

NATIONAL MASTERS NEWS

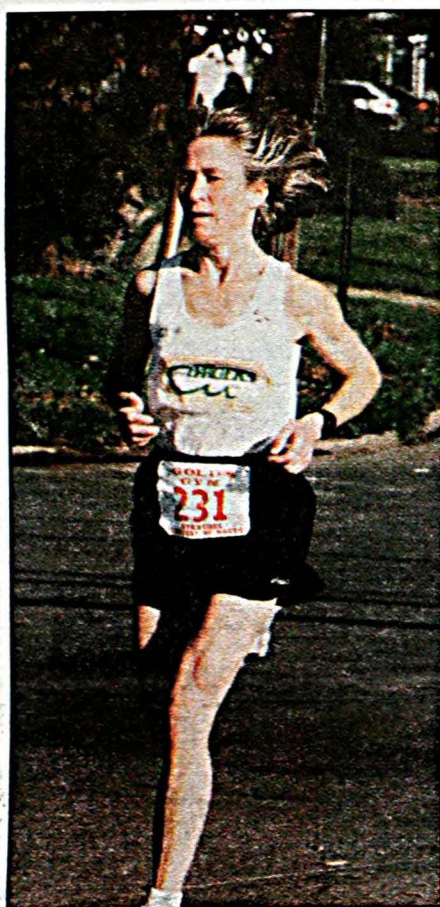
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Genesee Wins USA Team 5K



GARY ALLEN

Patti Ford, 43, shown here winning the women's masters race in the Syracuse 5K (18:13), Oct. 5, was first (18:46) in the separate women's race in the USATF National Masters 5K Cross-Country Championships, Rochester, N.Y., Oct. 11.

by ED CLOOS

ROCHESTER, N.Y. — The host Genesee Valley Harriers won their first USATF National Masters Cross-Country Championships with a balanced team effort over 5K on Oct. 11. Although placing just three finishers in the top ten, the Harriers' M40-49 team had a combined time of 1:23:54 to defeat Adirondack AC (1:24:17) and Central Mass Striders (1:24:18), who were led by overall winner Craig Fram, 40, Plaistow, N.H. Five runners scored for the men's teams in the 40s and 50s; all other team scores were for three runners.

The balance of the Harriers showed as Tim McMullen, 45, M45 winner and fourth overall in 16:08, was followed closely throughout the race by most of his teammates in a group. Gary Moore, 42, finished seventh (16:33). Charlie Andrews, 41, was eighth (16:39); Tim's brother, Charlie, 12th (16:56); and Roger Messenger, 45, 29th (17:38).

Fram led from the start, building a 14-second advantage to win in 15:36, followed the whole way over the gentle hills of the grass course at Genesee Valley Park by Tom Dalton, 40, Schenectady, N.Y.

The separate women's race was won by Patti Ford, 43, Syracuse, N.Y., in 18:46. She led the Syracuse Chargers to the W40-49 victory with a

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Mondragon, Benoit-Samuelson First Masters in NYC Marathon

by MARILYN J. MITCHELL

Martin Mondragon, 44, and Joan Benoit-Samuelson, 41, were the masters victors in the 29th running of the New York City Marathon, which wound its way through all five NYC boroughs on Nov. 1.

Mondragon, of Mexico, finished 21st of the 31,456 finishers, with a 2:18:16. Benoit-Samuelson, Freeport, Me., was 12th female and second U.S. runner in 2:41:06.

Dominique Chauvelier, 42, of France, was second master (2:22:24). Dick Hooper, 42, of Ireland, finished third (2:22:46). Antonella Bizioli, 41, of Italy, was second female master (2:46:30). Gillian Horovitz, 43, of NYC, was third (2:46:36).

The masters victory was worth \$3000, with second getting \$2000, and

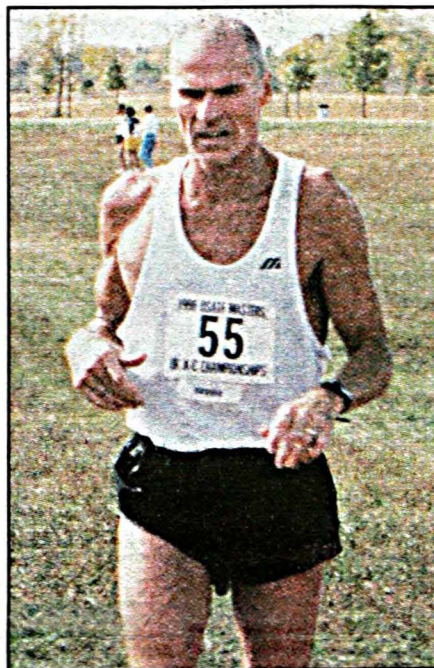
third, \$1000. In addition, the New York RRC provided prizes for the first three NYRRC masters placers, worth \$500, \$250, and \$100, respectively. Prizes were not cumulative, with the winner taking the larger offered prize, and this marathon acceded to the runners' requests for scoring and awards in five-year age groups.

Chopard watches were presented to the oldest male and female finishers. The oldest male finisher was 91-year-old Sam Gadless, Boca Raton, Fla., in 8:26:00, despite the fact that he was the victim of a Sept. 1 hit and-run automobile accident while training. The oldest female finisher was Carolina Bauticia, 83, of Italy, in 8:48:15.

John Kagwe, 29, of Kenya, took his

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National 8K Cross-Country Championships Return to Louisville



BOB ULLRICH

Peter Hallop, 55, Ann Arbor, Mich., first M50 (28:18), National Masters 8K Cross-Country Championships, Louisville, Ky., Oct. 25.

by BOB ULLRICH

On Oct. 25, the USATF Masters 8K Cross-Country Championships returned to Louisville, Ky., where they have been contested five times in the 1990s. The race was held over a two-loop course at E.P. "Tom" Sawyer State Park, and hosted by the Victory AC, Metro Parks TC, and Mason-Dixon AC, all of Louisville, and Sawyer State Park.

At race time, the temperatures were in the low 70s under sunny skies and low humidity as 88 runners from 11 states toed the starting line. The course was in top shape as more than a month of dry weather had rendered it hard and fast, and featured three small hills at half a mile, two miles, and 5 1/2 miles. Hay bales were placed at 1 1/2 and 3 miles to add a European flavor to the competition.

As the gun sounded, Stan Clark, 43, Pewee Valley, Ky., assumed the lead, was in first place by about 10 yards at the one-mile mark, and stretched his

Continued on page 9

Final ILC Grand Prix

Tuttle, Valadka Take USA 15K Firsts at Tulsa

by JANNA WALKUP

Under warm, humid conditions at the Tulsa Run 15K on Oct. 31, John Tuttle (1984 U.S. Olympic marathoner) and Patty Valadka captured USATF Masters titles in 45:43 and 54:20, respectively. Each earned \$500. The 21st annual 15K race with 3792 finishers also served as the eighth and final 1998 Indy Life Circuit race.

Tuttle, Douglasville, Va., dominated the men's masters field, as he won by over 90 seconds. Craig Young, 42, of Colorado Springs, Colo., the 1997 and 1998 Indy Life Circuit Grand Prix masters champion, ran another strong race to finish second in 47:26 (\$400). Peter Koech, second in the 1998 ILC Grand Prix Masters division, finished third in 47:40 (\$300).

"Turning 40 is like a breath of fresh air," commented Tuttle, who turned 40 on Oct. 16. "This was my first major race as a master, and I hope to be one

Continued on page 8



VICTOR SAILER/PHOTO RUN

Paul Pilkington, 40, masters winner in the Southtrust 10 Mile, St. Petersburg, Fla., Oct. 17, with a U.S. record 49:34. (See story on page 4)

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Martin, Stevenson Win in Detroit Free Press Marathon

by RON MARINUCCI

October 18 – The 21st running of the Detroit Free Press/Flagstar Bank International Marathon will be remembered for its rain and, especially, wind. About an hour into the race, the rain began, which might not have been completely unwelcome, considering the humidity and high temperatures (mid-60s) at the start.

But along with the wet stuff came the wind, gusts reaching 35 to 40 mph. It made finishing an extra challenge; in fact, over 300 of the 2358 registered entrants didn't.

Local masters ace Jeff Martin, 40, Huntington Woods, Mich., snagged the M40+ crown in 2:35:18, good for seventh overall. Art Kitze, 41, Kettering, Ohio, was second in 2:43:42. The top W40+ was Patricia Stevenson, 43, London, Ontario, with a 10th-woman 3:00:41.

Division winners who posted good times despite the weather included Paul Nilsson, 50, Williamston, Mich., 2:54:45, and Jan Daker, 50, Davenport, Iowa, 3:29:49.

Ninety-year-old Jim Ramsey, Detroit, battled the elements to the finish in 7:52:46. "The wind and rain were something else," he understated afterwards. He became the oldest U.S. finisher to break eight hours.

In keeping with the international flavor of the race – the start and first six miles are in Windsor, Ontario, Canada, while an "underwater mile" through the Detroit-Windsor Tunnel leads to the final 19 miles in Detroit – the women's race was won by Tatiana Maslova, 31, Russia, in 2:45:06, and Zithulele Sinque, 35, South Africa, who, with his sights set at 2:10 or 2:11, finished well off at 2:18:52 to take the men's race. ☐

Sam Monastero

Sam Monastero, 87, of Philadelphia, passed away Oct. 13. He suffered a massive stroke while sitting in a chair, talking to his wife, Emily. He died ten hours later in hospital.

Monastero was a member of the Philadelphia Masters TC for over 20 years and had been a medal winner in city, state, and national meets. He had planned to compete in Orlando, Fla., in the 1999 National Games with his traveling friends, Claude Hills, 86, and Oscar Harris, 74, all of whom had qualified to represent Pennsylvania. ☐

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- USATF Convention Report
- 1999 Schedule of Events

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MOTOROLA



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LIFE REGAINED

Four years ago at age 68, I was hit with viral pneumonia and lost 30 pounds, 2½ years of healthy life, and another 1½ years to regain my health and desire.

