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

327th Issue

November 2005

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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

after the race was over, it was the nottest Twin Cities Marathon on record, with temperatures in the 70s and 61% humid-

Continued on page 8

Simonaitis, De Reuck Tops in National 10K Championships



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.

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

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.

Continued on page 4

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 e to address Chicago area school ldren about the importance of lung ilth, as part of a program sponsored the American Lung Association of Metropolitan Chicago.

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 disance 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.usa tf.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 Recep-

Continued on page 5



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

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Team Manager Charles DesJardins (see above)

En 2006 WI

By PHILIP GREE

USATF Masters T Manager January 10, 2006, entries for the 2nd ships - Indoor to Austria, March 15-20 offer standard indoo events and a pentath outdoor events - wint marathon, 8K cross-c racewalk. A comp

The entry form ha meet entry form and mental form. Both line at HYPERLIN usatf.org/groups/Mas tf.org/groups/Masters Sherry Quack, USAT quarters, One RCA I Indianapolis, IN 4622

available at www.linz

The completed for payment of all fees are to be returned to O address before Jan. USATF staff and Philip USA Team Manager, v the entries, convert Euros, and forward me to Linz.

All USA athletes m uniform tops. Athletes they purchased for S they can order one v Additional uniform ite

Achilles Te

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, halfmarathon, 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 online 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.

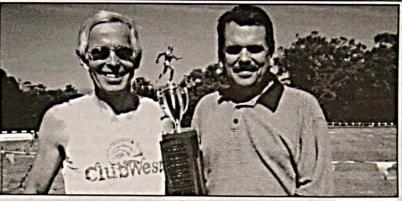
Athletes planning to run the 4x200m relay should enter the 200m (the selection of teams is based on performances in the 200m) and arrange to stay through the evening of March 20.

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



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.



November 2005

any of us and son we have three days i good experiences with Spain.

Competition

As always, there is learned. In some ca and I am sorry for the was the case.

Some athletes disinternational com
USATF has no com
don't go according to
how hard you try, a
WMA, the LOCs can
at show time. This wa
San Sebastian.

Below are listed so lessons to keep in meets:

Get there early! I petitive reasons, but if the process logistic change on an hourly cases declarations are other cases, the day of

Sometimes declaratement venue than the Athletes need to know credentials and declaratement than the Language can be a property of the Athletes need to know the Athletes need

• Having the weight room closed from seemed crazy to us, by they chose to do it. On try hard to be on top of they cannot know e sure to attend the the every day. Check board every day.

• Work the event W for clear understanding

 Accommodations should have been ma October at www.linz have some strong inc ing this deadline. You with your entry www.usatf.org by th deadline.

Games Committee
I have regretfully a
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Games Committee.
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inception. The Gam
one of the most impo
we have. Thank you
great work.

I am happy, howe appointment of Jim of Games Committee of DeWeese as Comm Both have worked we for a long time and increase the degree athletes experience onship meets.

I have added a committee to help tion, which has beco

WRITE
ON!

Address Letters to: National Masters News
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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

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



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

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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 -

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 the stories to live the stories of the sto

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.



Track & Field Report

By GEORGE MATHEWS Chairman, USATF Masters Track & Field

A Busy Second Half

any 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. Twentythree 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.

important to you.

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

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

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

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



Tom Rauscher (I), 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

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 Masters Regional Coordinators 12pm - 2pm 2pm – 6pm 7pm – 10pm Masters T&F Awards Committee **Opening General Session**

Thursday, December 1, 2005 8am – 10am General Competition Division

Masters T&F

10am - 1pm 12pm - 2pm Joint T&F/LDR Hall of Fame Subcommittee

2pm - 6pm

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

Joint Session T&F/LDR 2pm - 4pm 4pm - 6pm Northwest Masters Regional

Saturday, December 3, 2005

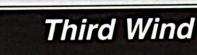
USATF Awards Breakfast Buffet 7am - 9am 9am - 10am **General Competition Committee** 10am - 2pm Masters T&F Masters Regional Coordinators

2pm – 6pm 7pm – 11pm

USATF Closing Reception

Sunday, December 4, 2005

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



By MIKE TYMN

Tom Toscano "hangs tuff"

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 oppor-tunity, 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 acupunc-

ture 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 some-thing 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 5feet 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

"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

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

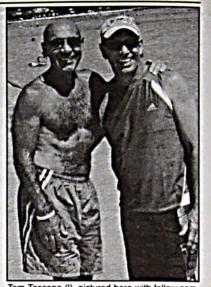
After an initial prognosis of six months, which I rejected, I started to train immediately and believe that though my doctors are skeptical or reticent about sprint training, it is sustaining me. Here is an area where I'm really on my own, which I find a real challenge.

"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

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 (I), 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

Masters LDR Executive Committee

8am - 11am 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*
Masters Hall of Fame Subcommittee

12:30pm - 2pm

LDR Division Meeting
Jesse Owens/Hall of Fame Reception & Banquet 4pm – 6pm 7pm – 11pm

Friday, December 2, 2005

LDR Division Meeting Masters LDR 8am - 10am

12pm - 2pm

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

USATF Awards Breakfast Buffet 7am - 9am 9am - 1pm Road Running Technical Council Mountain, Ultra, Trail Council 9am - 12pm 10am - 12pm 2pm - 4pm Cross-Country Council

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

4pm - 6pm 7pm - 11pm LDR Division Executive Committee **USATF Closing Reception**

Sunday, December 4, 2005 8:30am – 10am USA 10:30am – 12pm Boa

USATF Closing General Session

Board of Directors

Pi nless a ma Championsh chance that i ciation and regional

November 2005

There are probl gauges not working problems, record available, not enoug measurements, lack measuring equipme loss of paperwork, the required signatu tion, as well as all documentation.

Most masters a that record perform examined because bogus records in the

Unfortunately, a performances neve because of some fai to ratification.

Be Prepared

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An athlete seekir know the process ar 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 inexpensive, and i knows that an athle record, he or she is a sanction (contact Association and al advance of the med on a sanction on th of the USATF Web

If you expect to sure to notify the organizer and ask

Electronic timir Any racing di including 400m mu timed. You will r printout to go with

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

in fact, they are no

Speaker's Corner

By Bud Held

Process for Ratifying Records

nless 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 timingproblems, 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 com-mon 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

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 measure-

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 (I to r) Sam Hall, Warren Graff, 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

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.texastech.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 Long Jump Pole Vault 9:00 a m High Jump

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

Event 55mH 55m Mile Run

Please print or type: First Name:

__ Female: _____ Age: _____ D.O.B.: _

Street Address:_

200m

State:

City:_

E-mail:

Walver & 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 voluntees 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 autest 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.

November 2005

Does Re

n October's N ance of 40-to authors conclu is due to a declin a reduction in str in that study was people of similar ly call "control s

To ascertain w (chronic) exercisi aging process, c masters athletes controls is necess

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Sedentary Con A group of Turk lished an interesting which attempted to tal reaction time w bic ability and bloc hormones in seden trained elderly m Journal of Neuro

pp. 623-637, 2004 Ten male maste to 74 years, exerci 11 male sedentary age 60 to 70 years the study. The we tary group was son to 92 kg) than the letes (68 to 74 kg)

To measure me (RT), the investiga vocational aptitu employed a specif accurately measur which is consider measurement of co

Both groups w exercise heavily tested for aerobic known to decline best physiologica capacity is the m maximum oxyg capacity (VO₂max

Along with the VO₂max, blood s taken to measure mones testosteron hormone (GH). believed that sex influence cognitive study subjects w their aerobic fitne ergometer that measurement. And the Winne

The results of significant differe two groups of su ured parameters. was higher (31 mi per kg) in maste controls (19 ml/s

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

Six Steps to Staying Injury-Free

s 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:

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

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.

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 perhaps 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 Mlle Record in **Masters Debut**

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



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

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 agegraded 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., winner 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

Alfred Finger, 71, second M70 (6:23), Continen-

MILLROSE

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 60and-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. Q

Twin Cities Marathon

Continued from page 1

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

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

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

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

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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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).

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 (VO₂max).

Along with the measurement of VO₂max, 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 VO₂max 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 VO₂max 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 longterm 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 VO₂max.

The investigators thus concluded that long-term exercise decreases RT and increases VO₂max, 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.



JERRY WOJCIK

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.,

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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By Earl Fee

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Masters Racewalking

By ELAINE WARD

Racewalkers Recount Experiences at Championships - Part II

s 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,

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 com-

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

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+

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

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

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+

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 racewalk,16th WMA World Championships.

Strachan who emphasized long distance,

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.

including several weekly 12-milers as

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

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 email addresses for many competitors. If you were not contacted by me, please notify me of your email address at narwf@sbcglobal.net. - ew)

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On The Run

By HAL HIGDON

Radio Daze

wo 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 cohosts 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.

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.)

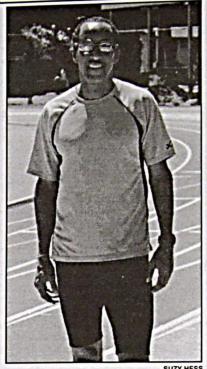
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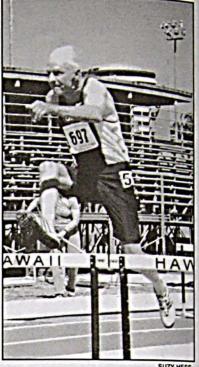
*Clive Davies, 70, Wins \$4000 in Twin Cities

*Kirk Randall Top Master in TAC National 5K

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



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



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 longsleeved, 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 twoand 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.dcgroupgov.com or http:// www.runwashington.com or call 301-871-0400.

The race page is http://www.run washington.com/other/veterans day10k.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 hot-line (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 words: 3:37:57 at the USA Nation
 RW Championships, Ocea
 Sept. 17. Dave McGover
 Chocolates, was third meen Jasionowski, 60, Punder 4:00:00 with a fifth-resident

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 his 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 the 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-Marathor Championships, Jersey C 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, 1:52:34, were the top age-gr Division winners and age-were awarded prize money.

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

(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 55:47, Was second M40+. De 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 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 had

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 rack Alice Franks the W55 (37:3 * Michael Woodman,

Michael Woodman, MD, 55:36, and Christina Severna, MD, 64:46, cruis 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 star 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-male 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

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 No. 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 superweight (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,

Michael Woodman, 40, Immonium, 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, 46, Rogers, AR, took the W45 race with a ninth-female 67:35. In its initial seven runners started; this year, 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 win-ner 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 12minute 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 Verington, 43, Bradford, MA, 26:03, made riting to honest, tage. Gate City. 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 M70 bragging rights. Former Boston Marathon winner Uta Pippig, 40, nabbed

*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 Ansine, 46, Coral City, FL, 77:19; Jorge Ramos, 50, Hialeah, FL, 79:40; Albert Wieringa, 59, St. Petersburg, 81:04; Bob Borghyad, 77 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. 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 Vanloon, 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 Thell 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, Minn-eapolis, 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



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



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

Visit the National Masters News at 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, M78, with 4 27, 412 hours in the house 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 mas-ters 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 gradabout his longevity, Whittemore said, "Eating fresh vegetables and fruit, with regular exer-cise." "He was amazing," Beverley 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 memo-

ny.)

• 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,

TRACK & FIELD

NATIONAL

November 30-December 4 27th USATE 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@usatf ne.org; www.usatfne.org/masters 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.

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.carolinastrack

andfield.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;

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

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.usa

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-

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); Iste pan@yahoo.com

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

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 Champion-

ships, 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

Chammpionships, Clermont-Ferrand, France. July-August, 2009. 18th WMA World Champ-

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.Running USA 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,

November 13. Stockade-athon 15K, Central Park, Schenectady, NY. hamletbryans@aol.com November 19. JFK 50 Mile, Hagerstown, MD. spinnlerm@msn,com; www.50jfkmile.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.glirc.org
December 12. USATF-NJ 10 Mile Champion-

ships, West Windsor. Pam Fales, 973-334-

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.atlantatrack

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 Miler &

5K, Yorktown, VA. 757-886-1302; 757-722-November 5. Apple Valley 5K XC, Bedford,

VA. Theresa Boyes, 173boyes@aol.com November 12. SunTrust Richmond Marathon, Richmond, VA. 804-673-RACE; www.rich mondmarathon.com

November 12. A1A Marathon, Ft. Lauderdale, FL. 888-ESM-SPORTS; A!AMarathon.com November 19. USATF Florida XC Championships, NTC, Clermont, FL. 352-241-7144, x4206; www.usantc.com

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

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

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/

November 24. Outback Distance Classic Half-Marathon, Jacksonville, FL. www.1stplacesports.com November 24. Atlanta Marathon & Half-Marathon. 404-231-9064; www.atlantatrack club.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 Annual Meeting, Jacksonville, FL, starting on the 30th.

LONG DISTANCE RUNNING

The USA National Club XC Championships will be held in Genessee 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.

athon.org

December 3. Charlotte Marathon, Relay & 10K, Charlotte, NC. www.runcharlotte.com December 4. Marathon of the Palm Beaches, Half-Marathon & 5K. www.marathonofthe palmbeaches.org
December 10. USATF-GA 10 Mile Champ-

ionships, Dalton. David Leatherman, 706-673-

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

SOUTHWES Arkansas, Louisiana, Mi

Oklahoma, Texa November 6. The Half, 13. Dallas. 972-235-2513; www.th November 13. San Antonio M

Marathon, San Antonio, TX. www.samarathon.org November 19. Oklahoma M 918-407-9650; www.oklahoma November 24. Dallas YMCA

Mile. www.thetrot.com
December 10. Sunmart Texas 50 Mile & 50K, Huntsville S Houston). 210-494-9493; ww December 11. Dallas White Half-Marathon & Relay. www

WEST Arizona, California, Hawa New Mexico

November 5. Helen Klein Classic 50 Mile, 50K & 30K, 5 916-859-0821; www.ultrarunn November 5. Santa Barbara N Marathon & 5K, Santa Barbara 3671

November 6. Santa Clarita Marathon & 5K, Santa Clarita

1472; scmarathon.org November 6. U.S. Half-Francisco. www.ushalf.com November 12. Calabasas Cla Calabasas, CA. 818-715-0 basasclassic.com

November 12. USATF No Championships, Cuba. www.i November 19. Turkey Trot Vegas, NV. 702-450-4788; v ningteam.com

November 26. Topanga Turk & 15K, Topanga, CA. www.tr November 27. Run to the 10K, San Francisco. 415-7 .rhody.com

December 3. Death Valley E Half-Marathon & 10K, Death V Horning, 415-868-1829 December 3. Tiger Run 5K,

CA: Therese Malina, 626-403 December 4. Las Vegas Mar thon com December 4. High Desert Ul

50K Trail Championships, 1 Chris Rios, 760-384-3764; http December 4. California Inte thon & Relay, Folsom. 916-98 December 4. Tucson Mara 0667; www.tucsonmarathon.cc December 10. Venice-Marina Santa Monica, CA. www.w2p December 11. Honolulu Mara

olulumarathon.org December 11. Lasse Viren 20 Park, CA. 805-648-5922; t

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SOUTHWEST

sas, 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

WEST

Arizona, 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-

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.cala basasclassic.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.lasvegasrun ningteam.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. LVmara

December 4. High Desert Ultra/USATF SCA 50K Trail Championships, Ridgecrest, CA. Chris Rios, 760-384-3764; http://othtc.com December 4. California International Mara-

thon & 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.hon-

olulumarathon.org December 11. Lasse Viren 20K, Pt. Mugu St. Park, CA. 805-648-5922; tkingtrack@msn.

NORTHWEST

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

November 6. City of Trees Marathon & Half-Marathon, Boise, ID. 208-378-7160; www.city oftreesmarathon.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.seattlemara

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 OMTFA/OTFA 5K XC Championships, Woodstock, Ontario. canadian mastersathletics.com

December 3. Canadian XC Championships, Vancouver, canadianmastersathletics.com

INTERNATIONAL

November 20. BMAF 10 Mile Championships, Bishops Stortford, Herts. www.bmaf.

December 11. WMA World 100K Championships, Bariloche, ARG. Deadline Nov. 25. Phone/fax: +554 294 4434557; www.mundial 100k-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; email: 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



Competitors and officials at the 8th annual Twilight Throwers Weight Pentathlon, Chelmsford, Mass

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Leonard Ferman

Trent Hagler

Jim Watts

M45-49 Mark Carver

Charles Greene

Michael Kountze

Fred Kitzrow

JamesScesney

1500 Pent. JT Mile 800 100 200

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2:08.78 4:30.74 2964 58.03 4:49 2:08.4

11.80

5/12/05

5/12/05 7/24/05

6/11/05

8/4-7/05 8/4-7/05 8/4-7/05 9/5/05 6/21/05 7/12/05

7/30/05 7/30/05

months old. Results typed : Deadline is the 10th of the

	NAME/AGE
M45	Brian Doherty (45) Dan Wallace (49)
M50	Carl Reichard (50)
M55	Ned Rich (55)
M60	Buster Byrnes (63) Jim Chamberas (6
M65	George Cormey (6
M70	Paul Xanthopoulos
M75	Bill Garrahan (75)
M80	Bob Chase (84)
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Mid-Atlantic USATF ting, PA

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Michael Patterson Al Spencer M50 Thomas Jones

Gary Leigh Terry McKechnie Mark Lacy M55 Carl Grossman Bob Schuler M60 Melvin Fields Glenn Schmehl Bob Fuhrman

M65 Larry Colbert

Nate Byrd
M70 Walter Palmer
W30 Jill Cypress Turner
April Holmes
W40 Monika Caldwell W60 Sue Levy

400m M30 Ted Diehl M40 Jim O'Donnell
Darnell Smith
Ray Parker
Alex Megariotis

M45 Sal Allah M55 Richard Brown Carl Grossman

Bill Indek M60 Melvin Fields Glenn Schmehl

Bob Fuhrman M65 Larry Colbert M85 George Blyn W40 Monika Caldwell

800m M30 Neill Clark M35 Windsor Jones M40 Scott Landis James Scesney 2:0

RECIPIENTS OF ALL-AMERICAN AWARDS 32.48 12.51 33.18 12.76 7/24-31/05 7/24-31/05 7/24-31-05 6/9-10/05 Ken Tronstad 4/17/05 5/28/05 Greg Pizza Barry Warmerdam JT 100 200 **Bobby Whilden** M55-59 Tim Wigger 9/25/05 2:18.47 800 W40-44 Carla Greene Claudia Ward Mary Hurley-Weeks 42.05 9/5/05 M60-64 John Darlington Warren Graff 5/21-22/05 7/10/05 8/22, 9/3/05 8/22, 9/3/05 8/22- 9/3/05 1500 5:29.95 5:29.2 5:57.2 7/30/05 1500 100 200 400 13.10 27.90 62.97 W50-54 Debbie Topham 3K RW 17:10.04 1/23/05 **20K RW** 5/15/05 M65-69 7/2-13/03 8/26-29/04 W55-59 Ingrid Mancini 8.29 8.22 Gervasio Rodriquez TJ

2/13/05

8 56

W60-64 Barbara Leighton

06 Mey ary Ca					SP 3000	SC 13:	.55 :15.14		/29/ V4-7		A 500-	M70 Pau		mkuhl		
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100		11.0	11.3	11.5	11.9		12.6	13.		13.8	1/	4.6	16.0	18.0	23.0	
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HJ		1.90	1.85	1.76	1.68	1.60	1.50	1.4		1.38	1.		1.15	1.00	0.80	
no.		1.90	6-1/4	5-91/4	5-6	5-3	4-11	4		4-61/4	41		3-91/4	3-31/4	2-7%	
PV		4.40	4.10	3.95	3.70	3.55	3.05	2.7		2.40			2.00	1.80	1.30	
-		1-51/4	13-51/4		12-11/4	11-7%	10-0	8-10		7-10%	7-6		5-61/4	5-10%	4-31/4	
				5.85	5.60	5.40	4.90	4.5		4.20			3.35	2.85	2.20	
W		6.50	6.10	19-21/4	18-41/4	17-8%	16-3/4	14		13-91/4	12-5		-111/4	941/4	7-21/4	
TJ		21-4	12.60	11.50	10.80		9.50	8.9		8.20			6.50	5.94	5.51	
10		3.20	41-41/4	37-81/4	35-51/4		31-2	29-2		26-11	22-		21-4	19-6	18-1	
Shot		4.50	14.02	13.41	12.62		12.00	12.8		11.50	11.		9.00	8.00	6.00	
Shor		47-7	46-0	44-0	41-5		39-41/4	42-		37-81/4	36-1		9-61/6	26-3	19-81/4	
Discus		4.80	42.80	39.50	37.50	42.00	41.00	42.0		39.00	34.		6.00	22.00	15.24	
Discus		47-0	140-5	129-7	123-0	137-9	134-6	137-		27-11	111		85-4	72-21/4	50-0	
Hammer		7.24	44.20	40.00	39.00	39.00	36.00	36.0		32.00	30.		4.00	20.00	17.07	
Hammer			145-0	131-3	127-11	127-11	118-1	118-		105-0			78-9	65-7/4	56-0	
Invalia		55-0					41.00	39.0			31.		4.00	19.00	14.02	
Javelin		2.00	56.00 183-9	48.76	47.00 154-2	43.00	134-6			35.00	101		78-9	62-4	46-0	
20.00		03-5		160-0		141-1		127-1		14-10			5.00	02-	40-0	
35#WL		5.00	14.00	13.00	12.00	10.00	9.00									
		-21/4	45-111/4	42-8	39-41/4	32-9%	29-61/4				19-6		6-41/4	10.00	8.75	6.00
Weight		5.00	14.00	13.25	12.50		13.25	14.0		13.25	13.		1.75			
		-21/2	45-111/4	43-51/4	41-01/4		43-5%	45-11		43-51/4	44		8-61/4	32-9*/4	28-81/4	19-81/4
Sup.Wt.		9.50	9.00	8.50	8.00		5.50	5.0		4.50			3.00			
(56#)		31-2	29-61/4		26-3		18-1/2	16-4		14-9	11-5		9-10	8-21/2	6-61/4	
Pent		2800	2600	2600	2600		2600	260		2600			2400	2200	2000	
Decath.		5500	5250	5250	5000		5000	450		5000			4200	3000	2500	
Wt. Pent.	2	2800	2700	2800	3000	3000	3000	300	10	3000	26	00	2700	3000	3000	
Notes:	1)	100	standards	are for	automa	atic time; us	se stand	dard c	onve	rsion f	or ha	and tim	•.			
	2)	Short	t hurdles:	: 30	0-49: 3	9";	50-	-59: 3	36";	60-6	69:	33";	70-7	79 30";	80+:	27"
	3)	Long	hurdles:	30	0-49: 3	6";	50-	-59: 3	33";	60-6	69:	30";	70+	: 27"		
	4)	Shot	put:	30	0-49: 7	.26k (16#);	50-	-59: (6k;	60-6		5k;	70+	: 27"		
			us throw:			kg;			1.5kg			1.0kg;		And the last		
		Hamr				.26k (16#);			6k;	60-6		5k;	70+	: 4k		
		Javel				100g;			700g		700	600g;		79: 500g		400g
										100					100	
		Weig				150			25#	60-6		20#	70-	79: 16#	80+:	128
		Supe	erweight:	31	0-69: 5	6.0	70	-79: :	35#	80+		25#				

					No. of Lot, House, etc., in case of	TANDAI	OMEN		AND DESIGNATION OF THE PERSON NAMED IN COLUMN	STATE OF THE PARTY		
	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
N45	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
N50	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
N55	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	7:12:4
N65	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	
N70	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	8:11:3
N75	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	8:49:2
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	9:47:3
N85	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	10:39:1
W90	14:56	16:06	30:36	42:14	1:25:30	1:47:18	2:48:13	3:51:12				
					To the said		MEN	ALL PROPERTY.				
M30	6:31	7:01	13:21	23:05	37:57		1:13:10			2:32:17	3:27:30	4:31:0
M35	6:43	7:14	13:47	23:46	38:55	48:53	1:14:28		2:06:56	2:34:14	3:30:17	4:34:5
M40	6:58	7:29	14:16	24:24	40:15	50:32				2:39:47	3:37:53	
M45	7:13	7:46	14:47	25:31	41:44	52:25	1:19:58		2:16:35		3:46:36	
M50	7:33	8:05	15:23	26:33	43:25	54:32	1:23:14		2:22:20	2:53:13	3:56:29	
M55	7:50	8:26	16:04	27:43	45:19	56:55	1:26:56	1:56:38		3:01:19	4:07:41	5:24:2
M60	8:13	8:51	16:50	29:02	47:28	59:38	1:31:10		2:36:20	3:10:33	4:20:30	
M65	8:38	9:19	17:43	30:33	49:56	1:02:45	1:36:01		2:44:53	3:21:11	4:35:15	
M70	9:08		18:44	32:18		1:06:21	1:41:37		2:53:56	3:33:31	4:52:23	
M75	9:43	10:28	19:55	34:20	56:04	1:10:35	1:48:13	2:25:34		3:48:05	5:12:40	
M80	10:26	11:14	21:22	36:50		1:15:44			3:20:50	4:05:57	5:37:34	
M85		12:13	23:14	40:04		1:22:26	2:06:43		3:39:31		6:10:11	8:07:5
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	9:11:3

11) Metric heights and distances are the standard; feet and inches listed for convenience.

