32
M60 Salih Talib	20:31
M65 Sidney Howard	22:33
M70 Eric Seiff	26:11
W40 Christina Bilsky	21:25
W45 Lauren Ross	26:18
W50 Joan Baldassarri	24:01
W55 Mary Rosado	25:20
W60 Christa Hartmann	33:55
W65 Edith Jones	30:49

Jefferson Hospital Philadelphia Distance Run Half-Marathon Philadelphia, PA; Sept. 18

Overall	
Gudisa Shentema	1:02:23
Deena Kastor	1:07:53
M40 Mbarak Hussein	1:03:23
Hiroaki Fujii	1:07:18
Kevin Devine	1:29:21
Steve Spence	1:07:56
Fred Klevan	1:10:52
John Carroll	1:12:55
M45 John Tuttle	1:12:35
John Kelly	1:13:11
Alan Ruben	1:14:43
Mark Reeder	1:16:29
Joseph Breslin	1:18:11
M50 Terry Permar	1:14:32
Gilbert Crouse	1:16:28
Les Myers	1:16:58
Mike Lehman	1:21:17
Joseph Muldowney	1:22:48
M55 Mick Sionaker	1:23:48
Seito Keenya	1:27:17
Perry Francis	1:28:21
William Hidding	1:29:04
Donald Brown	1:29:59
M60 Richard Webb	1:32:35
Tom Jennings	1:38:31
Ronald Wagner	1:39:44
Louis Coppens	1:39:41
Jerry Brown	1:42:16

M65 Robert Mauch	1:43:31
Stan Neumann	1:43:22
Jerry Gornish	1:44:08
Bill Jones	1:46:52
Arnold Orgolini	1:48:28
M70 Rich Hause	1:48:52
An Duong	2:05:45
George Evinski	2:02:08
William Smith Jr	2:06:55
Paul Lenz	2:15:00
Jack Starr	2:35:35
Edward Gawinski	3:01:32
Hugh Gilmore	3:16:21
W40 Ramilia Burangulova	1:16:01
Sharon Stubler	1:22:54
Kelly Dworak	1:23:20
Bea Huste Petersen	1:24:47
Elizabeth Litten	1:26:19
Julie Hankin	1:28:03
W45 Lee Dipietro	1:22:26
Stacy Creamer	1:28:37
Mary Snipes	1:34:14
Denise Dipangrazio	1:34:21
Joyce Stevens	1:36:44
W50 Tatyana Pozdnyakova	1:16:58
Sharon Vos	1:28:12
Betty Blank	1:34:19
Leah Whipple	1:36:01
Carolyn Bujak	1:36:53
W55 Catherine Wides	1:34:42
Deborah Compton	1:40:48
Joy Hampton	1:41:41
Carolyn Mather	1:49:39
Udon Beidler	1:52:12
W60 Brigitte Sutherland	1:46:34
Ingrid Cantarella-Fox	1:56:19
M40 Ken Rolk	2:00:34
Pat Welch	2:05:37
Mary McCoy	2:05:37
Vicki Murphy-Kendall	2:11:57
W65 Bernadine Pongracz	2:37:28
Rosemary McCloskey	2:45:35
Daniele Leong	2:46:16
Roberta Canuso	2:58:55
Lee Ann Hill	2:58:45
W70 Carol Montgomery	2:33:50
W75 Shirley Simmers	3:33:54
Lorraine Cephus	3:42:34

Continental Airlines Fifth Avenue Mile Manhattan, NY; Sept. 24

M30 Nazarre Merchant	4:26
Mike Guastella	4:29
Ricardo Bailey	4:34
M40 Conor O'Driscoll	4:28
Gladstone Jones	4:30
Jorge Fernandez	4:42
Gerard Pearlberg	4:46
Alfonso Follonia	4:47
Philip Crosby	4:48
M45 Jerry Macari	4:45
Stuart Calderwood	4:50
Michael Rennock	5:07
Tom Zara	5:11
Ian Parmiter	5:16
Jorge Fajardo	5:16
M50 Stephen Chantry	4:46
Paul Mascali	4:47
Steve Calidonna	5:01
Fred Robbins	5:10
Tony Plaster	5:13
M55 Alston Brown	4:46
Harold Nolan	5:24
Tim Payne	5:27
Chris Bateman	5:43
Julio Aguirre	5:43
M60 Milt Schumacher	5:19
Salih Talib	5:25
Pat Cosgrove	5:52
Bob Edmonds	5:57
M65 Sid Howard	5:39
Norman Goluskin	6:06
Abe Bernstein	6:29
Egidio Bernardo	7:09
M70 Witold Bialokur	6:00
Alfred Finger	6:23
Eric Seiff	6:50
M75 Bill Fortune	7:11
Edward Lasso	7:59
Leo Schonhaut	8:31
M80 John Bates	7:11
Sab Koide	8:35
John McManus	9:41
M85 Bill Benson	10:08
M90+David Gerli 94	18:53
W30 Lilian Kroner 39	5:22
Shebna Olsen 35	5:24
Amy Laub 36	5:26
W40 Charlotte Rizzo	5:15
Diane Kenna	5:36
Elizabeth Murray	5:45
Angela Gonzalez	5:55
W45 Mary Evans	5:23
Stacy Creamer	5:33
Janice Morra	5:44
Marina Veatch	5:44
W50 Madge McKeithen	6:32
Asteria Claire	6:32
Adrienne Wald	6:51
Jean Vernon	7:01

W55 Mary Rosado	6:30
Judith Tripp	6:59
Cande Olsen	7:13
W60 Ann Makoske	6:33
Carol Johnston	6:51
Elaine Matthews	7:07
W65 Edith Jones	7:43
Evelyn Davis	7:51
W70 Ginette Bedard	7:11
Jeanne Shiff	8:45
Gerri Owens	8:53
W75 Bertha McGruder	9:04
Dolly Finklestein	10:12

Liberty Waterfront Half- Marathon/USATF-NE Championships Jersey City, NJ; Sept. 25

Overall	
Jesus Resendiz	1:11:49
Victoria Ganushina	1:19:54
M40 Ken Rolk	1:14:51
Matt Kohlbrenner	1:17:46
Rodrigo Caceres	1:18:16
Juan Venegas	1:18:36
Michael Smuria	1:19:31
M45 Jose Guzman	1:19:30
Kevin Higgins	1:21:33
John Kane	1:22:01
Greg Leto	1:23:29
Takashi Ogawa	1:23:31
M50 Julian Alvarez	1:25:44
Bill Plough	1:27:14
Thomas Fitzgerald	1:27:49
Lucio Cardona	1:28:08
M55 Bruce Langenkamp	1:25:21
Bill Bosmann	1:25:33
Christopher Lehman	1:30:47
Hari Rohl	1:31:55
M60 Feliciano Pereira	1:26:01
Douglas Brown	1:32:43
Hilary Peterlin	1:34:14
M65 James Leitz	1:35:50
Matthew Lulumia	1:44:34
Harvey Strauss	1:47:42
M70 George Studzinski	1:48:50
Elmer Cheesman	1:51:35
Joseph La Bruno	2:03:33
M75 Bill Welsh	3:36:57
W40 M Noe-Schlenz	1:29:15
Amy Rappaport	1:30:32
Kathy Rucker	1:33:03
Sally Simeone	1:37:45
W45 Jean Stemm	1:29:33
Beth Moras	1:31:54
Dawn Marinelli	1:38:58
W50 Jane Parks	1:36:39
Gail Kiselevitz	1:41:47
J Farnung-Krause	1:42:57
W55 Betty Shonts	1:46:04
Arlene Paine	1:57:56
Christine Ange	1:59:38
W60 Eileen Holzman	1:50:40
Pat O'Hanlon	1:55:32
Ruth Liebowitz	2:00:27
W65 Anna Thornhill	1:48:43
Imme Dyson	1:52:34
Dorothy Little	1:54:42
W70 Shirley Pettyjohn	3:05:16
W75 Patricia Tummey	3:34:56