I competed in the San Diego Senior Olympics on Sept. 12 and finished second in the M70 50m, 100, and 200. I was pleased to see so many of my old friends. I had started back in training three months before. It was quite a challenge.

On Oct. 10, I competed in the Nevada State Olympics and won the 50m and 100 and was second in the 200. Again, I was elated, but if I had finished last in all those races, I still would have been elated – just to be able to compete.

So I want to pass this on – never give up. Make the best of what life hands you. I now have a wonderful view of life and what it beholds, and this flows over to all other parts of my life: family, business, friends, etc. Thank you, masters track.

Jock Jocoy
Del Mar, California

LAST OF THE STRADDLERS

The M55 world record high jump of 1.83 (six feet) achieved by Jaroslav Hanus of the Czech Republic in the

European Veterans Championships as reported in the November NMN is an excellent record jump, reflected by how good a record Hanus broke. Former Californian and Western Roll practitioner Herm Wyatt owned the record at 1.79 (5-10½) for 11 years.

We Southern California high jumpers tend to object to outsiders holding any HJ record. This is especially so for the remaining straddle form performers. Former WR-holder John Dobroth, shedding his judicial robes for the afternoon, was seen in excellent form at the recent Club West meet in Santa Barbara. If he trains for it, he has a shot at bringing the record back to straddle jumper country.

Failing that, WR-holder and straddle jumper par excellence, Charlie Rader, M45, is in trace. The world's youngest and, therefore, last remaining straddle jumper is Jason Meisler, M40, who improves every year and will have the final straddle. For, after Meisler, the aesthetically impure, mechanically easier, "flop" form will take over through attrition.

The responsibility is great: preserving the beautiful and soaring grace, which made the high jump so admired in the past, will end with Dobroth, Rader, and Meisler. The world will then be more shabby, a less graceful

place, as the "flopsters" flop to the fore. Good luck, men.

Phil Fehlen
Carlsbad, California

EAST REGIONALS

The 23rd Potomac Valley Games were also the 30th annual USATF East Regional Masters Championships.

If it weren't for the graciousness of Sal Corrallo, the championships wouldn't have taken place. After four false starts (Adirondack, Maryland, Niagara, and Connecticut), Sal agreed to hold the meet in conjunction with the 23rd Potomac Valley Games held on Sept. 5-6 in Alexandria, Va.

The approval came less than two weeks before the event. Nevertheless, I was able to mail out 300 applications and call 100 athletes and clubs to alert them. The weather cooperated, the officiating was superb, the meet ran beautifully, and the athletes were at their best.

Haig Bohigian
USATF East Regional Coordinator

PROFITEERING

People who hold office in various organizations, i.e., WAVA, USATF, and Masters T&F, as well as NMN, should not "profit" from that affiliation in connection with scheduled meets involving masters athletes.

Reed Quinn
Leesburg, Florida

(This issue has been raised before, but is it realistic? Many USATF and WAVA officers are also coaches, meet directors, sports administrators, etc. They volunteer their time with USATF and WAVA, but their jobs are closely related to their volunteer activities.

Pilkington Breaks 10-Mile Record in Southtrust

Pozdnyakova Top Age-Graded & Money Winner

by JERRY WOJCIK

Paul Pilkington, 40, broke the U.S. M40 record for the 10-mile with a 14th-place 49:34 in the Southtrust Running Festival, St. Petersburg, Fla., on Oct. 17. The previous record was held by the late Barry Brown, who ran a 49:46 in 1985. The all-comers' record by a non-U.S. citizen belongs to New Zealand's John Campbell at 47:55.

Pilkington, a teacher and new master from Roy, Utah, was in fast company with John Tuttle, 40, also a new masters runner, who ran a 50:10, and Andrei Kuznetsov, third M40+ in 50:27.

Pilkington is perhaps better known for his pre-masters accomplishments, particularly in winning the Los Angeles Marathon a few years ago,



AL PUMA

Wilfredo Rios (#94), 82, and Max Popper, 95, at the Trump Fifth Avenue Mile in Manhattan, Sept. 26.

Should USATF or WAVA officers be prohibited from staging a race or meet because they might make some money from it? Should professional coaches be banned from holding a USATF or WAVA office because they earn a living from the sport? Should a staffer for NMN or Runner's World not be allowed to hold a USATF or WAVA office? What's wrong with a USATF or WAVA office-holder offering a product or service that people want to buy? If they make money on it, so what? If people don't like their product, they won't buy it. What could be fairer? The same is true in all walks of life. The head of a local plumbers' association makes his living as a plumber. The president of the bar association is a lawyer. Do their volunteer roles bring them extra business? Maybe. Is there anything wrong with that? – Ed.)

when he, the designated rabbit, decided to go for the victory. In 1990, he ran the Houston Marathon in 2:11:13. His time in the Southtrust race age-graded to a 92.7%. He won \$100 for his 14th-placing and \$800 as top M40+.

Bill Rodgers, 50, was seventh master in 56:21, taking the M50 race from Bob Schlau, who finished in 58:24. Donald Ardell won the M60 race with a 62:09.

Tatyana Pozdnyakova, 43, won the women's masters race with a comfortable five-minute margin at 55:47. Petty Valadka, W40, was second, and Cindy Keeler, W40, third. Pozdnyakova took the masters age-graded honors with a 94.2% and was top masters cash prize winner with \$700 for her eighth-place finish and \$800 for first W40+. □

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CZZMN

Shull, Baymiller Tops in MS Half-Marathon

by GEORGE BANKER

Patti Shull, 40, Ashburn, Va., applied the necessary pressure and pace to sail to an overall female victory in the MS Challenge Half-Marathon, Washington, D.C., Sept. 20. Shull celebrated her 40th birthday with a women's masters course record of 82:49. The previous best was 86:11 by Mary Astrop in 1996.

"I can't believe it. I did want to win. This is a PR for me. I was worried about the race. I don't know how tactical my race was; my first mile was 6:23, and my second 6:10. I felt strong at mile six. Going to Hains Point, I really surged and passed a bunch of guys," said winner Shull.

"I wish my kids could be here, but they are home decorating the house. My biggest supporter is my husband, Wes, who tells me to believe always in myself. I didn't start running until after our first child. We have three," Shull added.

It was a good day for women masters. Coming in a strong second overall with an 83:40 was Rae Baymiller, 55, of NYC. After the race, the U.S. age-group record holder said, "The cause attracted me, and I had not run in D.C. recently. My goal was to pace myself at 6:15 per mile. I was shocked to be in second place. There was a pack that grew at mile 11. I thought, 'Oh, my God, there are a bunch of people around me,' and said 'Get me home.'"

The winning M40+ was Jay Jacob

Wind, 48, Arlington, Va., in 80:17. Jack Stanczak, 44, Fairfax, Va., was second with an 83:54. John Haubert, 56, Alexandria, won the M55 race with an impressive 88:26.

In the companion 5K, masters winners were Steve Donohue, 41, Arlington, in 18:08, and Valerie Lewis, 41, Mechanicsville, Va., in 23:34.

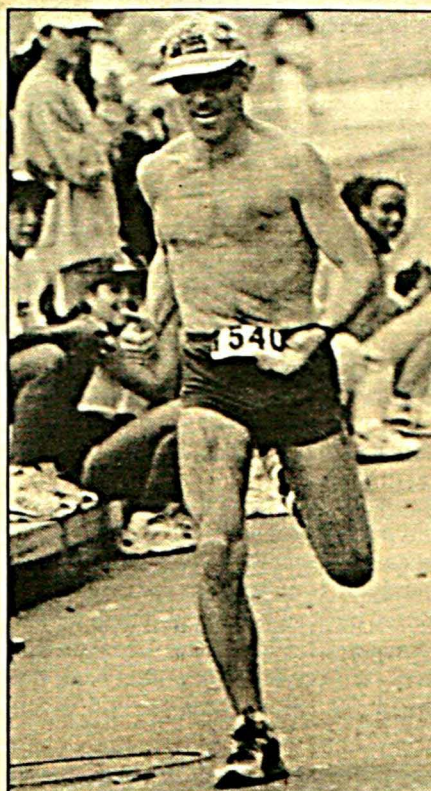
The events drew nearly 2000 entrants, who competed under overcast skies in high humidity. Proceeds help to fund vital local services as well as national medical research in the cause and cure of muscular sclerosis.

On Oct. 11, Shull was third woman, with a masters women's course record 60:10 in the Army Ten Miler over a new course that started on Route 27 and proceeded across the Memorial Bridge, where runners took a grand tour of the monuments and a visit to Capitol Hill at about the fifth mile.

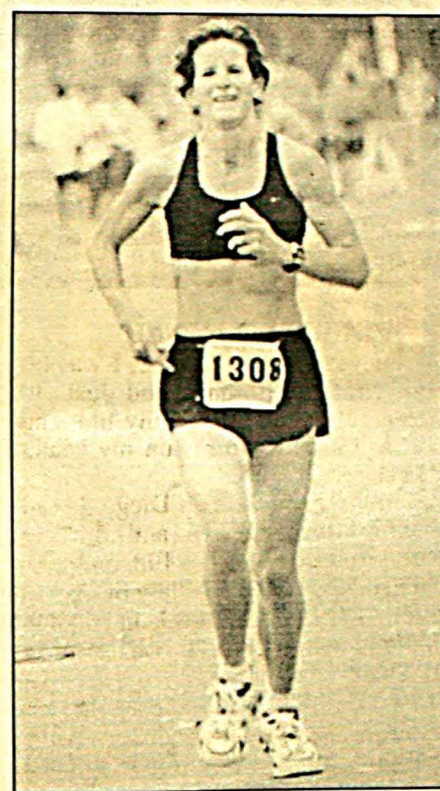
After the race, Shull said, "I can't believe that I kept a six-minute pace. This was a personal record by a minute and 20 seconds. Two years ago I did 61:30 here."

Her nearest masters competition came from Cathy Ventura-Merkel, 43, Arlington, Va., who ran a 66:59, and Susan Humphries, 49, Potomac, Md., who finished in 68:20.