distr.	U.S	. MA	ST	ERS	AI	L-A	ME	RIC	AN	STA	NDA	RD	S
							WOM						
Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
55	8.0		8.50	8.80	9.10	9.40	9.80	10.30	10.80	11.50	12.30	13.40	14.80
60	8.60		9.10	9.50	9.90	10.20	10.60	11.10	11.70	12.40	13.40	14.40	15.90
100	13.8		14.4	15.0	15.5	16.4	16.8	18.6	19.8	22.0	25.0		
200	28.0		30.0	31.6	33.0	35.0	37.0	39.0	42.0	48.0	52.0		
400	63.5		68.0	70.0	78.6	80.0	83.0	84.0	86.0	98.0	104.0		
800	2:33		2:40	2:46	2:54	3:10	3:20	3:36	3:56	4:30	5:40		
1500	5:10		5:30	5:40	6:00	6:20	6:45	7:30	8:00	8:50	10:10		
Mile	5:40		6:10	6:30	6:50	7:00	7:40	8:10	8:50	9:40	10:45		
3000	11:30		12:00	12:30	14:00	14:30	15:00	16:00	18:30	20:00	23:00		
5000	19:45		21:00	22:00	23:30	24:50	26:00	28:00	30:00	34:00	36:00		
10000	41:30		44:00	48:00	50:00	52:00	56:00	60:00	66:00	76:00	85:00		
100H	17.2	18.2			Elina de				TAX ST		THE PERSON		
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0		
400H	75.0	79.0	84.0	88.0	374.5						A STATE OF		
300H					66.0	72.0	79.0	87.0	96.0	110.0	120.0		
2K-SC	8:20	8:35	9:00	9:30	10:00	10:25	11:00	11:55	12:50				
HJ	1.40	1.35	1.27	1.22	1.12	1.07	1.02	0.97	0.92	0.89	0.84		
	47		4-2	40	3-8	3-6	34	3-21/4	3-01/4	2-11	2-9	1	
PV	2.70	2.40	2.10	1.80	1.50	1.20	1.10	1.00	0.90	0.80	0.70	7 3 26.	
	8-107	7-10%	6-10%	5-10%	4-11	3-111/4	3-7/4	3-31/4	2-111/4	2-7/2	2-31/4		THE .
W	4.60	4.42	4.04	3.81	3.40	3.20	3.10	2.60	2.30	2.10	1.50		
	15-1	14-6	13-3	12-6	11-1%	10-6	10-2	8-61/4	7-61/4	6-10%	4-11		
TJ	9.50	9.09	8.43	7.49	7.01	6.40	6.20	6.00	5.50	4.50	3.89		
	31-2	29-10	27-8	24-7	23-0	21-0	20-41/4	19-81/4	18-1/4	14-9	12-9		
Shot	10.30	9.32	8.51	8.40	8.00	7.77	7.50	6.60	6.00	5.20	4.30		
	33-91/	30-7	27-11	27-61/4	26-3	25-6	24-7/4	21-8	19-81/4	17-1/4	1411/4		
Javelin	35.00	33.50	28.00	25.00	23.00	22.15	20.00	17.00	16.00	15.00	12.00		
	114-10	109-11	91-10	82-0	75-51/4	72-8	65-T/s	55-91/4	52-6	49-21/4	39-41/4	Wist nu	SHEET
Discus	32.00	30.00	25.00	24.00	22.00	21.00	18.00	16.00	14.00	13.00	11.00		
	105-0	98-5	82-0	78-9	72-21/4	68-10%	59-1/4	52-6	45-11%	42-8	36-11/4		
lammer	35.00	32.50	30.00	25.00	23.00	22.00	21.00	18.00	14.00	12.00	9.00		
	114-10	106-7	98-5	82-0	75-51/4	72-21/4	68-10%	59-1/4	45-11%	39-41/2	29-61/4		
Weight	10.00	10.00	9.00	8.00	9.00	8.00	9.50	8.75	7.75	6.50	5.50	4.25	3.50
200-025	32-91	32-9%	29-61/4	26-3	29-61/4	26-3	31-2	28-81/2	25-51/4	21-4	18-0%	15-7	11-5%
Sup.Wt.	6.50	6.00	5.50	5.00	5.25	5.00	4.75	4.50	4.00	3.50			
A CONTRACTOR	21-	19-8%	18-1/4	16-41/4	17-24	16-41/4	15-7	14-9	13-1%	11-5%			1
VL Pent	2600	2500	2500	2500	2800	2600	2600	2500	2500	2400	2300		-
Notes:	1)	100 sta	andard	s are	for au	tomatic	time:	use st	andard	conve	rsion fo	or hand	time.
at water	2)	Short I				33":	40-5			60+:		1000	
	-,					30":	60+:						
		Long h						Annual Control					
		Shot p				4k;	50+:					100	
	4)	Javelin	1:	30	-49: (600g;	50-5	9: 50)0g;	60+:	400g		
		Hamm	er:	30	49:		50+:						
	6)	Weight			-49: 20		50-5		5#;	60+:	12#		
	7)	Supen			-49:		50-7		5#	80+:	The second second	100	
	8)	Metric			dista	nces ar	e the s	tandar	d; feet	and in	ches lis	sted fo	

DT

200 400

21.00

34 92

6/28/03

7/27/05 7/30/05

APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

NAME	AGE-GR	AGE-GROUP						
ADDRESS		SEX: M_	F					
CITY	S	TATE	ZIP					
MEET	DAT	DATE OF MEET						
MEET SITE	With the Control of							
EVENT	MARK							
HURDLE HEIGHT	WEIGHT OF I	IMPLEMEN	NT					
1 CERTIFICATE	1 PATCH	1	PATCH TAG					

- 1. If you have equaled or bettered the standard of excellence, please fill out this application, completely.
- 2. A copy of your results or a note stating in which issue your results appeared MUST accompany this application.
- 3. Please send \$10 for a certificate, \$10 for a patch, and \$10 for a patch tag showing event and year. The cost for both a certificate and patch ordered at the same time is \$15. 4. Send to: All-American, National Masters News, P.O. Box 50098, Eugene OR 97405.
- 5. A 3-color, 8" by 10" certificate, suitable for framing, and/or a 3-color, 3" by 4" patch will be mailed to you within six weeks. Allow eight weeks for a patch tag.

TRACK & FIELD RESULTS
e send results to: National Masters News, P.O. Box 50098, Eugene, OR 97405; e-mail: natws@aol.com. To keep information current, we generally do not publish results more than 3
hs old. Results typed and measuring 2-1/4" wide in metric in our format receive preference. ths old. Results typed and measuring 2-1/4" wide leadline 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 Chamberas (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	
141	Atlantic LICATE	Page C	-	0.07.00	1405.5			-

Mid-Atlantic USATF Bryan Carr Masters Championships M45 Chuck Shields

M80 Bob Chase (84	4)	00.00 5.92	16.18
Mid-Atlantic USA	TF	Bryan Carr	2:07.30
Masters Champions		M45 Chuck Shields	2:05.26
		Tom Yunker	
Plymouth Meeting	PA	Alex Megariotis	2:30.21
July 24	G. 19	MEO los Prins	2:32.45
		M50 Joe Bruno	2:19.74
100m	100	M55 Richard Brown	2:33.73
M30 Durell Johnson	12.44	Bill Indek	2:52.57
Ted Diehl	13.11	M60 Carl Landis	2:41.76
M35 David Sanfilippo	11.92	Robert Bennett	2:49.29
Joseph Williams	12.14	M85 George Blyn	6:33.42
M40 Gerald Crocker	11.59	W30 Theresa Cuozzo	2:48.88
Darnell Smith	12.06	W45 Joan Affleck	2:53.60
		W60 Sue Levy	4:42.22
Michael Burke	12.44	Mile	
Michael Evans	12.55	M40 Kevin Forde	5:02.91
Brandon Newell	12.72	M45 Chuck Shields	4:43.62
M45 Tony Fulton, Sr.	11.59	M50 Joe Kern	
Lovell Butler	11.80		5:18.56
Rick Evans	12.07	M55 Fred Dedrick	6:16.59
Michael Patterson	12.91	M60 Louis Coppens	5:51.70
Al Spencer	13.32	Carl Landis	6:05.30
M50 Thomas Jones	11.88	M85 William Benson	10:13.46
Terry McKechnie	12.54		14:51.08
Gary Leigh	12.73	5000m (hand timed)	
	13.35	M30 Mike Padilla	15:35
Gary Arend		Kareem Lanier	16:05
M55 John Borden	14.79	M35 Gene Tung	16:19
M60 Melvin Fields	12.88	Terry Kelly	17:20
Fred Edelstein	14.34	M40 Kevin Forde	17:03
M65 Larry Colbert	13.66	M45 Maurice Pointer	17:55
William Bittner	13.77		16:47
Burr Daly	15.44	M50 Terry Permar	
M70 Walter Palmer	14.92	Joel Hoffsmith	18:22
M75 Joe Granahan	17.42	M55 Seth Bergmann	19:20
M80 Oscar Harris	17.62	M60 Louis Coppens	19:40
W30 Jill Cypress Turner	12.83	M70 Jim Sutton	21:03
April Holmes	13.70	W40 Lynne Andersson	
W35 Virginia Whitfield	14.58	W45 Sarah Tabbutt	19:54
W40 Renee Henderson	13.43	W60 Fran Emanuel	27:33
		100mH	
Monika Caldwell	13.85	M50 James Broun	15.41
200m	05.00	110mH	
M30 Durell Johnson	25.88	M30 Michael Jackson	16.05
Ted Diehl	26.91	Durell Johnson	21.05
M40 Gerald Crocker	24.05	M45 Leee X	16.92
Darnell Smith	24.18		18.59
Michael Evans	25.59	George Munro	10.55
Ronald Davy	26.73	400mH	F7.00
M45 Tony Fulton, Sr.	24.47	M30 Michael Jackson	57.39
Rick Evans	24.88	M45 Leee X	1:02.56
Michael Patterson	26.39	4x400m	
Al Spencer	27.48	M40-49 Pineland Strid	
M50 Thomas Jones	25.01	Doyle/Shea/Malpass/O	'Donnell
		High Jump	
Gary Leigh	26.56	M30 Durell Johnson	1.52m
Terry McKechnie	26.61	M50 Art Kress	1.52m
Mark Lacy	29.91	M55 David Montieth	1.58m
M55 Carl Grossman	31.25	John Harbulak	1.17m
Bob Schuler	32.28	M65 Burr Daly	1.12m
M60 Melvin Fields	26.28		
Glenn Schmehl	27.86	W35 Virginia Whitfield	1.22111
Bob Fuhrman	29.93	Jenay Lawrence	1.07m
M65 Larry Colbert	28.23	W45 Karen Vaughn	1.27m
Nate Byrd	28.99	W50 Gloria Nash	0.97m
M70 Walter Palmer	31.30	Pole Vault	
W30 lill Cyprose Turner	26.30	M40 Duncan Littlefield	4.57m
W30 Jill Cypress Turner April Holmes	26.39	M45 George Munro	3.05m
WAO Marilla Caldwall	29.10	M50 Peter Hischmann	3.66m
W40 Monika Caldwell	29.04	Mitch Farbstein	2.74m
W60 Sue Levy 1	:06.55	M55 John Harbulak	2.29m
400m			1.83m
	1:03.29	Carl Grossman	1.00111
M40 Jim O'Donnell	52.94	Long Jump	E 14-
Darnell Smith	53.40	M30 Ted Diehl	5.14m
Ray Parker	54.22	M35 Nick Damalas	6.45m
	1:10.11	Chuck Lumio	6.33m
M45 Sal Allah	50.24	Rafael Suarez	5.23m
		M40 Bruce Mannon	4.74m
	1:05.61	M45 Mortimer Sellers	4.78m
	1:12.62	Lovell Butler	4.40m
Bill Indek	1:13.92	M50 Mauro Medina	4.92m
	1:00.37	Krzysztof Kot	4.80m
Glenn Schmehl	1:04.38	M55 Larry Nolly	5.08m

Glenn Schmehl Bob Fuhrman

M65 Larry Colbert M85 George Blyn W40 Monika Caldwell

M35 Windsor Jones M40 Scott Landis

James Scesney 2:06.36

800m M30 Neill Clark

1:04.38

1:06.12 3:18.22

1:07.99

2:04.31

2:11.35

M55 Larry Nolly John Harbulak

W35 Virginia Whitfield

Jenay Lawrence W50 Gloria Nash

Triple Jump

M60 Charles MacDonald 2.68m M65 Burr Daly 3.43m M80 Oscar Harris 3.22m

M35 David Sanfilippo	11.88m
M45 Mortimer Sellers	11.09m
M50 Mauro Medina	10.86m
W30 Jill Cypress Turne	
W50 Gloria Nash	4.20m
Shot Put	Signatural Control
M35 Rafael Suarez	10.79m
M40 Glenn Thompson	16.07m
M45 Warren Taylor	13.22m
John Kalnas	10.37m
M50 John Mattei	11.89m
George Edson	11.55m
Mitch Farbstein	11.19m
John Vargo	10.74m

John Vargo	10.74m
Nick Helfrich	9.18m
M55 Frank Monroe	9.63m
Dean Diehl	9.29m
M60 Seyavash Karimian	10.61m
Donald Graham	10.02m
Joseph Kalnas	9.27m
W30 Jill Cypress Turner	7.81m
W40 Heather Scanlon	9.09m
W45 Karen Vaughn	8.23m
W50 Gloria Nash	4.43m
Discus	
M35 Rafael Suarez	35.89m
M40 Glenn Thompson	52.51m

M35 Rafael Suarez	35.89m
M40 Glenn Thompson	52.51m
M45 Warren Taylor	42.20m
John Kalnas	35.57m
R. V. Biagioni	29.83m
M50 John Mattei	37.47m
George Edson	36.57m
Mitch Farbstein	34.31m
Nick Helfrich	26.03m
M55 Frank Monroe	31.56m
Dean Diehl	27.82m
John Harbulak	25.80m
W40 Heather Scanlon	22.34m

Javelin M35 Rafael Suarez

5.08m 3.66m

3.43m 3.22m 3.45m 3.13m

1.87m

M45 R. V. Biagioni

M50 George Edson	49.03m
Steven Riva	47.62m
John Vargo	43.65m
Dick McMullen	40.59m
Nick Helfrich	35.16m
M55 Gerry Shartzer	31.90m
Dean Diehl	31.47m
M60 James Kenney	43.47m
Seyavash Karimian	
M75 Sidney Kiwitt	27.94m
W40 Heather Scanlon	19.59m

43.92m

44.89m

175 Sidney Kiwitt	27.94m
V40 Heather Scanlon	19.59m
V50 Gloria Nash	7.36m
Veight Throw	
440 Glenn Thompson	13.55m
450 Nick Helfrich	11.31m
455 Dean Diehl	8.96m
175 Lev Mozhaev	10.65m

W40 Heather Scanlon	8.65m
3000m Racewalk	
M45 Larry Schiller	16:19.89
M60 Jim Horton	18:36.46
Joel Dubow	19:28.13
M70 Bill May	17:50.61
W35 Jenay Lawrence	19:21.88
W55 Panseluta Geer	17:05.26
W60 Fran Emanuel	20:13.57

MAC Masters Championships, Randall's Island

1	NYC; July 26	THE PARTY OF
ı	100m	
ı	M40 Charles Weeks	11.78
L	M45 Val Barnwell	11.65
ı	M50 Edward Gonera	12.02
ı	John Brooks	12.05
ı	Rob Porcaro	12.96
ı	M55 Kenrick Smith	12.59
ı	Noah Perlis	13.80
۱	M60 Rich Jones	12.98
ı	Gene Ballard	14.32
ı	M65 John H. Lewis	14.38
ı	M70 Tom Talbott	16.53
ı	W50 Sharon Warren	13.97
1	200m	
ı	M40 Charles Weeks	24.27

500	Mark Nesbitt	24.63
THE RESERVE	Gladston Jones	24.63
M45	Val Barnwell	24.20
	Edward Gonera	25.08
	Julius Tajiddin	29.64
MES	Kenrick Smith	27.36
14100	Charles Pleasant	
Men	William Burrell	28.38
		29.07
	John H. Lewis	29.81
	Tom Talbot	43.10
W40	Shemayne William	
100	Sharon Warren	29.41
	Dawn Best	32.40
	Gloria Nash	54.60
400n		
M40	David Bynoe	52.72
	Gladston Jones	53.07
	Marc Nesbitt	53.97
M50	Archie Glaspy	54.27
	Francis Schiro	55.01
	John Brooks	59.42
M55	Sakhshat Flowers	64.19
14100	Charles Pleasant	66.20
MES	John H. Lewis	69.27
M70	Tom Talbott	09.27
	Lisa Daley	57.77
	Marie-L Michelson	1:20.21
800n		
M40	Sal Allah	1:55.19

	DOINT DIOUNG	00.	70
M55	Sakhshat Flowers	64.	15
	Charles Pleasant	66.	20
M65	John H. Lewis	69.	27
M70	Tom Talbott	1:38.	
	Lisa Daley	57.	
	Marie-L Michelson		
800n		1000	7
M40	Sal Allah	1:55.	19
	Gerard Pearlberg		
M45	Anselm LeBourneWR	1:55.	1:
	Leon A. Brown		
	Andrew Ness		
M50	Anthony Baker		
	Harry Lichtenstein		
	Sid Howard		
	Shermayne Williams		
1500		Side Side	
		4:56.	0
	Adrian Storest	F.00	

500m	
145 Mike Cooper	4:56.01
Adrian Sterrett	5:00.05
V30 Sonya Badger	5:08.77
000m	
V60 Marie-L Michelson	12:14.70
00mHH	
155 Ivan Black	18.20
00mlH	
150 Anthony Baker	1:24.12
155 Ivan Black	1:14.79
ligh Jump	
135 Joe Kakuta	1.52
140 Igor Agaev	1.95
145 Bruce McBarnett	e 1.90
Dobort Hanham De	1 50

1.32

1.52

5.66 4.53 5.59 4.78 4.59 4.56 4.71 4.19 3.97

9.56

11.49

M55 Ivan Black
Mike DeJesus
M60 Gerald Counihan
Long Jump
M40 Charles Weeks
Clarence Fullerton
M45 Mike Travers
Robert Hanbery-Brown
M50 Jim Clark
Rob Porcaro
M55 Ivan Black
Gerard Dunne
W40 Dawn Best
W50 Gloria Nash
Triple Jump
MAO Clarence Fullerton

140 Clarence Fullerton	9.50
150 Jim Clark	10.42
M55 Ivan Black	10.33
Gerard Dunne	8.90
770 Tom Talbott	5.22
175 Des Margetson	4.27
Pole Vault	
// // // // // // // // // // // // //	11'0"
145 Jerry Cahill	11'0'
Jim Henderson	10'0"
455 Gerard Dunne	10'0"

M40 Clarence Fullerton

MISS Coldid Dulling	100
M65 Gerald Counihan	10'0"
Shot Put	
M45 Robert Hanbury-Brown	9.64
M50 Dennis Hansen	12.51
Perry Eisner	9.72
M60 Marty Eisner	12.20
M65 Ed Joyce	9.14
M70 Pete Barber	10.46
M75 Thomas Brooks	8.96
W45 Debbie Eckland	5.79
Discus	
M45 Peter Van Aken	29.84

ITO I CICI VAII MICII	23.04
Gregory Yovane	28.78
150 Tom Kuehl	35.24
Dennis Hansen	35.23
155 Rich Dunphy	23.31
160 Roger Busch	44.62
Marty Eisner	39.91
170 Pete Barker	29.90
V40 Oneithea Lewis	43.05
V45 Debbie Eckland	18.29
V60 Roslyn Katz	18.07
770 Anne Cirulnick	17.03

W45 Debbie Eckland

Weight Meet Hanover, NH; Sept. 24

16# SHOTPUT		
1. BOB MEAD	61 38"	7
2. CARL WALLI	N 63 37' 6 3/4	4
3. DON FILKINS	5 52 36' 1	1
3. DON FILKINS	52 36.1	

SHOT PUT 1. BOB MEAD-5K 61 44' 7 1/2" 2. CARL WALLIN-5K 63 44' 3" 3. DON FILKINS-6K 52 41' 4. BOB CEDRONE-6K 51 38' 4 1/2" HAMMER
2. CARL WALLIN-5K 63 44'3" 3. DON FILKINS-6K 52 41' 4. BOB CEDRONE-6K 51 38'4 1/2" HAMMER
3. DON FILKINS-6K 52 41' 4. BOB CEDRONE-6K 51 38' 4 1/2" HAMMER
4. BOB CEDRONE-6K 51 38' 4 1/2" HAMMER
HAMMER
1. BOB MEAD-5K 61 157' 6 1/2"
2. BOB CEDRONE-6K 51 137' 6"
3. CARL WALLIN-5K 63 136'
4. DON FILKINS-6K 52 132' 5"
WEIGHT THROW
1. BOB MEAD-20# 61 61' 10"
2. CARL WALLIN-20# 63 60' 5"
3. DON FILKINS-25# 52 54'3"

Delaware Fall Throwers

Classic, Newark, DE Sept. 25	
Shot Put	
M40 Warren Taylor 46	14.16
Anil Narayanan 43	8.82
M50 Dennis Hansen	12.93
John Mattie John Vargo	12.83
George Edson	11.76 11.58
Joe Delusise	11.51
M55 Chas Roll	14.35
M60 Seyavash Karimian	10.80
Joe Kalnas Louis Miller	8.94 8.42
Jai Singh	7.4
Jai Singh M65 Bill Kuegler	11.83
John Sellers	8.86
Jack McDonald	8.55
Jerry Sullivan M70 Lou Overbreck	8.10 10.69
Ray Feick	9.90
M80 Brian Power-Waters	7.32
W40 Heather Scanlon 42	9.19
Deb Ecklund 45 W60 Roz Katz	5.76 7.20
W70 Anne Cirulnick	6.45
Discus	20.73
M40 Glenn Thompson 42	
Warren Taylor 46	42.74
Herman Pinque 49 John Kalnas 49	39.14 33.28
Anil Narayaman 43	23.55
M50 Bill lovino	44.30
George Edson	39.03
John Mattei Ray Bzibziak	38.39
Dennis Hansen	36.04 35.62
M55 Terry Shuman	37.97
Chas Roll	32.39
M60 Louis Miller Jai Singh	27.70 22.62
M65 Russ Van Putt ??	33.07
John Lang	32.73
Bill Kuegler	31.44
Jack McDonald	26.08
Jerry Sullivan M70 Lou Overbreck	22.70 33.67
Ray Feick	30.15
M80 Brian Power-Waters	21.50
W30 Nancy Lommel 39 W40 Heather Scanlon 42	13.08
W40 Heather Scanlon 42	22.20
Deb Ecklund 45 W60 Roz Katz	16.71 17.80
W70 Anne Cirulnick	15.69
Hammer	
M40 Mike Bersch 45	43.00
Glenn Thompson 42 Anil Narayanan 43	27.66
M50 Carl Shields	27.66 51.80
Ray Bzibziak	31.23
Dennis Hansen	30.06
M55 Terry Shuman	38.44
Dan Folk M60 Vlad Strelnitski	23.44 33.50
Louis Miller	24.81
M65 Bill Kuegler	29.86
John Sellers	28.95
Jack McDonald	22.26
M70 Lou Overbrook	38.68
Ray Feick M75 Lev Mozhaev	25.80
M80 Bob Chase	26.30
Brian Power-Waters	18.09
W40 Heather Scanlon 42 Deb Ecklund 45	19.13
W60 Roz Katz	26.82

W70 Anne Cirulnick

M65 John Lang Jack McDonald

Jerry Sullivan

Jerry Sullivan 21.45, M70 Ray Feick 26.72 M75 Sidney Kiwitt 29.94 M80 Brian Power-Waters 14.87 W30 Nancy Lommel 39 11.33

Javelin M30 David Sanfilippo 36 55.23

M30 David Sanfilippo 36 55.23 M40 Anil Narayanan 43 30.76 M50 George Edson 50.00 Steven Riva 45.68 John Vargo 45.68 M55 Gerry Shatzen 32.76 M60 Seyavash Karimian Louis Miller 24.99

17.81

39.83 25.38 21.45 26.72 29.94

W40 Heather Scanlon 42	
Deb Ecklund 45	13.32
W60 Roz Katz	17.71
W70 Anne Cirulnick	12.24
Weight Throw	
M40 Glenn Thompson 42	15.57
M50 Dennis Hansen	13.10
Ray Bzibziak	10.56
M55 Chas Roll	14.05
Terry Shuman	13.25
Dan Folk	8.57
M60 Vlad Strelnitski	15.71
Jai Singh	7.37
M65 Bill Kuegler	11.41
John Sellers	11.10
Jack McDonald	9.87
M70 Lou Overbreck	14.28
Ray Feick	14.08
M75 Lev Mozhaev	10.88
M80 Bob Chase	12.79
Brian Power-Waters	8.66
W40 Heather Scanlon 42	7.81
Deb Ecklund 45	5.46
W60 Roz Katz	10.80
W70 Anne Cirulnick	7.66
Superweight	
M50 Dennis Hansen	6.04
M60 Vlad Strelnitski	4.28
M70 Ray Feick	7.53
Lou Overbeck	7.46
M80 Bob Chase 25# AR	5.56
W40 Deb Ecklund 45	3.37
W60 Roz Katz	5.67