Men's Age-Graded Results

F Pereira	60	83.5%
K Rolk	43	83.5%
B Langenkamp	56	81.2%
M Kohlbrenner	44	81.0%
R Caceres	44	80.5%
J Guzman	46	80.4%
B Bosmann	55	80.3%
James Leitz	66	79.6%
Women's Age-Graded Results		
I Dyson	68	80.2%
J Stemm	46	80.0%
A Thornhill	65	79.9%
M Noe-Schlenz	44	78.9%
J Parks	52	78.3%
B Moras	46	78.0%
A Rappaport	44	77.8%
D Little	66	76.7%

New Hampshire Marathon Bristol, NH; Oct. 1

Overall	
David Herr 40	2:34:58
Bonnie Ritchotte 32	3:18:20
M40 David Herr	2:34:58
John Brown	2:58:52
Jim Perry	2:59:31
Michael Fox	3:34:34
Kiyoshi Imai	3:35:12
M50 Vasili Manikas	3:22:39
Jeff Johnston	3:35:30
Andrew Fales	3:49:54
John Lent	3:55:52
Curtis Lintvedt	3:56:31
M60+Francesco Criniti	3:54:18
Richard Vogt	4:38:51
Richard Mayes	4:41:51
George Andersen	4:47:46

Frank Schmidt 66	4:47:46
W40 Honey Weiss	3:50:19
Penny Matel	3:52:28
Lisa Peters	3:55:03
Kim Marie Goff	3:59:28
Kim Forget	4:05:34
W50 Nancy Fillmore	4:27:17
Janis Anderson	4:41:51
Nancy Phelps	4:51:11
Roseann Jolly	5:02:40
M Tomko-Gerard	5:17:52
W60+Sheila Galinsky	5:02:49
Jane Goodman	7:06:58:45

USATF-New England 5M Championships/Ollie 5 Mile Road Race Boston, MA; Oct. 2

Overall	
MARK MILLER 29	24:19
HEIDI WESTERLING 24	27:41
M40 WAYNE LEVY	25:45
JASON CAKOUROS	25:51
DAN VERRINGTON	26:03
PAUL HAMMOND	26:17
SCOTT ANDERSON	26:27
M50 JOHN BARBOUR	26:50
KEN LEINBACH	27:39
GEARY DANIELS	28:15
JOHN LEE	28:21
LAURENCE OLSEN	28:36
M60 SUMNER BROWN	30:44
JOHN HACKNEY	31:47
ARTHUR ROBERTS	32:16
M70 JACK KICK	40:32
DONALD DAYTON	40:39
JOHN DI FRANCO	46:05
W40 UTA PIPPI	29:03
T MCGETT	29:34
S PIERGENT	30:00
DEBBIE BARRY	30:36
TRACY ROSE	30:46
MARGE BELLISLE	31:50
SIDNEY LETENDRE	32:53
LINDA JENNINGS	34:29
TERRI MARTLAND	35:16
KAREN DEROMA	35:32</

Louis Molina	88:33
Thomas Goddard	88:39
M55 Albert Wieringa	81:04
Alan Meyer	97:23
G McCausland	1:40:52
M60 Lou Marjon	93:01
James Derham	1:41:34
John Stanley	1:42:45
M65 Donald Moore	1:52:31
Ira Kaskel	2:00:35
M70+Bob Borglund 77	1:51:19
Larry Larson 71	2:11:02
W40 Karen Collins	88:39
Kim Bruce-Bumbel	92:35
Erica Norgart	93:46
W45 M A Protz	79:14
Roxanna McCarthy	98:19
Lisette Hilton	99:57
W50 Joyce Adams	97:50
Karen Lui	1:41:54
Debra Chrisman	1:54:29
W55 Debbie White	1:50:21
B Langbauer	1:52:21
Peggy Martin	1:57:35
W60 Astrid Soll	1:52:15
Alicia Kelley	2:04:45
Ginger Herring	2:16:38
W65 Esther Van Duzee	2:30:17
Terri Sullivan	2:31:58
W70+Leslie Higgins 80	2:41:43

NCRC Women's 5K Charlotte, NC; Sept. 24

Overall	
Beth Ilnatolya 25	18:52
W35 Jennifer Ennis	24:35
W40 Terri Bennett	22:14
Dale Tiska	24:28
Barbara Esplin	25:24
W45 Joann Rice	27:12
Maggie Byelick	27:33
Lisa Howell	28:06
W50 Barbara Hindenach	26:27
Sharon Davis-Stuart	28:33
Sally Dudash	29:27
W55 Adele Fine	31:43
Susan Hyman	31:50
Jane Rouse	33:53
W60 Sally Squier	28:49
Barbara Kennedy	29:10
W65+Sue Pfuetze 69	29:35
Jane Bartlett 65	39:44

MIDWEST

Air Force Marathon Wright Patt. AFB, OH Sept. 17

Overall	
Hendrik Vanloon 40	2:41:16
Kori Delwiche 30	3:02:31
M35 Michael Ekberg	2:51:32
M40 Hendrik Vanloon	2:41:16
Darris Blackford	2:53:56
M45 Joe Patrick	2:56:59
M50 Ron Seats	3:03:09
M55 Richard Nagel	3:21:46
M60 Warren Everett	3:26:51
M65 Richard Wallen	3:44:34
M70 Bob Daly	3:44:43
M75 Robert Clements	6:55:26
M80 Paul Gionfriddo	5:38:37
W35 Tamara Whitten	3:10:45
W40 Lisa Veneziano	3:08:25
W45 Kathleen Johnson	3:24:45
W50 Ruth Kohstall	3:47:56
W55 Maggy Zidar	3:33:13
W65 Beatrice Downey	5:01:37

Autumn Shoreline Classic 15K, Decatur, IL; Sept. 17

Overall	
Joseph Ekuom 35	46:36
Erin Nehus 24	56:19
M35 Duffy Smith	58:01
M40 Bill Owens	54:48
Greg Bennett	58:23
Steve Jones	59:57
M45 Joe Theil	56:52
Merlin Andersen	59:17
Joe Katalinich	59:43
M50 Joel Johnson	1:02:12
Rick Livesey	1:02:14
Ron Flake	1:12:34
M55 Doug Newton	1:00:05
Dan Lymley	1:04:53
David Taylor	1:11:53
M60 Robert Burk	1:11:54
Larry Baker	1:26:09
Vic Lanzotti	1:30:16
M65 Ken Steckling	1:15:08
Delbert Camp	1:21:49
W35 Shelley Mueller	1:07:41
W40 Lisa Menninger	59:03
Pamela Stevens	1:09:38
Terri Dawson	1:10:05
W45 Patty Shafer	1:14:06
Vicki Weikle	1:17:18

Donna Brayfield	1:18:09
W50 Kitty McCarthy	1:12:10
Jackie O'Brien	1:19:45
Susan Helm	1:26:35
W55 Joann Fraser	1:15:12
Meg Anderson	1:23:07