Chuck Moeser, 47, Sterling, Va., was the M40+ winner with a 53:14. Bob Dalton, 45, Fayetteville, N.C., followed in 54:27.



GEORGE BANKER
Jay Wind, 48, first master (80:17), MS Challenge Half-Marathon, Washington, D.C.



GEORGE BANKER
Patti Shull, 40, first female overall (82:49), MS Challenge Half-Marathon, Washington, D.C.

The race, the 14th annual, which started in 1985 with 1379 runners, had 14,106 registered competitors. Event proceeds benefit soldier family programs.

Earlier, on Oct. 4, in the Georgetown 10K, Moeser captured fourth-place overall in 32:43, the best mas-

ter's time since 1990. Bernadette Flynn, 41, Fairfax, Va., claimed the top W40+ spot with a 42:36. The race boasted 3000 registered runners. Net proceeds were donated to the Pediatric AIDS/HIV Care, an organization that supports families with children affected by HIV. □

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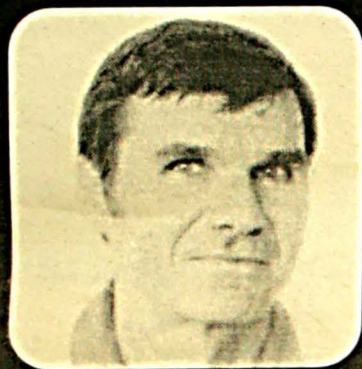


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Third Wind

by MIKE TYMN

How to Cut 11 Years from Your Age

Most readers of this publication are aware of the relationship between feeling younger, acting younger, and performing younger. But I wonder how many readers have given conscious thought to the subtle little ways one can act younger. I thought about this recently as I got up from my desk at the office after being slouched over the computer for most of the day and then realizing that I was beginning to walk in a hunched manner, my shoulders drooping and my posture not as erect as it should have been. As I consciously pulled back my shoulders and walked more erect, I suddenly felt much younger and much stronger.

While browsing through a used-book store not long ago, I came across a book published in 1937, entitled *Look Eleven Years Younger*, by Gelett Burgess. Burgess was also the author of such popular books as *Are You a Bromide?* and *Why Men Hate Women*. He offers all kinds of tips on looking, acting, and performing younger. He identifies the "hunched over" problem I was beginning to experience as "The Human Bird" condition. "And what boots it, anyway, to spend half an hour a day on any particular routine of exercise if for the rest of the day you pay no attention to your behavior and slump and crumple and sag in unlovely, harmful positions?" Burgess drives home his point on this condition.

Senile Signals

As Burgess sees it, old age is the multiplication of thoughtless, lax, and indulgent mannerisms due to lack of conscious control in many minor movements. All such uncontrolled habits are therefore potentially senile. "A middle-aged man I once knew lost his job as watchman because he always cocked his head like a terrier and half closed his eyes when he was listening," Burgess gives an example. "His boss thought he was too old and was losing his faculties. The old fellow didn't think so. There was hardly a gray hair



THE BISHOP'S POSE: Few young men assume this attitude. The hands alone tell the story of senescence. It is one of the abstracted, introspective and retrospective postures that show a negative view of life. He has given up competition and is unaware of his environment.

in his head and he had few wrinkles for his age. He didn't know he looked silly. But that habit proved that he was becoming irresponsible and was going down hill."

Burgess cautions against surrendering to emotionalism or to mere comfort. "It is a mental laxity which diminishes the interest in active, competitive life and dulls the ambition and the desire to please," he explains. "It is, in short, a mental acceptance of old age as inevitable. This defeatism registers itself just as a physical disease registers itself in the face and on the body, in the voice, in gesture, expression, in visible symptoms of decrepitude for all to see and talk about."

Subconscious Satan

Avoid self-petting, Burgess counsels. This habit, involving running your hand up and down the other arm, is more common among women. It shows a lack of poise and is evidence

Other Tips on Acting Younger

Here are some additional tips on feeling, acting, looking, and performing younger as offered by Gelett Burgess in his book:

- Don't get anchored at home and lose contact with life.
- Don't try to appear young by being playful or frisky or arch. Youth cannot be assumed.
- Youthfulness dwells in the eyes. Keep them lighted.
- Crow's-feet are caused by grins and grimaces and usually go with a fallen face. Women, especially, should avoid unnecessary smiling and grimacing.
- Smile only when there is a meaning to it. A perpetual smile that means nothing is a senile trait.
- Avoid scratching in public.
- When lowering yourself into a chair or hoisting yourself up from it avoid using your hands.
- Don't be a mumbleboy, a drawlster, whiner, whisperette, mushmouth, or flannel-mouth. When you are out of luck, speak louder than usual.
- If you live alone, don't eat in the kitchen.
- Slippers, dressing gowns, and solitude lead inevitably to laxities and indulgences that make you senile.
- Avoid monkey business.
- A fine discrimination in wines is characteristic of old age. If you wish to be youthful don't be too critical and eloquent with regard to vintages.
- Avoid the display of portraits in a room as it is apt to retard youthfulness. It anchors us to the past.
- Study Kodak snapshots regularly as they will reveal unsuspected expressions, mannerisms, and postures.
- Don't say, "Young people didn't act like that in my day." Make your day today. □

of the "subconscious Satan" looking for mischief with the idle hands. Women, Burgess continues, don't begin to bother much about age till they're nearing thirty. Once they let themselves go in careless and senile habits, such as lolling in a chair in a luxurious beauty parlor with one hand dipping into rose water and the other into a box of chocolates while having cosmetics plastered all over a dead face, they rarely recover.

"It's pathetic the fatuous way women who have neglected all common-sense precautions to preserve their looks and youthfulness will sometimes try to excuse their appearance when time overtakes them to collect his bill," Burgess continues. "Some try to belittle the change and say, 'Oh, it's only the light in the room, you know, that makes me look so.' Or they say that if they had a little sleep they'd be all right."

Men, especially, are guilty of the

"Bishop's Pose," with the outspread finger tips of one hand delicately touching those on the other hand. Anyone caught in that pose is instantly recognized as elderly. If his two joined hands are gently wagged up and down reflectively, one suspects that he is still more aged. If, at the same time, his eyes are directed in some far-off vacant stare, Burgess says that it is clear that the subconscious Satan is in control of the body. Men should also avoid raising their eyebrows when talking as well as tightening the lips or chewing their words. They add years to the person.

Bead Biting

Women who bite their beads or pick their noses in public are just as guilty. Bead biting is something that can start in girls as young as 16 and make them old before they are 30.

If he were alive today, Burgess would frown on older men competing with younger men. He sees it as increasing their apparent age. "Middle age endangers its youthfulness when competing with youth in youth's special field," he says. "The contrast is damaging. Middle age should know what it can and cannot do. It must at all cost avoid being ridiculous."

On the other hand, Burgess says we should never surrender to youth. It allows the subconscious Satan to make us feel even older.

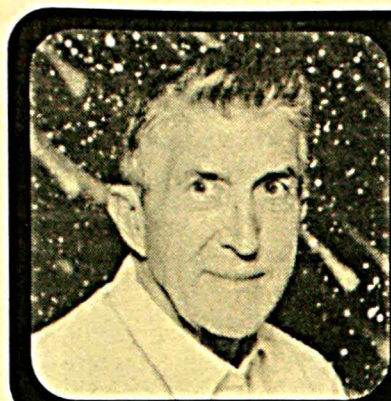
The bottom line is that you have to think young. If your name is Hortense, you tell yourself: "Hortense, fifty is not old; fifty is nifty." □



THE BUTCHER'S POSE: Probably the ugliest posture ever conceived by the subconscious Satan. The most beautiful movie star could make herself grotesque by hanging her shoulder up over the back of a chair like a leg of mutton on a hook. She could make herself look still older by feeling her face.

FIFTEEN YEARS AGO December, 1983

- David Clark (40, 2:17:30), Cindy Dalrymple (41, 2:44:01) Top Masters in NYC Marathon
- Four U.S. Runners Win Titles in World Veterans Distance Running Championships, Perpignan, France
- Gabriele Andersen (2:36:22) Wins \$12,000 at Twin Cities Marathon



LDR Report

by JERRY CROCKETT, USATF
Masters LDR Chairman

Double-Dipping From a Master's Viewpoint

Any award system which attempts to recognize and reward special categories or groups is going to be criticized by those who are either overlooked or disenfranchised by it. When there is an attempt to stop duplication and increase the number of "winners" in an age-grouped race by removing the top several placers from age-group consideration, is it fair to report a person as the first place finisher in an age-group, when in actuality the person may have been second, third, or worse?

By the same token, is it right that a masters individual should have to choose between the open and masters purses? Or have to accept the lesser masters purse, as a few races have done? And, if the master should win and choose the open purse, does the second-place master get the masters first place money, which might be more than the second-place open money, thus making a possible overall second place open finisher receive less money than a masters runner who may have finished several places back?

The views are several, and, when soliciting those of masters runners, who have the potential to be an overall winner, they obviously would like to win both purses and maybe even age-graded and Clydesdale monies if they qualify. However when masters-only money is

considered, it is obvious that age-grading is favored as the award determiner simply because there are more people who have a chance to win or place on this basis than on an overall masters winner basis.

The posture of the USATF Masters LDR in the Indy Life Circuit cumulative awards is to make awards on both bases and not allow double-dipping; however, we have abstained from trying to tell our individual races how they should respond. Interestingly, many of them allow not only double-dipping within the masters, but also allow the masters to win in the open category.

Obviously, I am treading water on this issue because deep down I feel that prize money should be equally divided among all 70+ year-old runners who finish the race. □

Award Selection Process Outlined

by RUTH ANDERSON

Nominations for USATF LDR athlete-of-the-year candidates are collected by the men's and women's award chairs (1998 - John Boyle and Ruth Anderson). A slate for voting is presented at the National USATF Convention to the whole Masters LDR Committee at a specified meeting.

The data for each five-year awardee, beginning at age 40 through age 100+ are tabulated from RRIC, NRIC, NMN, and other running publications. Athletes are encouraged to submit resumes, as well as knowledgeable sources (association LDR chairs,

coaches, agents, etc.).