Dartmouth Weight Meet Hanover, NH Oct. 8

16# SHOT PUT	
1. DON FILKINS 52 36"	10 3/4"
2. CARL WALLIN 64	36'1"
(Age-64 WR)	
3. BOB CEDRONE 51 3	4'4 1/2"
SHOT PUT	
1. CARL WALLIN-5K 64	437"
2. DON FILKINS-6K 52	40'2"
3. BOB CEDRONE-6K 51	36'8"
WEIGHT THROW	
1. CARL WALLIN-20# 64	57'4"
2. BOB CEDRONE-25# 51 5	3'1 3/4"
3. DON FILKINS-25# 52	51'5"
HAMMER THROW	
1. CARL WALLIN-5K 64	1327
2 DON EIL KING EK ET	127'4"

MIDWEST

Indiana Senior Olympics Evanston; Sept. 9-14

Evansion, Sept	. 9-14
100m	
M55 Rick Parker	13.19
M60 Dan Hansman	13.67
M65 Jim Gross	18.99
M70 Norm Harruff	16.61
M75 Byford Reed	16.46
200m	
M55 Rick Parker	27.45
M60 Robert Lloyd	28.95
M65 Jim Gross	40.82
M75 Byford Reed	35.86
W55 Terry Foody	50.98
400m	
M50 Paul Gorden	58.08
M55 Rick Parker	1:04.18
M60 Robert Lloyd	1:06.91
Dan Hansman	1:19.13
M65 Jim Gross	2:07.51
800m	
M50 Scott Caldwell	2:26.45
M60 Paul Spinner	3:07.34
M80 Harold Carey	3:45.83
W55 Terry Foody	4:03.89
1500m	The state of the s
M60 Paul Spinner	6:29.82
M65 John McGinty	10:02.90
M80 Harold Carey	7:50.86
W55 Terry Foody	8:44.95
5000m	
M60 Paul Spinner	25:55
M80 Harold Carey	32:64
W65 Carol Bender	33.73
Shot Put	
M50 Wayne Renner	33-3
M55 Hayward Seber	28-10
M60 Paul Spinner	32-0
M65 Stephen Cohen	34-7
M70 Cyrus Deem	34-1
M75 Cliff Dickman	31-5
The state of the s	0.0

Illinois Senior Olympics Springfield, IL Sept. 15-19

7.0
6.9
7.3
7.2
8.6
9.2
9.7

page 18	To the same	- 7
W50 Que Harbor	9.1 10.6	1
W55 Mary Clark W65 Patricia Beam	9.7	i
W75 Eleanor Rylko		١
M50 Roger Lee Jeffrey Watry	13.3	١
M55 Stuart Radloff MO Dennis Rexroad	14.5	N
M60 Paul Smith M65 Steve Bowles NV	14.0 13.7	١
Peter Stopoulos M70 Ron Jelinek	15.0 15.0	1
M75 Harry Brown	15.0	٧
M80 Richard Rucoba W50 Que Harbor W55 Lillie Kelly MO	17.6	V
W65 Patricia Beam	20.4	V
W75 Eleanor Rylko 200m	25.2	ľ
M55 Stuart Radloff MO Dennis Rexroad	20.4	Ĭ
M60 Paul Smith M65 Steve Bowles NV	29.4 28.6	900
F J DeGrado M65 Steve Bowles	45.2 28.6	2000
W65 Patricia Beam W75 Vera Whiteside	46.2 54.3	5
400m	All Name and Addition	7
M50 Jeffrey Watry M55 Stuart Radoff MO David Jameson	1:00.9	2
M60 Frank Davis	1:06.3	N
M75 Harry Brown	1:26.9	N
M75 Harry Brown M80 Richard Rucoba W50 Que Harbor W75 Vera Whiteside	1:21.2	V
800m	Section 1	V
M55 Jim Deremiah M60 Paul Spinner	3:36.1 3:03.4	1
M60 Paul Spinner M65 John Sanford M80 Tab Talkin	3:48.9 8:34.7	N
M80 Tab Talkin W50 Que Harbor W75 Vera Whiteside	2:59.6	N
1300111	Sec. 1	N
M55 David Jameson M60 Frank Davis M65 John Sanford	5:08.1	N
M65 John Sanford M75 Karl Muller	7:58.2 9:15.5	V
5000m M50 Leo Vandervlugt M60 Frank Davis	17:57.7	2
	21:39.2	N
M65 Charles Klyber W50 Que Harbor High Jump	20:19.0	2
M50 Jeffery Watry M55 Dave Knott IN	5-4 4-8	N
David Hanson	4.4	M
M60 Larry Rheams MO John Bourn	4-4	W
M65 Louis Vodopya TN James Walsh	3-8	W
W55 Mary Clark W60 Carol Schempp	3-3	4
W65 Patricia Beam Long Jump	3-2	N
M50 Jeffrey Watry M55 Tommie Lofton	15-9 12-9	N
M60 Paul Smith M65 Peter Stopoulos	13-4	N
M70 Ron Jelinek M75 C L Bruce MO	11-4 9-6.50	N
MARO Bud Braunlich IA	8-2	8
W55 Mary Clark W60 Carol Schempp	7-8 8-9	N
W75 Vera Whiteside	5-7.50 6-11.50	N N
Shot Put M50 Ron Summers	47-8	1
M55 David Hansen 3 M60 Loarn Robertson	5-10.50 44-11	1
M60 Loarn Robertson M65 Stephen Cohen M70 Kim Krull MO	35-7 32-9	1
Rod Meyer M75 Phil Brusca MO	29-11 34-2.50	N
Vic Durchholz M80 Bud Braunlich IA	27-7.50	١
Gene LeMay	21-1 18-11	V
W50 Debra McNabney W55 Myrle Mensey MC	33-1	1
Mary Clark W60 Emma Taylor	22-9 18-5	1
W65 Patricia Beam W70 Char Sobkowski	24-3 12-4.75	1
W75 Vera Whiteside Discus	17-8.50	1
M50 Ron Summer	138-6 z 151-6	N
	153-3	1
M60 Loarn Robertson	139.8	
M60 Loarn Robertson M65 Stephen Cohen M70 Jim Allen	104-1	1
M60 Loarn Robertson M65 Stephen Cohen M70 Jim Allen M75 Phil Brusca MO Vic Durcholtz	104-1 110-10 77-2	
M60 Loarn Robertson M65 Stephen Cohen M70 Jim Allen M75 Phil Brusca MO Vic Durcholtz M80 Harrold Miller W50 Debra McNabney	104-1 110-10 77-2 75-8 66-9	***
M60 Loarn Robertson M65 Stephen Cohen M70 Jim Allen M75 Phil Brusca MO Vic Durcholtz M80 Harrold Miller	104-1 110-10 77-2 75-8 66-9 80-10	1444
M60 Loarn Robertson M65 Stephen Cohen M70 Jim Allen M75 Phil Brusca MO Vic Durcholtz M80 Harrold Miller W50 Debra McNabney W55 Myrle Mensey W60 Carol Schempp W65 Patricia Beam	104-1 110-10 77-2 75-8 66-9 80-10 49-7 60-2	****
M60 Loarn Robertson M65 Stephen Cohen M70 Jim Allen M75 Phil Brusca MO Vic Durcholtz M80 Harrold Miller W50 Debra McNabney W55 Myrle Mensey W60 Carol Schempp	104-1 110-10 77-2 75-8 66-9 80-10 49-7 60-2 66-7 54-7	****

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 M	0 113-3
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-AMERIC	CA
The state of the s	

South Dakota Senior Games, Madison, SD

Sept. 8	1, 50
M50 Randy Mason	7.26
M50 Randy Mason M55 Rick Althoff	7.59
M60 Dick McConnell	7.40 7.56
M65 Steve Bowles M70 Alan Brevik	7.54
M75 Don Phillips	8.70
M80 Gerald Armitage M90 John Zilverberg	9.70 13.34
W50 Jan Johnson	9.17
W65 Marion Krueger W70 Elaine Goldamme	9.64 r 12.60
100m	
M50 Clay Roberts	14.10 13.61
M55 Russ Anteronen M60 Carl Etter	14.30
M65 Steve Bowles	13.92
M70 Alan Brevik M75 Don Phillips	14.44 15.76
M80 Gerald Armitage	
M85 Ralph Maxwell	17.29
M90 John Zilverberg W65 Marion Krueger	28.75 20.79
W70 Elaine Goldamme	
200m	20 54
M50 Clay Roberts M55 Montey Sanleu	28.54 27.72
M60 Carl Etter M65 Merv Armstrong M70 Alan Brevik	28.27
M65 Merv Armstrong	29.19 31.80
M/5 Don Phillips	35.00
M80 Gerald Armitage M85 Ralph Maxwell	36.94
W50 Kay Glynn	37.46 29.20
W65 Leann Fredricksor	43.49
W70 Roberta Parker	48.32
M50 Grea Sievers	1:03.12
M50 Greg Sievers M55 Montey Sanleu	1:03.12 1:01.25
M55 Russ Anteronen	1:12.73
M60 Carl Etter M65 Denis Wingen	1:29.14
M70 Alvin Ravenscroft	1:21.15
M75 Don Phillips M80 Gerald Armitage	1:23.59 1:26.70
W70 Betty Sjogren	2:24.21
M50 Great Sievers	2:26:00
M50 Greg Sievers M55 Montey Sanleu	2:26.90
M60 Willard Bishop	2:55.40
M70 Alvin Ravenscroft M75 Don Phillips	3:09.51 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 M70 Alvin Ravenscroft	7:09.00 6:27.50
M80 Gerald Armitage	7:19.00
W50 Jan Johnson	7:21.25
W70 Roberta Parker High Jump	10:32.38
M50 Valeriy Snezeko M55 Rick Althoff	5-04
M55 Rick Althoff M60 Carl Etter	4-02
M65 Roger Nelson	4-08 3-11
M70 Tom Langenfeld M75 Harry Birath	4-08
M85 Ralph Maxwell	3-06 3-08
W50 Kay Glynn	4-06
W65 Harriet Kaufman	3-04
Pole Vault M55 Doug Jacobs	6-00
M55 Doug Jacobs M60 John Tweeten	9-00
M65 Howard Bich M70 Duane Rykhus	6-00 7-06
W50 Kay Glynn	8-06
Long Jump	
M50 Phil Trieb M55 Rick Althoff	14-07.25
M55 Rick Althoff M60 Carl Etter	15-08.50
M65 Merv Armstrong M70 Ted Sjogren	13-09.25
M75 Don Phillips	9-11.75
	The second second

National M	last
M85 Ralph Maxwell 11-09.75	Ma
M90 John Zilverberg 6-01.50 W50 Jan Johnson 7-09.00	W
W65 Marion Krueger 9-03.00 W70 Roberta Parker 5-03.000	40
Shot Put	MS MS
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	ME
M65 Howard Bich 34-01.00 M70 Lovell Wheeler 33-07.25	M
M70 Lovell Wheeler 33-07.25 M75 Eugene Boer 26-04.00 M80 Eldor Larson 20-02.50	80
M85 Sigurd Andenas 20-01.50	MS MS
W50 Kay Glynn 29-01.50 W60 Arlene Bich 13-06.50	M
W65 Marion Krueger 23-10.50 W70 Elaine Goldammer 16-09.00 W75 Margie McTighe 13-09.00	M
lavelin	15
M50 Howard Woodard 100-09 M55 Wayne Johnson 83-04 M60 Carl Etter 104-05	M:
M60 Carl Etter 104-05 M65 Merv Armstrong 101-10	M
M70 Lovell Wheeler 106-05 M75 Edward Failor, Sr. 90-07 M85 Sigurd Andenas 32-01	W
M85 Sigurd Andenas 32-01	Hi
W50 Kay Glynn 86-00 W60 Arlene Bich 23-04	M
W65 Marion Krueger 61-10 W70 Roberta Parker 29-02 W75 Lydia Beckler 28-07	M
Tro Lydia Dockier 20 0.	M
M50 Steve Schroeder 95-10	M
M60 Virgil Paulson 141-11 M65 Mery Armstrong 114-07	Po
M70 Lloyd Kempf 98-00 M75 John Van Liere 86-00	MS MS
M80 Eldor Larson 51-09	M
M85 Sigurd Andenas 50-05 M90 John Zilverberg 35-06 V50 Kay Glynn 68-06	Lo M
V50 Kay Glynn 68-06 V60 Ellie Armstrong 59-00	M
V60 Ellie Armstrong 59-00 V65 Marion Krueger 63-03 V70 Betty Sjogren 32-03	M
V75 Margie McTighe 24-00	M
M50 Phil Trieb 2:06.28 M55 Michael Wiggins 1:45.40	M
460 Jim Huff 2:41.41	W
770 Bill Krueger 2:20.32 775 Glen Peterson 3:19.40	SH
M85 Sigurd Andenas 3:08.50 M90 John Zilverberg 3:14.68	M
V65 Leann Fredrickson 3:18.69 V80 Ginny Anderson 3:25.45	M
00m Racewalk 055 Jim Nelson 5:32.28	M
M60 Jim Huff 5:54.38 M70 Bill Krueger 5:04.47 M75 Glen Peterson 7:05.44	M
7:05.44 Resident Argument Argu	W
V50 Terri Schuuermans 6:23.87 V65 Leann Fredrickson 6:57.78	W
500m Racewalk	W
M55 Michael Wiggins 6:54.94 M60 Jim Huff 12:02.00	Di
M65 Dan Moran 10:11.80 M70 Bill Krueger 10:11.80	MS MS
M75 John Van Liere 12:38.92 V60 Shirley Rausch 12:42.00	M
V75 Ceil Eldrich 12:26.00 000m Racewalk	M
M55 Russ Anteronen 43:14.00 M70 Bill Krueger 35:30.71	W
M75 John Van Liere 43:56.93 M85 Sigurd Andenas 45:06.78	W
W60 Shirley Rausch 43:21.12 W65 Marlene Schurz 47:02.25	W
W70 Elaine Goldammer 45:57.62	M
K Road Race M50 Scott Parsley 28:50.30 M55 Delmar Wolkow 24:24.00	M
M60 Ken Fedders 26:03.90	M
M70 Alvin Ravenscroft24:24.20 W70 Roberta Parkr 37:56.60	M
Kansas Senior Olympics	W
Topeka; Sept. 24-25	W

Topeka; Sept. 24-25			
100m M50 James Freund M55 Ike Murphy M60 Tom Bassett M65 Bob Lida M70 Roger Weidman M75 Darwin Michaud M80 Kelly Green M85 Ralph Maxwell W50 Sandra Carter W65 Char Lane W70 Margaret Boice W80 Lavina Haefele 200m	12.35 13.22 13.22 12.84 15.80 17.44 17.22 17.09 16.50 17.57 17.47 19.69		
M50 James Freund M55 Ike Murphy M60 Tom Bassett M65 Bob Lida M70 Deloyn Huffman M75 Darwin Michaud M80 Kelly Green	25.50 27.59 26.88 25.68 35.74 39.10 38.35		

-	asters frems	San Person
1	M85 Ralph Maxwell	37.41
(March 1979)	M85 Ralph Maxwell W50 Sandra Carter W65 Char Lane W80 Lavina Haefele	38.32 44.82
	400m M50 James Freund	58.06
	M50 James Freund M55 Ike Murphy M60 James Hunley M65 Bob Lida M70 Deloyn Huffman M75 Glenn Opie W65 Char Lane	1:03.94
100	M65 Bob Lida M70 Deloyn Huffman	1:02.00
		1:42.37
	800m M55 Tim Wigger M60 Jim Ross	2:18.47
	M65 Hoss Greathouse	2.54.22
	M70 Deloyn Huffman M75 Bill Pirch	3:19.81
ě	W65 Char Lane	4:51.06
1	M50 Parush Dasaraju M55 John Oyler M60 Donald Woodard	5:22.62
	M65 Kirby Clark	7:22.62
	M65 Kirby Clark M70 Deloyn Huffman W65 Shirley Seminoff	9:08.54
100	High Jump M50 Garry Pirch M55 Larry Law M60 Donald Woodard M65 Daniel Peters M70 Lyle Pfaff	5-6 4-6
	M60 Donald Woodard	4-0 4-4
	M70 Lyle Pfaff	3-0
	M80 Kelly Green	3-8
	M70 Lyle Pfaff M75 Frank Bollinger M80 Kelly Green M85 Ralph Maxwell W65 Eileen Schmidt	3-2
	M50 Terry Miller M55 James Dolezel M60 Dennis Stempel M70 Grover Wicher	8-6 8-6
	M50 Gary Pirch M50 Gary Pirch M55 James Dolezel M60 Thomas Casey M65 Daniel Peters M70 Lyle Pfaff	11-10.50
	M55 James Dolezel M60 Thomas Casey	16-2.25 13-5
-	M65 Daniel Peters M70 Lyle Pfaff	12-11 9-1
	M80 Kelly Green	R-Q
	M85 Ralph Maxwell W60 Diana Schultz	11-4.50 5-11
	W65 Char Lane W70 Kathleen Ramonda	10-5 a 2-8.50
	Shot Put M50 Garry Pirch	30-8
	M55 Bob Peters M60 Loarn Robertson	45-11
è.	M65 Al Salmon M70 John Harshbarger	39-1
	M65 Al Salmon M70 John Harshbarge M75 Bill Butterworth M80 Kelly Green M85 Bill Trimmell	28-9 28-0
	W50 Barbara Stanbrou W55 Janice Crummey	22-5.50 gh 29-9
	W60 Diana Schultz	25-6
	W65 Eileen Schmidt W70 Kathleen Ramond	
	W80 Leola Hoover	10-5
1	M50 Bob Draffen M55 Valentino Martine	106-9 z 158-1
	M60 Loarn Robertson M65 Richard Cochran	147-0
16.00	M70 John Harshbarger M75 Bill Butterworth	99-4 94-6 72-11
	M80 Kelly Green W55 Janice Crummey W60 Diana Schultz	66-9 49-1
	W65 Eileen Schmidt W70 Kathleen Ramond	42-8
	Javelin M50 John Ellison	118-7
	M55 Ed Morland M60 Alex Meyer	151-0 97-3
	M65 Ken Ohm M70 Lyle Pfaff	115-5 76-8
	M75 Dale Hearon M80 Jack Haefele	53-5 63-0
100	W55 Janice Crummey	51-11 76-1
	W60 Diana Schultz W65 Char Lane W70 Kathleen Ramond	52-5
Defendance of	1500m RW M55 Michael Wiggins	7:28.59
	M60 Mark Germann M70 Alan Poisner	14:34.94 9:03.47
The said	W60 B J Thornburg	14:22.91 11:44.15
	W65 Eileen Schmidt W70 Bobbie Thutchley	12:25.66 14:52.41
distant.		27:30.68
A STATE OF		34:36.43 46:46.50

SOUTHWEST

Arkansas Sen Olympics, Hot Sp Sept. 21-25	orings
50m M65 Jimmy Higgins	18.90

The state of the s	
M70 John Chism W55 Linda Donaldson W90 Ethel Peters	9.03 9.84 25.07
100m	The second secon
M50 Craig Buhrow Ray Jones Manuel Jones M55 David Cotner	13.09 14.65 12.25
Richard Comer Dan Ursery	13.71 13.84
M60 James Bodge George Gaines	13.43 14.25
Johnnie Hopgood M65 Ray Davis Robert Borg	14.09 15.08
Jack Carmon M70 Cecil Earp	19.25
Frank Dicus M75 Eugene Mitchell M80 Lynn Brown	23.18 18.28 24.00
M85 Roderick Parker W55 Normimah Benedi	16.25 ct 16.75
W70 Jean Schooler Frances Barger W75 Carlotta Barnhill	17.59 25.00 21.43
200m M50 Craig Buhrow	26.37
Manuel Jones Ray Jones	30.20 46.84
M55 David Cottner Dan Ursery Richard Comer	25.81 28.40 30.12
M60 Johnnie Hopgood Thomas Luehring	31.84 32.71
M65 Roy Davis Lynn Warner M70 Cecil Earp	31.68 42.06
Sunao Yamanaka	43.21 43.53 53.81
M80 Lynn Brown M85 Roderick Parker W55 Normimah Benedi	ct 37.40
W70 Jean Schooler Frances Barger W75 Carlotta Barnhill	39.21 55.59
M50 Dwight Boswell	48.40 1:05.71
Bob Maseratti M55 David Cotner	1:11.37 57.56
Joseph Kopecky M60 Johnnie Hopgood	4.46 40
M65 Roy Davis Lynn Warner John Roleson	1:16.43 1:39.09 1:46.15
Cecil Earp	1:42.25
M80 Lynn Brown W75 Carlotta Barnhill 800m	2:08.06 1:58.02
M55 Jon Benedict M60 Austin Hooks	3:35.40 3:06.53
Lynn Warner	4:03.96 4:08.53 4:16.06
John Roleson M70 Sunao Yamanaka Cecil Earp	
W50 Karen Mowery W70 Jean Schooler	3:34.93 4:12.68
Frances Barger 1500m M60 Austin Hooks	4:49.18 6:19.56
David Samuels M65 James Stone	6:53.84 8:10.8h
John Roleson	8:34.56 8:57.8h
M70 Sunao Yamanaka Cecil Earp W85 Maryellen Brundle	8:16.87
High Jump M50 Steve Cox	5-0
Wernon Bingrich M60 David Nottiott	4-1 4-8 4-10
George Gaines Johnnie Hopgood	4-2 4-0
M65 Jerry McBride M70 John Chism	4-6 3-8
Carl Northcutt W50 Eleanor Gibson W55 Normimah Benedi	3-6 4-4 ct 3-2
W75 Carlotta Barnhill Long Jump	3-2
M50 Craig Buhrow Manuel Jones Bob Maseratti	16-6 14-4
M55 David Cotner Richard Comer	13-5 14-4.50 12-10
Jon Benedict M60 James Bodge	8-8 13-8
George Gaines Johnnie Hopgood M65 Jerry McBride	11-11 11-0 11-9
Carl Haufe Jack Carmon	9-9 7-11
M70 Anthony Clementi James Smith M75 Eugene Mitchell	7-8 4-2 9-8
M75 Eugene Mitchell M85 Everett Bolton W55 Normimah Benedi	ct 9-5
Joyce Hopgood	5-2.50 8-5.50
Reba Bolinger	5-11 5-5.50

	*	November	2005
		Wilma Whorton Ethel Peters	3-0 1-8
		Manuel Jones Bob Maseratti	32-10
	M55	Lloyd Hedden D K Counts	30-7.75 26-2.75 39-
		Michael Wimsett Gary Hayes	29-9.7
STATE OF THE PARTY	M60	David Nottrott George Gaines Thomas Mowry	36-1
NU SUL	M65	Jerry McBride Francis McEvoy	30-9 30-8 28-1.75
Charleson of the Charle	M70	David Bower James Smith	37-1.50 24-5
er-manual decimana		John Chism Lyndle Taylor	22-1.50 31-6.75
	W50	Karen Hays Susan Clower-Smith Joyce Hopgood	21-9 122-5.75 19-2
Section Spirit	W65	Shirley Frost Madeline Smith	17-2.25 19-3.50
BEINGS	Mary.	Rachael Green Berry Christian	16-8 14-5
Service .	W75	Evelyn Starnes Carlotta Barnhill	13-5.75 19-0.75
and the same	Disc	Wilma Whorton Reba Bolinger	17-2 16-0.25
District Lines		Roy Wood Steve Cox	115-9 104-1
Contract of the last	M55	Manuel Jones Len Randel	103-4 116-4
Description of the last of the		Gary Hayes Vernon Gingrich	90-5 78-3
and the same	Mbu	George Gaines Johnston Ewing Johnnie Hopgood	108-3 81-0 51-3
*	M65	Francis McEvoy Jack Fant	111-2 92-11
1	M70	Jerry McBride James Smith Lyndle Taylor	111-2 67-3
	M75	Ronald Newport	97-5 65-4
THE REAL PROPERTY.		Richard Bledsoe Everette Bolton	64-6 61-9 34-8
+ 14-7	W50	Karen Hayes Julie Bonds	47-2 42-6
Contract of	W55	Susan Clower-Sm Joyce Hopgood	58-0
Salar Salar	W65	Shirley Frost Joyce Arguello Madeline Smith	43-3 50-0 33-5
No months	W70	Naomi Smith Evelyn Starnes	33-0 32-2
P-1-40	(KPM)	Merle Woodward Carlotta Barnhill	23-3 50-0
	Wes	Reba Bolinger Wilma Whorton Joyce Arguello	38-1 35-3 50-0
100	Jave	elin Steve Cox	138-10
	額	Manuel Jones Larry Hurtt	103-11 91-2
100 11	M55	Len Randel Richard Comer Dick Bolton	104-4 91-5 85-4
Water St	No.	Joseph Bonds Johnny Hopgood	91-8 58-6
	M65	Jerry McBride Jack Fant	107-7 107-6
of the latest of	M70	Francis McEvoy Jack Mayberry	97-10 66-9 64-10
1	M75	James Smith John Gramlick Donald Newport	70-1 61-0
Collection (Collection)	M80	Harold May Richard Bledsoe	44-0 56-3
States and		Everett Bolton Julie Bonds	28-7 41-6
and spiral	W55	Karen Hayes Joyce Hopgood Susan Clower-Sm	41-6 52-0 nith 51-9
Best Age	W65	Shirley Frost Naomi Smith	50-0 42-1
PERMIT	ALC:	Rachael Greer Madeline Smith	37-9 29-4
	W75	Betty Christian Evelyn Starnes Carlotta Barnhill	24-3 23-7 39-6
-	1	Reba Bolinger Wilma Shorton	24-1 21-11
THE REAL PROPERTY.		Om RW Bill Richardson	7:24h
No.		Michael Wimsett Paul Johnson James Smith	9:43h 7:24h 16:46h
	M80	Richard Bledsoe	11:42h
NO.		Bill Richardson Michael Wimsett	20:06 33:21
		Jon Benedict David Samuels Paul Johnson	34:44 30:31
Cappage 1	M70	Paul Johnson Glenn Johnson Nash Abrams	28:57 37:44 39:52
Markey .	W50	Karen Hays Anna Allbritton	33:28 45:07
	3000		