Dayton River Corridor Classic Half-Marathon Dayton, OH; Sept. 25

Overall	
Will Edwards 25	1:11:32
Dianne Streibel 20	1:24:54
M35 Brent Burks	1:19:12
M40 Robert Moore	1:16:05
Ron Deaton	1:20:55
M45 Bill Valenzano	1:18:29
Mark Tensing	1:18:54
M50 Michael Barr	1:24:06
Ed Bolka	1:28:36
M55 Chris Thicke	1:36:21
Ronald Brower	1:39:15
M60 Nicholas Zinfarf	1:32:56
Earl McCormick	1:36:22
M65 Wayne Wheeler	1:41:13
Wayne Crisler	1:55:49
M70+Denis Dirschel	2:10:03
Jerry Hoffman	2:19:19
W35 Michelle Sebal	1:37:46
W40 B Wildermuth	1:31:52
Christine Meyer	1:34:09
W45 Debbie Bird	1:47:09
Shari Andrews	1:49:32
W50 Adrienne Walker	1:46:46
Clarice Pavlick	1:46:50
W55 Shirley Sampson	1:49:07
Kathy Gross	2:11:18
W60 Jill Buzzard	2:09:57
Connie Showalter	2:32:18
W65 Beatrice Downey	2:17:56
Pat Darling	2:45:13

Chicago Half-Marathon Chicago, IL; Sept. 26

Overall	
Jeremy Borling 25	1:10:16
Courtney Babcock-Key 33	1:18:05
M35 Jerry Pianto	1:18:55
M40 Mike Eggle	1:14:29
Jeff Salach	1:20:51
Douglas B. Jones	1:21:35
M45 Dave Bussard	1:18:50
Jim Desjardins	1:23:05
Barry Brandt	1:24:39
M50 Sam Cortes	1:20:21
Lazaro Camargo	1:21:06
Edwin Cook	1:27:41
M55 Steve Essig	1:29:22
James Jenness	1:38:50
Graeme Bell	1:40:58
M60 W Rasmussen	1:37:56
Robert Carlson	1:39:23
Richard Pleet	1:40:39
M65 Joe Arnold	1:47:35
Allan Ross	2:04:43
Matthew Kraly	2:05:53
M70 Frank Abramic	2:19:58
Bradford Allen	2:22:21
Joseph Dileonardi	2:35:46
M75 Bob Gand	3:06:50
Emmanuel Eckert	3:07:48
Joe Karasek	3:24:24
W35 Beth Wong	1:32:21
W40 Linda White	1:34:11
Noriko Valenta	1:37:17
Patty Heiser	1:38:47
W45 Cynthia Woods	1:31:29
Adela Gamboa	1:45:10
Brenda Braunstein	1:45:31
W50 Jan Tedrowe	1:41:27
Teresa Lee	1:41:21
Mary Moss	1:43:41
W55 Susan Croll	1:49:37
Isola Metz	1:53:54
Sandra Kirmeyer	2:08:47
W60 Pedro Galva	1:58:56
Janet Omer	2:01:52
S Szot-Gallaher	2:05:31
W65 Doris Schertz	2:00:18
Nancy Bilish	2:20:41
Dolores Cross	2:34:43
W70 B Kummerer	2:40:12
W75 Gloria Schiffler	3:27:48

Chicago Marathon Chicago, IL; Oct. 9

Overall	
Felix Limo	2:07:02
Deena Kastor	2:21:25
M40 LUCA FOGLIA	2:31:27
RUSSELL BOORE	2:34:40
GREG STEVENS	2:37:01
PHIL KAUDER	2:37:24
MIKE EGLE	2:37:38
GORDON SANDERS	2:37:39
RONNIE THOMAS	2:41:12
PETER BASLER	2:41:20
M45 D. CHAUVELIER	2:34:17
CHRIS SPINNEY	2:34:30
KRIS WARSAWSKI	2:38:14

THOMAS DEVER	2:39:56
PAUL HAMMOND	2:40:10
F. VILLANUEVA	2:41:08
S. CALDERWOOD	2:41:39
RON HYDE	2:42:05
M50 ZYGMUNT LYZNICKI	2:48:05
IAN GRIFFIN	2:49:49
DAVID STOLLAR	2:55:25
TOM NEUMAN	2:58:04
CARROLL POPE	2:57:57
JEAN M. VILLETTE	2:58:20
PHILIPPE ROME	2:59:23
STEPHEN OESTERLE	3:00:07
M55 MANUEL O. PEREZ	2:56:43
JAMES JORDAN	2:59:40
MITCHELL GARNER	3:03:49
MIKE MCGLYNN	3:04:17
JOSEPH KVLHAUG	3:05:32
AURELIO MORI	3:07:26
THOMAS BUTLER	3:09:07
PIERRE DURAND	3:08:56
M60 G. MALACZYNSKI	2:59:13
JARED MONDRY	3:06:54
DAVID ANDREWS	3:11:33
JOE HURTADO	3:15:57
DIETER SPEER	3:20:34
KEN JAMESON	3:19:57
GOETZ KLOPPER	3:30:17
PAUL FARRIN	3:32:17
M65 ANDRE LACOUR	3:00:48
RUDIGER MELZER	3:25:12
V SCHELLHORN	3:26:36
FRANZ DESCH	3:50:14
HEINZ ROBERTZ	3:55:29
CHUNG YOO	3:56:45
GARY RUNHAAR	4:01:27
FRED FIALA	3:59:40
M70 JIM SMEDEMA	3:48:37
WALT WOZNIAK	3:53:45
ROLAND THOMMEN	3:57:02
W MCLELLAN	4:02:52
DAVID GREER	4:03:31
JOHN ROLLO	4:18:15
DAVID SULLIVAN	4:23:58
JERRY SMARTT	4:36:02
M75 TOM WARDERS	4:55:59
ALDO COPPA	5:41:34
EMMANUEL ECKERT	7:02:47
HENRY HART	7:06:44
JOHN TILGNER	6:50:26
M80 ARTURO GUZMAN	4:45:13
WALTER DOBBS	8:45:49
W40 COLLEEN DE REUCK	2:28:40
S PIERGENTILI	2:49:06
ESTHER JURASEK	2:54:17
AILEEN HANNIGAN	3:02:06
CHRISTINA BILSKY	3:04:46
E O'CONNOR	3:05:35
AMY HAYES	3:05:50
ANNE GULLICKSON	3:09:02
W45 MONICA JOYCE	2:54:32
KATHY PILKEY	2:59:56
BRENDA WILSON	2:59:53
RACHAEL ST. CLAIRE	3:17:43
ANNA ZAUNER	3:19:33
B MAGNOLON	3:18:57
DALE AVIZA	3:22:03
NANCY FISHER	3:23:10
W50 TELMA ZUNIGA	3:17:15
ALYN PARK	3:21:28
M MOURAUD	3:24:13
DONNA PIERSON	3:33:52
B FREEDMAN	3:36:46
DEB FORKINS	3:40:55
MARY STEINBERG	3:47:42
YONG COLLINS	3:42:55
W55 NANCY ROLLINS	3:24:50
RITA CLARK	3:28:56
LINDA TERNEN	3:30:29
MELISSA KENNEDY	3:32:53
KAREN BOWLER	3:38:19
ROSELYNE LELEU	3:49:06
PJ LARSON	3:48:32
LINDA KEARNEY	3:51:13
W60 HANSI RIGNEY	3:49:09
MONIKA ADAMEK	3:54:34
SHERRYL TAYLOR	4:13:26
PAT WELCH	4:12:04
EDA RUSSELL	4:26:52
VALERIE BROWN	4:22:38
JEAN MARMOREO	4:30:51
NANCY JOYCE	4:35:47
W65 DORIS SCHERTZ	4:27:06
CAROL HALL	4:39:16
SHIRLEY BLUSH	4:33:45
ELLEN DEMSKY	4:47:17
G. RESENDIZ RAMIEZ	4:58:09
MARIE KILLEEN	4:54:06
EVEA KALLIO	4:58:34
FRITZIE PAINE	5:30:15
W70 OLIMIA DI NARDO	6:19:12
DOROTHY RAINBIRD	7:02:04
W75 EUSEBIA MENDEZ	5:14:34
GLORIA SCHIFFLER	7:18:55