A separate award is given to the outstanding Masters Ultra Running Man and Woman of the year, by the same process.

The recipient of the Otto Essig Award, for meritorious service to Masters LDR, is selected by the whole Masters LDR Committee, following nominations presented by the Masters LDR Executive Committee. In addition, nominations may be submitted from the floor at this selection meeting for the above awards.

Award winners will be announced at the Awards Breakfast at the Annual USATF Convention. □

Andrews, Ford Top Masters in Syracuse 5K

by DAVE OJA

Charlie Andrews, 41, Rochester, N.Y., and Patti Ford, 43, Lafayette, N.Y., topped the masters fields in the Gold's Gym 5K at the Syracuse Festival of Races, Syracuse, N.Y., on Oct. 5. Andrews crossed the finish line in 15:55, five seconds in front of Gary Moore, 42, Alfred Station, N.Y., with Charles McMullen, 47, Rochester, third M40+ in 16:07.

Charles Mattingly, 52, Theresa, N.Y., won the M50 race in 17:20. Charles Jorgensen, 83, the oldest finisher, ran a 33:51.

Ford wasn't pushed quite as hard,

with her 11th-place female 18:13 comfortably in front of Patricia Smith, 41, Youngstown, N.Y., who ran a 19:39. Karen Davies, 52, Fulton, N.Y., finished with the leaders, winning the W50 race with a 21:22.

Race morning weather was seasonably cool, sunny, and relatively warm, allowing the course to produce the fast times for which it is known, exemplified this year by 25-year-old Peter Githuka's course record 13:38.

Major sponsors included Gold's Gym, United HealthCare, WSTM-TV, and Pilot Communications. □

Apolinario Repeats Mohawk Hudson Victory

by PAUL MURRAY

Wearing bib #4, David Apolinario, M40, of Montreal, finished fourth overall to win his second consecutive masters title at the 16th annual Mohawk Hudson River Marathon, on Oct. 18.

His 2:49:10 was three minutes off his 1997 clocking, due to a combination of unseasonably warm weather and a stiff head wind in the last six miles. "The only problem was the wind," said Apolinario, who ran solo for most of the course on bikepaths along the banks of the Mohawk and Hudson Rivers from Schenectady to Albany, N.Y.

Rudy Afanador, Shirley, N.Y., second M40, was sixth overall in 2:56:17. Robert Somerville, Oneonta, N.Y., M45 winner, finished eighth in 2:58:05.

Maggie Philbrick, W40, was the W40+ winner in 3:27:35. Susan Rodocanachi, W40, Ottawa, Ontario, was second in 3:33:07.

Konstantin Chaks, Pointe-Claire, Quebec, was the M70 champion in 4:50:05.

Four hundred and sixty-three runners completed the scenic course. Lori Christina directed the race for the Hudson Mohawk RRC. □



PAUL MURRAY

David Apolinario, M40, Montreal, Canada, masters winner and fourth overall (2:49:10), Mohawk Hudson River Marathon, Oct. 18.

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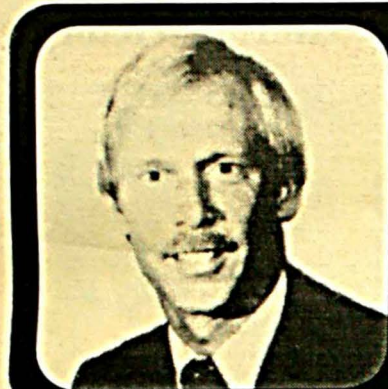
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Pagliano's Podiatric Pointers

The Foot Beat

by JOHN W. PAGLIANO
D.P.M.

Foot Soaks

Q. One of the most commonly asked questions from veteran runners is: How should I soak my feet after races or when they get sore?

A. This is a good question. After long runs our feet tend to get tired and swollen. Many times we have some strange foot condition or athlete's foot that defies description. Our toe nails become loose and the sides become infected and sore. Open blisters form from rubbing on shoes. All these conditions respond well to foot soaks.

The concept of foot soaks derives from the use of wet dressings to take care of biatetic ulcers and open sores on the extremities. Solutions were applied with gauze compresses to the affected areas.

In the case of athletic problems, salt solutions can be prepared, and we can soak our feet in containers of these preparations.

Foot soaks are used to reduce inflamed, oozing types of sores on the feet; athlete's foot; ingrown and inflamed nails; swollen ankles and feet. Salt solutions reduce inflammation and help rid the area of crusts, debris and infection.

Probably the most common and easiest soak to prepare is a normal 9.0%

saline solution. This is compounded by adding one level teaspoon of salt to one pint of water. It is good for single erythema and simple skin problems. Soak for 20 minutes.

Epsom salt soaks or magnesium sulfate may be prepared by dissolving one tablespoon per quart of water. The affected area can be soaked for 20 minutes. This is similar to the saline solution but a little stronger.

Burrow's solution is known as solution of aluminum acetate. This comes as a commercial preparation such as Domeboro tablets or packets. This solution is prepared by dissolving one tablet or packet in a quart of cool water. This makes a 1:40 solution. Remember, however, that after half an



GEORGE BANKER

Top masters finishers (l to r): Dixon Hemphill, first M70 (77:48); Charles Ross, first M60 (69:05); and John Haubert, second M55 (65:14), Army 10 Miler, Washington, D.C., Oct. 11.

hour the solution becomes concentrated into a 1:10 strength and this will probably be too irritating and drying to the skin.

Potassium permanganate is a great solution. However, this must be made by a dispensing pharmacist. It is a solution that must be made fresh. One needs to crush a 65 mg. tablet of potassium permanganate into a quart of water for a 1:16,000 solution. This solution is antiseptic and drying, and stains the skin and clothing.

For those with persistent dry or

moist fungus of the foot, you may wish to try a simple 1:1 solution of apple cider vinegar and water. Twenty minute soaks, 2-3 times a week, usually changes the acidity of the skin and kills the superficial fungus. □

(Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or Achilles question, write to Dr. John Pagliano, The Foot Beat, NMN, Box 50098, Eugene, OR 97405.)

INDY LIFE CIRCUIT

Men Final Standings:

1) Craig Young	42	Co. Springs, CO	112.5
2) Peter Koech	40	Albuquerque, NM	90
3) Steve Plasencia	42	Shoreview, MN	55
4) Charlie Gray	44	Lee's Summit, MO	43
Gary Romesser	47	Indianapolis, IN	43
6) Antoni Niemczak	42	Albuquerque, NM	24
7) Kenneth Wilson	43	Albuquerque, NM	20
8) Budd Coates	41	Emmaus, PA	17
9) John Tuttle	40	Douglasville, GA	15
10) Lloyd Stephenson	43	San Francisco, CA	14

Age-Graded Final Standings:

1) Craig Young	42	Co. Springs, CO	398
2) Warren Utes	78	Park Forest, IL	392
3) Peter Koech	40	Albuquerque, NM	342.5
4) Fay Bradley	60	Washington, DC	339
Gary Romesser	47	Indianapolis, IN	339
6) Jack Nelson	59	Winnetka, IL	316
7) Paul Heitzman	67	Eudora, KS	273
8) Jan Frisby	54	Grand Junction, CO	240
9) Sonny Monioz	62	El Segundo, CA	230
10) Charlie Gray	44	Lee's Summit, MO	223
11) Steve Plasencia	42	Shoreview, MN	189
12) Dick Wilson	66	Lawrence, KS	148
13) Kenneth Wilson	43	Albuquerque, NM	146
14) Lloyd Stephenson	43	San Francisco, CA	141
15) Bobby Kincaid	61	Farley, MO	134
16) Patrick Devine	70	RPVerdes, CA	128.5
17) Budd Coates	41	Emmaus, PA	127
18) Ken Sparks	53	Chagrin Falls, OH	114
19) Bruce Katter	63	Edmonds, WA	110
20) Antoni Niemczak	42	Albuquerque, NM	108

Women Final Standings:

1) Ruth Wysocki	41	Canyon Lake, CA	83
2) Jeanne Johnson	41	Chula Vista, CA	78
3) Regina Joyce	41	Lynnwood, WA	64
4) Patty Valadka	40	Houston, TX	60
5) Diana Fitzpatrick	40	Larkspur, CA	38
6) Jane Welzel	43	Ft. Collins, CO	36
7) Cindy Keeler	40	Lake Worth, FL	32
8) Bev Docherty	40	St. Paul, MN	30.5
9) Victoria Crisp	46	Nashville, TN	24
10) Suzi Morris	40	Encinitas, CA	21

Age-Graded Final Standings:

1) Joan Ottaway	54	Sonora, CA	365.5
2) June Machala	67	Spokane, WA	363
3) Jeanne Johnson	41	Chula Vista, CA	342
4) Ruth Wysocki	41	Canyon Lake, CA	328
5) Victoria Crisp	46	Nashville, TN	312.5
6) Gloria Jansen	51	Edina, MN	297
7) Regina Joyce	41	Lynnwood, WA	281
8) Ellen Nitz	58	Milford, MI	222
9) Lesley Chaplin	40	Mt. Park, GA	199
10) Linda Frisby	51	Grand Junction, CO	197
11) Patty Valadka	40	Houston, TX	188
12) Diana Fitzpatrick	40	Larkspur, CA	156
13) Suzi Morris	40	Encinitas, CA	146
14) Jane Welzel	43	Ft. Collins, CO	144
15) Cindy Keeler	40	Lake Worth, FL	143.5
16) Kimberlee Campo	42	San Diego, CA	126
17) Ruth Vomund	40	Ventura, CA	125
18) Bev Docherty	40	St. Paul, MN	114
19) Marilyn Grissom	56	Greenwood, IN	106
20) Marge Ferris	67	Indianapolis, IN	96

(Compiled by Road Running Information Center)

Tulsa Run

Continued from page 1

of the top masters runners in the world."

In the women's masters race, Ukraine's Tatyana Pozdnyakova, 43, the top female masters road runner in the world, won the masters race in 51:31 (6th overall), but she was not eligible for the Indy Life Circuit or USATF Masters Championships.