November 2005

WEST

Douglas County/Northe Nevada Senior Games Carson City, NV; Sept. 1

50m	
M50 Kevin Christensen	
M55 Frank Mosher	
M65 Charles Wolle	1
M70 Ben Rivera	
100m	
M50 Kevin Christensen	
M55 J Michael Berbyshin	e 1
M60 Dennis Wischmeie	r 2
M65 Charles Wolfe	2
400m	
M50 Kevin Christensen	
M55 Ron Burke	1:2
M65 Charles Wolle	1:4
800m	
M50 Kevin Christensen	
	4:1
M65 Charles Wolfe	4:3
1500m	
M55 Ron Burke	9:2
M60 Dennis Wischmeier	
	0:1
Shot Put	
M50 Kevin Christensen	-
M55 James Schroeder	-
M60 Robey Willis	
M65 Tom English	
M70 Robert Jordan	
Discus	333
M50 Kevin Christensen	3
M55 James Schroeder	
M65 Tom English	1
M70 Robert Jordan	10
Can Diego Senior (30

Patrick Henry HS

Sept. 25	
50m	-
M50 Michael Rabb	6.9 7.0 7.1 7.1
M55 Patrick Lyons	24
M60 Henry Randolph M65 Karl Thorpe	7
M70 Ted Latranchi	7.8
M70 Ted Lafranchi M75 Jim Selby	8.5
M80 Robert Davidson	15.8
M85 Rocky Delaurentis	13.4
W50 Deborah Brockman	
W60 Lynn Naftel W65 Marilyn Ongley	8.4
W65 Marilyn Ongley	9.8
W70 Fran Styles	11.8
100m	140
M50 Curtis Royall M55 Stan Whitley	14.0
M60 Henry Randolph	12.4 14.3 14.4
M60 Henry Randolph M65 Karl Thorpe	14.4
M70 Ted Lafranchi M75 Jim Selby M80 Robert Davidson	14.7 16.2 28.2
M75 Jim Selby	16.2
M80 Robert Davidson	28.2
WIGO HOCKY Delaurerius	27.5
W50 Deborah Brockman	17.0
W60 Nadine O'Connor	14.2
W65 Marilyn Ongley	19.4
W70 Fran Styles 200m	21.0
M50 Steve Kloch	26.8
M50 Steve Kloch M55 Stan Whaley	25.5
M60 Henry Randolph	30.1
M60 Henry Randolph M65 Karl Thorpe M70 Ted Lafranchi	30.7
M70 Ted Lafranchi	30.2
M75 lim Salby	34.5
M80 Robert Davidson	1:18.9
M85 Rocky Delaurentis	36.3
W55 Beverly Hicks W60 Nacihe O'Connor	29.5
W65 Marilyn Ongley	41.0
W75 Fran Styles	53.5
400m	Parks
M50 Steve Kloch	1:01.2
M55 Jorge Fabres	1 24.0
M60 Ted Draper	1:11.8
M65 Edward Miller, Jr	1:22.4
M70 Carl Grubbs	1.18
W60 Lynn Naftel W65 Marilyn Ongley	1:18.1 1:38.8
W80 Jerry Davidson	2:07.3
800m	14 (20)
M60 Malcolm McGawn	2:57.4 3:06.7 3:53.3
M65 Herman Esquibel M70 Carl Grubbs	3:06.7
M70 Carl Grubbs	3:53.3
M75 Jim Selby	3:07.0
W60 Donna Benson	4:29.
	5:20.
1500m	5:04.
M50 Rob Duncanson	6:36
M55 Jorge Fabres M60 Malcolm McGawn	6:03
M65 Herman Esquibel	6:50.
M70 Carl Grubbs	7:36
M75 Jim Hinton	8:08
M75 Jim Hinton M80 John Cross	8:15
W50 Janis Campbell	7:00
3000m	1000
	10:51
M65 Herman Esquibel	15:03

M70 Brian McCarthy 17:33.53

W80 Gerry Davidson 21:37.63

17:47.30

15.33

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3.23

2.02

10.31

8 75

4.78

M75 Jim Hinton

Short Hurdles

M65 John Carr

M55 John Little

M65 Dave Perry

M70 Donald Cohen

W50 Donna Wright

W70 Ellen Brannigan

M50 Rob Duncanson M55 Billy McNeal

M75 Franklin Held W60 Nadine O'Connor

Long Jump M50 Paul Baumhoefner

M55 John Tomaschke

Ron Muranaka

M60 James Hollister

M65 Otis Williams

W50 Donna Wright

W65 Marilyn Ongley W70 Fran Styles

Triple Jump M60 James Hollister

M65 Terry Rowan

W75 Fran Styles Shot Put

M80 Paul Evans

W75 Fran Styles

Pole Vault

M80 John Cross

W60 Donna Benson

M50 Rob Duncanson M60 James Hollister

High Jump M50 Rob Duncanson

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

50m 7.33 M50 Kevin Christensen 7.96 M55 Frank Mosher 7.96 M55 Charles Wolle 11.92 M70 Ben Rivera 8.14 100m 8.14 M50 Kevin Christensen 9.97 M55 J Michael Berbyshire 10.60 M60 Dennis Wischmeier 20.20 M65 Charles Wolfe 23.64 400m 1:38.9 M50 Kevin Christensen 1:29.67 M65 Charles Wolle 1:48.02 800m 4:30.00 M50 Kevin Christensen 2:53.00 M55 Ron Burke 4:14.00 M65 Charles Wolfe 4:32.00 1500m 9:25.44 M60 Dennis Wischmeier 7:40.52 M65 Charles Wolle 10:15.65 Shot Put 30-10 M50 Kevin Christensen 32-10 M55 James Schroeder 30-5 M60 Dennis Wischmeier 7:40.52 M65 Tom English 26-6 M70 Robert Jordan 30-9 M55 James Schroeder 40-2		
M55 Frank Mosher 7.96	50m	700
M65 Charles Wolle	M50 Kevin Christensen	
M70 Ben Rivera 100m	M55 Frank Mosner	
100m M50 Kevin Christensen M55 J Michael Berbyshire M55 Dennis Wischmeier M65 Charles Wolfe M50 Kevin Christensen M55 Ron Burke M55 Kevin Christensen M55 James Schroeder M60 Robey Willis M60 Robey Willis M60 Robey Willis M60 Robey Willis M60 Robey Millis M60 Robey Willis M60 R		
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 Wolle 1:48.02 800m M50 Kevin Christensen 2:53.00 M55 Ron Burke 4:14.00 M65 Charles Wolfe 1:32.00 1500m M55 Ron Burke 9:25.44 M60 Dennis Wischmeier 7:40.52 M65 Charles Wolle 10:15.65 Shot Put M50 Kevin Christensen 2:53.00 M55 Ron Burke 9:25.44 M60 Dennis Wischmeier 7:40.52 M65 Charles Wolle 10:15.65 Shot Put M50 Kevin Christensen 28-10 M50 Robey Willis 30-5 M70 Robert Jordan 30-9 Discus M50 Kevin Christensen 10:2-4 M55 James Schroeder M70 Robert Jordan 30-9 Discus M50 Kevin Christensen 10:2-4 M55 James Schroeder M55 James M56 K54 M54 M54 M54 M54 M54 M54 M54 M54 M54 M		8.14
M55 J Michael Berbyshire M60 Dennis Wischmeier 23.64 400m M50 Kevin Christensen 1:13.89 M55 Ron Burke 1:29.67 M65 Charles Wolle 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 Wolle 10:15.65 Shot Put M50 Kevin Christensen M55 James Schroeder M60 Robey Willis 30-5 M65 Tom English 26-6 M70 Robert Jordan Discus M55 James Schroeder M55 James M56	100m	0.07
M60 Dennis Wischmeier 20.20 M65 Charles Wolfe 23.64 400m M50 Kevin Christensen 1:3.89 M55 Ron Burke 1:29.67 M65 Charles Wolle 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 Wolle 10:15.65 Shot Put M50 Kevin Christensen 32-10 M55 James Schroeder 28-10 M60 Robey Willis 30-5 M670 Robert Jordan 30-9 Discus 30-9 M55 James Schroeder M55 James Schroeder M55 James Schroeder 4052 M55 James Schroeder 55-2 M55 Tom English 55-2		
M65 Charles Wolfe 400m M50 Kevin Christensen 1:13.89 M55 Ron Burke 1:29.67 M65 Charles Wolle 1:48.02 M60 M50 Kevin Christensen 2:53.00 M55 Ron Burke 4:14.00 M65 Charles Wolfe 4:32.00 M55 Ron Burke 9:25.44 M60 Dennis Wischmeier 7:40.52 M65 Charles Wolle 10:15.65 Shot Put M50 Kevin Christensen M55 James Schroeder M70 Robert Jordan 30-9 Discus M50 Kevin Christensen M55 James Schroeder M65 Charles Wolfe M70 Robert Jordan 30-9 Discus M50 Kevin Christensen M55 James Schroeder M65 Tom English 55-2	M55 J Michael Berbyshir	20.00
## 400m ## 50 Kevin Christensen 1:13.89 ## 55 Ron Burke 1:29.67 ## 65 Charles Wolle 1:48.02 ## 800m ## 55 Ron Burke 4:14.00 ## 65 Charles Wolfe 4:32.00 ## 1500m ## 65 Charles Wolfe 4:32.00 ## 1500m ## 65 Charles Wolfe 9:25.44 ## 60 Dennis Wischmeier 7:40.52 ## 65 Ton Burke 10:15.65 ## 55 Shot Put 10:15.65 ## 55 Tom English 30-5 ## 65 Tom English 30-9 ## 65 Shot Put 30-9 ## 665 Tom English 55-2 ## 65 Tom English 55-2	M60 Dennis Wischinele	
M50 Kevin Christensen 1:13.89 M55 Ron Burke 1:29.67 M65 Charles Wolle 1:48.02 800m M50 Kevin Christensen 2:53.00 M55 Ron Burke 4:14.00 M65 Charles Wolle 4:32.00 1500m M55 Ron Burke 9:25.44 M60 Dennis Wischmeier 7:40.52 M65 Charles Wolle 10:15.65 Shot Put M50 Kevin Christensen 32-10 M60 Robey Willis 30-5 M65 Tom English 26-6 M70 Robert Jordan Discus M50 Kevin Christensen 30-9 Discus M50 Kevin Christensen M55 James Schroeder M55 James M56		23.04
M55 Ron Burke 1:29.67 M65 Charles Wolle 1:48.02 M600 M50 Kevin Christensen 2:53.00 M55 Ron Burke 4:14.00 M65 Charles Wolle 4:32.00 1500m M55 Ron Burke 9:25.44 M60 Dennis Wischmeier 7:40.52 M65 Charles Wolle 10:15.65 Shot Put M50 Kevin Christensen M70 Robert Jordan Discus M55 James Schroeder M55 James M56		1.12 00
M65 Charles Wolle 800m 1:48.02 800m 450 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 Wolle 10:15.65 Shot Put M50 Kevin Christensen M50 Robey Willis 30-5 M65 Tom English 26-6 M70 Robert Jordan Discus M55 James Schroeder M55 James Schroeder M55 James Schroeder M55 James Schroeder M55 Tom English 55-2 M55 Tom English 55-2	11100	
## 800m ## M50 Kevin Christensen 2:53.00 ## M50 Kevin Christensen 2:53.00 ## M50 Charles Wolfe 4:32.00 ## M50 Dennis Wischmeier 7:40.52 ## M60 Dennis Wischmeier 7:40.52 ## M60 Charles Wolle 10:15.65 ## M50 Kevin Christensen M55 James Schroeder M60 Robey Willis 30-5 ## M60 Robey Willis 30-5 ## M60 Rober Jordan Discus M50 Kevin Christensen M55 James Schroeder M55 James M50 Kevin Christensen M50 Kevin Christens	M55 Hori Burke	
M50 Kevin Christensen 2:53.00 M55 Ron Burke 4:14.00 M65 Charles Wolfe 4:32.00 M55 Ron Burke 9:25.44 M60 Dennis Wischmeier 7:40.52 M65 Charles Wolle 10:15.65 Shot Put M50 Kevin Christensen M55 James Schroeder M70 Robert Jordan Discus M50 Kevin Christensen M55 James Schroeder M55 James M		1.40.02
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 Wolle 10:15.65 Shot Put 10:15.65 Shot Put 32-10 M55 James Schroeder M70 Robert Jordan Discus 10:2-4 M55 James Schroeder M55 5-26 M55 Tom English 55-2		2.52.00
M65 Charles Wolfe 4:32.00 1500m 9:25.44 M65 Ron Burke 9:25.44 M60 Dennis Wischmeier 7:40.52 M65 Charles Wolle M65 Charles Wolle 10:15.65 Shot Put 32-10 M55 James Schroeder M60 Robey Willis 30-5 M65 Tom English 26-6 M70 Robert Jordan 30-9 Discus 102-4 M55 James Schroeder 465 Tom English M55 James Schroeder 55-2		
1500m M55 Ron Burke M60 Dennis Wischmeier 7:40.52 M65 Charles Wolle M50 Kevin Christensen M55 James Schroeder M60 Robey Willis M65 Tom English M70 Robert Jordan Discus M50 Kevin Christensen M55 James Schroeder M55 Discus M50 Kevin Christensen M55 James Schroeder M55 James Schroeder M55 James Schroeder M55 J5-2		
M55 Ron Burke 9:25.44 M60 Dennis Wischmeier 7:40.52 M65 Charles Wolle 10:15.65 Shot Put 10:15.65 Shot Put 32-10 M55 Mevin Christensen M50 Robey Willis 30-5 M65 Tom English 30-9 Discus 10:2-4 M55 James Schroeder M55 James Schroeder M55 James Schroeder M55 Dames Schroeder M55 Tom English 55-2		4.32.00
M60 Dennis Wischmeier 7:40.52 M65 Charles Wolle 10:15.65 Shot Put M50 Kevin Christensen M50 Kevin Christensen M60 Robey Willis 30-5 M65 Tom English 26-6 M50 Kevin Christensen M50 Kevin Christensen M50 Kevin Christensen M55 James Schroeder M65 Tom English 55-2		0.25 44
M65 Charles Wolle 10:15.65 Shot Put M50 Kevin Christensen M50 Kevin Christensen M50 Robey Willis M65 Tom English M70 Robert Jordan Discus M50 Kevin Christensen M55 James Schroeder M65 Tom English 55-2		
Shot Put 32-10 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 102-4 M55 James Schroeder 96-2 M65 Tom English 55-2		
M50 Kevin Christensen M55 James Schroeder M60 Robey Willis M65 Tom English M70 Robert Jordan Discus M50 Kevin Christensen M55 James Schroeder M65 Tom English M50 Sevin Christensen M50 Kevin Christensen M55 James Schroeder M55 James Schroeder M55 Tom English		0.13.03
M55 James Schroeder M60 Robey Willis 30-5 M65 Tom English 70 Robert Jordan 30-9 Discus M50 Kevin Christensen M55 James Schroeder M65 Tom English 55-2		32-10
M60 Robey Willis 30-5 M65 Tom English 26-6 M70 Robert Jordan 30-9 Discus 102-4 M55 Kevin Christensen 96-2 M55 James Schroeder 96-2 M65 Tom English 55-2		
M65 Tom Énglish 26-6 M70 Robert Jordan 30-9 Discus M50 Kevin Christensen M55 James Schroeder 96-2 M65 Tom English 55-2		
M70 Robert Jordan 30-9 Discus 102-4 M50 Kevin Christensen 102-4 M55 James Schroeder 96-2 M65 Tom English 55-2		
Discus M50 Kevin Christensen 102-4 M55 James Schroeder 96-2 M65 Tom English 55-2		
M50 Kevin Christensen 102-4 M55 James Schroeder 96-2 M65 Tom English 55-2		00 0
M55 James Schroeder 96-2 M65 Tom English 55-2		102-4
M65 Tom English 55-2		
M70 Robert Jordan 106-11		
	M70 Robert Jordan	

Discus		Shot Put	
M50 Kevin Christensen		M50 Richard Watson	9.95
M55 James Schroeder	96-2	M55 Bruce McDonald	11.68
M65 Tom English	55-2	M60 Ron Damschen	8.43
M70 Robert Jordan	106-11	M65 Jerry Harwood	9.82
		M70 Henry Ross	12.70
San Diego Senior (Games	M75 Andrew Genninger	7.72
Patrick Henry I	HS .	W60 Ingrid Mancini	8.00
Sept. 25	200	W65 Ann Abreu	6.14
50m	E SAN	W75 Dolly Scott	4.80
M50 Michael Rabb	6.90	Discus	C DOLE
M55 Patrick Lyons	7.08	M50 Richard Comber	45.54
M60 Henry Randolph	7.52	M55 Joseph Apple	27.83
M65 Karl Thorpe	7.79	M60 Ron Damschen	37.96
M70 Ted Lafranchi	7.81	M65 Bob Humphries	44.50
M75 Jim Selby	8.50	M70 Doug Tomlinson	35.62
M80 Robert Davidson	15.87	M75 L B Jones	20.40
M85 Rocky Delaurentis		M80 Paul Evans	23.02
W50 Deborah Brockma		W60 Indrid Mancini	15.13
W60 Lynn Naftel	8.48	W65 Ann Abreu	16.48
W65 Marilyn Ongley	9.89	W70 Ellen Brannigan	
W70 Fran Styles	11.83	Javelin	17.02
100m	11.03	M50 Richard Watson	20.00
M50 Curtis Royall	14.00		36.65
M55 Stan Whitley	12.45	M55 Eddie Damron	31.72
	14.32	M60 John Schneider	40.00
M60 Henry Randolph		M65 Otis Williams	24.91
M65 Karl Thorpe	14.44	M70 Edward Martin	37.56
M70 Ted Lafranchi	16.26	M75 Andrew Genninger	15.06
M75 Jim Selby	28.24	W65 Ann Abreu	17.44
M80 Robert Davidson M85 Rocky Delaurentis		Hammer	
		M50 Richard Watson	36.93
W50 Deborah Brockma		M55 Joseph Apple	22.42
W60 Nadine O'Connor	14.22	M70 Doug Tomlinson	35.63
W65 Marilyn Ongley	19.46	1500m RW	The breat
W70 Fran Styles	21.65		:19.97
200m	00.00		3:27.12
M50 Steve Kloch	26.82		:34.71
M55 Stan Whaley	25.59		1:20.12
M60 Henry Randolph	30.14	W65 S Kleinschmidt 13	3:59.89
M65 Karl Thorpe	30.73	W75 Larue Jaeger 13	3:08,08
M70 Ted Lafranchi	30.27	5000m RW	
M75 Jim Selby	34.51	M70 Donald Cohen 47	7:36.30
M80 Robert Davidson	1:18.91	W65 Sharon Kleinschmidt 47	7:43.40
M85 Rocky Delaurentis			-
W55 Beverly Hicks	36.35	31st Annual Club V	Vest
W60 Nadine O'Connor	29.51	Masters Meet	example of
W65 Marilyn Ongley	41.08		201 1
W75 Fran Styles 400m	53.50	UC-Santa Barbara;	JCL. I
M50 Steve Kloch	1:01.24	50m	
M55 Jorge Fabres	1:24.66	M35 Gwynn Villegas	6.6
M60 Ted Draper	1:11.87	M50 Paul Shires	6.9
M65 Edward Miller, Jr	1:22.42	M55 Ray Yeck	6.7
M70 Carl Grubbs	1:29.68	M60 Bill Arnerich (tie/1st	8.2
W60 Lynn Naftel	1:18.10	Juan Bustamante (tie/1	
W65 Marilyn Ongley	1:38 87	M65 Terry Rowan	7.4

11st Annual Club West

W60 Nadine O'Connor	29.51	Masters Meet	rest
W65 Marilyn Ongley	41.08		2014
W75 Fran Styles	53.50	UC-Santa Barbara; C	JCT. 1
400m		THE RESERVE OF THE PARTY OF THE	
M50 Steve Kloch	1:01.24	50m	
M55 Jorge Fabres	1:24.66	M35 Gwynn Villegas	6.6
M60 Ted Draper	1:11.87	M50 Paul Shires	6.9
M65 Edward Miller, Jr	1:22.42	M55 Ray Yeck	6.7
M70 Carl Grubbs	1:29.68	M60 Bill Arnerich (tie/1st)	8.2
W60 Lynn Naftel	1:18.10	Juan Bustamante (tie/1	
W65 Marilyn Ongley	1:38.87	M65 Terry Rowan	7.4
W80 Jerry Davidson	2:07.39	M70 Ben Rivera	7.7
800m	2.01.00	W40 Elaine Iba	7.5
M60 Malcolm McGawn	2:57.47	W50 Cathy Baar	10.37
M65 Herman Esquibel	3:06.70	W70 Fei-Mei Chou	10.24
M70 Carl Grubbs	3:53.37	100m	
M75 Jim Selby	3:07.03	M35 Curtis Moore	11.6
W60 Donna Benson	4:29.70	Gwynn Villegas	12.2
W80 Jerry Davidson	5:20.73	M50 Rob Duncanson	12.7
1500m	5.20.75	Paul Shires	13.1
M50 Rob Duncanson	5:04.14	Bill Fitzpatrick	13.4
M55 Jorge Fabres	6:36.84	Stephen Biersmith	13.7
M60 Malcolm McGawn		M55 Stan Whitley	12.2
M65 Herman Esquibel	6:50.16	Ray Yeck	12.6
M70 Carl Grubbs	7:36.61	Larry Lettieri	12.8
M75 Jim Hinton	8:08.68	Pat Lyons	13.1
M80 John Cross		Robert McConnell	13.8
	8:15.27	M60 Bob Callori	15.74
W50 Janis Campbell 3000m	7:00.35	Juan Bustamante	16.92
		M70 Roger Tsuda	14.92
M50 Rob Duncanson	10:51.21	Ben Rivera	15.71
M65 Herman Esquibel	15:03.20	Dell'illivola	Service Control

Natio	nal N
W40 Elaine Iba	14.42
W50 Cathy Baa	20.55
W60 Rosielee Jones W70 Fei-Mei Chou	20.23
W75 Shirley Dietderich	19.53 22.52
200m	
M35 Curtis Moore Gwynn Villegas	23.56 25.06
M40 Paul Shields	25.23
M50 Bill Fitzpatrick	28.13
Phil Vallicella Stephen Biersmith	28.62 28.64
Chris Goodwin	30.10
M55 Stan Whitley Ray Yeck	24.90 26.30
Larry Lettieri	28.90
Larry Lettieri Larry Ketelaar M60 Bob Callori	31.00
Juan Bustamante	32.44 45.83
M65 Don French	
M70 Milton Meux W50 Cathy Baa	46.17
W60 Rosielee Jones	44.75 50.10
W70 Fei-Mei Chou	42.74
400m	
M35 Curtis Moore Matt Bogdanowicz	51.70 53.95
David Kunselman	54.15
M40 Paul Shields	54.36
Willy Rossow M50 Bill Fitzpatrick 1	55.41 .02.19
Phil Vallicella 1	.03.05
Chris Goodwin 1	.07.34
Larry Ketelaar 1 M60 Anthony Teske 1	.11.03
Juan Bustamante 2	2.05.91
	.48.63
W70 Fei-Mei Chou 1 800m	.50.77
M35 David Kunselman 2	2.06.21
M40 Willy Rossow 2	.08.73
W70 Vicki Bigelow 3	2.15.44 3.15.74
1500m	.13.74
M40 Christopher Schultz 5	
M70 Gordon McClenathen 6 5000m	.44.98
M65 Don Truex 22.	33.26
2000m Steeple Chase	50.74
M60 Rollie Cavaletto 8 W40 Karen Duncanson 9	37 44
80mH	加州
M80 Richard Warren	20.86
W45 Karen Vaughn 100mH	18.37
M50 Paul Shires	21.12
110mH	19.60
M35 Gwynn Villegas 300mH	19.00
M35 Gwynn Villegas	65.05
M50 Rob Duncanson Paul Shires	66.40 72.63
M65 Terry Rowan	53.65
M65 Terry Rowan 4 x 100m Relay	
M50 S.F. Track Club	60.97
Jim Pasquali, Bob Calle Chris Goodwin, Rick TI	
4 x 800m Relay	(Elicinia)
M60 So. Cal TC AR 9:3 Frank Condon, John D	35.99 arling-
ton, Dennis Duffy, Larry	
Barnum	
S.F. Track Club 12 Matt Bogdanowicz, Chi	
Goodwin, Carlos Borrio	
Larry Ketelaar	
High Jump M45 Victor Berezovskiy	1.80
M50 Keith Nelson	1.80
Jason Meisler	1.65
M60 John Dobroth M65 Jack Kuhns	1.60 1.30
W45 Karen Vaughn	1.30
W55 A Steekelenburg	
W70 Fei-Mei Chou Pole Vault	0.95
M35 Pete Brooks	4.27
M40 Bernie Miller	3.81
M45 Victor Berezovskiy M50 Mike Hogan	3.66 3.81
M60 Larry Jones	2.90
M65 Terry Cannon Rob Duncanson	3.20
Long Jump	3.20
M35 Curtis Moore M40 Logan Culp	5.65
M40 Logan Culp Christopher Schultz	5.09 4.72
CHIBIOPHOL OCHUILZ	1.16