Overall	
Michael Benchina 22	2:49:25
Eve Bjork 32	4:22:37
M40 Jim Ramacier	2:56:59
M45 Dennis Wallach	3:12:00
M50 Bert Moniot	3:19:22
M55 Dean Christensen	3:43:10
M60 Helmut Linzbichler	3:59:50
M65 Paul Paine	5:39:33
W45 Lynette Thompson	4:49:25
W50 Joann Fallis	5:06:35
W55 Sara Cherne	4:29:10
W60 Gayle Godfrey	7:15:38

Cary Segall	1:54:38
John Naslund	1:55:10
M60 Jared Mondry	1:46:46
Norm Purrington	1:51:51
Jeff Woll	2:02:41
M65 Hank Larsen	1:59:59
Lewis Damer	2:13:15
Pat Brown	2:24:59
M70 Richard Burch	2:15:13
Ralph D Wilson	2:40:32
W35 Sonya Anderson	1:44:45
W40 Laurie Hanscom	1:45:14
Anabelle Poelwen	1:47:31
Sue Abrahamson	1:54:54
W45 Deb Thomford	1:53:16
Lauren Fithian	2:01:32
Donella Neuhaus	2:03:19
W50 Suzanne Ray	1:52:09
A Wickstrom	2:00:24
Mary Ryan	2:15:15
W55 Gloria Jansen	2:03:27
Suelyn Tritz	2:20:56
P Leahy Brophy	2:47:54
W65 Judy Cronen	2:28:28

Walker North Country Marathon & 10K Walker, MN; Sept. 17

Overall	
Michael Benchina 22	2:49:25
Eve Bjork 32	4:22:37
M40 Jim Ramacier	2:56:59
M45 Dennis Wallach	3:12:00
M50 Bert Moniot	3:19:22
M55 Dean Christensen	3:43:10
M60 Helmut Linzbichler	3:59:50
M65 Paul Paine	5:39:33
W45 Lynette Thompson	4:49:25
W50 Joann Fallis	5:06:35
W55 Sara Cherne	4:29:10
W60 Gayle Godfrey	7:15:38

Overall	
Kenny Miller 28	34:42
Andrea Nelson 32	41:14
M35 Scott Lindell	37:02
M40 Jack Ellefson	44:13
M45 Frank Abrahamson	41:12
M50 Randy Wiinanen	36:31
M55 Greg Larson	41:40
M60 Paul Bauer	42:36
M65 David Wee	49:55
M70 Marv Stransky	1:04:02
M75 Ray Hardman	1:03:37
W35 Tia Barthorpe	51:32
W40 Jacki Devine	44:08
W45 Mary Phillips	54:16
W50 Vicky Ercolani	53:01
W55 Beverly Gotti	58:28
W60 Kathy Peterson	54:15
W65 Wanda Arenz	1:01:23
W70 Janet Niskanen	1:09:34
W80 Evelyn Peterson	1:38:42

Des Moines Marathon Des Moines, IA; Sept. 18

Overall	
Diego Vanegas 30	2:35:57
Wendy Terris 36	2:55:50
M35 Michael Blunt	3:06:50
M40 Randall Webb	3:07:26
M45 Ken Hendrick	3:10:35
M50 William Bates	3:06:37
M55 Larry Lichnovsky	3:16:11
M60 R. Friedrichsen	3:58:17
M65 Will Wright	4:27:51
M70 Bert Dillion	3:54:58
W35 Sarah Wright	3:20:51
W40 Ellen Middleswart	3:31:10
W45 Frances Connolly	3:29:03
W50 Mary Ahrenholtz	4:09:24
W55 Mary Munter	4:10:57
W60 Pat McDonnell	4:34:14
W65 Delores Horn	5:42:09

WEST

Run-to-the-Top 8K Mount Baldy, CA; Sept. 5

Overall	
BILL FANSELOW 38	1:06:11
MAIJA ROHDE 21	1:26:51
M40 JOSE OROVO	1:13:27
KENNY SOUZA	1:14:42
ROBERT BUSH	1:26:01
M45 STEPHEN LIND	1:17:53
JOEL SOTHERN	1:25:55
JAKE WINEBAUM	1:27:58
M50 BILL KISSELL	1:17:27
A MENDOZA	1:28:01
G JOHNQUEST	1:29:30
M55 JOHN MONTGOMERY	1:28:48
DON LEROY	1:37:08
TOM ROBINSON	1:43:20
M60 WAYNE MITCHELL	1:39:14
RON HUDSON	1:42:18
JOHN GANAHL	1:46:24

M65 DONALD CROLEY	1:58:05
ROBERTO VARGAS	2:00:37
BUDD WILLIS	2:16:31
M70 DAVID MCPHERSON	1:50:51
JAE SCOTT	2:29:53
M75 GILBERT MACIAS	3:12:42
W40 JODI RUBY	1:39:26
ANITA FRERES	1:42:01
LYDIA DOBBS	1:44:57
W45 FRANNIE TENNANT	1:40:47
OLGA REYES	1:41:00
JULIE PAYN	1:47

Portland Marathon
Portland, OR; Oct. 9

Overall	
John Lucas 25	2:26:28
Yumiko Minato 36	2:44:30
M35 Tim Julian	2:35:03
M40 Mark Coughlin	2:38:24
Paul Skarsgard	2:42:27
Cliff Richards	2:45:35
M45 Odis Sanders	2:32:53
Art Boileau	2:45:12
Richard Panches	2:48:42
M50 Jay Helgeson	2:55:41
David Jendrzejek	3:02:42
Fred Wedam	3:03:52
M55 Ken Travis	3:11:35
Daniel Reynoldson	3:14:46
Jesus Ceja	3:14:58
M60 Bart Smith	3:20:32
Sonny Conder	3:28:04
Steven Sullivan	3:36:45
M65 Bob Vaughn	3:33:45
Larry Barrett	3:36:05
E G Brown	3:50:37
M70 Mel Preedy	3:48:56
Bob Rice	3:56:24
Bob Eckenrode	4:15:14
M75 Ryozo Mizutani	5:32:20
Steve Anson	6:09:18
Richard Hansen	7:39:00
M80 Otto Rosenhall	5:26:42
Charles Hoover Sr	5:58:21
Daniel Nelson	6:14:22
W35 Yumiko Minato	2:44:30
W40 Mie Honda	3:02:11
Mary Hanna	3:03:11
Laurie Porter	3:04:47
W45 Christine Iwahashi	3:18:04
Jane Higdon	3:25:38
Kathi Sleavin	3:30:32
W50 Karen Toews	3:28:17
Elveda Brophy	3:31:10
Doris Frank	3:43:06
W55 Ann Bell	3:29:52
Marci Roschke	3:49:06
Debbie Harmer	4:07:10
W60 Suzanne Carleson	3:59:41
Marlee Clark	4:05:05
Judy Fisher	4:14:35
W65 Irene Neave	4:11:49
Shirley Fee	4:28:41
Dolores Scott	4:38:59
W70 Myra Rhodes	3:59:04
Kathleen Callaway	6:05:05
Joan Heins	6:09:44
W75 June Curry	6:28:22
Audrey Cullen	6:59:32
Edith Gilbert	7:23:42
W80 P Gurtner-Mellano	5:31:34