Valadka, 40, Houston, Tex., returned from a mid-year injury to win her second 1998 masters crown. She is also the half-marathon national champion (Indianapolis Life 500). Jeanne Lasee-Johnson, 41, Chula Vista, Calif., was the second ILC master in 54:59. Ruth Wysocki, 41, Canyon Lake, Calif., placed third in 55:18.

The top age-graded ILC runners at Tulsa were Tuttle and June Machala, who both earned \$500. Tuttle's 45:43 adjusts to 44:25 open time, or 93.29% on the WAVA tables. Machala, 67, Spokane, Wash., ran 1:08:58, which converts to a 50:43 open time (90.43%). Machala's time is also a pending U.S. 65-69 age-group record.

Three other runners produced world class times (90% or higher): Jack Nelson, 59, Winnetka, Ill. (53:30), Young, and Gary Romesser, 47, Indianapolis, Ind., (49:37).

As the Indy Life Circuit finale, final grand prix positions were decided at the Tulsa Run. With her third place ILC performance at Tulsa, Wysocki held off Lasee-Johnson for the women's Indy Life Circuit Grand Prix masters division crown, 83 points to 78. As the top Indy Life master overall, the 1984 Olympian took home \$6000, while Lasee-Johnson earned \$3000.

Young, Ottaway Win A-G Titles

In the men's age-graded division, Young also earned the top spot (398 points) with Warren Utes, 78, Park Forest, Ill., a close second with 392 points. For the women, Joan Ottaway, 54, Sonora, Calif., repeated as the ILC Grand Prix age-graded women's champion, worth \$5000. Ottaway edged Machala by two-and-a-half points, 365.5 to 363. □

(Information provided by RRIC.)

USA 5K X-C

Continued from page 1

1:02:38, ahead of the Cats AC of Rochester, whose time was 1:03:52.

Kathryn Martin, 47, Northport, N.Y., W45 winner, was second woman in 19:09 and top age-graded performer with an 83.8%. Ford was second with 82.6%, and Ellen Nitz, 58, of the Detroit Motor City Striders was third with a 77.8% 22:56.

Tim McMullen, 45, of the Harriers, topped the men with his 86.6% 16:08, followed by Fram at 86.4% and Rick Hoebeke, 49, Ithaca, N.Y., with an 85.9% 16:47.

Fram had no masters history coming into the race, as he had just turned 40. He works in athletic footwear design and manufacture for Puma in Brockton, Mass., a field he entered when Nike had a plant near his home in New Hampshire. Although he runs several off-road events each year and competed in an international mountain run, he considers himself primarily a road racer. He continues to train at the 75-85 mile a week level and has been able to maintain times close to the personal bests achieved in his 20s (29:51 10K).

Patti Ford said she did a lot of running as a child growing up on a dairy farm but never competed in high school or college. She took up jogging in 1979 to help quit a two-pack-a-day smoking habit with the help of a faculty-staff program at Syracuse U., where she was an administrative assistant in the mathematics department. She gave up that position four years ago when daughter Erin was born – ten days after Patti ran an "easy" 5K. She's had success on the roads and has a 2:56 marathon to her credit, but says cross-country and the indoor mile are her favorites.

The other team champions were M50-59 Raritan Valley-NJ; M60-69 Syracuse Chargers; M70+ Belle Watling AC-Buffalo; and W50-59 Motor City Striders.

The race was also the Canada vs.



ED CLOOS

Craig Fram, 40, first overall (15:36) in the USATF National Masters 5K Cross-Country Championships, Rochester, N.Y., Oct. 11.

USA International Masters Cross-Country Challenge. Although they've dominated the series, the Canadians were under-represented with just 13 finishers in the field of 139 men, and turned over the Fleischman Trophy to the U.S. for only the seventh time in a quarter century. It will be contested again in February in Tacoma, Wash. □

(The Genesee Valley Harriers' fifth man, Roger Messenger, was killed Oct. 23, while riding his bike near his home in Hilton, N.Y. This was his last race; he went out as a winner. – Peter Glavin, Race Director)

Masters Fly in Big Bird

by RON MARINUCCI

ROSEVILLE, Mich. – The 20th annual Big Bird Runs on Nov. 8 attracted over 800 runners on a surprisingly mild Michigan November morning. The marquee 10K had 241 masters, out of 468, with the other participants taking part in the competitive 4K and one mile.

Several top masters times were turned in on the flat course (only two expressway over-passes provided "hills"). Gerard Malaczynski, 56, finished with a best masters performance 36:29 (A-G 31:06, 87%). Wally Herrala, 54, posted a 36:08 (31:24, 85%).

Masters winners were Dave Furey, M40, 33:27, and Sandy Schubert, W40, 44:55.

Darryl McKee, 64, and Russ LaBarge, 54, past race director here, received special awards for completing all twenty Big Bird 10Ks. The race had an international flavor with several dozen runners from Canada. □

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National 8K X-C

Continued from page 1

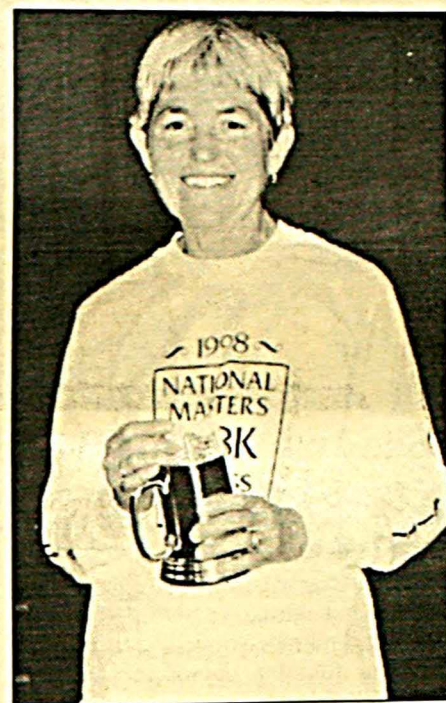
lead to finish first overall by 22 seconds in a fine time of 26:37. Clark's time was more than a minute slower than the course record 25:08, set by Steve Scott in 1996. Bob Carroll, 42, Forrestville, N.Y., was second in 26:58.

The M50-54 group produced the grandmasters (50+) champion, Peter Hallop, 51, Ann Arbor, Mich., who won in 28:18. Other division winners included Dick Wilson, 66, Lawrence, Kansas, M65, 33:12, and Jim Forshee, 72, Ann Arbor, Mich., M70, 34:55. Edgar Morgan, 80, Louisville, was the oldest finisher, in 51:35.

Jeanne Olash, 41, Louisville, won the women's race with a 30th-overall 30:34. Robin Sarris-Hallop, 42, Ann Arbor, was second in 31:36. Ellen Nitz, 58, Milford, Mich., was the women's grandmasters winner with a 37:54.

Team competition was spirited, as more than half of the race entrants also competed on 11 teams representing five running clubs. The M40-49 winner was Runners Forum TC of Indianapolis. The M50-59 title went to the Motor City Striders of Detroit. The well-represented Victory AC of Louisville won the M60-69, W40-49, and W60-69 titles.

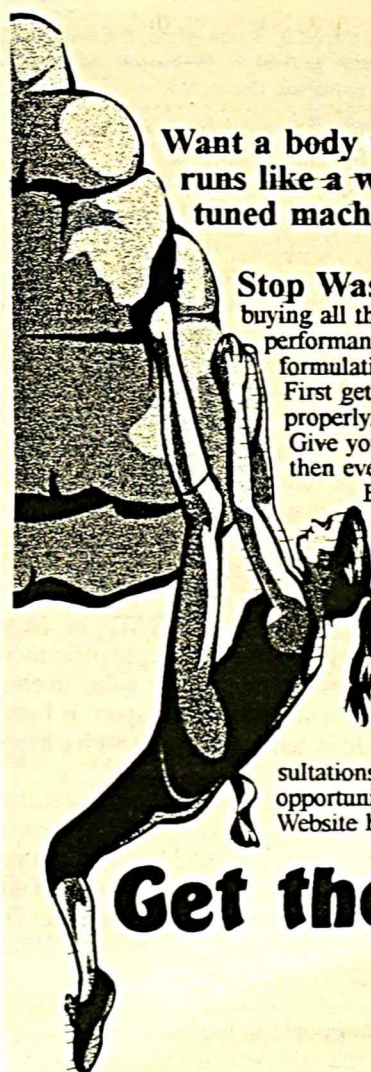
Following the race, runners enjoyed



BOB ULLRICH

Rose Taylor, 61, Louisville, Ky., first W60 (41:33), National Masters 8K Cross-Country Championships, Louisville, Oct. 25.

a complimentary pizza buffet and soft drinks provided by Papa John's International. Other sponsors who made the Championships possible were Gateway Press of Louisville and the Brown-Forman Corporation of Louisville. The 8K Cross-Country Championships will return to Louisville on Oct. 24, 1999. □



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Get the "Edge"



Masters Racewalking

by ELAINE WARD

Sandy DeNoon: Pain No Obstacle to Success

Sandy DeNoon (W40) is the subject of this month's interview. Following are some of her 1998 racewalking achievements: Indoor 3K, 1st, 15:11.53; Outdoor 5K, 3rd, 25:59.86; 15K, 1:23:23; Niagara 10K, 1st, 53:58.

EW: After years of back pain, how did you get the pain controlled so you can race, and race so well?

SD: I found a doctor in Michigan who was able to diagnosis and correct the problem. I have a lift in my shoe and I do a series of 10 exercises every day. I also see an osteopath every two to four months when my back bothers me.

EW: What was the final diagnosis?

SD: Sacral shear. I injured myself by rotating my sacrum and then torquing it so I tore the tendons and ligaments on each side. Every time I would walk, there was nothing there to hold my sacrum in place. It moved around.

The doctor found that I have one hip slightly smaller than the other. As soon as I started walking after he adjusted me, the hip imbalance would throw it out again. The lift in my left shoe and the exercises I do, balance and strengthen my stomach, back, quads and hams.

EW: The intensity of racing doesn't bother you?