M45 Dave Quick M50 Paul Shires

M60 Larry Jones Juan Bustamante

M65 Terry Rowan M70 Roger Tsuda M75 Milton Meux

M80 Richard Warren

W35 Cyndi Brooks

W70 Fei-Mei Chou

Triple Jump M35 Curtis Moore

M45 Dave Quick

W45 Elaine Iba

4.28

4.12 2.65 2.75

4.53

2.39

12.42

Cal. Track Club Relay Robin Paulsen Trophy – Outstanding Field Performance: M50 HT (47.54) Thomas Meyer RE/MAX Trophy – Outstanding Woman-Track: W70 800 (3:15.734 Vicki Bigelow Len Miller Trophy – Outstanding Woman-Field: W55 HJ (1:30) Annelies Steekelenburg LONG DISTANCE **RUNNING**

NATIONAL

440	Dennis Simonaitis	31:00
	Danny Gonzalez	31:51
	Peter Magill	32:22
	Brian Pope	32:35

Norm Purrington

Dean Bluhm

3:19:40

3:35:41

_			AND DESCRIPTION OF THE PERSON NAMED IN	
3	M50 Paul Shires	9.42	Mike Spencer	32:50
i	M60 Larry Jones	8.22	M45 Ivan Huff	32:29
ì	M65 Terry Rowan	8.65	Kevin Haas	32:35
B	Shot Put		Robert Pickens	33:45
	M35 Curtis Moore	11.00	Tim O'Rourke	34:21
1	M40 Christopher Schultz		Thom Trimble	34:55
ı	Drew Monaghan M45 Carlos Borrico	9.02	M50 Ric Sayre	33:35
	M50 Gary Schmidt	6.03	Gary Romesser	33:49
1	Rick Thoman	8.69	Gregg Horner Lloyd Stephenson	34:50
ı	M60 Richard Noble	11.45	Barry Molony	35:51 36:01
١	Juan Bustamante	7.81	M55 Don Paul	36:30
ı	Bob Callori	5.90	Michael Dove	38:08
ı	M65 Jack Kuhns	11.05	Bill Dunn	38:35
ı	Jerry Harwood	9.33	Les Ong	38:51
ı	Alan Rosen	8.30	Scott McIntosh	40:33
ı	Don French	6.54	M60 Len Goldman	38:44
1	W45 Karen Vaughn	8.09	Robert Gormley	40:54
ı	W60 Rosielee Jones	7.28	Robin Taliaferro	40:56
1	Kathryn Noble	6.83	Robert Schmitt	41:50
ı	Discus		Joe Hurtado	43:11
1	M40 Christopher Schultz Drew Monaghan		M65 Marvin Rowley	39:36
ı	M50 Gary Schmidt	25.69 36.24	Neal Chappell Rod MacKinlay	42:27
1	M60 Richard Noble	34.03	Doug Braasch	42:38 43:58
1	Juan Bustamante	25.96	Neil Wilcox	44:02
1	Jim Hanley	18.48	M70 John Brennand	42:10
ı	M65 Jack Kuhns	33.46	Glynn Wood	52:43
ı	Alan Rosen	32.96	William Flodberg	55:48
ı	Jerry Harwood	31.67	Phil Phythian	55:49
ı	Don French	20.57	Charley Penrose	58:51
ı	M70 Stew Thomson	38.19	M75 Sam Hirabayashi	52:20
J	Milton Meux	26.53	Ed Reyna	56:45
ı	W50 Cathy Baar	14.96	W40 Colleen De Reuck	33:33
ı	W55 A Steekelenburg	21.71	Diane Bussa	35:21
ı	W60 Kathryn Noble	12.23	Lisbet Sunshine Rosemarie Laguna	36:23
ı	Rosielee Jones W70 Fei-Mei Chou	9.69	Nancy Steinmaus	38:30
ı	W75 Shirley Dietderich	12.85		38:10
١	Javelin	12.00	W45 Nancy Fiddler Maria Trujillo De R	
ı	M40 Logan Culp	40.70	Elaine Smith	39:43
ı	Drew Monaghan	28.37	Janet Norem	40:09
ı	M45 John Hansen	52.84	Theresa McCourt	40:35
ı	Carlos Borrcio	20.56	W50 Heidi Swan	38:36
ı	M50 Rob Duncanson	45.47	Kim Rupert	42:01
ı	Gary Schmidt	37.66	Melinda Morse	43:01
ı	M60 Steve Shepard	36.17	Deanna Voelker	44:55
ı	Juan Bustamante	20.61	Nancy Wang	51:18
ı	M65 Jerry Harwood	22.82	W55 Irene Herman	48:14
1	Don French M70 Milton Meux	17.34 19.37		51:57
ı	W40 Karen Duncanson	14.61	Deborah Miles W60 M-L Michelsohn	54:39 43:11
ı	W50 Cathy Baar	10.81	Suzanne Franco	53:27
1		9.77	Ann Hardham	54:38
	W/3 Shirley Dietaerich			
ı	W75 Shirley Dietderich Hammer	3.77	Linda Hall	
١	Hammer M50 Tom Meyer	47.54	Linda Hall W65 Barbara Miller	59:14 45:40
	Hammer M50 Tom Meyer	47.54 32.89	Linda Hall W65 Barbara Miller Trudi Hofmann	59:14 45:40 51:17
	M50 Tom Meyer Gary Schmidt M60 Juan Bustamante	47.54 32.89 16.80	Linda Hall W65 Barbara Miller Trudi Hofmann W70 Barbara Robben	59:14 45:40 51:17 01:19
	M50 Tom Meyer Gary Schmidt M60 Juan Bustamante M65 Jack Kuhns	47.54 32.89 16.80 33.13	Linda Hall W65 Barbara Miller Trudi Hofmann	59:14 45:40 51:17
	Hammer M50 Tom Meyer Gary Schmidt M60 Juan Bustamante M65 Jack Kuhns Jerry Harwood	47.54 32.89 16.80 33.13 20.21	Linda Hall W65 Barbara Miller Trudi Hofmann W70 Barbara Robben W80 Elizabeth Baker	59:14 45:40 51:17 01:19 50:37
	M50 Tom Meyer Gary Schmidt M60 Juan Bustamante M65 Jack Kuhns Jerry Harwood M70 Stew Thomson	47.54 32.89 16.80 33.13 20.21	Linda Hall W65 Barbara Miller Trudi Hofmann W70 Barbara Robben W80 Elizabeth Baker USATF Masters &	59:14 45:40 51:17 01:19 50:37 Open
	Hammer M50 Tom Meyer Gary Schmidt M60 Juan Bustamante M65 Jack Kuhns Jerry Harwood M70 Stew Thomson W50 Cathy Baar Trophies:	47.54 32.89 16.80 33.13 20.21 41.55 17.62	Linda Hall W65 Barbara Miller Trudi Hofmann W70 Barbara Robben W80 Elizabeth Baker USATF Masters & Championships/1	59:14 45:40 51:17 01:19 50:37 Open
	Hammer M50 Tom Meyer Gary Schmidt M60 Juan Bustamante M65 Jack Kuhns Jerry Harwood M70 Stew Thomson W50 Cathy Baar Trophies: George Adams – High-Point	47.54 32.89 16.80 33.13 20.21 41.55 17.62	Linda Hall W65 Barbara Miller Trudi Hofmann W70 Barbara Robben W80 Elizabeth Baker USATF Masters & Championships/I Cities Marathon, Mi	59:14 45:40 51:17 01:19 50:37 Open Twin innea-
	Hammer M50 Tom Meyer Gary Schmidt M60 Juan Bustamante M65 Jack Kuhns Jerry Harwood M70 Stew Thomson W50 Cathy Baar Trophies: George Adams – High-Point (open) Klen Tran	47.54 32.89 16.80 33.13 20.21 41.55 17.62 Track:	Linda Hall W65 Barbara Miller Trudi Hofmann W70 Barbara Robben W80 Elizabeth Baker USATF Masters & Championships/ Cities Marathon, Mi polis/St. Paul, MN;	59:14 45:40 51:17 01:19 50:37 Open Twin innea-
	Hammer M50 Tom Meyer Gary Schmidt M60 Juan Bustamante M65 Jack Kuhns Jerry Harwood M70 Stew Thomson W50 Cathy Baar Trophies: George Adams – High-Point (open) Kien Tran Vernon Cheadle – High-Poin	47.54 32.89 16.80 33.13 20.21 41.55 17.62 Track:	Linda Hall W65 Barbara Miller Trudi Hofmann W70 Barbara Robben W80 Elizabeth Baker USATF Masters & Championships/I Cities Marathon, Mi polis/St. Paul, MN; Overall	59:14 45:40 51:17 01:19 50:37 Open Twin innea- Oct 2
	Hammer M50 Tom Meyer Gary Schmidt M60 Juan Bustamante M65 Jack Kuhns Jerry Harwood M70 Stew Thomson W50 Cathy Baar Trophies: George Adams – High-Point (open) Klen Tran Vernon Cheadle – High-Poin Jack Kuhns Jimmie Whitney – High-Poin	47.54 32.89 16.80 33.13 20.21 41.55 17.62 Track:	Linda Hall W65 Barbara Miller Trudi Hofmann W70 Barbara Robben W80 Elizabeth Baker USATF Masters & Championships/I Cities Marathon, Mi polis/St. Paul, MN; Overall Mbarak Hussein 40	59:14 45:40 51:17 01:19 50:37 Open Twin innea- Oct 2 2:18:28
	Hammer M50 Tom Meyer Gary Schmidt M60 Juan Bustamante M65 Jack Kuhns Jerry Harwood M70 Stew Thomson W50 Cathy Baar Trophies: George Adams – High-Point (open) Klen Tran Vernon Cheadle – High-Poin Jack Kuhns Jimmie Whitney – High-Poin & Field: Juan Bustamante	47.54 32.89 16.80 33.13 20.21 41.55 17.62 Track: t Field:	Linda Hall W65 Barbara Miller Trudi Hofmann W70 Barbara Robben W80 Elizabeth Baker USATF Masters & Championships/I Cities Marathon, Mi polis/St. Paul, MN; Overall Mbarak Hussein 40 Nicole Aish 29 M35 Rusty Snow	59:14 45:40 51:17 01:19 50:37 Open Twin innea- Oct 2
	Hammer M50 Tom Meyer Gary Schmidt M60 Juan Bustamante M65 Jack Kuhns Jerry Harwood M70 Stew Thomson W50 Cathy Baar Trophies: George Adams – High-Point (open) Klen Tran Vernon Cheadle – High-Poin Jack Kuhns Jimmie Whitney – High-Poin & Field: Juan Bustamante Raw Williams Trophy – Best	47.54 32.89 16.80 33.13 20.21 41.55 17.62 Track: at Field: t Track	Linda Hall W65 Barbara Miller Trudi Hofmann W70 Barbara Robben W80 Elizabeth Baker USATF Masters & Championships/I Cities Marathon, Mi polis/St. Paul, MN; Overall Mbarak Hussein 40 Nicole Aish 29 M35 Rusty Snow M40 Mbarak Hussein	59:14 45:40 51:17 01:19 50:37 Open win innea- Oct 2 2:18:28 2:40:21 2:26:52 2:18:28
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	Hammer M50 Tom Meyer Gary Schmidt M60 Juan Bustamante M65 Jack Kuhns Jerry Harwood M70 Stew Thomson W50 Cathy Baar Trophies: George Adams – High-Point (open) Klen Tran Vernon Cheadle – High-Poin Jack Kuhns Jimmie Whitney – High-Poin & Field: Juan Bustamante Ray Williams Trophy – Best Runner 60+: Don Truex Nick Carter Trophy – Best A 5000m: Gordon McClenath	47.54 32.89 16.80 33.13 20.21 41.55 17.62 Track: t Field: t Track 5000m	Linda Hall W65 Barbara Miller Trudi Hofmann W70 Barbara Robben W80 Elizabeth Baker USATF Masters & Championships/1 Cities Marathon, Mi polis/St. Paul, MN; Overall Mbarak Hussein 40 Nicole Aish 29 M35 Rusty Snow M40 Mbarak Hussein Dennis Simonaitis Paul Aufdemberge	59:14 45:40 51:17 01:19 50:37 Open Twin innea- Oct 2 2:18:28 2:40:21 2:26:52 2:18:28 2:27:33 2:29:49
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	Hammer M50 Tom Meyer Gary Schmidt M60 Juan Bustamante M65 Jack Kuhns Jerry Harwood M70 Stew Thomson W50 Cathy Baar Trophies: George Adams – High-Point (open) Klen Tran Vernon Cheadle – High-Poin Jack Kuhns Jimmie Whitney – High-Poin & Field: Juan Bustamante Ray Williams Trophy – Best Runner 60+: Don Truex Nick Carter Trophy – Best A 5000m: Gordon McClenath Paul Spangler Trophy – Best A source Gordon McClenath Paul Spangler Trophy – Best A	47.54 32.89 16.80 33.13 20.21 41.55 17.62 Track: t Track t Track	Linda Hall W65 Barbara Miller Trudi Hofmann W70 Barbara Robben W80 Elizabeth Baker USATF Masters & Championships/ Cities Marathon, Mi polis/St. Paul, MN; Overall Mbarak Hussein 40 Nicole Aish 29 M35 Rusty Snow M40 Mbarak Hussein Dennis Simonaitis Paul Aufdemberge John Mirth Daniel Boyle	59:14 45:40 51:17 01:19 50:37 Open Win innea- Oct 2 2:18:28 2:40:21 2:26:52 2:21:8:28 2:27:33 2:29:49 2:30:36 2:31:41
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	Hammer M50 Tom Meyer Gary Schmidt M60 Juan Bustamante M65 Jack Kuhns Jerry Harwood M70 Stew Thomson W50 Cathy Baar Trophies: George Adams – High-Point (open) Klen Tran Vernon Cheadle – High-Poin Jack Kuhns Jimmie Whitney – High-Poin & Field: Juan Bustamante Ray Williams Trophy – Best Runner 60+: Don Truex Nick Carter Trophy – Best A 5000m: Gordon McClenath Paul Spangler Trophy – Best A source Gordon McClenath Paul Spangler Trophy – Best A	47.54 32.89 16.80 33.13 20.21 41.55 17.62 Track: t Track 5000m	Linda Hall W65 Barbara Miller Trudi Hofmann W70 Barbara Robben W80 Elizabeth Baker USATF Masters & Championships/I Cities Marathon, Mi polis/St. Paul, MN; Overall Mbarak Hussein 40 Nicole Aish 29 M35 Rusty Snow M40 Mbarak Hussein Dennis Simonaitis Paul Aufdemberge John Mirth Daniel Boyle Darren De Reuck Joseph Cresko	59:14 45:40 51:17 01:19 50:37 Open win innea- Oct 2 2:18:28 2:40:21 2:26:52 2:18:28 2:27:33 2:29:49 2:30:36 2:31:41 2:36:50 2:44:35
	Hammer M50 Tom Meyer Gary Schmidt M60 Juan Bustamante M65 Jack Kuhns Jerry Harwood M70 Stew Thomson W50 Cathy Baar Trophies: George Adams – High-Point (open) Kien Tran Vernon Cheadle – High-Poin Jack Kuhns Jimmie Whitney – High-Poin & Field: Juan Bustamante Ray Williams Trophy – Best Runner 60+: Don Truex Nick Carter Trophy – Best 5000m: Gordon McClenath Paul Spangler Trophy – Bes ormance by Athlete 80+: Ric Warren John Whttemore Trophy – B Hammer Thrower 70+: F. St Thomson	47.54 32.89 16.80 33.13 20.21 41.55 17.62 Track: tt Field: tt Track 5000m -G en tt Perf- thard	Linda Hall W65 Barbara Miller Trudi Hofmann W70 Barbara Robben W80 Elizabeth Baker USATF Masters & Championships/ Cities Marathon, Mi polis/St. Paul, MN; Overall Mbarak Hussein 40 Nicole Aish 29 M35 Rusty Snow M40 Mbarak Hussein Dennis Simonaitis Paul Aufdemberge John Mirth Daniel Boyle Darren De Reuck Joseph Cresko Rick Cleary	59:14 45:40 51:17 01:19 50:37 Open Iwin innea- Oct 2 2:18:28 2:40:21 2:26:52 2:18:28 2:27:33 2:29:49 2:30:36 2:31:41 2:36:50 2:44:35 2:44:35 2:44:35
	Hammer M50 Tom Meyer Gary Schmidt M60 Juan Bustamante M65 Jack Kuhns Jerry Harwood M70 Stew Thomson W50 Cathy Baar Trophies: George Adams – High-Point (open) Klen Tran Vernon Cheadle – High-Poin Jack Kuhns Jimmie Whitney – High-Poin & Field: Juan Bustamante Ray Williams Trophy – Best Runner 60+: Don Truex Nick Carter Trophy – Best A 5000m: Gordon McClenath Paul Spangler Trophy – Best A 5000m: Gordon McClenath Paul Spangler Trophy – Best A 5000m: Gordon McClenath Paul Spangler Trophy – Best A 5000m: Gordon McClenath Paul Spangler Trophy – Best A 5000m: Gordon McClenath Paul Spangler Trophy – Best A 5000m: Gordon McClenath Paul Spangler Trophy – Best A 5000m: Gordon McClenath Paul Spangler Trophy – Best A 5000m: Gordon McClenath Paul Spangler Trophy – Set Thomson	47.54 32.89 16.80 33.13 20.21 41.55 17.62 Track: at Field: t Track t Track t Perf-thard est ewart anding	Linda Hall W65 Barbara Miller Trudi Hofmann W70 Barbara Robben W80 Elizabeth Baker USATF Masters & Championships/T Cities Marathon, Mi polis/St. Paul, MN; Oyerall Mbarak Hussein 40 Nicole Aish 29 M35 Rusty Snow M40 Mbarak Hussein Dennis Simonaitis Paul Aufdemberge John Mirth Daniel Boyle Darren De Reuck Joseph Cresko Rick Cleary Simon Tbainl	59:14 45:40 51:17 01:19 50:37 Open Iwin oct 2 2:18:28 2:40:21 2:26:52 2:18:28 2:27:33 2:29:49 2:30:36 2:31:41 2:36:50 2:44:35 2:45:08 2:48:33
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John Farah	3:45:52
Jeff Woll	3:47:24
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Jim Ogg	3:55:20
Marty Winkel	3:56:10
Ross Hamilto	on 3:57:17
M65 Joseph Burg	asser 3:12:14
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W35 Nicole Hunt	2:43:25
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Marie Boyd	2:55:15
Nina Stamer	3:09:24
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Terry Luzade	
Janet Smith	3:17:43
Donella Neul	
	3:30:17
Carol Lorier	
Susan Kerste	
Mary Yetzer	3:32:58
W50 A Wickstrom	3:38:01
Roberta How	
Peggy Mowt	oray 3:40:26
Linda Gentlii	ng 3:45:26
Janet Cain	3:47:36
Sanet Cain	3.47.30
Sheila Hicks	3:47:47
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Patricia O'br	yan 3:51:53
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Lynn Kleimai	
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Sue Coughla	n 3:58:07
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Kathleen She	ea 4:04:18
Tanaka Emik	
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Ruth Wassin	
Maureen Wa	
W60 Sugimoto Mit	tsuko 3:57:36
Marie Slonsk	
Elisabeth Ka	
Jan Rohde	4:32:32
	4.32.32
Monique Hot	bitaille 4:34:14
Julie Penley	4:40:24
Mary Haley	4:46:40
Judy Aronson	4:46:40 n 4:52:27
Judy Aronson	n 4:52:27
Judy Aronson Kathy Ryan	n 4:52:27 4:54:11
Judy Aronson Kathy Ryan W65 Tsujita Hiroko	n 4:52:27 4:54:11 0 4:44:34
Judy Aronson Kathy Ryan W65 Tsujita Hiroko Catherine De	4:52:27 4:54:11 4:44:34 etman 4:49:26
Judy Aronson Kathy Ryan W65 Tsujita Hiroko Catherine De Patricia Wolk	n 4:52:27 4:54:11 0 4:44:34 etman 4:49:26 coff 5:46:59
Judy Aronson Kathy Ryan W65 Tsujita Hiroko Catherine De Patricia Wolk Phyllis Kahn	n 4:52:27 4:54:11 0 4:44:34 etman 4:49:26 coff 5:46:59 5:52:11
Judy Aronson Kathy Ryan W65 Tsujita Hiroko Catherine De Patricia Wolk Phyllis Kahn	n 4:52:27 4:54:11 0 4:44:34 etman 4:49:26 coff 5:46:59 5:52:11
Judy Aronson Kathy Ryan W65 Tsujita Hirok Catherine De Patricia Wolk Phyllis Kahn W70 Patricia Amic	n 4:52:27 4:54:11 0 4:44:34 etman 4:49:26 coff 5:46:59 5:52:11 don 5:17:22
Judy Aronson Kathy Ryan W65 Tsujita Hiroko Catherine De Patricia Wolk Phyllis Kahn	n 4:52:27 4:54:11 0 4:44:34 etman 4:49:26 coff 5:46:59 5:52:11 don 5:17:22
Judy Aronsoi Kathy Ryan W65 Tsujita Hiroki Catherine De Patricia Woll Phyllis Kahn W70 Patricia Amic Patricia Wah	1.52:27 4:54:11 0 4:44:34 etman 4:49:26 coff 5:46:59 5:52:11 don 5:17:22 elgren 5:58:27
Judy Aronson Kathy Ryan W65 Tsujita Hirok Catherine De Patricia Wolk Phyllis Kahn W70 Patricia Amic	1.52:27 4:54:11 0 4:44:34 etman 4:49:26 coff 5:46:59 5:52:11 don 5:17:22 elgren 5:58:27
Judy Aronsoi Kathy Ryan W65 Tsujita Hiroku Catherine De Patricia Wolk Phyllis Kahn W70 Patricia Amic Patricia Wah	1 4:52:27 4:54:13 0 4:44:34 etman 4:49:26 soff 5:46:59 5:52:11 don 5:17:22 elgren 5:58:27
Judy Aronsoi Kathy Ryan W65 Tsujita Hiroku Catherine De Patricia Wolk Phyllis Kahn W70 Patricia Amic Patricia Wah	1 4:52:27 4:54:13 0 4:44:34 etman 4:49:26 soff 5:46:59 5:52:11 don 5:17:22 elgren 5:58:27
Judy Aronsoi Kathy Ryan W65 Tsujita Hiroku Catherine De Patricia Wolk Phyllis Kahn W70 Patricia Amic Patricia Wah	1 4:52:27 4:54:13 0 4:44:34 etman 4:49:26 soff 5:46:59 5:52:11 don 5:17:22 elgren 5:58:27
Judy Aronsoi Kathy Ryan W65 Tsujita Hiroku Catherine De Patricia Wolk Phyllis Kahn W70 Patricia Amic Patricia Wah EAS	1 4:52:27 4:54:13 0 4:44:34 etman 4:49:26 soff 5:46:59 5:52:11 don 5:17:22 elgren 5:58:27
Judy Aronsoi Kathy Ryan W65 Tsujita Hiroku Catherine De Patricia Wolk Phyllis Kahn W70 Patricia Amic Patricia Wah	1 4:52:27 4:54:13 0 4:44:34 etman 4:49:26 soff 5:46:59 5:52:11 don 5:17:22 elgren 5:58:27

Annapolis, MD; Aug	g. 28
Overall	2/65/5
Jeff Olenick 26	51:29
Susannah Kvasnicka 33	59:23
M35 David Mead	57:31
M40 Michael Woodman	55:36
S England-Arbona	59:34
Laurance Kam	61:45
Kyle Caudle	61:48
Thomas Hattar	62:09
M45 Jim Hage	57:22
Robert Tison	59:42
Keith McIntyre	59:42
Strep Kuehl	62:07
Bruce Halpin	63:23
M50 Chuck Moeser	58:38
Mike Hart	60:17
Steve Giorgis	61:39
Paul Ryan	67:15
M55 Mike Slonaker	65:00

W55 Mary Rosado

Judith Tripp Cande Olsen W60 Ann Makoske

W65 Edith Jones

Evelyn Davis W70 Ginette Bedard Jeanne Shiff

Geri Owens

W75 Bertha McGruder Dolly Finklestein

Jesus Resendiz Victoria Ganushina

M45 Jose Guzman

M50 Julian Alvarez

Kevin Higgins John Kane

Greg Leto Takashi Ogawa

Bill Plough 1:27:14 Thomas Fitzgerald 1:27:49 Lucio Cardona 1:28:08 M55 Bruce Langenkamp 1:25:21 Bill Bosmann

Christopher Lehman 1:30:47 Hari Rohl 1:31:55 M60 Feliciano Pereira 1:26:01 Douglas Brown 1:32:43 Hilary Peterlin James Leitz