CANADA
ScotiaBank Waterfront
Marathon, Toronto
Sept. 25

Overall	
SIMON BOR	2:11:56
ANAST. NDEREBA	2:36:30
M35 SIMON BOR	2:11:56
M40 DARRAN BILTON	2:25:29
MAREK SZATAN	2:45:55
TED NAGOWSKI	2:46:36
M45 MICK LANE	2:42:46
KIP KINN	2:48:40
C. VANCAEYZEELE	2:51:05
M50 BRIAN BREEDON	2:52:29
B GLASSPOOLE	3:09:00
CLAUDE HEBERT	3:10:23
M55 TED TRAYNOR	3:08:47
JACQUES TRUCHON	3:14:52
JULIO CALISTO	3:28:57
M60 COLIN UTTERSON	3:23:43
NICK D'ASCANIO	3:26:45
RODOLFO GOMEZ	3:35:31
M65 DAVID BASFORD	3:43:46
JIM BENSON	3:57:01
STEFFEN KAMPE	4:12:07
M70 ED WHITLOCK	3:02:40
JOOP RUTER	3:45:37
W35 TANIA JONES	2:41:51
W40 NADIYA SYTARCHUK	3:03:25
YOLANDA HOPPING	3:18:35
SUSAN TAKASHIBA	3:26:18
W45 HELEN SCISSONS	3:30:53
T MATHESON	3:43:56
MELINDA TOMEK	3:46:11
W50 TERESE GRONDI	3:33:53
JUDY HOWITT	3:35:27
PATRICIA MULLER	3:37:05
W55 ASTRID VARGA	4:06:23
SALLY KUKKO	4:10:05
AMY MENSCH	4:17:07
W60 ALICE KEARNS	4:15:47
L MCGONIGAL	4:38:01
MARIA ZAREMBA	4:43:50
W65 DIANE PALMASON	3:55:40
HELEN THOMPSON	5:36:45

RACEWALKING
Shore AC Postal 1-Hour
2004 Walk
Final Compilations

	Meters
M40 Dave Talcott	11,182
Joe Nieroski	10,977
William Preischel	10,632
Edward Fitch	10,483
Raymond Sharp	10,000
Nick Manuzzi	10,000
Allen James	10,000
Keith Luoma	10,000
Ken Mattsson	9,090
Steve McCullough	8,000
M45 Kevin Killingsworth	11,270
Albert Leibold	11,141
Pedro Santoni	10,599
Joe Berendt	10,240
Dout Ermini	10,234
Mark Green	10,000
Tommy Aunan	10,000
Rod Craig	10,000
Ken Lampar	9,988
Mario Lopez	9,633
Stewart Canning	9,272
Raymond Bilig	9,233
Damon Clements	9,047
Ron Salvo	8,975
M50 Raymond Funkhouser	11,087
Pat Detloff	10,984
Bill Reed	10,574
Natalie De Jarlais	10,400
Rob Frank	10,400
Michael Wiggins	10,000
Robert Shires	10,000
Mike DeWitt	10,000
Tom Quattrocchi	9,494
Gary Firestone	8,514
Yves Nugent	8,290
M55 Bob Keating	11,448
Max Walker	10,703
Norm Frable	10,679
Richard McGuire	10,679
Ray Glend	10,679
Stan Chraminski	10,614
Joe Light	10,520
Bob Novak	10,454
Juan Yanes	10,000
Bill Harriman	9,940
Rick Campbell	9,839
Dick van Benthuysen	9,839
John Gersh	8,745
Tom Marks	8,743
Robert Watkins	8,200
Art Glass	7,833
M60 Leon Jasionowski	11,337
James Carmine	10,767
George Opsahl	10,129
Don DeNoon	10,000
Jack Lach	9,960
John Backlund	9,925
Bob Weeks	9,907
Tom Knatt	9,497
John Elwarner	9,356
Bob Weeks	9,178
Wayne Wurzbarger	9,175
Victor Litwinski	9,063
Bill Whipp	8,865
Stu Kinney	8,803
Stuart Roy	8,690
John Molendyk	8,475
Ed Guiff	8,289
Michael Schwed	8,187
Thomas Fitzgerald	8,122
Thomas Hartman	8,031
Bernard Finch	7,376
Jim Scheller	7,064
Larry Seizer	6,500
Joseph Elton	6,433
M65 Paul Johnson	10,000
James Beckett	9,621
Alan Ede	9,454
Heinrich Looser	9,256
William Moremen	9,048
Edward Lane	8,931
Dave Romansky	8,801
Tom Keller	8,671
Roger Webb	8,298
Carl Agnevine	8,058
Philip Veenhuis	7,940
Jim Lamb	7,629
Gustave Davis	6,200
M70 Jack Bray	10,144
Max Green	9,737
Bob Barrett	9,695
Alfred DuBois	9,365
Ben Ottmer	9,213
Peter Corona	9,085
Ron MacPike	8,863
Dick Vaughn	8,493
Leon Glazman	8,353
Louis Free	8,345
William Baasel	8,173
Arvid Rolle	8,068
Tom Buis	8,031
John Lyle	7,892
Robert Davis	7,865
Bob Beaudet	7,756

Tom Fellenz	7,676
Vilmars Strautins	7,167
Brian Kiernan	6,618
M75 Carl Acosta	9,047
Jack Starr	8,971
Bill McGoran	8,938
Clint Edwards	8,021
Ed Gawnski	7,895
Bob Mimm	7,575
M80 Charles Boyle	8,100
Bob Mimm	8,085
Masashi Noritak	7,721
Klaus Timmerhaus	7,683
Daniel Marzano	7,308
John Levinsohn	7,033
Joe Bioersterker	6,893
Joe Mallon	4,975
M90 Harry Drazin	5,591
W40 Laura Niaz	10,275
Marcia Rutledge	10,000
Lisa Sonntag	10,000
Mary Franklin	9,503
Dot Zullo	8,720
Janine Stuart	8,502
Dawn Biegel	8,395
Eileen Druckenmiller	7,892
W45 Lynette Heinlein	9,995
Nicole Goldman	9,849
D MacLean-Roberts	8,437
Judy Myera	9,354
Donna Cope	9,127
Jami Bishoven	9,050
Katherine Fincher	9,000
Bonnie Houchen	8,837
Margaret Blackburn	8,619
Natalie De Jarlais	8,468
Kathleen Sylvia	8,430
Mari Ryan	8,141
Lauren Morr	7,636
Liesbeth Mathieu	6,893
Ruth Phillips	6,888
W50 Debbie Topham	10,168
Lynn Tracy	10,000
Donna Green	9,696
Julia Buzdrowski	9,497
Sherrie Gossert	8,924
Joyce Prohasaka	8,878
Donna Green	8,850
Debbie Vandover	8,626
Sherry Broshahan	8,590
Sandy Sverdlhoff	8,186
Isabel Keeley	8,135
Michelle Bouchard	8,080
Ndaya Dimitrov	8,000
Jan Hallez	7,793
Barbara Chapman	7,708
Alice Winkler	7,237
Patricia Fuchs	7,215
Janice Watkins	6,800
W55 Donna Cunningham	10,074
Yoko Eichel	9,707
W55 Carol Bertino	9,257
Kathy Frable	9,215
Barbara Amador	9,151
Pansee Greer	9,099
Coco Beuchet	9,066
Doris McGuire	8,897
Ann Lee	8,852
Pat Godfrey	8,811
Darlene Backlund	8,413
Joan Friedan	8,368
Mary Gilbert	8,332
Brenda Bauer	8,184
Fran Emanuel	8,167
Kathy Collins	8,023
Susan Loli	7,970
Barbara Whipp	7,232
Ann St Germaine	7,124
Sue Blocheitz	7,062
Christi Elniht	7,040
Linda Smith	6,500
Susan Rizzo	6,495
Reba Evans	3,920
W60 Jolene Steigerwalt	9,490
Lois Dicker	9,066
Donna Lafayette	9,067
Dotty Fine	8,327
Phyllis Abbate	8,104
Martha Fitzpatrick	7,965
Ann Nixon	7,673
Dixie James	7,390
Sharon Garner	7,220
Jane Wallace	6,850
Barbara Charles	6,669
Shelda Lipchurch	6,433
Barbara Johnson	6,419
Nancy Hall	6,300
Vonnie Kriebel	6,198
Mary Setzer	5,400
Lana Kane	5,000
Karen Nieto	4,500
W65 Walda Tichy	9,116
Dorris Cassels	9,111
Bev La Veck	9,033
Rita Sinkov	8,901
Shirley Capps	8,401
Nancy Alexander	8,139
Patricia Gibbs	8,089
Linda Burnett	7,977
Patricia Willis	7,097
Alexandria Vitomski	6,788