SD: No. Probably the one thing that bothers my back the most is hills. Typically, it happens when I am going slower rather than faster, because I am making less contact with the ground and not pounding as hard.

EW: So now you have a double reason to go fast.

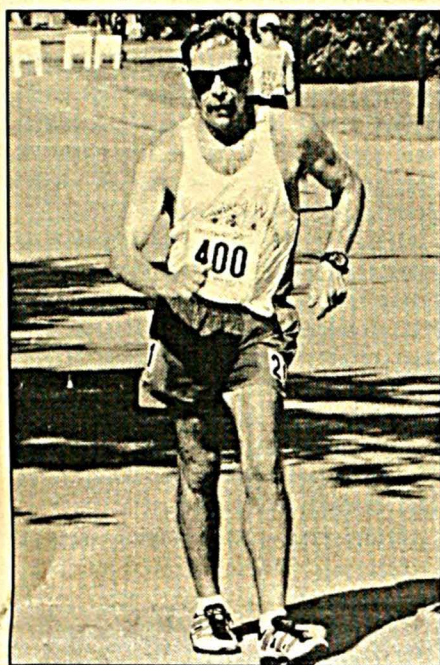
SD: I love to race. I changed my workout recently. I am running every day instead of racewalking. I felt I was pushing myself as hard as I could with the racewalking and in order to get better, I needed to run. I think it is going to take some time to notice an improvement. I am always tired and sore after my running workouts now.

When I first started racewalking seriously in January for the Indoor Nationals, I remember telling Don every night that my legs hurt and I was tired. By May, my legs didn't hurt any more and I wasn't tired. I was just training well. Now, with the running, my legs hurt all the time and I am tired all the time. So I am again pushing myself at a different level. At least that is what I am hoping it is.

EW: You aren't worried about getting injured running?

SD: No. I only plan on doing this for a couple of months to see how I do. My goal is to be able to run a couple of times a week and do the rest racewalking.

When I was just racewalking, I typically trained five days a week, compet-



JERRY WOJCIK
Joe Light, M50, Rhode Island, finished the 20K racewalk in 1:54:47, 1998 National Masters Championships, Orono, Me.

ed one day a week, and had one day off. On Sunday, I did a long workout; Monday - 6 miles; Tuesday - 200-1000m intervals in the morning and a light 4-miler in the afternoon; Wednesday - 6 to 8 miles; Thursday - about 5 miles; Friday - off and Saturday I raced. I have competed in 32 races this year. I love to race and almost look at a race as an interval workout. Most of the races are in Indianapolis. They are judged and range from 5K to 5 miles.

I just found out in Kingsport that the women may race a 20K in Gateshead, England. At the same time I heard that the 10K is still in. I don't think masters women need to follow what they are doing in the Open USATF or IAAF competitions. Most of us are older and it just seems as though it is going to eliminate a number from the sport. If I go, I will do it, but I won't do it with a happy heart.

At the higher levels of competition, like Lynn Brubaker, they are pretty excited about the 20K. I think when you get into the middle of the pack like I am, we are all pushing hard in a 10K. The change is going to be hard on us. When you get to the slower walkers, they look at it as an advantage because now some of the people in the middle of the pack may not compete. If you are going at a 12-minute mile pace, you can walk

much longer than you can at a 9-minute pace.

EW: Racing a 20K competitively also requires considerably more training time.

SD: I think so. If I decide to compete, I want to be really competitive and it will require putting in longer workouts and double workouts. I have found that sometimes I break down if I go too long. In April, I went from doing 40 to 50 miles a week. I had to take three days off because I injured myself trying to make a big jump in my mileage while training

just as hard.

EW: Do you ever compete in runs?

SD: I like to racewalk against the runners. There is a 12K run that usually has about 2500 entries. This year I finished 913th. It is exciting to racewalk as fast as most people run. The attitude of the runners is great in that race. They don't say, "Oh, I can't let a walker beat me." They say, "Oh, look how fast you're walking. That's so great." □

(Next month look for my interview with Sandy's Husband, Don - ew)

Sandy DeNoon's Exercise Routines

Hamstring Stretch

- Lie on your back with a towel roll placed under the lumbar spine to maintain neutral mechanics. The left leg is held actively straight.
- Flex the right hip to 90 degrees and place both hands behind the lower aspect of the right leg (thigh).
- Keep the elbows straight and actively extend the right knee, feeling a stretch behind the right leg.
- Active dorsiflexion of the right ankle can be added for an additional stretch.
- Hold for 5 seconds. Repeat 6 times.
- Switch legs and repeat on the opposite side.

(No pain should be felt in the low back with this exercise.)

Standing Rectus Femoris Stretch

- Place the top of the right foot behind you on a bench or chair with knee flexed.
- Keep the right buttock tucked under and maintain a posterior pelvic tilt with a co-contraction by the abdominals.
- Bend the left knee and allow the right knee to flex or bend further until you feel a stretch in the front of the right thigh.
- The goal is to hold for 30 seconds. Repeat 1 time.
- Repeat on the opposite side.

Hip Adductor Stretch

- Sit with your back against a wall maintaining a neutral lumbar lordosis. If you are unable to do this, a bolster underneath the ischial tuberosities may be needed to promote an anterior tilt of the pelvis.
- Place the soles of the feet together and actively externally rotate and adduct both lower extremities.
- The hands are placed on the floor behind the hips to assist in lifting and anteriorly rotating the pelvis while performing the active external rotation of the lower extremities.
- Hold for 30 seconds. Repeat 1 time. (Can use pillow to sit on.)

Lumbar Spine Rotation and Strengthening

- Lie supine with the knees and hips flexed and feet flat on the floor.
- Adduct both arms so the shoulders are at 90 degrees of adduction with palms facing upward.
- Slowly drop the knees toward the left to stretch the right side of the hip and low back region.
- From the fully stretched position, attempt to return to the starting position working segmentally, touching each level of the lumbar spine from above down to the table or floor before bringing the hips and pelvis back to the neutral position.

(This exercise is best accomplished by performing a posterior pelvic tilt, working diagonally from cephalad to caudad. Repeat 6 times.)

Sit Back Exercises

Objective is to strengthen abdominal muscles.

Level I

- Sit on floor with knees bent and heels on floor.
- Extend arms in front of body above and not touching knees.
- Sit back "half way" and hold the position for a slow count of five (5 seconds).
- Return slowly to upright position.
- Repeat six times, twice daily.

Level II

- Sit on floor with knees bent and heels on floor.
- Clasp hands behind neck.
- Sit back "half way" and hold the position for a slow count of five (5 seconds).
- Return slowly to upright position.
- Repeat six times, twice daily.

Level III

- Sit on floor with knees bent and heels on floor.
- Touch right knee with a left elbow and sit back half-way, holding for a slow count of 5.
- Return slowly to original position.
- Reverse procedure with right elbow touching left knee and repeat.
- Alternate and complete six repetitions in each direction, twice daily. □

Joan Benoit-Samuelson Surprise Masters Winner in NYC Marathon

by MARILYN J. MITCHELL

Joan Benoit-Samuelson's masters win came as a complete surprise to NYRRC President and CEO Allen Steinfeld, who had not even known she was running in the race. Indeed, she provided one of the day's better quirky stories – 12th woman overall in 2:41:06, she was the second U.S. finisher, just ahead of Ann Marie Lauck (29, 2:42:52). First U.S. woman was Libby Hickman (33, sixth overall in 2:33:06).

Winner of the first women's Olympic Marathon in the 1984 Los Angeles Olympic Games, Joan Benoit, as she was known then, captivated the country – indeed, the world – with her Olympic Trials victory a scant 30 days or so after arthroscopic knee surgery. Even today, she says, "My 2:31 performance in the trials – I still can't explain that race."

Of her victory in the NYC Marathon, she said, "I didn't even know if I'd be toeing the starting line

... I wanted to get an Olympic Trials 'A' qualifying time." An 'A' qualifying time of 2:42:00 or faster means, among other things, that a qualifier's expenses to the trials will be paid.

In a previous NYC Marathon, Benoit-Samuelson ended up in the medical tent with severe dehydration and asthma, requiring intravenous fluids. "I didn't know if I'd ever run another marathon," she said, and further discussions reveal that she felt at the time that the situation may have been life-threatening. Also, she was extremely upset that her children witnessed her physical distress and that it created trauma for them.

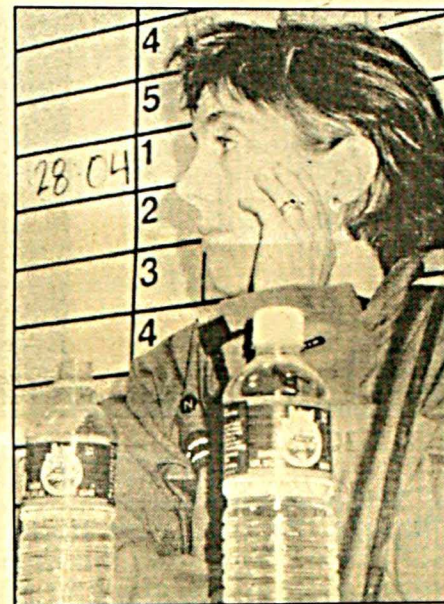
"I realized last year that marathoning wasn't as important as being a mother," she recalled. Now, 11-year-old Abby and 8-year-old Anders are the priority, and while she finds time to run every day, she does so after soccer matches and tournaments and other children's activities are scheduled.

This prioritization results in a novel

method of selecting races. For example, she says that perhaps she would compete in the 1998 Hartford Marathon, because one of her children had a soccer tournament nearby. She had considered slipping away to run the race and returning to the tournament. But it was raining on race day and she decided not to run. She had also considered the Bay State Marathon, but decided against it because she does not do well on flat courses.

Although she had requested a running bib and number from The Elite Athletic Coordinator for the NYC Marathon, she did not decide to run the race until 10:30 p.m. the night before, during a phone call from a New York Times Square restaurant to her husband at home.

In New York to do a Nike clinic, she discovered that a Saturday evening departure would get her home in the middle of "trick-or-treating," and she and her husband decided that she might as well stay in the city overnight. And if she stayed overnight, she might as well run the race.