Harvey Strauss 1:47:42 George Studzinski 1:48:50 Elmer Cheesman 1:51:35

Matthew Lalumia

Joseph La Bruno

Amy Rappaport Kathy Rocker Sally Simeone

M75 Bill Welsh

W40 M Noe-Schlentz

8:35

9:41

10:08 18:53

5:22

5:24 5:26

5:15 5:36 5:45

5:55 5:23

5:33

5:44 5:44

6:32 6:32

6:51

M40 Ken Rolek Matt Kohlbrenner Rodrigo Caceres Juan Venegas Michael Smurla

Overall legue B

Liberty Waterfront Half-

Marathon/USATF-NE Championships

Jersey City, NJ; Sept. 25

Carol Johnston

Elaine Matthews

pag	ge 20		
66	Jay Wind	69:34	
	Dwight Edris Gerard Cabrol	69:39 69:53	
M60	Piriya Pinit	69:05	1
	John Kirkpatrick John Churchman	69:46 74:32	'
M65	Malcolm O'Hagan	73:15	!
	Stephen Forman Tom Cowley	78:35 83:53	١,
M70	Ercolini Gresia	91:03	1
M75	Don Singer Joe Rutkowski	91:07	1
	John Fry Alisa Harvey	1:44:53	
W40	Christina Morganti		V
	Robyn Humphrey Monica Grillo	65:02 66:46	100
	Johanna Siemon	67:16	V
W45	Lisa Mills Carole Rosasco	67:35 71:52	
	Mary Cupo	75:49	٧
W50	Janet Jones Karen Erb	76:29 74:06	1
******	Laura Roman	74:49	٧
W55	Linell Smith Rose Malloy	76:17 75:34	
*****	Linda Mills	82:16	٧
WED	Linda Kearney Betty Smith	82:21 86:01	9
	Marge Burley Pat Welch	88:13	8
W65	Pat Welch Brenda Murray	90:38 1:50:42	8
*****	Kathleen Guerrieri	1:52:07	50
W70	M Tomaszewski Hiroko Hunt	1:54:31	2
Patri	cia O'Brien Award	Anglick	K
(1st fe	emale Anne Arundel C stina Morganti 40	county) 64:46	N
Com	mander Willie Mc		N
Awa	r d Naval Academy Alu	mnus)	N
	e Giorgis 50	61:39	N N
Gr	Greenbelt 15K eenbelt, MD; Se		N N N
	all n Grimm 26 ueline Concaugh	55:29 59:13	V
			N
M40 M45	Ted Poulos George Buckheit	57:22 59:15	N
M50	Richard Morgan	1:00:58	V
M55 M60	Jay Wind Greg Chaconas	1:08:18	
M65	Richard Rhoads	1:36:54	0
M70 M80	Bill Bishop Walt Washburn	1:36:53	
W40		:13:38	0
W45 W50	Beverly Black 1 Kaye Ferguson 1	:12:53	P
W60	Louise Avidon 2	:01:59	K
W65	Tami Graf 1	:41:17	M
Ken	Kensington 8K sington, MD; Se		M
Over			M
	em Lanier 32 Fulton 39	26:27 32:13	W
M40	Ted Poulos	28:41	N
M45 M50	Tom Pollak	31:14 29:48	W
M55	James Cooper James Rogers	34:45	V
M60 M65	Martin Faigin Maynard Weyers	41:15 38:32	
M70	Jack Mcmahon	44:02	100
M75	Nianxiang Xie Helen Beven	46:58 34:36	1
W45	Heidi Sheppard	39:27	F
W50	Bj Freeman Alice Franks	46:26 37:28	٥
W60	Melinda Berge	46:30	0
W65	Tami Graf	47:07	L .
	reat Cow Harbor orthport, NY; Sep		ALCOHOL:
Ove		00.47	
Kim	ony Famiglietti 26 Pawelek 31	29:17 35:31	٨
1425	Pat O'Bourka	34:33	

Children and the control of the Spinish Land	18000
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 ChristopherWebber	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

Contract Con	-
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 Ddmstaude	r43:41
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 Stanjones	52:40
Kate Shreck	60:58
Ellen Duffy	62:46
W70 Wen-Shi Yu	61:52
Alexandra Finger	66:12

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

Over	all	
	sa Shentema	1:02:23
	a Kastor	1:07:53
M40	Mbarak Hussein	1:03:23
	Hiroyuki Fujii	1:07:18
	Kevin Devine	1:29:21
	Steve Spence	1:07:56
	Fred Klevan	1:10:52
	John Carroll	1:12:55
	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
Same?	Joseph Muldowney	
M55	Mick Slonaker	1:23:48
	Seito Keenya	1:27:17
	Perry Francis	1:28:21
	William Hidding	1:29:04
100	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

	Natio	on	al	M
M65	Robert Mauch		43:	
1000	Stan Neumann		43:	
-33	Jerry Gornish		44:	
	Bill Jones		46:	
	Arnold Orgolini		48:	
M70	Rich Hause		48:	
1000	An Duong		05:	
	George Evinski		02:	
100	William Smith Jr		06:	
	Paul Lenz		15:	
M75	Jack Starr		35:	
1100	Edward Gawinski		01:	
	Hugh Gilmore		16:	
W40	Ramilia Burangulova		16:	
	Sharon Stubler		22:	
	Kelly Dworak		23:	
250	Bea Huste Petersen		24:	
1	Elizabeth Litten		26:	
	Julie Hankin		28:	
W45	Lee Dipietro		22: 28:	
100	Stacy Creamer Mary Snipes		20. 34:	
-	Mary Snipes			
10.	Denise Dipangrazio Joyce Stevens	1	36:	44
MEO	Tatyana Pozdnyakova		16:	
W50	Sharon Vos		28:	
1	Betty Blank		34:	
	Leah Whipple		36:	
3-3	Carolyn Bujak		36:	
WSS	Catherine Wides		34:4	
1133	Deborah Compton		40:	
200	Joy Hampton		41:	
	Carolyn Mather		49:	
	Udon Beidler		52:	
Wen	Brigitte Sutherlin		46:	
1100	Ingrid Cantarella-Fox		56:	
200	Pat Welch		00:	
THE REAL PROPERTY.	Mary McCoy		05:	
(7545)	Vicki Murphy-Kendall		11:5	
W65	Bernadine Pongracz	2:	37:	28
1000	Rosemary McCloskey		45:	
15 10	Daniele Leong		46:	
355	Roberta Canuso		58:	
25	Lee Ann Hilt		58:4	
W70	Carol Montgomery		33:	
	Shirley Simmers		33:	
5355	Lorraine Cephus	3:4	42:	34
				SHE .

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

			Amy Happa	DOIL	1:30:32
130	Nazarre Merchant	4:26	Kathy Rocke		1:33:03
	Mike Guastella	4:29	Sally Simeo		1:37:45
	Ricardo Bailey	4:34	W45 Jean Stemm		1:29:33
140	Conor O'Driscoll	4:28	Beth Moras		1:31:54
	Gladstone Jones	4:30	Dawn Marin	elli	1:38:58
	Jorge Fernandez	4:42	W50 Jane Parks		1:36:39
	Gerard Pearlberg	4:46	Gail Kislevit	Z	1:41:47
	Alfonso Folonia	4:47	J Farnung-K	rause	1:42:57
	Philip Crosby	4:48	W55 Betty Shonts		1:46:04
145	Jerry Macari	4:45	Arlene Paine		1:57:56
	Stuart Calderwood	4:50	Christine An		1:59:38
	Michael Rennock	5:07	W60 Eileen Holzr		1:50:40
	Tom Zara	5:11	Pat O 'Hank		1:55:32
	Ian Parmiter	5:16	Ruth Liebow	itz	2:00:27
	Jorge Fajardo	5:16	W65 Anna Thorn		1:48:43
150	Stephen Chantry	4:46	Imme Dysor		1:52:34
	Paul Mascali	4:47	Dorothy Littl		1:54:42
	Steve Calidonna	5:01	W70 Shirley Petty	viohn	3:05:16
	Fred Robbins	5:10	W75 Patriciga Tu		
	Tony Plaster	5;13	Men's Age-Grad		
155	Alston Brown	4:46	F Pereira	60	83.5%
	Harold Nolan	5:24	K Rolek	43	83.5%
	Tim Payne	5:27	B Langenkamp	56	81.2%
	Chris Bateman	5:43	M Kohlbrenner	44	81.0%
	Julio Aguirre	5:43	R Caceres	44	80.5%
160	Milt Schumacher	5:19	J Guzman	46	80.4%
	Salih Talib	5:25	B Bosmann	55	80.3%
	Pat Cosgrove	5:52	James Leitz	66	79.6%
- 100	Bob Edmonds	5:57	Women's Age-Gr	aded F	
165	Sid Howard	5:39	I Dyson	68	80.2%
	Norman Goluskin	6:06	J Stemm	46	80.0%
	Abe Bernstein	6:29	A Thornhill	65	79.9%
	Egidio Bernardo	7:09	M Noe-Schlentz	44	78.9%
170	Witold Bialokur	6:00	J Parks	52	78.3%
	Alfred Finger	6:23	B Moras	46	78.0%
455	Eric Seiff	6:50	A Rappaport	44	77.8%
175	Bill Fortune	7:11	D Little	66	76.7%
	Edward Lasso	7:59	7 (200	
	Leo Schonhaut	8:31	New Hampshir	re Ma	rathon
л80	John Bates	7:11	Bristol All	1. 0-4	

Sab Koide

M90+David Gerli 94 W30 Lilian Kroner 39

Shebna Olsen 35 Amy Laub 36 W40 Charlotte Rizzo

Diane Kenna Elizabeth Murray Angela Gonzalez

Marina Veatch W50 Madge McKeithen Asteria Claure

Adrienne Wald

M85 Bill Benson

W45 Mary Evans Stacy Creamer Janice Morra

John McManus

w Hampshire Marathon

Bristol, NH; OC	L. L.
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 Vasilli 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

Roseann Jolly 5:02:40 M Tomko-Gerard 5:17:52 W60+Sheila Galinsky 5:02:49 Jane Goodman 706:58:45 **USATF-New England 5M** Championships/Ollie 5 Mile Road Race Boston, MA; Oct. 2

Frank Schmidt 66 4:47:46

W40 Honey Weiss Penny Matel Lisa Peters

Kim Forget W50 Nancy Fillmore

Kim Marie Goff

Janis Anderson Nancy Phelps

6:59 7:13

7:07

7:43 7:51

7:11

8:53

9:04

10:12

1:19:54 1:14:51

1:18:36 1:19:31

1:19:30

1:21:33 1:22:01

1:23:29

1:25:44

1:25:33

1:34:14 1:35:50

2:03:33

3:36:57

1:29:15

1:30:32

3:50:19 3:52:28

3:55:03

3:59:28

4:05:34

4:27:17 4:41:51

4:51:11 5:02:40

Over	all	
MARI	K MILLER 29	24:19
	WESTERLING 24	27:41
M40	WAYNE LEVY	25:45
	JASON CAKOUROS	
-	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	
M60	SUMNER BROWN	30:44
	JOHN HACKNEY	31:47
	ARTHUR ROBERTS	
M70		40:32
	DONALD DAYTON	40:39
	JOHN DI FRANCO	46:05
W40	UTA PIPPIG	29:03
	T MCGETTRI	29:03
	SPIERGENII	30:00
	DEBBIE BARRY	30:36
	TRACY ROSE	30:46
W50	MARGE BELLISLE	
	SIDNEY LETENDRE	
		34:29
	TERRI MARTLAND	
	KAREN DEROMA	
W60		33:23
	CATHERINE FARREL	L38:48
	BARBARA STEWART	
W70	NANCY WILSON	1:10:25
Joseph	BAA Half-Marath	on
100	Poston MA: Ost	0

W/O NAMET WIESON 1:10.25	Hurrican
BAA Half-Marathon	Dauphin Ser
Boston, MA; Oct. 9	Overall
	Justin Parker 2
Overall	Jessie Moore 3
Celedonio Rodriguez 24 1:04:08	M40 Joey War
Nataliya Berkut 30 1:12:20	Ray Hickr
M40 Wayne Levy, 46 1:12:49 Eric Morse, 43 1:13:17	Tim Jernie
Ronald Shaiko, 41 1:14:04	M45 Marty Dei
Dan Verrington, 41 1:15:39	Bruce Co
Adam Kuklinski, 46 1:17:43	Jim B Dor
Bobby Bligh, 43 1:19:33 Errol Yudelman, 44 1:20:07	M50 Paul Berg
Errol Yudelman, 44 1:20:07	Bill Brady
Christopher Kelly, 411:20:54	Arnold Ha
Charles Smullen, 571:21:53	M55 Rick Walte
Peter Decambre, 551:22:46	John Heln
M50 G Macfarland, 54 1:22:11	Gary A Be
Doug Wood, 53 1:24:10 Vladimir Krivoy, 54 1:27:01	M60 David C J
Guy Barra, 53 1:28:41	Larry Chri Kent Wels
Danny Spoonts, 50 1:28:57	Kent Weis
Michael Wessels, 59 1:30:27	M65 Will Wrigh
Fernando Pereira, 541:32:07	Ben Harri Donald W
Neal Rosenthal, 51 1:32:17	M70 Jim Hartm
M Menovich, 60 1:33:04	Bruce Hill
David Sullivan, 65 1:33:54 M60 Hal Goforth, 63 1:29:05	M75 Lansing S
M60 Hal Goforth, 63 1:29:05 M O'Hagan, 63 1:34:26	Paul Park
Joseph Walsh, 63 1:41:20	M80 Jimmy O
Philip Huxley, 62 1:46:28	W40 Susan Hu
Norbert Roihl, 60 1:46:48	Renee' Ri
Lee Slocum, 60 1:51:50	Shannon
Peter Roncetti, 64 2:05:00	W45 Lisa Wood
Robert Jung, 63 2:07:07	Donna Wi
T Mc Cormack, 73 2:07:41 Tom Lyman, 76 2:09:34	Lois A Wir
Tom Lyman, 76 2:09:34 M70 R Stevenson, 71 1:59:13	W50 Lillian Mor
Hart Anway, 73 2:01:11	Jeanne Be
Henry Wolstat, 73 2:07:27	Valerie Wa
Edward Green, 74 2:24:56	W55 Marian Lo
A Cellucci, 71 2:59:08	Phylis Log Mona Wil
W40 F S-Zhdanova, 44 1:15:19	W60 Betty M L
V Yegorova, 41 1:18:06 Maria Servin, 43 1:21:17	Miriam Tu
Maria Servin, 43 1:21:17 Sarah Nixon, 43 1:24:48	Mimi Fear
Monique Maddy, 45 1:31:01	W65 Luise Mito
Lisa Morrissey, 40 1:32:19	Martha Ha
Evelyn Caron, 43 1:33:46	Betty Bak
Lisa Gallagher, 45 1:34:07	W75 Cora Com
L Mooney-Arcieri, 51 1:34:45	STAGE TO STAGE
S Whelan, 54 1:36:36	Naples on t
W50 Sue Fowler-Finn, 531:38:22 Karen Deroma, 52 1:38:59	Naples, F
Sarah Fisher, 51 1:39:32	A STATE OF THE PARTY OF THE PAR
Marcia Keough, 52 1:43:35	Overall
Mae Shoemaker 531-47-00	Andrew Greeni
Donna Quirk, 50 1:47:01	Mary Ann Prota
Ann Kucharski, 50 1:48:27	M40 A Greenid
Melanie Horris, 56 1:51:11 Beth Reynolds, 63 1:51:17	Mike Molle
Sheila Nee. 60 1:51:38	Eduardo \
W60 Ute Collischan, 62 1:58:22	M45 Colin Ansi
H Lasche, 61 2:07:28	Richard G Larry Blac
Jutta Bennett, 62 2:13:39	M50 Jorge Ran
J A Kowalczyk-B, 61 2:51:20	moo oorge rian

Tufts 10K for Women

E	loston, MA; Oct.	10
Over	all	
(atie	MacGregor, 28	32:26
N35	Sylvia Mosqueda, 39	33:12
	Patty Murray, 40	34:53
	C Ayala-Troncoso, 46	35:38
	Nancy Tinari, 46	35:56
	Mimi Fallon, 40	36:26
	J B-Samuelson, 48	36:31
	Julie Peterson, 45	39:20
	Annette Bauer, 41	
		39:30
	Stephanie Hodge, 40	39:34
	Charlotte Rizzo, 43	39:58
	Sara Oliveri, 40	40:43
N50	T Pozdnyakova, 50	36:20
	Marge Bellisle, 50	39:42
	C Utzschneider, 50	41:35
	C Smith Hanna, 54	42:07
	Eileen Troy, 51	43:13
	Susan Maslowski, 53	43:56
	Deirdre Bird, 54	45:04
	Nancy Bailenson, 51	45:53
	Elizabeth Morin, 50	46:38
	Cathy Carmody, 51	46:40
NEO	Jan Holmquist, 61	
000	M-L Michelsohn, 64	42:32
		42:50
	E Gonnerman, 60	48:22
	Linda Roy, 62	49:40
	Fran Clancy, 62	51:36
	Annette Swain, 66	53:39
	Jennie Fierstein, 60	56:03
	Patricia Ryan, 64	55:42
	Joan Walker, 62	55:52
	Lois Lange, 61	56:02
W70	Barbara Robinson, 72	
		:04:46
		:07:55
		:18:39
	Shirley Jacobson, 70 1	17:00
		:20:31
	Anna Hanlon, 73	22:07
		22.07
	D Zimmermann, 74 1	
	E Crowley, 72 1	:32:24
11100	Lenore Huemme, 70 1	33:54
W80	+Marion Feeney, 82 1	:42:40
	Louise Rossetti, 84 1	:45:26
ALC: U	COLITHEACT	3

SOUTHEAST

Hurricane-Angel 5K Island, AL pt. 11

Sept. II	
Overall	
Justin Parker 23	16:46
Jessie Moore 31	21:39
M40 Joey Warner	16:58
Ray Hickman	19:51
Tim Jernigan	19:55
M45 Marty Demouy	19:03
Bruce Coldsmith	19:17
Jim B Donaghey	19:58
M50 Paul Bergman	19:5
Bill Brady	22:0
Arnold Hawighorst	22:5
M55 Rick Walton	19:39
John Helm	20:34
Gary A Beeler	23:2
M60 David C Jeffrey	19:30
Larry Christensen	23:08
Kent Welsh	24:12
M65 Will Wright	22:44
Ben Harris	25:42
Donald Withers	28:20
M70 Jim Hartman	32:0
Bruce Hill	35:14
M75 Lansing Steed	35:06
Paul Parker	44:19
M80 Jimmy O Matthews	35:27
W40 Susan Hutcheson	22:38
Renee' Richard	24:27
Shannon Kenny	24:39
W45 Lisa Wood	22:25
Donna White	24:50
Lois A Wims	27:0
W50 Lillian Morris	27:1
Jeanne Berman	27:5
Valerie Walton	29:09
	25:12
W55 Marian Loftin	31:5
Phylis Logsdon	32:2
Mona Williams	
W60 Betty M Lafferty	30:0
Miriam Turner	32:2
Mimi Fearn	34:2
W65 Luise Mitchell	31:5
Martha Harris	33:4
Betty Baker	49:3
W75 Cora Compton	44:1
Naniae on the Boar	201

the Road 20K L; Sept. 18

Overall	
Andrew Greenidge 40	73:23
Mary Ann Protz 49	79:14
M40 A Greenidge	73:23
Mike Mollod	77:48
Eduardo Viera	83:22
M45 Colin Ansine	77:19
Richard Golden	80:05
Larry Black	81:59
M50 Jorge Ramos	79:40

Charlotte, NC; Sept.

November 2005

Louis Molina

Thomas Goddard M55 Albert Wieringa

Alan Meyer 97
G McCausland 1:40
M60 Lou Marjon 93
James Derham 1:41
John Stanley 1:42
M65 Donald Moore 1:52
Ira Kaskel 2:00
M70+Bob Borglund 77 1:51
Larry Larson 71 2:11
W40 Karen Collins 88
Kim Bruce-Bumhal 92

Kim Bruce-Bumbel 92 Erica Norgart 93

Roxanna McCarthy 98 Lisette Hilton 99

NCRC Women's 5K

1:54 1:50 1:52 1:57 1:52 2:04 2:16

Alan Meyer G McCausland M60 Lou Marjon

W45 M A Protz

W50 Joyce Adams

Karen Lui Debra Chrisman

W55 Debbie White

B Langbauer Peggy Martin W60 Astrid Soll

Alicia Kelley Ginger Herring 2:16
W65 Esther Van Duzee 2:30
Terri Sullivan 2:31
W70+Leslie Higgins 80 2:41

verall	
eth Ihnatolya 25	18
/35 Jennifer Ennis	24
40 Terri Bennett	22
Dale Tiska	24
Barbara Esplin	25
45 Joann Rice	27
Maggie Byelick	27
Lisa Howell	28
V50 Barbara Hindenach	26
Sharon Davis-Stuar	t 28
Sally Dudash	29
V55 Adele Fine	31
Susan Hyman	31
Jane Rouse	33
V60 Sally Squier	28
Barbara Kennedy	29
V65+Sue Pfuetze 69	29
Jane Bartlett 65	39
Jane Dartiett 05	20

MIDWEST

Air Force Marathon Wright Patt. AFB, OH

Sept. 17	
Overall	
	2:4
	3:0
M35 Michael Ekberg	2:5
M40 Hendrik Vanloon	2:4
Darris Blackford	2:5
M45 Joe Patrick	2:5
M50 Ron Seats	3:0
M55 Richard Nagel	3:2
M60 Warren Everett	3:2
M65 Richard Wallen	3:4
M70 Bob Daly	3:4
M75 Robert Clements	6:5
M80 Paul Gionfriddo	5:3
W35 Tamara Whitten	3:1
W40 Lisa Veneziano	3:0
N45 Kathleen Johnson	
W50 Ruth Kohstall	3:4
N55 Maggy Zidar	3:3
W65 Beatrice Downey	5:0
roo beaute bettine,	

Autumn Shoreline Clas 15K, Decatur, IL; Sept.

Overall
Joseph Ekuom 35
Erin Nehus 24
M35 Duffy Smith
M40 Bill Owens
Greg Bennett
Steve Jones
M45 Joe Theil
Merlin Anderse
Joe Katalinich
M50 Joel Johnson
Rick Livesey
Ron Flake
M55 Doug Newton
Dan Limdley
David Taylor
M60 Robert Burk
Larry Baker
Vic Lanzotti
M65 Ken Steckling
Delbert Camp

W35 Shelley Mueller W40 Lisa Menninger

W45 Patty Shafer Vicki Weikle

Pamela Stevens Terri Dawson

1:02

Cary Segall John Naslund M60 Jared Mondry

Norm Purrington M65 Hank Larsen

Lewis Damer Pat Brown

M70 Richard Burch Ralph D Wilson

W35 Sonya Anderson W40 Laurie Hanscom

W50 Suzanne Ray

A Wickstrom Mary Ryan W55 Gloria Jansen

Suellyn Tritz P Leahy Brophy W65 Judy Cronen

Eve Bjork 32

W50 Joann Fallis W55 Sara Cherne

10K Overall

W60 Gayle Godfrey

Kenny Miller 28 Andrea Nelson 32 M35 Scott Lindell

M40 Jack Ellefson M45 Frank Abrahamson

M50 Randy Wiinanen M55 Greg Larson M60 Paul Bauer

M65 David Wee M70 Marv Stransky M75 Ray Hardman W35 Tia Barthorpe

W40 Jacki Devine

W45 Mary Phillips W50 Vicky Ercolani W55 Beverly Gotti W60 Kathy Peterson

W65 Wanda Arenz W70 Janet Niskanen

W80 Evelyn Peterson

Anabelle Poelwen 1:47:31 Sue Abrahamson 1:54:54 W45 Deb Thomford 1:53:16

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

Overall Michael Benchina 22 2:49:25

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 M65 Paul Paine 5:39:33 W45 Lynette Thompson 4:49:25

Lauren Fithian Donella Neuhaus

1:54:38 1:55:10 1:46:46

1:51:51 2:02:41

1:59:59

2:13:15

2:24:59

2:15:13

2:40:32

1:44:45 1:45:14

2:01:32 2:03:19

1:52:09

2:00:24 2:15:15 2:03:27

2:20:56

2:47:54 2:28:28

4:22:37 2:56:59

5:06:35 4:29:10

34:42

41:14 37:02

44:13 41:12

36:31 41:40 42:36

49:55 1:04:02

1:03:37

51:32 44:08

54:16 53:01

58:28 54:15

1:01:23

1:38:42

199		
THE REAL PROPERTY.	Louis Molina	88:33
	Thomas Goddard	88:39
M55	Albert Wieringa	81:04
Section 1	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-Bumbe	
	Erica Norgart	93:46
W45	M A Protz	79:14
	Roxanna McCarth	
	Lisette Hilton	99:57
W50	Joyce Adams	97:50
	Karen Lui	1:41:54
	Debra Chrisman	1:54:29
	Debbie White	1:50:21
	B Langbauer	1:52:21
	Peggy Martin	1:57:35
	Astrid Soll	1:52:15
	Alicia Kelley	2:04:45
	Ginger Herring	2:16:38
	Esther Van Duzee	2:30:17
	Terri Sullivan	2:31:58
W70-	+Leslie Higgins 80	2:41:43
	NCRC Women's parlotte, NC; Se	

Overall	
Beth Ihnatolya 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-Stuar	128:33
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 Limdley	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
AND TRANSPORT OF THE PARTY	and the same

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

Dayton, Ott, Sept. 23		
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 Zinforf	1:32:56	
Earl McCormick	1:36:22	
M65 Wayne Wheeler	1:41:13	
Wayne Crisler	1:55:49	
M70+Denis Dirscherl	2:10:03	
Jerry Hoffman	2:19:19	
W35 Michelle Sebaly	1:37:46	
W40 B Wildermuth	1:31:52	
	1:34:09	
Christine Meyer W45 Debbie Bird		
	1:47:09	
Shari Andrews	1:49:32	
W50 Adrianne 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