Nora Kylas	5,800
Pat Snow	5,800
Dorothy Keller	5,533
W70 Shirley Dockstader	9,054
Bonnie Vaughan	7,800
Millie Phihoda	7,619
Patti Kennedy	7,328
Grace Moreman	7,322
Patricia McCaron	6,991
Reba Smith	6,067
Lura Brinegar	5,800
Lola Smith	5,533
Ann Wilson	5,309
Eula Ray Cook	5,050
Peggy Duncan	4,840
Fay Wagner	4,033
W80 Jane Dana	7,217
Thelma Rubin	6,830
Lois Landreth	3,900
W85 Mary Latham	6,411

USA National Masters
40K RW Championships
Ocean Township, NJ
Sept. 17

Overall	
John Nunn 27	3:18:43
Teresa Vaill 42	3:37:57
M35 Paul Schwartzberg	3:43:15
M40 Dave McGovern	3:48:07
John Soucheck	3:48:32
Bill Vayo	4:11:59
M45 David Wolf	4:09:34
Alexis Davidson	4:26:55
M50 Steve Pecinovsky	4:11:44
Viado Haluska	4:29:59
Tom Quattrocchi	4:54:54
Elliot Collins	5:46:18
M55 Max Walker	4:05:30
Bob Keating	4:26:03
John Fredericks	4:28:35
Lon Wilson	4:38:08
M60 Leon Jasionowski	3:57:23
Nial Mandal	3:55:01
Tom Hartman	6:09:24
W40 T Vaill	3:37:57
Dorit Attias	4:45:23
Bernadette McNulty	5:20:22
Maria Paul	5:25:31
W45 Heidi Hauch	4:15:43
Joan Murray	5:22:59
W55 Sandy Rubel	5:36:41

USATF Open & Masters
National 5K RW Championships/John Deere
Health 5K, Kingsport, TN
Oct. 8

Overall	
Ray Sharp 45	22:34
Jolene Moore 39	24:00
M40 Bill Vayo	25:48
M45 R Sharp	22:34
Ian Wheatley	25:15
Damon Clements	27:31
Larry Windes	28:08
Barton Kale	29:52
M50 Jeff McClung	27:12
Bob Head	27:51
M55 Max Walker	26:31
John Fredericks	29:12
Barry Brunson	42:03
M60 Leon Jasionowski	25:19
Norman Frable	25:59
James Carmine	27:14
Peter Armstrong	29:30
Allen Albert	30:27
Larry Seymour	32:16
Philip Rogosheske	32:51
Jim Horton	33:19
M65 Paul Johnson	28:00
John Backlund	30:38
Bernie Finch	34:35
M70 Ray Everson	32:57
M75 Jack Starr	32:27
W40 Teresa Aragon	27:27
Dorit Attias	28:03
W45 Heidi Hauch	28:39
Judy Myers	29:44
Grace Mutz	30:42
Donna Cope	31:39
W50 Lynn Tracy	27:21
Sherrie Gossert	30:23
Cathy Mayfield	32:39
Rosemary Sexton	33:25
Jan Hallez	38:38
W55 Panseluta Geer	29:50
Barb Amador	30:10
Ann Debacker	36:56
Barbara Taylor	38:00
W60 Jolene Steigerwalt	31:18
Kathy Frable	31:50
Janet Higbie	34:03
Darlene Backlund	34:55
W65 Elton Richardson	31:06
Joyce Curtis	37:06
W70 Millie Prihoda	38:47
W75 Ruth Ketron	40:06