MARILYN MITCHELL

Joan Benoit-Samuelson, 41, meeting the press after finishing twelfth-woman overall (2:41:06), NYC Marathon, Nov. 1.

Since her intention to compete was tentative, no one had informed Steinfeld, who was unaware that she was running until her name was announced as she crossed the finish line. □

NYC Marathon

Continued from page 1

second consecutive NYC Marathon win with the second fastest finish in the history of the race, in 2:08:45. Franca Fiacconi, 33, of Italy, after finishing third in 1997 and second in 1996, was the first female in 2:25:17.

The 31,456 finishers of 32,398 starters was a 97% finishing rate. Of the starters, 22,537 were men and 8919 were women. Race day temperatures ranged from the 40s to the 50s, with humidity ranging from 56% to 63% when the first male crossed the finish line, making for ideal marathon conditions.

While statistics remain unofficial until race footage and photos are viewed and discrepancies reconciled, NYRRC President and CEO Allen Steinfeld does not see the high finishing rate as unusual, given that only 1/3 of the runners are local and 2/3 are from elsewhere in the U.S. and the world. Even though the city normally offers free public transportation to runners who drop out (with evidence of

their race bib and number), it would be difficult for many of the non-local runners to find their way to the finish area without continuing along the course.

Furthermore, Steinfeld thinks that the substantial financial investment made by the runners to reach New York provides many of the participants with a significant incentive to finish the race. Statistics indicate that the 1998 NYC Marathon will continue to be the world's largest marathon in terms of finishers. □



Sprinter Sue Barnes, 70, Washington, D.C., at the Potomac Valley Games, Alexandria, Va., Sept 5-6.

TEN YEARS AGO December, 1988

- Bob Schlau, 41, Wins Stamford Marathon Overall in 2:20:40
- Ryszard Marczak (42, 2:15:54), Gail LaDage Scott (41, 2:47:33) Are First Masters in NYC Marathon
- Steve Lester (45, 1:43:21), Juana Stavalone (42, 1:58:23) Take Titles in Stormy National Masters 30K



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On The Run

by HAL HIGDON

Cancel All World Records

Statistician Marty Post raised some interesting points in an Opinion article titled "It's Time To Set The Record Straight," that appeared recently in *Runner's World Daily*, that magazine's on-line edition. For those without Internet access, or who missed the article which appeared on October 5, 1998, Marty suggested setting aside Florence Griffith-Joyner's world 100-meter record of 10.49, set at the 1988 Olympic Trials in Indianapolis.

Reason? FloJo's mark was so obviously wind-aided. Practically every other mark made in the stadium that day was wind-aided. Omega's wind gauge showed 0.0 meters per second during the running of FloJo's 100 heat and certainly malfunctioned. Yet, for whatever reason, those who determine which marks earn record status (both at the USATF and IAAF level) chose to ignore the obvious. The record was accepted.

Marty, whose duties at *Runners World* include serving as chief statistician, feels the record should be deleted if only because it makes more difficult the task of today's top sprinter, Marion Jones, to set a world 100-meter mark.

"FloJo deserves much for her contributions to the sport," opines Marty, "but Marion Jones deserves something, too. She deserves a fair shot at the world record."

Fat Chance

What are the chances of FloJo's record being removed from the books? Slim to none, I would say. The Association of Track & Field Statisticians can list the record as "probably strongly wind-assisted," but that organization doesn't ratify records; it only reports records. Marty notes that for the record to be removed, USATF would need to initiate decertification, following IAAF procedures. (This could happen when the USATF records committee meets at that organization's annual meeting in December.)

But USATF, ignoring questions of possible drug use raised by the media,

recently beatified FloJo at a memorial service in Indianapolis. For those of you raised in the wrong church, beatification is one step short of sainthood. USATF, which presides over a sport that in this country is underfinanced and undersponsored, is hardly going to open a 10-year-old can of worms. Many at the top levels of the sport feel embarrassed by publicity given to performance-enhancing drugs, feeling such talk scares sponsors away.

In another Opinion article, also carried by *Runner's World Daily*, Roadrunners Club of America's Don Kardong even suggested that he agreed with International Olympic Committee President Juan Samaranch that restrictions on use of some performance-enhancing drugs (those without known side effects) should be relaxed. Athletes in sports such as golf, tennis and baseball are considered "cleaner" than track athletes, only because they aren't tested for what they take to get a leg up on the competition.

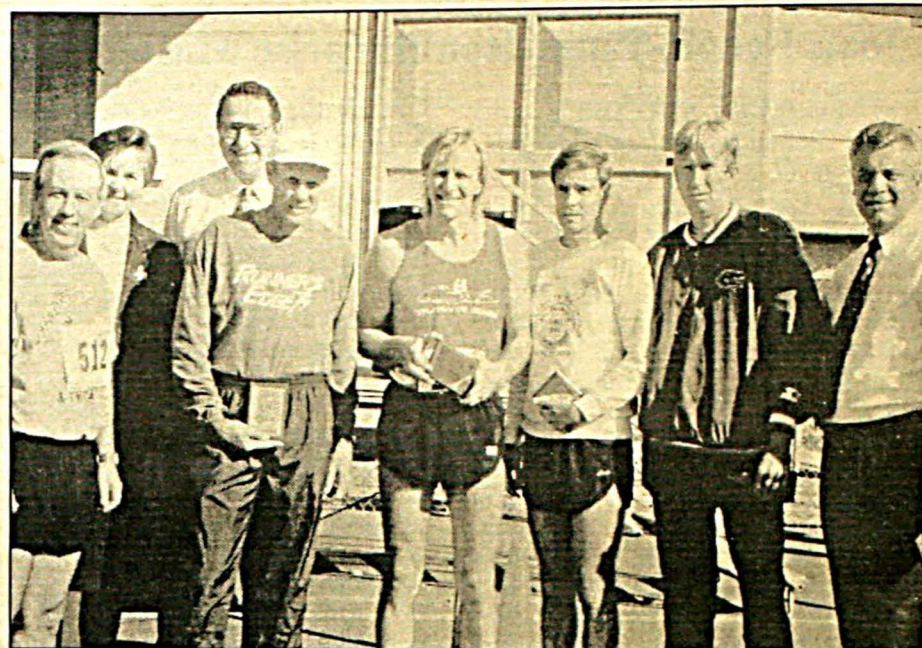
Whether or not that occurs, don't count on the IAAF to initiate its own decertification. Any move by either USATF or IAAF or IOC or any other alphabet body to rewrite the record book would be considered by many as being either racially and/or politically motivated. And they probably would be right.

Don't Count On It

Also, don't count on the former East Germans or other Eastern Europeans to hand back any gold medals or renounce their records either, despite the fact that, since the fall of the Berlin Wall, many have been implicated as having benefited from performance-enhancing drugs.

And we all know – don't we? – that those Chinese women must have been adding something other than Paul Newman's Own to their salads. Has the Berlin Marathon course been remeasured yet? What about Tegla being paced by males to a record in Rotterdam? Certainly, there exist other world records that are more suspect than those set by FloJo.

The media and the public do not care. Haven't we recently seen the deification of a baseball player who



MIKE POLANSKY

Top M45 finishers and race sponsors, Oyster Festival 5K, Oyster Bay, N.Y., Oct. 17, (l to r): Oyster Bay Town Councilman Len Symons; Vice-President Mary Durkin of primary corporate sponsor State Bank of Long Island; N.Y. State Assemblyman David Sidikman; John Lupski, M45 first (18:09); John Poemmerl second; Patrick Viola, third; Jim Stajk, fourth; and Oyster Bay Town Supervisor John Venditto.

has openly admitted taking a performance-enhancing drug that would have invalidated his record if he were a shot putter and not a first baseman? Deification, for those of you who remain heretics, is one notch above beatification.

And what about masters records? How legitimate are some of those? Although there was a room in the main stadium at the World Veterans Championships in Durban, South Africa, last year with a sign on it that said "Drug Testing," I saw no evidence of athletes being tested after races I ran.

She... or He?

Soon after returning home, I called an athlete who had won multiple events in Durban for an article I was writing for *Runner's World*. When she answered the phone, I thought it was her husband talking. Was her masculine voice the result of steroids, or was it natural? Do masters athletes want to suffer the inconvenience and expense of eliminating performance-enhancing drugs from our level of the sport, when testing younger athletes seems so ineffective?

Occasionally, a Mary Slaney or a Uta Pippig get caught with high testosterone levels, but then the attorneys take the field, and the legal cash registers go *ker-ching, ker-ching*, wasting money that could be spent on the promotion of our sport.

Getting back to FloJo's fast 100 of a decade ago, some have suggested that the standard that disqualifies records for wind readings over 2.0 mps is too stringent and should be relaxed. Maybe so; maybe not.

In his article in *Runner's World Daily*, Marty paraphrased Bob Dylan by suggesting that the time may be a-changing. Had he been listening to Peter Paul & Mary in the 1960s, he would have realized that to the question whether FloJo will lose her 100-

meter world record, the answer is blowing in the wind.

Despair Not

However, help is at hand. Within the next 15 months we can remove all tainted marks, wind-aided and drug-aided. I'm talking about the arrival of the new millennium. As we all know, at the stroke of midnight on December 31, 1999 – or January 1, 2000, depending on your point of view – all clocks will begin running backwards and the hard-drives of our computers will melt. One magazine recently suggested, only partly in jest, that to prevent this meltdown we simply begin the Twentieth Century again, starting with January 1, 1900. Well, why not? It was a bad century. In one stroke, we could remove Hitler, Stalin, Hiroshima and Vietnam from our history books.

We also have this option with our track statistics. Whether initiated by the USATF, the IAAF, WAVA or the ATFS (which in case you're forgotten is the Association of Track & Field Statisticians), we should simply cancel all records made during the old millennium. Remove them from the books, bad and good. This way we can eliminate FloJo's 100-meter mark, as well as all marks made by drug-using East Germans and tainted Chinese. Throw out the home run records too.