1	Over		
1	Jerer	ny Borling 25	1:10:16
1	Court	ney Babcock-Key 33	1:18:05
1	M35	Jerry Pianto	1:18:55
1	M40		1:14:29
1		Jeff Salach	1:20:51
1		Douglas B. Jones	
١	M45	Dave Bussard	1:18:50
1		Jim Desjardins	1:23:05
J		Barry Brandt	1:24:39
1	M50	Sam Cortes	1:20:21
١		Lazaro Camargo	1:21:06
١		Edwin Cook	1:27:41
1	M55	Steve Essig	1:29:22
ı		James Jenness	1:38:50
1		Graeme Bell	1:40:58
1	M60	W Rasmussen	1:37:56
1		Robert Carlson	1:39:23
1	550	Richard Pleet	1:40:39
1	M65	Joe Arnold	1:47:35
1	100.00	Allan Ross	2:04:43
1		Matthew Kraly	2:05:53
1	M70	Frank Abramic	2:19:58
1		Bradford Allen	2:22:21
1		Joseph Dileonardi	2:35:46
1	M75	Bob Gand	3:06:50
1		Emmanuel Ecker	3:07:48
1		Joe Karasek	3:24:24
ı	W35	Beth Wong	1:32:21
1	W40		1:34:11
1		Noriko Valenta	1:37:17
1		Patty Heiser	1:38:47
1	W45		1:31:29
1		Adela Gamboa	1:45:10
1		Brenda Braunstein	1:45:31
1	W50	Jan Tedrowe	1:41:27
7		Teresa Lee	1:41:21
1		Mary Moss	1:43:41
1	W55	Susan Croll	1:49:37
1	date	Isola Metz	1:53:54
1		Sandra Kirmeyer	2:08:47
1	W60		1:58:56
1	-	Janet Omer	2:01:52
١		S Szot-Gallaher	2:05:31
1	W65		2:00:18
١	Times	Nancy Billish	2:20:41
1		Dolores Cross	2:34:43
١	W70	B Kummerer	2:40:12

W75 Gloria Schiffler 3:27:48 Chicago Marathon Chicago, IL; Oct. 9

2:07:02
2:21:25
2:31:27
2:34:40
2:37:01
2:37:24
2:37:38
2:37:39
2:41:12
2:41:20
2:34:17
2:34:30
2:38:14

		Natio	nal M
	Shirt I	THOMAS DEVER PAUL HAMMOND	2:39:56 2:40:10
	100	F. VILLANUEVA S. CALDERWOOD	2:41:08
Ì	1450	RON HYDE	2:41:39 2:42:05
	M50	ZYGMUNT LYZNICKI IAN GRIFFIN	2:49:49
	Nos	TOM NEUMAN	2:55:25
	I File	CARROLL POPE JEAN M. VILLETTE	2:57:57 2:58:20
		PHILIPPE ROME STEPHEN OESTERLE	2:59:23
ì	M55	MANUEL O. PEREZ JAMES JORDAN	2:56:43
		MITCHELL GARNER	2:59:40 3:03:49
ı	13	MIKE MCGLYNN JOSEPH KVILHAUG	3:04:17 3:05:32
	HSC	AURELIO MORI THOMAS BUTLER	3:07:26 3:09:07
	M60	G MALACZYNSKI	3:08:56 2:59:13
		JARED MONDRY DAVID ANDREWS	3:06:54
١		JOE HURTADO	3:11:33
		DIETER SPEER KEN JAMESON	3:20:34 3:19:57
		GOETZ KLOPFER PAUL FARREN	3:30:17
١	M65	ANDRE LACOUR RUDIGER MELZER	3:00:48
	4	V SCHELLHORN	3:25:12 3:26:36
	100	FRANZ DESCH HEINZ ROBERTZ	3:50:14
	1	CHUNG YOO GARY RUNHAAR	3:56:45 4:01:27
١	M70	FRED FIALA	3:59:40 3:48:37
	14170	JIM SMEDEMA WALT WOZNIAK	3:53:45
		ROLAND THOMMEN W MCCLELLAN	3:57:02 4:02:52
		DAVID GREER JOHN ROLLO	4:03:31 4:18:15
		DAVID SULLIVAN JERRY SMARTT	4:23:58
ı	M75	TOM WARDERS	4:55:59
	100	ALDO COPPA EMMANUEL ECKERT	
		HENRY HART JOHN TILGNER	7:06:44 6:50:26
	M80	ARTURO GUZMAN WALTER DOBBS	4:45:13 8:45:49
	W40	COLLEEN DE REUCK	2:28:40
١		S PIERGENTILI ESTHER JURASEK	2:49:06 2:54:17
		AILEEN HANNIGAN CHRISTINA BILSKY	3:02:06
ı		E O'CONNOR AMY HAYES	3:05:35 3:05:50
ı	W45	ANNE GULLICKSON	3:09:02 2:54:32
	****	MONICA JOYCE KATHY PILKEY	2:59:56
ı		BRENDA WILSON RACHAEL ST. CLAIRE	
		ANNA ZAUNER B MAGNOLON	3:19:33 3:18:57
		DALE AVIZA NANCY FISHER	3:22:03 3:23:10
	W50	TELMA ZUNIGA ALYN PARK	3:17:15 3:21:28
	100	M MOURAUD	3:24:13
		DONNA PIERSON B FREEDMAN	3:33:52 3:36:46
	- 16	DEB FORKINS MARY STEINBERG	3:40:55 3:37:42
	W55	YONG COLLINS NANCY ROLLINS	3:42:55
	1133	RITA CLARK LINDA TEREN	3:28:56 3:30:29
١	1 13	MELISSA KENNEDY	3:32:53
	12 18	ROSELYNE LELEU	3:38:19 3:49:06
		PJ LARSON LINDA KEARNEY	3:48:32 3:51:13
	W60	HANSI RIGNEY	3:49:09 3:54:34
	2 21	MONIKA ADAMEK SHERRYL TAYLOR PAT WELCH	4:13:26
	12.78	EDA RUSSELL	4:12:04 4:26:52
	100	VALERIE BROWN JEAN MARMOREO	4:22:38 4:30:51
	W65	NANCY JOYCE DORIS SCHERTZ	4:35:47
	,,,,,,	CAROL HALL	4:39:16
	1	SHIRLEY BLUSH ELLEN DEMSKY	4:33:45 4:47:17
	04	G. RESENDIZ RAMIEZ MARIE KILLEEN	4:54:06
	H	EEVA KALLIO FRITZIE PAINE	4:58:34 5:30:15
	W70	OLIMIA DI NARDO DOROTHY RAINBIRO	6:19:12
	W75	EUSEBIA MENDEZ	5:14:34
	7 10	GLORIA SCHIFFLER	7:18:55

Des Moines Marathon Des Moines, IA; Sept. 18

The same of the sa	
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 Bret 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

MID-AMERICA

City of Lakes 25K

Minneapolis, MN; Sept. 11

1:23:38 1:36:21

1:35:59 1:37:42

1:38:36 1:34:26 1:37:11

1:50:27

Overall

Art Siemers 32 Jenna Boren 28 M35 Eddie Holzem

M40 Rick Cleary Rich Heilman

Jim Ramacier
M45 Todd Sperling
David Tappe
Dave Chatelaine

M55 Terry Hakkola

David Tappe 1:37:11
Dave Chatelaine 1:45:57
M50 Jack Ankrum 1:43:31
David Jendrzejek 1:47:40
Stephen Oesterle 1:49:14

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

E	Ove	rall	
ı	BILL	FANSELOW 38	1:06:11
	MAIJ	A ROHDE 21	1:26:51
ľ	M40	JOSE OROVO	1:13:27
ī	1020	KENNY SOUZA	1:14:42
-	7.50	ROBERT BUSH	1:26:01
Ċ	M45	STEPHEN LIND	1:17:53
	-	JOEL SOTHERN	1:25:55
1		JAKE WINEBAUM	1:27:58
	M50	BILL KISSELL	1:17:27
į.	To the	A MENDOZA	1:28:01
ì	The state of	G JOHNQUEST	1:29:30
ř	M55	JOHN MONTGOMERY	
ŧ	200	DON LEROY	1:37:08
į.	1	TOM ROBINSON	1:43:20
ï	M60	WAYNE MITCHELL	1:39:14
Я	100	RON HUDSON	1:42:18
t	1637	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	1:47:50
W50	LAURA STOCKTON	1:47:24
	SACHIKO PEDDER	1:47:55
	DIANN FRIED	1:51:01
W55	JULIE LISTER	2:03:56
	EMY WELLER	2:04:57
	DONNA MAROVISH	2:12:43
W60	SHAREE ALLEN	3:40:34

Jamba Juice 5K, San Francisco, CA; Sept. 18

1	The second second second second	
ı	Overall	
_	Jonathon Riley 26	14:28
ı	Sara Bei 22	16:14
1	M35 Robert Laplante	15:52
ı	M40 Rich Hanna	15:26
١	Jose Aispuro	15:50
ı	Bill Bushnell	15:56
1	M45 Robert Pickens	16:15
1	Jeff Shaver	16:40
١	Tim O'Rourke	16:43
1	M50 Lloyd Stephenson	17:10
ı	Joe Schieffer	17:56
١	Tom Bernhard	17:57
١	M55 Don Paul	17:36
١	Jim Gorman	18:03
1	James Tracy	18:32
١	M60 Len Goldman	18:31
١	Fred Martin	19:10
1	Perry Hayden	19:38
1	M65 Neal Chappell	19:57
١	Russ Keirnan	20:05
١	Doug Braasch	20:53
١	M70 Roger Fong	23:28
١	William Flodberg	23:59
١	Phil Phtthian	26:39
1	M75 Ed Reyna Bruce Oliver	34:49
	W35 Kathryn Krieger	17:28
1	W40 Lisbet Sunshine	17:35
١	S Berntsen-Heber	18:34
١	Lorna Thomson	18:43
١	W45 Theresa McCourt	19:11
	Sarah Rankin	19:46
١	Mary Ford	19:48
١	W50 Karen Kunz	19:51
1	Kim Rupert	20:06
	Melinda Morse	20:06
١	W55 Irene Herman	22:14
	Gail Campbell	23:21
1	Janet Bowman	23:23
	W60 Ann Hardham	26:38
١	Suzanne Franco	26:51
	Linda Hall	28:00
	W65 Barbara Miller	21:56
	Trudi Hofmann	25:20

Maui Marathon Maui, HI; Sept. 18

M40 Tstsuya Suemoto 3:05:36 M45 Michihito Muroi 2:59:59

27:12 30:33

46:47

2:27:58

2:55:01 2:53:43

1:55:58

Peggy Kang W70 Barbara Robben

Margaret Craig W75 Virginia Fowler

Lily Kusutani M35 Mitsuaki Kaneko

Overall Jacob Rotich

M45 MICHINIO MUIOI	2.59.59
M50 Syuuiti Mizuno	3:09:14
M55 Raymond Willard	3:36:02
M60 Hiroaki Eki	3:31:37
M65 Katsuzo Fukuda	3:24:01
M70+Jack Swanson	5:08:51
W35 Ayako Kaneko	3:13:43
W40 J Wokasch Young	3:17:38
W45 Janet Snyder	3:31:02
W50 Linda Zander	3:57:40
W55 Nobuko Oki	4:16:23
W60 Gunhild Swanson	4:01:16
W65 Shizuko Kuroda	4:29:11
W70+Michiko Hunaho	7:48:27
Half-Marathon	
Overall	
Roger Busch	1:14:49
Kelly Bassett	1:23:30
M35 Erol Ackdoe	1:26:40
M40 Conal Tepper	1:19:39
M45 David Eagar	1:21:52
M50 Toshio Ohmi	1:23:32
M55 Fred Losano	1:27:09
M60 Joe Noonan	1:34:59
M65 Lee Parker	1:46:16
M70+Bill Holmes	2:37:37
W35 Carla Holmes	1:31:32
W40 Marianne Loach	1:36:49
WAS Estalla Imamura	4.44.45

W50 Wynne Mullinax

W55 Susan Cronk	1:42:40
W60 Yoshiko Inaizumi	2:12:52
W65 Itsuyo Iwamoto	2:12:39
W70+Wilma Calvin	2:10:17

NORTHWEST

Prefontaine Memorial 10K Coos Bay, OR; Sept. 17

Overall Steve Laurie 24

Overall	
Steve Laurie 24	30:50
Lorilynn Bloomer 33	37:37
M35 Damian Baldovino	32:52
M40 Douglas Randels	39:24
Brent Halse	39:31
Stan Talbott	39:38
M45 Mike Galligan	34:51
Don Hicks	37:36
Dan Hounchell	40:38
M50 G Christensen	36:34
Clayton Bastian	37:01
Dave Forrest	40:00
M55 Thomas Brown	42:14
Bob Thompson	42:27
Tom Bedell	43:03
M60 John Seggie	41:11
Roy Mollier	48:03
Johan Brouns	49:17
	49:15
M65 Peter Marshall	
Jim Lawson	56:16
Brian Shoemaker	59:45
M70 Art Dietz	58:28
Oscar Johnston	1:00:48
John Bailey	1:04:34
M75 Craig McMicken	1:04:30
W35 Tami Hicks	44:08
W40 Rosa Gutierrez	39:15
Teresa Snyder	44:52
Sheryl Lellis	45:18
W45 Jenny Teppo	38:17
Sheila Iverson	47:54
Barbara Young	49:26
	44:14
W50 Stephanie Hewitt	
Jeanne Landrum	46:30
Marilyn Nippold	46:53
W55 T Hoogesteger	59:52
Patty Long	1:14:17
Karen Buel	1:14:56
W60 Nancy Wakkuri	57:52
Carol Carnley	1:00:01
De Lynn Kuhn	1:02:55
W65 Pixie Toliver	1:47:18
W70 Alice Rose	57:25
	1:39:15
Rita Horning	

Marathon & 10K Bend, OR; Oct. 9

Overall	
Uli Steidl 33	2:33:21
Kami Semick 39	2:58:44
M35 Lee Goodwin	3:09:23
M40 James Nelson	2:51:54
M45 Ken Mark	2:52:51
M50 Marcial Soto	3:00:13
M55 Bob McNaught	3:22:51
M65 Pete Dawson	5:08:52
W40 Dru Carpenter	3:31:11
W45 Cheryl Tronson	3:20:55
W50 Leslie Veenstra	4:24:30
W55 Cherri McKenzie	4:19:02
W60 Sharon Frantz	4:25:39

Half-Marathon

O I CI MII	
Juan Martinez 25	1:15:13
Jennifer Sventek 34	1:31:41
M35 Jeff Patterson	1:30:20
M40 Justin Whittaker	1:37:41
M45 Jim Bendis	1:23:14
M50 Mark Taylor	1:38:35
M55 Gary Grimm	1:49:54
M60 Thomas Beitinger	1:45:22
M65 Richard Arnold	2:11:06
M70 Cornelius Pierce	1:49:11
W35 Kirsten Bendis	1:37:37
W40 Jennifer Lewis	1:45:42
W45 Jeannie Debari	1:39:55
W50 Mary Brainerd	1:49:08
W55 Glenda Leutwyler	
	2:13:50
W60 Sara Leigh Wilson W65 Shar Tobin	
WOS Shar Tobin	2:34:14

IUN	
Overall	
David Harding 45	35:08
Kiersten Lippmann 25	36:27
M35 Sean Rogers	40:35
M40 Cr Gassner	38:24
M50 Dave Bilyeu	45:10
M55 Rod Thompson	36:48
M60 Russ Papworth	51:33
M65 Mel Caines	45:46
W35 Karen Oppenheime	40:35
W40 Juliet Everly	50:37
W50 Sally Winter	48:35
W55 Susie Miller	51:09
111001 - 1 - 0 - 1	:09:54

Portland Marathon Portland, OR; Oct. 9

1		
	rall	
	Lucas 25	2:26:28
Yum	iko Minato 36	2:44:30
M35	Tim Julian	2:35:03
M40	Mark Coughlin	2:38:24
	Paul Skarsgard	2:42:27
15 3 3 3	Cliff Richards	2:45:35
M45	Odis Sanders	2:32:53
	Art Boileau	2:45:12
	Richard Punches	2:48:42
M50	Jay Helgerson	2:55:41
	David Jendrzejek	3:02:42
	Fred Wedam	3:03:52
M55	Ken Travis	3:11:35
31111	Daniel Reynoldson	13:14:46
	Jesus Ceja	3:14:58
M60	Bart Smith	3:20:32
1	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
1	Bob Rice	3:56:24
	Bob Eckenrode	4:15:14
M75	Ryozo Mizutani	5:32:20
JA	Steve Anson	6:09:18
	Richard Hansen	7:39:00
MARO	Otto Rosenhall	5:26:42
MICC	Charles Hoover Sr	
	Daniel Nelson	6:14:22
14/35	Yumiko Minato	2:44:30
WALAO	Mie Honda	3:02:11
VV40		
	Mary Hanna	3:03:11
	Laurie Porter	3:04:47
	Christine Iwahashi	
	Jane Higdon	3:25:38
	Kathi Sleavin	3:30:32
W50	Karen Toews	3:28:17
	Efleda Brophy	3:31:10
	Doris Frank	3:43:06
	Ann Bell	3:29:52
	Marci Roschke	3:49:06
	Debbye Harmer	4:07:10
W60	Suzanne Carleson	
	Marlee Clark	4:05:05
		4:14:35
	Irene Neave	4:11:49
	Shirley Fee	4:28:41
	Dolores Scott	4:38:59
	Myra Rhodes	3:59:04
1-10	Kathleen Callaway	
	Joan Heins	6:09:44
W75	June Curry	6:28:22
	Audrey Cullen	6:59:32
	Audrey Cullen Edith Gilbert	7:23:42
	P Gurtner-Mellano	
	duraner monario	0.01.0.

CANADA

ScotiaBank Waterfront

	Marathon, Toron Sept. 25	to
Over	all	
	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		3:08:47
	JACQUES TRUCHO	N3:14:52
	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	
	JIM BENSON	3:57:01
	STEFFEN KAMPE	
M70	ED WHITLOCK	3:02:40
	JOOP RUTER	
W35	TANIA JONES	2:41:51
W40	NADIYA SYTARCHUI	K3:03:25
	YOLANDA HOPPING	
	SUSAN TAKASHIBA	
W45		
7000	T MATHESON	3:43:56
	MELINDA TOMEK	3:46:11
W50		
	JUDY HOWITT	3:35:27
	PATRICIA MULLER	
W55		4:06:23
*****	CALLY KIIKKO	4:10:05
	AMY MENCCH	4:17:07
W60	SALLY KUKKO AMY MENSCH ALICE KEARNS	4:15:47
***	L MCGONIGAL	4:10:4/
		4:38:01
	MARIA ZAREMBA	
W65		
	HELEN THOMPSON	5:36:45

RACEWALKING

Shore AC Postal 1	Hour	M75 Carl Acosta
2004 Walk	rioui	Jack Starr
Final Compilation	ns	Bill McGoran Clint Edwards
Property of the last of the la		Ed Gawinski
	Meters	Bob Mimm
M40 Dave Talcott Joe Nieroski	11,182	M80 Charles Boyle
William Preischel	10,632	Bob Mimm Masashi Noritak
Edward Fitch	10,483	Klaus Timmerhaus
Raymond Sharp	10,000	Daniel Marzano
Nick Manuzzi	10,000	John Levinsohn
Allen James Keith Luoma	10,000	Joe Bioersteker Joe Mallon
Ken Mattsson	9.090	M90 Harry Drazin
Steve McCullough	8,000	W40 Laura Niel
M45 Kevin Killingsworth Albert Leibold	11,141	Marcia Rutledge
Pedro Santoni	10 599	Lisa Sonntag Mary Franklin
Joe Berendt	10,240	Dot Zullo
Dout Ermini	10,234	Janine Stuart
Mark Green Tommy Aunan	10,000	Dawn Biegel
Rod Craig	10,000	Eileen Druckenmiller W45 Lynette Heinlein
Ken Lampar	9,988	Nicole Goldman
Mario Lopez Stewart Canning	9,633 9,272	D MacLean-Roberts
Raymond Bilig	9,233	Judy Myera Donna Cope
Damon Clements	9,047	Jami Bishoven
Ron Salvio	8,975	Katherie Fincher
M50 Raymond Funkhouser Pat Detloff	10,984	Bonnie Houchen
Bill Reed	10,574	Margaret Blackburn Natalie De Jarlais
Rob Frank	10,400	Kathleen Sylvia
Michael Wiggins	10,000	Mari Ryan
Robert Shires Mike DeWitt	10,000	Lauren Morr
Tom Quattrocchi	9,494	Liesbeth Mathieu Ruth Phillips
Gary Firestone	8,514	W50 Debbie Topham
Yves Nugent	8,290	Lynn Tracy
M55 Bob Keating Max Walker	11,448 10,703	Donna Green
Norm Frable	10,679	Julia Buzdrowski Sherrie Gossert
Richard McGuire	10,679	Joyce Prohasaka
Ray Glend	10,679	Donna Green
Stan Chraminski Joe Light	10,614 10,520	Debbie Vandover
Bob Novak	10,454	Sherry Broshahan Sandy Sverdloff
Juan Yanes	10,000	Isabel Keeley
Bill Harriman Rick Campbell	9,940 9,839	Michelle Bouchard
Dick van Benthuyse		Ndaya Dimitrov Jan Hallez
John Gersh	8,745	Barbara Chapman
Tom Marks Robert Watkins	8,743 8,200	Alice Winkler
Art Glass	7,833	Patricia Fuchs Janice Watkins
M60 Leon Jasionowski	11,337	W55 Donna Cunningham 1
James Carmines George Opsahl	10,767 10,129	Yoko Eichel
Don DeNoon	10,000	W55 Carol Bertino
Jack Lach	9,960	Kathy Frable Barbara Amador
John Backlund	9,925	Panse Greer
Bob Weeks Tom Knatt	9,807 9,497	Coco Beuchet
John Elwarner	9,356	Doris McGuire
Bob Weeks	9,178	Ann Lee Pat Godfrey
Wayne Wurzburger		Darlene Backlund
Victor Litwinski Bill Whipp	9,063 8,865	Joan Friedan
Stu Kinney	8,803	Mary Gilbert Brenda Bauer
Stuart Roy	8,690	Fran Emanuel
John Molendyk Ed Guiff	8,475 8,289	Kathy Collins
Michael Schwed	8,187	Susan Lolli
Thomas Fitzgeral	8,122	Barbara Whipp Ann St Germaine
Thomas Hartman Bernard Finch	8,031	Sue Blocheitz
Jim Scheller	7,376 7,064	Christi Elniff
Larry Seizer	6,500	Linda Smith Susan Rizzo
Joseph Elton	6,433	Reba Evans
M65 Paul Johnson James Beckett	10,000 9,621	W60 Jolene Steigerwalt
Alan Ede	9,454	Lois Dicker
Heinrich Looser	9,256	Donna Lafayette Dotty Fine
William Moremen Edward Lane	9,048	Phyllis Abbate
Dave Romansky	8.931 8,801	Martha Fitzpatrick
Tom Keller	8,671	Ann Nixon Dixie James
Roger Webb	8,298	Sharon Garner
Carl Agnevine Philip Veenhuis	8,058 7,940	Jane Wallace
Jim Lamb	7,629	Barbara Charles
Gustave Davis	6,200	Shelda Lipchurch Barbara Johnson

6,200 10,144 9,737

9.365

9,213

9.085

8,863 8,493

8,353 8,345 8,173

8,031

7,892 7,865

Gustave Davis M70 Jack Bray

Max Green Bob Barrett

Alfred DuBois

Ben Ottmer Peter Corona

Ron MacPike

Dick Vaughn

Leon Glazman

William Baase

Arvid Rolle

John Lyle Robert Davis

Bob Beaudet

Tom Buis

Tom Fellenz	7,676	Nora Kylas	5,800
Vilmars Strauttins	7,167	Pat Snow	5,800
Brian Kiernan	6,618	Dorothy Keller	5,533
Carl Acosta	9.047	W70 Shirley Dockstader	9,054
Jack Starr	8,971	Bonnie Vaughan	7,800
Bill McGoran	8,938	Millie Phihoda	7,619
Clint Edwards	8,021	Patti Kennedy	7,328
Ed Gawinski	7,895	Grace Moreman	7,322
Bob Mimm	7,575	Patricia McCaron	6,991
Charles Boyle	8,100	Reba Smith	6,067
Bob Mimm	8,085	Lura Brinegar	5.800
Masashi Noritak	7,721	Lola Smith	5,533
	7,683	Ann Wilson	5,309
Klaus Timmerhaus		Eula Ray Cook	5,050
Daniel Marzano	7,308		4,840
John Levinsohn	7,033	Peggy Duncan	4,033
Joe Bioersteker	6,893	Fay Wagner	7,217
Joe Mallon	4,975	W80 Jane Dana	
Harry Drazin	5,591	Thelma Rubin	6,830
Laura Niel	10,275	Lois Landreth	3,900
Marcia Rutledge	10,000	W85 Mary Lathram	6,411
Lisa Sonntag	10,000	Application of the second	- 44
Mary Franklin	9,503	USA National Mas	ters
Dot Zullo	8,720	40K RW Champions	ships
Janine Stuart	8,502	Ocean Township,	
Dawn Biegel	8,395	Sept. 17	