ATHLETES WHO ENTER A NEW DIVISION
THIS MONTH - NOVEMBER 2005

ATHLETE NAME (RESIDENCE)	BIRTH DATE	AGE GROUP
SUSAN PEARSALL(NY)	11- 3-65	40-44
INGA BABAKOVA(UKR)	11- 5-65	40-44
HANLIE KOTZE(RSA)	11-12-60	45-49
ELLINA ZVEREVA(BLR)	11-16-60	45-49
MADelyn NOE-SCHLENTZ(FREEHOLD,NJ)	11-30-60	45-49
ANNE AUDAIN(NZL)	11- 1-55	50-54
DENISE MCFIELD(JAM-ST. LOUIS,MO)	11- 4-55	50-54
DAVE QUICK(BAKERSFIELD,CA)	11- 5-55	50-54
MARIA BRIONES(OAKLAND,CA)	11- 9-55	50-54
JURGEN A SACHSE(GER)	11-19-55	50-54
DEBBIE LANGE(AUS)	11-24-55	50-54
TINE SCHENEKELS(NED)	11-26-55	50-54
CAROLE FILER(GBR)	11-28-55	50-54
WENDY DAME(EUGENE,OR)	11- 5-50	55-59
LYNNE DIEZI(NY)	11- 8-50	55-59
LESLIE MCHAMPTON(SAN RAFAEL,CA)	11- 8-50	55-59
STANISLAW SZYDLOWSKI(POL)	11-14-50	55-59
MAC WILKINS(CA)	11-15-50	55-59
RUDOLF HAUSNER(GER)	11-17-50	55-59
WILLIAM COLLINS(HOUSTON,TX)	11-20-50	55-59
WENDY LEE BROWN(NZL)	11-21-50	55-59
CHRISTINE MUNRO(NZL)	11-26-50	55-59
RIEKO TAKAHASHI(JPN)	11-27-50	55-59
NOORTJE VAN KEMPEN(NED)	11-29-50	55-59
FRANCOISE DUPONT(FRA)	11- 3-45	60-64
JOYCE MARIE THOMAS(TRI)	11- 5-45	60-64
BERT STREUMER(NED)	11- 7-45	60-64
GEORGE CARTY(SAN JOSE,CA)	11-10-45	60-64
JANIE DUFF(LOS GATOS,CA)	11-20-45	60-64
RYSZARD MARCZAK(POL)	11-21-45	60-64
YVONNE PATRICIA PRIESTMAN(GBR)	11-23-45	60-64
JUANA STAVOLONE(SAN JOSE,CA)	11-25-45	60-64
NATASA BEZJAK-URBANCIC(JUG)	11-25-45	60-64
FRED JUDSON(CAN)	11-27-45	60-64
CHRISTINE DREWRY(GBR)	11-30-45	60-64
KURT BRADAL(DEN)	11- 4-40	65-69
KYOSTI MARILA(FIN)	11- 5-40	65-69
MILAN MARTINEC(HOUSTON,TX)	11- 6-40	65-69
SHIRLEY MATSON(SAN DIEGO,CA)	11- 7-40	65-69
KEES STEIJN(NED)	11- 8-40	65-69
BARBEL BERGHAUS(GER)	11-15-40	65-69
GEORGE DAVIES(TEMPE,AZ)	11-19-40	65-69
ERICA BRIESNICK(GER)	11-19-40	65-69
TINA HAYWARD(VICKSBURG,MI)	11-20-40	65-69
JANE ARNOLD(BLOOMFIELD,CT)	11-22-40	65-69
ELKE BOLSINGER(GER)	11-23-40	65-69
JOSEF JANSKY(CZE)	11-24-40	65-69
DON MCMILLAN(US)	11-24-40	65-69
ALBY WILLIAMS(US)	11-29-40	65-69
CLAIRE BROCK(OH)	11- 1-35	70-74
VINCENT RUFFIN(USA)	11- 2-35	70-74
EDITH GRAY(CAN)	11-14-35	70-74
GERALD VAUGHN(CHARLOTTE,NC)	11-17-35	70-74
JEANIE JONES(CA)	11-20-35	70-74
LAWRENCE DEVLIN(NZL)	11-25-35	70-74
EMMA CHILDERS(US)	11-25-35	70-74
TRUMAN CLARK(LOS ANGELES,CA)	11-26-35	70-74
JESSIE SMITH(WESTMINISTER,CA)	11- 3-30	75-79
WILLARD FREDERICKSON(S. GERONIMO,CA)	11- 9-30	75-79
CHARLES WILLIAMS(GBR)	11-15-30	75-79
HANS ZIPFEL(GER)	11-17-30	75-79
ED DEMARRAIS(NEEDHAM,MA)	11-27-30	75-79
DON GAMMIE(HUNTSVILLE,OH)	11-29-30	75-79
ALENE PARK(HUNTSVILLE,AL)	11- 1-25	80-84
ED HOOKER(TULSA,OK)	11- 3-25	80-84
HANNU SUOKNUUTI(FIN)	11-10-25	80-84
ELSE LAINE(FIN)	11-25-25	80-84
ART WAGGONER(FAIR OAKS,CA)	11-26-25	80-84
BRONE SALICKIENE(URS)	11-26-25	80-84
ROY WIGGINGTON(CA)	11-30-25	80-84
HARALD PALMQVIST(SWE)	11- 4-20	85-89
DALE BUYSSE(LONGMONT,CO)	11- 8-20	85-89
JEAN PRICE(US)	11- 8-20	85-89
BRUNO SOBRERO(ITA)	11-11-20	85-89
FRANTISEK KLEMPA(CZE)	11-12-20	85-89
BERNARD HOGAN(AUS)	11-15-20	85-89
GUNNI SVENSSON(SWE)	11-17-20	85-89
KATRINA SMILDZINA(LAT)	11-19-20	85-89
ELFRIEDE FALKE(GER)	11-30-20	85-89
PAUL SEREGHY(NEW YORK CITY,NY)	11- 5-15	90-94
GIUSEPPE MARABOTTI(ITA)	11- 7-15	90-94
JUDY SIMON(LA MESA,CA)	11- 8-15	90-94
ADRIENNE SALKMIN(ALBUQUERQUE,NM)	11-20-15	90-94
AUSTIN NEWMAN(NJ)	11-21-15	90-94
ERIK STAI(NOR)	11-29-15	90-94
CHICK DAHLSTEN(LOS ANGELES,CA)	11- 4-10	95+
OSMO RENVALL(FIN)	11-10-10	95+
VAINO COLLAN(FIN)	11-17-10	95+
AILSA FORBES(NZL)	11-19-10	95+
CHORLY LASSEN(DEN)	11-30- 5	95+

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 Hamel, 106 Mt Auburn St.
Watertown, MA 02472
617-924-1392
brc@tiac.net

Cambridge Running Club
Bob Gilson, 8 Hawkes Ln.
Lynnfield, MA 01940
781-959-9592

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

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@crfdec.com; www.gbtc.org

Greater Long Island RC
101-24 Dupont St.
Plainville, NY 11803
516-349-7646; 516-349-7647 (fax)
www.potrc.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

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)

Mystic Runners
PO Box 282
Medford, MA 02155
Stephen Viegas, 781-944-3390
stephenveigas@hotmail.com
www.mysticrunners.org

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 07067
201-337-7081

North Jersey Masters
PO Box 56
Ridgewood, NJ 07451

NY Masters Club
Rose Ann Gasta
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
FrancisCash@aol.com

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

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

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

Pioneer Valley Women's Running Club
Sue Kaplan
45 Woodside Drive
Longmeadow, MA 01106
413-567-8563
kaplanse@yahoo.com; www.pvwrcc.org

PR Racing Team
Scott Brown
167 Pettingill St.
Lewiston, Maine 04240
207-782-0688
runcor1@aol.com

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

Rhode Island Road Runners
18 Musket Road
Lincoln, RI 02865
chryson089@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
DSSBhuda@aol.com

Sugarloaf Mt. AC
Box 659
Amherst, MA 01004
413-566-7411

Syracuse Chargers TC
118 Foxcroft Lane
Fayetteville, NY 13066
315-537-6211

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

Tendonitis A.C.
c/o Chris Rush
1177 Oxford Place
Schenectady, NY 12308
http://members.aol.com/MacAlps/TAC.html
chrisrush@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
1790 Lisa Dr., #4
Indiana, PA 15701
724-464-2222

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
205-875-5344

Carolina Masters Track & Field Club
Gordon Edwards
704-588-6865
gedwards@carolina.rr.com

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

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
ConsultJTB@aol.com

Manasota Track Club
Don Marshall
Sarasota-Manasota, 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

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 36618
334-473-RACE

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

Southern Knights Athletics, Inc.
P.O. Box 16883
Atlanta, GA 30321
404-767-4445
runninglool@mac.com

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

MIDWEST

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

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

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

Buckeye Striders/Racewalking
Maryann Hoveas, 603-D Old Towne Ave.
Columbus, OH 43214
hoveas2@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

Columbus Roadrunners
PO Box 15584
Columbus, OH 43215-0584
740-549-3068

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
piarist@kuh.net

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

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

Indiana Racewalkers Club
P.O. Box 1302
Indianapolis, IN 46206
David Hamman, Pres., 317-679-1403
david_hamman@sbglobal.net

Lexington Windjammers Running Club
182 Donabrock Ct., #6
Lexington, KY 40517-1110
Whit Whitaker, 659-552-9636
www.lexingtonwindjammers.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

Over the Hill TC
5091 Hickory Drive
Lyndhurst, OH 44124
www.ohic.org

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

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

River to River RC
PO Box 1224
Manor, IL 62959

USATF Club #18
Firebird Track Club
Doug Weikert, Charley Greene, Coaches
3301 Shroyer Road
Kettering, OH 45429
ogreen@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

American Walking Assoc.
National Office
PO Box 4
Paonia, CO 81428-0004
970-527-4571; 970-527-4607 (fax)
waa@online.col.com

Colorado Walking Club
Rocky Mountain Region
8853 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 Poirier
apoirier@hunc.edu
http://actrack.org/Heartland_Race.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
Coach Carmen De Reuck, kwazulu11@msn.com
Pres. Don Ford, DonFord@aol.com
www.runningpublic.com

Run, Racewalk, Row, Ride and Roll
Gary Westlund, Coach
Minneapolis & St. Paul, Minnesota
612-782-9620

St. Louis TC
2385 Hampton Av., #101
St. Louis, MO 63139-2932
www.stlouistrackclub.com
314-781-8928
314-782-3726 (raceline)

Dallas Masters T&F Club
1501 W. Lavender Lane
Arlington, TX 76013
817-274-0448
wrunner@aol.com
www.dallasmasters.com

Houston Gold Track Club
Dinah Anderson
713-621-9411
dinahome@aol.com

Houston Masters Sports Assoc.
4021 Montrose Blvd.
Houston, TX 77006-4956
713-523-5679