9,995

8,437 9,354

9.050 9,000 8,837

8.619 8.430

6.893 10.168

9.696

9,497 8,924

8,878 8,850

8 626

8.186

8,080

8,000 7,793 7,708 7,237 7,215

6.800

10,074

Barbara Johnson Nancy Hall Vonnie Kriebel Mary Setzer

Lana Kane

Karen Nieto W65 Walda Tichy Dorris Cassels

Bev La Veck

Rita Sinkovel

Patricia Gibbs Linda Burnett

Shirley Capps Nancy Alexander

Patricia Willis 7,097 Alexandria Vitomski 6,788

40K RW Championships Ocean Township, NJ Sept. 17

Ove	rall	
John	Nunn 27	3:18:43
Teres	sa 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
	Steven McCullough	5:26:08
M45	David Wolf	4:09:34
	Alexis Davidson	4:26:55
M50	Steve Pecinovsky	4:11.44
	Vlado Haluska	4:29:59
	Tom Quattrocchi	4:54:54
	Elliot Collins	5:46:18
M55	Max Walker	4:05:30
The state of	Bob Keating	4:26:03
	John Fredericks	4:28:35
	Lon Wilson	4:38:08
M60	Leon Jasionowski	3:57:23
11100	Nial Mandal	5:35:01
	Tom Hartman	6:09:24
WAO	T Vaill	3:37:57
**40	Dorit Attias	4:45:23
	Bernadette McNulty	
	Maria Paul	5:25:31
MALE	Heidi Hauch	4:15:43
VV45		5:22:59
MICE	Joan Murray	
VV55	Sandy Rubel	5:36:41

USATF Open & Masters National 5K RW Championships/John Deere

10,074	Health 5K, Kingsport, TN		
9,707	Oct. 8		
9,257			
9,215	Overall		
9,151	Ray Sharp 45	22:34	
9,099	Jolene Moore 39	24:00	
9,066	M40 Bill Vayo	25:48	
8,897	M45 R Sharp	22:34	
8,852	lan Wheatley	25:15	
8,811	Damon Clements	27:31	
8,413	Larry Windes	28:08	
8,368	Barton Kale	29:52	
8,332	M50 Jeff McClung	27:12	
8,184	Bob Head	27:51	
8,167	M55 Max Walker	26:31	
8.023	John Fredericks	29:12	
7,970	Barry Brunson	42:03	
7,232	M60 Leon Jasionowski	25:19	
7,124	Norman Frable	25:59	
7,062	James Carmines	27:14	
7,040	Peter Armstrong	29:30	
6,500	Allen Albert	30:27	
6,495	Larry Seymour	32:16	
3.920	Philip Rogosheske	32:51	
9,490	Jim Horton	33:19	
9,066	M65 Paul Johnson	28:00	
8,967	John Backlund	30:38	
8,327	Bernie Finch	34:35	
8,104	M70 Ray Everson	32:57	
7,965	M75 Jack Starr	32:27	
7,673	W40 Teresa Aragon	27:27	
7,390	Dorit Attias	28:03	
7,220	W45 Heidi Hauch	28:39	
6,850	Judy Myers	29:44	
6,669	Grace Mutz	30:42	
6,433	Donna Cope	31:39	
6,419	W50 Lynn Tracy	27:21	
6,300	Sherrie Gossert	30:23	
6,198	Cathy Mayfield	32:39	
5,400	Rosemary Sexton Jan Hallez	33:25	
5,000	W55 Panseluta Geer	38:38	
4,500	Barb Amador	29:50	
9,116	Ann Debacker	30:10	
9,111	Barbara Taylor	36:56	
9,033	W60 Jolene Steigerwalt	38:00	
8,901	Kathy Frable	31:18	
8,401	Janet Higbie	34:03	
8,139	Darlene Backlund	34:55	
8,089	W65 Elton Richardson	31:06	
7,977	Joyce Curtis	37:06	
7,097	W70 Millie Prihoda	38:47	
6,788	W75 Ruth Ketron	40:06	

ATHLETES WHO ENTER A NEW DIVISION

THIS MONTH - NOVEMBER	2005		
THE THE MANE (DESIDENCE)	BIRTH	AGE	
ATHLETE NAME (RESIDENCE)	DATE	GROUP	
SUSAN PEARSALL(NY)	11- 3-65	40-44	
INGA BABAKOVA(UKR) HANLIE KOTZE(RSA)	11-12-60	40-44 45-49	
ELLINA ZVEREVA(BLR)	11-16-60	45-49	
MADELYN NOE-SCHLENTZ(FREEHOLD,NJ) ANNE AUDAIN(NZL)	11-30-60	45-49 50-54	
DENISE MCFIELD(JAM-ST. LOUIS,MO)	11- 4-55	50-54	
DAVE QUICK(BAKERSFIELD,CA) MARIA BRIONES(OAKLAND,CA)	11- 5-55	50-54 50-54	
JURGEN A SACHSE(GER)	11-19-55	50-54	
DEBBIE LANGE(AUS)	11-24-55	50-54	
TINE SCHENEKELS(NED) CAROLE FILER(GBR)	11-26-55 11-28-55	50-54 50-54	
WENDY DAME(EUGENE,OR)	11-5-50	55-59	
LYNNE DIEZI(NY) LESLIE MCHAMPTON(SAN RAFAEL,CA)	11- 8-50	55-59 55-59	
STANISLAW SZYDLOWSKI(POL)	11-14-50	55-59	
MAC WILKINS(CA) RUDOLF HAUSNER(GER)	11-15-50	55-59	
WILLIAM COLLINS(HOUSTON,TX)	11-20-50	55-59 55-59	
WENDY LEE BROWN(NZL)	11-21-50	55-59	
CHRISTINE MUNRO(NZL) RIEKO TAKAHASHI(JPN)	11-26-50	55-59 55-59	
NOORTJE VAN KEMPEN(NED)	11-29-50	55-59	
FRANCOISE DUPONT(FRA)	11-3-45	60-64	
JOYCE MARIE THOMAS(TRI) BERT STREUMER(NED)	11- 5-45	60-64 60-64	
GEORGE CARTY(SAN JOSE,CA)	11-10-45	60-64	
JANIE DUFF(LOS GATOS,CA) RYSZARD MARCZAK(POL)	11-20-45	60-64 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) FRED JUDSON(CAN)	11-25-45	60-64 60-64	
CHRISTINE DREWRY(GBR)	11-30-45	60-64	
KURT BRADAL(DEN)	11-4-40	65-69	
KYOSTI MARILA(FIN) MILAN MARTINEC(HOUSTON,TX)	11- 5-40	65-69 65-69	
SHIRLEY MATSON(SAN DIEGO,CA)	11-7-40	65-69	
KEES STEIJN(NED)	11-8-40	65-69	
BARBEL BERGHAUS(GER) GEORGE DAVIES(TEMPE,AZ)	11-15-40	65-69 65-69	
ERICA BRIESNICK(GER)	11-19-40	65-69	
TINA HAYWARD(VICKSBURG,MI) JANE ARNOLD(BLOOMFIELD,CT)	11-20-40	65-69 65-69	
ELKE BOLSINGER(GER)	11-23-40	65-69	
JOSEF JANSKY(CZE)	11-24-40	65-69	
DON MCMILLAN(US) ALBY WILLIAMS(US)	11-24-40	65-69 65-69	
CLAIRE BROCK(OH)	11- 1-35	70-74	
VINCENT RUFFIN(USA) EDITH GRAY(CAN)	11-2-35	70-74 70-74	
GERALD VAUGHN(CHARLOTTE,NC)	11-17-35	70-74	
JEANIE JONES(CA)	11-20-35	CONTRACTOR OF THE PARTY OF	
LAWRENCE DEVLIN(NZL) EMMA CHILDERS(US)	11-25-35 11-25-35	70-74 70-74	
TRUMAN CLARK(LOS ANGELES,CA)	11-26-35	70-74	
JESSIE SMITH(WESTMINISTER,CA) WILLARD FREDERICKSON(S. GERONIMO,CA)	11- 3-30	75-79 75-79	
CHARLES WILLIAMS(GBR)	11-15-30	75-79	
HANS ZIPFEL(GER)	11-17-30	75-79	
ED DEMARRAIS(NEEDHAM,MA) DON GAMMIE(CENTERVILLE,OH)	11-27-30	75-79 75-79	
ALENE PARK(HUNTSVILLE,AL)	11- 1-25	80-84	
ED HOOKER(TULSA,OK)	11-3-25	80-84	
HANNU SUOKNUUTI(FIN) ELSE LAINE(FIN)	11-10-25	80-84 80-84	
ART WAGGONER(FAIR OAKS,CA) -	11-26-25	80-84	
BRONE SALICKIENE(URS) ROY WIGGINGTON(CA)	11-26-25 11-30-25	80-84 80-84	
HARALD PALMQVIST(SWE)	11- 4-20	85-89	
DALE BUYSSE(LONGMONT,CO)	11-8-20	85-89	
JEAN PRICE(US) BRUNO SOBRERO(ITA)	11-8-20	85-89 85-89	
FRANTISEK KLEMPA(CZE)	11-12-20	85-89	
BERNARD HOGAN(AUS) GUNNI SVENSSON(SWE)	11-15-20	85-89 85-89	
KATRINA SMILDZINA(LAT)	11-17-20	85-89	
ELFRIEDE FALKE(GER)	11-30-20	85-89	
PAUL SEREGHY(NEW YORK CITY,NY) GUISEPPE MARABOTTI(ITA)	11- 5-15	90-94 90-94	
JUDY SIMON(LA MESA,CA)	11-8-15	90-94	
ADRIENNE SALMINI(ALBUQUERQUE,NM) AUSTIN NEWMAN(NJ)	11-20-15	90-94	
ERIK STAI(NOR)	11-21-15	90-94 90-94	
CHICK DAHLSTEN(LOS ANGELES,CA)	11-4-10	95+	
OSMO RENVALL(FIN) VAINO COLLAN(FIN)	11-10-10	95+ 95+	
AILSA FORBES(NZL)	11-19-10	95+	
CHORLY LASSEN(DEN)	11-30-5	95+	
Compiled by Pete Mundle			

Compiled by Pete Mundle pmundle@ juno.com

THIS MONTH - NOVEMBER 2005			
ATHLETE NAME (RESIDENCE)	BIRTH	AGE GROUP	
SUSAN PEARSALL(NY)	11- 3-65	40-44	
INGA BABAKOVA(UKR)	11-5-65	40-44	
HANLIE KOTZE(RSA) ELLINA ZVEREVA(BLR)	11-12-60	45-49 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) DAVE QUICK(BAKERSFIELD,CA)	11- 4-55	50-54 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) CAROLE FILER(GBR)	11-26-55	50-54 50-54	
WENDY DAME(EUGENE,OR)	11- 5-50	55-59	
LYNNE DIEZI(NY)	11- 8-50	55-59	
LESLIE MCHAMPTON(SAN RAFAEL,CA) STANISLAW SZYDLOWSKI(POL)	11-8-50	55-59	
MAC WILKINS(CA)	11-15-50	55-59 55-59	
RUDOLF HAUSNER(GER)	11-17-50	55-59	
WILLIAM COLLINS(HOUSTON,TX)	11-20-50	55-59	
WENDY LEE BROWN(NZL) CHRISTINE MUNRO(NZL)	11-21-50	55-59	
RIEKO TAKAHASHI(JPN)	11-27-50	55-59 55-59	
NOORTJE VAN KEMPEN(NED)	11-29-50	55-59	
FRANCOISE DUPONT(FRA)	11- 3-45	60-64	
JOYCE MARIE THOMAS(TRI) BERT STREUMER(NED)	11- 5-45	60-64 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) JUANA STAVOLONE(SAN JOSE,CA)	11-23-45	60-64 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) KYOSTI MARILA(FIN)	11- 4-40	65-69 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) GEORGE DAVIES(TEMPE,AZ)	11-15-40	65-69 65-69	
ERICA BRIESNICK(GER)	11-19-40	65-69	
TINA HAYWARD(VICKSBURG,MI)	11-20-40	65-69	
JANE ARNOLD(BLOOMFIELD,CT) ELKE BOLSINGER(GER)	11-22-40	65-69	
JOSEF JANSKY(CZE)	11-23-40	65-69 65-69	
DON MCMILLAN(US)	11-24-40	65-69	
ALBY WILLIAMS(US)	11-29-40		
CLAIRE BROCK(OH) VINCENT RUFFIN(USA)	11- 1-35	70-74 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) EMMA CHILDERS(US)	11-25-35	70-74 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		75-79	
CHARLES WILLIAMS(GBR) HANS ZIPFEL(GER)	11-15-30	75-79 75-79	
ED DEMARRAIS(NEEDHAM,MA)	11-27-30	75-79	
DON GAMMIE(CENTERVILLE,OH)	11-29-30	75-79	
ALENE PARK(HUNTSVILLE,AL)	11- 1-25	80-84	
ED HOOKER(TULSA,OK) HANNU SUOKNUUTI(FIN)	11-3-25	80-84 80-84	
ELSE LAINE(FIN)	11-25-25	80-84	
ART WAGGONER(FAIR OAKS,CA) -	11-26-25	80-84	
BRONE SALICKIENE(URS) ROY WIGGINGTON(CA)	11-26-25	80-84 80-84	
HARALD PALMQVIST(SWE)	11-30-25	85-89	
DALE BUYSSE(LONGMONT,CO)	11-8-20	85-89	
JEAN PRICE(US)	11- 8-20	85-89	
BRUNO SOBRERO(ITA) FRANTISEK KLEMPA(CZE)	11-11-20	85-89 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) PAUL SEREGHY(NEW YORK CITY,NY)	11-30-20	85-89 90-94	
GUISEPPE MARABOTTI(ITA)	11- 7-15	90-94	
JUDY SIMON(LA MESA,CA)	11-8-15	90-94	
ADRIENNE SALMINI(ALBUQUERQUE,NM)	11-20-15	90-94	
AUSTIN NEWMAN(NJ) ERIK STAI(NOR)	11-21-15	90-94 90-94	
CHICK DAHLSTEN(LOS ANGELES,CA)	11-4-10	95+	
OSMO RENVALL(FIN)	11-10-10	95+	
VAINO COLLAN(FIN) AILSA FORBES(NZL)	11-17-10	95+	
CHORLY LASSEN(DEN)	11-19-10	95+ 95+	
Compiled by Pete Mundle			

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

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

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

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

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@crl.dec.com; www.gbtc.org

Greater Long Island RC 101-24 Dupont St. Plainview, NY 11803 516-349-7646; 516-349-7647 (tax) www.pobmc.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; ww Maryland Masters T&F Club c/o Dave Baimer President

c/o Dave Bainer President 11901 Bracken Ct. Bowie, MD 20720-4480 301-464-3531 (home); 301-529-5475 (

Mystic Runners PÓ Box 282 Medford, MA 02155 Stephen Viegas, 781-944-3390 stephenviegas@hotmail.com www.mysticrunners.us

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

National Capital Track Club (GNATS) clo 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@ziplink.net

New Jersey Striders TC P.O. Box 885 Maywood, NJ 07607 201-337-7061

North Jersey Masters PO Box 56 Ridgewood, NJ 07451

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

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

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

Peninsula Track Club Rhonda Venable http://bornetown.adi.co

PHAST (Philadelphia Area Stroing Team) Philadelphia, PA Jelf Salvage, Racewalking coach campsalvage Byahoo.com 609-714-1308 Marie Woodland, President mariewalka @ act.com

Philadelphia Masters T&F Associate New Medition of President 7 E. Main SI Apt. 3 Lansdale, PA 19446 215-393-1382

Pioneer Valley Women's Running Club Sue Kapian 45 Woodside Drive Longmeadow, MA 01106 413, 627, 4657

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

MASTERS CLUBS

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

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

Cambridge Running Club Bob Gillon, 8 Hawkes Ln. Lynnfield, MA 01940 718-593-9592

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

Garden State AC 19 Bedminster Rd. Randolph, NJ 07869

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

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

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. Bowle, MD 20720-4480 301-464-3531 (home); 301-529-5475 (cell)

Mystic Runners PO Box 282 Medlord, MA 02155 Stephen Viegas, 781-944-3390 stephenviegas@hotmail.com www.mysticrunners.us

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@ziplink.net

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

North Jersey Masters PO Box 56 Ridgewood, NJ 07451

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

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

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

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

PHAST (Philadelphia Area Sirding Team) Philadelphia, PA Jeff Salvage, Racewalking coach campsalvage @yahoo.com 609-714-1308 Marle Woodland, President marlewalks @ ad.com

Philadelphia Masters T&F Assoc. clo Kyle Medidenborg, President 7 E. Main St Apt. 3 Lansdale, PA 19446 215-363-1382 lamed:@erols.com

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

aplaniaye@yahoo.com; www.pywrc.org PR Racing Team Scott Brown 167 Pettingill St. Scott Brown 167 Pettingill St. Lewiston, Maine 04240 207-782-0688 runscott1@aol.com

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

Rhode Island Road Runners 18 Musket Road Lincoln, RI 02865 chyson8089@aol.com 401-725-1725

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

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

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

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

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

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

Tendonitis A.C.
c/o Chris Rush
1177 Oxford Place
Schenectady, NY 12308
httm://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 Runni Puma Track Club 179 East Post Road White Plains, NY 10601 914-682-0637 914-949-4166 (fax)

Western Pennsylvan 1790 Lisa Dr., #4 Indiana, PA 15701 724-464-2222

SOUTHEAST

All American TC 20184 Hwy 17 Hampslead, NC 28443

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

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

Carolina Masters Track & Field Club Gordon Edwards 704-588-5885 gedwards@carolina.rr.com

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

Florida TC P.O. Box 12463 University Station Gainesville, FL 32604 904-378-8725

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

Huntsville TC clo Harold Tinsley, 8811 Edgehill Dr. Huntsville, AL 35802 256-881-9077 harold insley@gte.net www.huntsvilletrackclub.org

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

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

Miami RC Tropical Park 7920 SW 40th SL 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 36616 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 runningfool@mac.com

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

MIDWEST

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

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@sprintmail.com

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

Chicago Walkers Club Nancy Goldman, President 2909 N. Sheridan Road #1707 Chicago, Il. 60657 773-348-391; goldnanc@aol.com www.sekelsky.com/chicagowalkers

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

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

Eastern Kentucky Track Club Gary W. Kidd Prestonsbure

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

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

P.O. Box 1302 Indianapolis, IN 46206 David Harriman, Pres., 317-679-1403 david_harriman@sbcglobal.net

Lexington Windjammers Running Club 182 Donabrook Ct., #6 Lexington, KY 40517-1110 Whit Whitaker, 859-552-9836

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

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

Over the Hill TC 5091 Hickory Drive Lyndhurst, OH 44124 www.othtc.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 Marion, IL 62959

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

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

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

MID-AMERICA

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

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

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

Heartland Racewalkers PO Box 11141 Shawnee Mission, KS 66207 Alan Poisner Alan Poisner
apoisner@kumc.edu
http://kctrack.org/Heartland_Racx.html Lawrence TC PO Box 3743, Jayhawk Sta. Lawrence, KS 66046 Lincoln TC 3105 Cedar Av. Lincoln, NE 68502

Prairie Striders Box 267 Brookings, SD 57006

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

Running Republic of Boulder Coach Darren De Reuck, kwazulu11@m Pres. Don Ford, DonRFord@aol.com www.runningrepublic.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 314-781-3926 314-782-3726 (raceline)

SOUTHWEST

Dallas Masters T&F Club 1501 W. Lavender Lane Arlington, TX 76013 817-274-0448

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

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

King of the Hill TC 48 Chateau Haut 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 70152-2003 504-482-6682

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

Pine Belt Pacers c/o Becky Ryder 2902 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 Tulsa, OK 74132-3739 TEAM_OKLAHOMA@bigloot.com

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

Tuisa RC PO Box 3304 Tuisa, OK 74101-3304 918-496-1939 www.tuisarunningclub.c

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

WEST

Arizona Flames Track Club James Smith, 480-726-1613 jfjsmith@cox.net; www.azflam

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

Club West Beverley Lewis PO Box 5730 805-969-595-52 Gordon McClenathen PO Box 99 Goleta, CA 93116-1099 805-964-3005

Corona del Mar TC 19103 S. Andmark 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 Burlingame, CA 94010 415-592-6353 Feel The Heat TC Rawle Crichlow 1522 E. Southern Ave., #2041 Tempe, AZ 85282-5664

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.

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 Bivd. NE Albuquerque, NM 87110 John Reardon 505-620-9923 newmexicotrack@yahoo.com www.hearthsolesports.com

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

KEL Club Gary Kelmenson 5601 Empire Grade Santa Cruz, CA 95060 831-458-0300 kelfield@aol.com

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

Marin Race Walkers Jack Bray PO Box 21 Kentleid, CA 94914 415-461-6843 marinnv@wenet.net www.lightways.com/m

Maui Throwers Club Wayne Bartelme, 808-250-5536 wayne.bartelme@lourseasons.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 802 Brentwood Ave. Vallejo, CA 94591 Eddie Seese 707-645-8555 prsport1@ aol.com

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

Pole Pilota/Kinaesthetics 1137 E. Edison St. Tucson, AZ 85719-3530 Roy D. Willits, Jr. Jennifer L. Croissant 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 charlesa@alumni.stanford.or

San Antonio Racewalkers 9635 Campton Farms San Antonio, TX 78250 Bert Pickell bertpjr@msn.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

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

SLO Roadrunners Roger Warnes San Luis Obispo, California CoachWTRISLO@aol.com www.TRISLO.COM

Southern California Striders 39777 Cathy Dr. Fallbrook, CA 92028 619-436-7698 So Cal Track Club 18 Charca Rancho Santa Margarita, CA 92688 Mark Cleary 949-589-0242

Tamalpa Runners Box 4132 San Refael, CA 94913 415-721-3791

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

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

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

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

NORTHWEST

Anchorage RC Joan Nockels PO Box 243362-3362 Anchorage, AK 99524-3362 jnockels@pobox.alaska.net

Apex Track & Field 2420 NE 136th Av. Portland, OR 97230 Jim Satterfield 503-254-7562

Barron Park Striders Drew Stevick 3225 Scotch Meadow Ct. SE Olympia, WA 98501 360-438-0051

Big Foot Masters Maury Ray N1810 Green St. MS-2050 Spokane, WA 99207-5399

Club Northwest Seattle, WA Tom Cotner tcotner@u.washington.edu www.cnw.org Club Vault Jerry Cash 12900 SW Tarpan Dr. Beaverton, OR 97008 503-524-5078

Eugene Running Club 351 Ransom Ct. Eugene, OR 97401 Cathie Twomey Bellam 541-343-4841

Holy Smokes Track Club 2232 Franklin Av. East Seattle, WA 98102 Denny West 206-322-2413

NEMESIS Martha Mendenhall 710 N. "I" Street Tacoma, WA 98403 253-861-8783

Oregon Road Runners Club 4840 S.W. Western Av., #200 Beaverton, OR 97005 503-646-RUNR Susan Perry orc@teleport.com; www.orrc.net

Oregon Track Club Masters PO Box 11364 PO Box 11364 Eugene, OR 97440 541-343-7247 www.oregontrackclub.org Pacific Pacers (Racewalk) 6633 N.E. Windermere Rd

Seattle, WA 98115 206-524-4721 bevlaveck@aol.com Portland Masters Track Club 3011 NE Linden Av Gresham, OR 97030 503-666-8950

Racewalkers Northwest PO Box 3914 Portland, OR 97208 503-256-2916 RacewalkNW@Yahoo.com

Re-Treads Neal Stoddard 16016 9th Ave. SW Burien, WA 98166 206-245-0516

Seattle Masters AC 4103 Hillcrest Av., SW Seattle, WA 98116 206-932-3923 kweinbel@aol.com

Snohomish Track Club 4261 S. 184th St. SeaTac, WA 98188-4569 206-433-8868

Southern Oregon Sizziers Mike Barrett PO Box 665 Medford, OR 97501 541-779-1214

Team Alaska Track Club Chris Waythomas 6351 Far Point Cir. Anchorage, AK 99507 Chris @maildakans wr.us

Tiger Vault - Pole Vault Club 11701 NE 274th St. Battle Ground, WA 98604 Joseph Prister 360-687-7729 joseph pfister@hotmail.com

IT'S THE SAME 26.2 MILES. BUT EVERY MARATHONER FACES SOMETHING DIFFERENT.



CRACKING 2:30:00

First 5 miles, I'm a ball of nervous energy. Don't go out too fast. By 8, I've got my rhythm. Stick close to the figure in front of me. Once I round Damen and head back, I'm really on my toes. Chasing the fastest guys in my club. Checking my watch. With a new all-time best firmly in my sights.



- Lightweight
- Responsive
- A fast, efficient ride for elite runners chasing elite times
- Available in men's and women's models



BEATING RUNNERS HALF MY AGE

Still have butterflies at the start. Legs feel heavy for the first few. I reach 15 miles with relative ease. But once I hit 20, the head games really start. I load up on water and PowerGel®. The crowd swells. Before I know it, I'm approaching the promised land. Faster than expected. Tough as always. Reminded why I run every year.



- Comfort
- Cushioning
- A soft, stable ride for veteran legs
- Available in men's and women's models



REACHING THE FINISH LINE

It's shoulder to shoulder until we cross Chicago Avenue. The first miles are a blur. My longest race until now was a half-marathon. I'm in new territory. At mile 20, legs wobble, determination doesn't. Up Michigan Avenue, sun on my face, pulled to finish my first marathon strong by what feels like a million cheering strangers.



- Stable
- Responsive
- Forgiving, protective ride for novice marathoners
- Available in men's and women's models

At New Balance, we know every runner is driven by something different. That's why we're proud to have sponsored The LaSalle Bank Chicago Marathon since 1997. Because whether you're aiming for a world-class time or your first time, Chicago offers every runner a very personal challenge to chase. **newbalance.com**

FOR LOVE OR MONEY?"/





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