King of the Hill TC
48 Chateau Haul Brion
Kenner, LA 70065-4956
504-467-1197

Louisiana Lightning TC
Jeff Baty
321 E. Josephine St.
Gonzales, LA 70737

Midnight Sun TC
PO Box 7141
New Orleans, LA 70186

New Orleans TC
PO Box 52003
New Orleans, LA 70152-0003
504-842-6682

Oklahoma City RC
PO Box 18113
Oklahoma City, OK 73154
405-752-9097

Pine Belt Pacers
c/o Becky Ryder
9002 Lincoln Rd #10
Hattiesburg, MS 39402
www.PineBeltPacers.org

San Antonio TC
PO Box 39148
San Antonio, TX 78218
Don Austin
210-699-0265

South Louisiana Masters TC
PO Box 3125
Lafayette, LA 70502-3125
318-984-4934

Team Oklahoma Masters
George Hall
4217 W 91st
OK, TX 74132-3739
TEAM_OKLAHOMA@bigfoot.com

Texas Track Club
3334 S. SW Loop 323, #140
Tyler, TX 75701
Robert Hahn
903-561-9511
903-561-9512 (fax)

Tulsa RC
PO Box 3304
Tulsa, OK 74101-3304
918-496-1939
www.tulsarunningclub.com

Waterloo T&F Club
4112 Burnet Rd.
Austin, TX 78756
512-458-6010
www.geocities.com/hurdle4fun/

Arizona Flames Track Club
James Smith, 480-726-1613
jsmith@cox.net; www.azflames.com

Cal Coast TC
PO Box 7132
Newport Beach, CA 92660-7132
949-476-7076
Bill Sumner/Rick Herr

Club West
Beverly Lewis
PO Box 5730
Santa Barbara, CA 93150
805-969-5852
Gordon McClenathan
PO Box 99
Goleta, CA 93116-1099
805-964-3005

Corona del Mar TC
18103 S. Andromark Av.
Carson, CA 90746
310-638-7125

Elite Health TC
10738 Jefferson Blvd.
Culver City, CA 90230
310-559-9739

Excelsior TC
311 Lexington Way
Burlington, CA 94010
415-592-8353

Feel The Heat TC
Steve Morone
1522 E. Southern Ave., #2041
Tempe, AZ 85282-5664

Future Track Running Club
30125 Agoura Road
Agoura Hills, CA 91301
Coach Bill Duley
818-991-4786

Great Strides Honolulu
1521 Punahou St., #1302
Honolulu, HI 96822
808-942-9567

Hawaii Masters TC
PO Box 15763
Honolulu, HI 96830-5763

Heart & Sole Track Club
2817 San Mateo Blvd. NE
Albuquerque, NM 87110
John Reardon
505-620-9923
newmexicorack@yahoo.com
www.heartsolesports.com

Inland Empire Racewalkers
PO Box 261
Riverside, CA 92502
714-877-3548
714-824-2336

KEL Club
Gary Kelmanson
5601 Empire Grade
Santa Cruz, CA 95060
831-438-0300
kelclub@aol.com

Los Gatos AA
PO Box 1334
Los Gatos, CA 95031
408-354-7333

Marin Race Walkers
Jack Bray
PO Box 21
Kentfield, CA 94914
415-461-6843
marinrnw@netnet.net
www.lightways.com/marinrnw

Maul Throwers Club
Wayne Bartelme, 808-250-5536
wayne.bartelme@louseasons.com

No. Calif. Senior TC
John Coudill, President
1367 Oakland Av.
Piedmont, CA 94611
510-655-5901

Pacific Racewalkers
Box 513
Carmichael, CA 95609
916-483-2917

Personal Record Vertical Sports Club
602 Brentwood Ave.
Vallejo, CA 94591
Eddie Seeger
707-645-8555
psrport1@aol.com

Phoenix Bobcats Track & Field Club
PO Box 26545
Phoenix, AZ 85068-6545
www.phoenixbobcats.com
602-392-3599

Pole Pilots/Kinaesthetics Inc. Track Club
1137 E. Edison St.
Tucson, AZ 85719-3530
Roy D. Willis, Jr.
Jennifer L. Crossant
520-206-9322
www.polepilots.org

Quest Club
Fred Moore
3022 N 32nd St. #54
Phoenix, AZ 85018
602-954-4605

Reebok Aggie Running Club
10253 East Estates
Cupertino, CA 95014
Charles Alexander
charles@alumni.stanford.org

San Antonio Racewalkers
9635 Canyon Farms
San Antonio, TX 78250
Bert Pickel
bertpick@aol.com

San Diego TC
PO Box 371232
San Diego, CA 92137-1232
619-270-SDTC

Santa Cruz TC
P.O. Box 1803
Capitola, CA
831-728-0399

Santa Fe Striders
PO Box 1818
Santa Fe, NM 87504
505-983-2144

Show Time International TC
Beverly Hills, CA
Michael "Foots" Williams
323-291-7392
323-294-3719 (fax)
showtimetrackclub@MSN.com
www.showtime.micronpcweb.com

Sierra Racewalkers
PO Box 13203
Sacramento, CA 95813-3203
916-722-5039

SLO Roadrunners
Roger Wilkes
San Luis Obispo, California
Coach WTRISLO@aol.com
www.TRISLO.COM

Southern California Striders
39777 Cathy Dr.
Fairbrook, CA 92028
619-436-7698

So Cal Track Club
18 Charga
Rancho Santa Margarita, CA 92688
Mark Cleary
949-589-0242

Tamapa Runners
Box 4132
San Rafael, CA 94913
415-721-3791

Team Runners High TC
Steve Morone
PO Box 1429
Huntington Beach, CA 92647
949-631-6436
Morezone@earthlink.net

Trojan Masters TC
40 Golden Star
Irvine, CA 92604
949-786-1731
gregory.charles@ca.com

Walkers Club of L.A.
610 Woodward Blvd.
Pasadena, CA 91107
626-985-9854

Walk This Way - Racewalking Club
525 Hidden Ridge Cr.
Encinitas, CA 92024
Sloan Zaisos
619-855-7644
walkthisway2000@aol.com

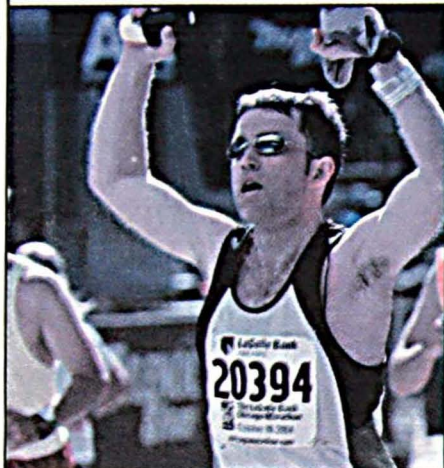
West Valley Joggers & Striders
1124 Kennington Av.
Sunnyvale, CA 94087
408-246-2651

NORTHWEST

Anchorage RC
Joan Nockels
PO Box 243362-3362
Anchorage, AK 99524-3362
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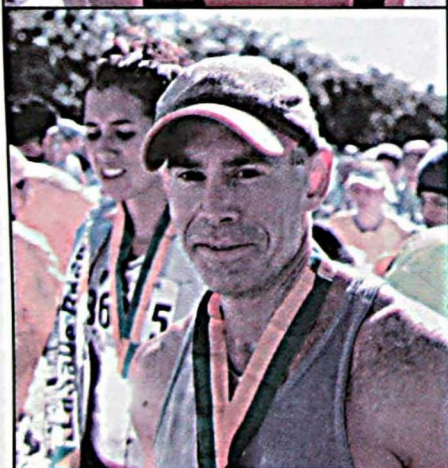
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