All old records can be recorded as PM for Pre-Millennium. All new records can be recorded as PM for Post Millennium. Begin anew. The first fast woman who can gather a field of sprinters and timers on January 1, 2000, can be acclaimed 100-meter world record holder, even if her time is slower than 15.0. Eventually, world records will return to a respectable level, whether anyone runs 10.49 again or not. □

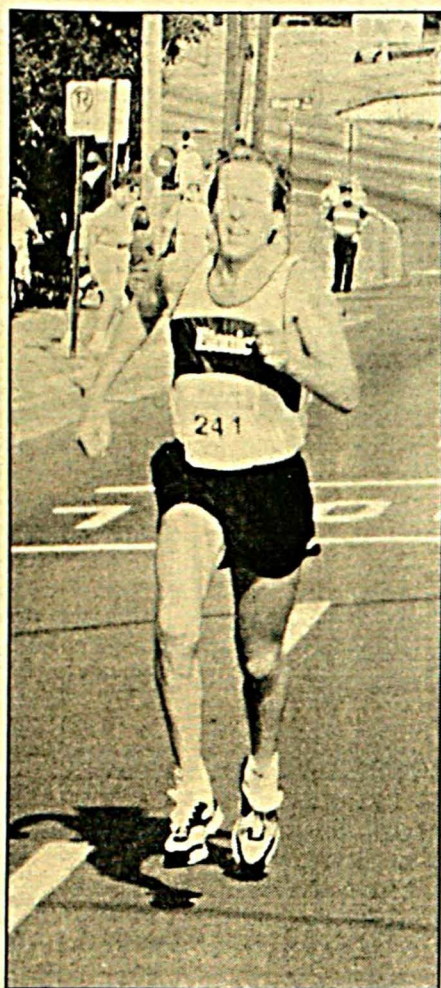
(Hal Higdon is a Senior Writer for *Runner's World*. Additional writing by Hal can be found on his web site: www.halhigdon.com.)

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CHRIS ELLIS

Bill Rodgers, 50, was first master (56:23) in the Virginia 10 Miler, Lynchburg, Sept. 26.

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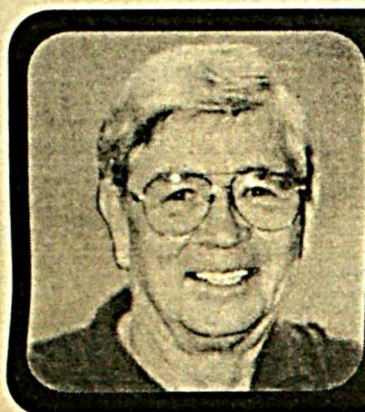
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The Weight Room

by JERRY WOJCIK

Coming of Age in Mastersland

December seems to create a heightened awareness of the passage of time (a euphemism for getting older). Perhaps it's subliminal reaction to media depictions of the past year as a decrepit, bearded geezer, often wearing St. Vincent DePaul castoffs, gazing longingly at the baby New Year, starting life innocently wearing only a diaper and a smile, ready to tackle whatever life may cast in its direction.

The approaching millennium may be responsible for an additional dose of malaise. It's not just the end of a century, but also the end of a thousand years. That has a ring of finality and closure to it. Talk of an accompanying apocalypse doesn't help either.

Ready-made Excuse

Masters are particularly sensitive to getting older when they approach the top of their age brackets. Actually, being in that position has some advantages. But first off, you have to announce your age repeatedly at every meet to all within earshot well into the season. This works; I've done it. Now you have a built-in excuse for poor performances and failing to medal at the regionals and nationals when your competitors have three or four years of youth in their favor. On the other hand, if you outscore somebody who is younger, you can gloat a little.

Best of all, if you are a "niner" thrower at age 49, 59, etc., you may be looking forward to entering, in another year, an age group in which the implements get lighter. In this respect, we throwers will have to concede that we are favored.

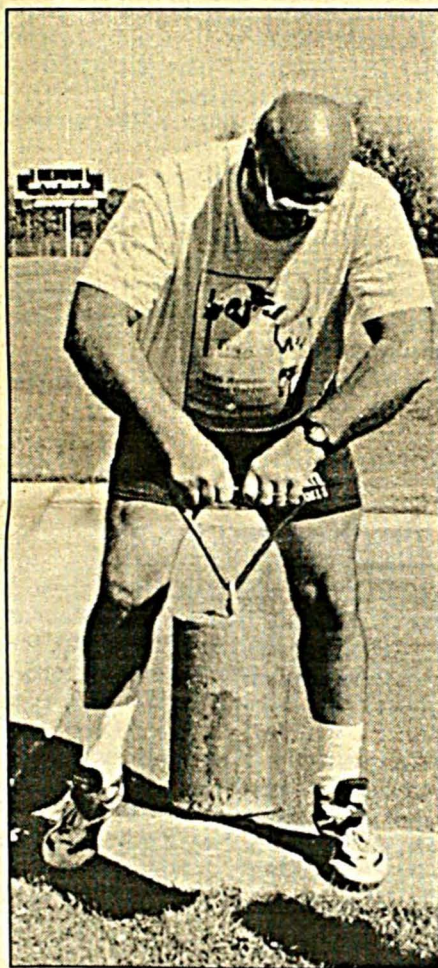
No Handicaps Here

As triple jumpers get older, do they compete in a "double" jump or a "single" jump? Do long jumpers contest an event adjusted for age to a "short" jump? Sprinters don't run 85 meters instead of the 100 when they hit 60, or 150 meters instead of the 200 when they get to be 70; they're running the same distances they did when they were 18. Meanwhile, throwers at age 70 get to heft a shot that's about half as heavy as the one they used in college. It's a blessing.

Yeah, I know that distances and barrier heights have been reduced in the hurdles and steeplechase for older athletes. But I can see where, for athletes who are 70-and-over, the barriers in those events might be eliminated, as well as the bar in the pole vault and high jump.

Challenging Time

On the other hand, Senator John



JERRY WOJCIK
Pennsylvanian Ray Feick, 66, in the final event, the 300-lb. weight throw, won the M60-69 division award in the Ultra Weight Classic, Seattle, Wa., Aug. 29.

Glenn's return to space after 36 years at age 77 appears to have made the U.S. populace aware that life does not have to end for men and women who have beat the life expectancy tables. Recently, I saw a man interviewed on television, who said, "If Glenn can do that at 77, I've got a lot left in me. I'm only 70."

So, let's welcome the New Year and drink a toast of Metamucil to Glenn, and on second thought, if he, as a septuagenarian, can hurl into space and orbit the globe, 70-and-older masters are probably still capable of launching themselves over barriers and bars and circling the track as they have been doing for some 30 years already. □

Weight Pentathlon Cyberthrows

Hey, Thrower! Got a couple of first class stamps? Or better yet, fire up your modem and point it to WP Cyberthrows. That's all you need; well, almost all you need, to participate in monthly Weight Pentathlon (WP) Cyberthrows. It's helpful to have the implements for your age group and gender.

These unofficial "virtual meets" have the goal of promoting throwing and WP events. Throwers can compare their practice marks to those of others in their age group, some of whom they may never actually compete against in person. Participants to this point have come from several states, the Netherlands, and Australia.

Here's the idea. Record your practice marks in the five WR throws, or use a combination of practice and meet

marks. Then pass on the marks to the address below. Complete results (age-graded marks, performance level percentage, and points) for all entrants are forwarded to participants and interested parties.

There are no entry fees, no medals, no travel costs, and no T-shirts, but perhaps some of the fun of an official competition.

Here's how. By the 15th of each month, send your five marks, along with your name, location, gender, and age group to: Lorraine and Reed Quinn, 1271 Citrus Drive, Leesburg, FL 34788, E-Mail: Lorreed@aol.com. If you use "snail mail," a SASE will be appreciated. Results are sent out a couple of days after the 15th and will be posted on Bill Patrick's web site at <http://users.sccoast.net/thrower/> □

A Generous Athlete Remembers NMN

by JERRY WOJCIK

Recently, the National Masters News Editorial Department was honored with a bequest from the McMahon Family Trust created in 1990 by Mr. and Mrs. Charles A. McMahon. Charles, or Chuck, as he was more familiarly known among masters athletes, died Sept. 12, 1994, in San Diego of cancer. His wife, Jane, passed away on Jan. 15, 1997.

Chuck McMahon had been a masters thrower from the early 1970s to 1992, when he underwent surgery to his knees and received a hip replacement. As a high schooler in Illinois, Chuck competed in the throws, hurdles, and middle distances. In the 1930s, he won medals in regional and national AAU competition. From age 51 to 76, he set eight world and U.S. single-age records in the throws.

A construction manager, Chuck built landmark high-rise buildings, including the 20-story Home Tower in downtown San Diego. He supervised the construction of the Anheuser-Busch Brewery in the Van Nuys area of the San Fernando Valley and an underground garage at Pershing Square in Los Angeles. In 1965, he was named "Outstanding Professional Engineer of the Year."

I competed with Chuck quite a few times in Southern California after I became involved with the masters movement in 1972. Although he was proficient in all of the throws, I always thought that his best event was the javelin, my event at the time. At the Trojan Classic in 1985, I remember that Chuck, in the M70 division, with a throw at about 102-0, was a mere foot or two short of my best throw in the M55 group.

Chuck may be better remembered by some other athletes for his red metal wagon with which he hauled all of his implements at the meets. Some of us used to kid him about it. Having a good sense of humor, he took the kidding good naturedly, and we soon gave up ribbing him. Now when I

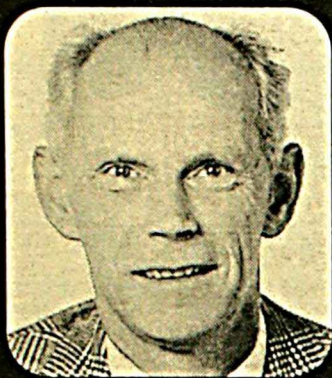
think about it, he was smarter than we were, lugging implements, shoes, and whatever around during the meets, which, for throwers, often started at 8:00 a.m. with the hammer and lasted until 3:00 or 4:00 p.m. with the javelin.

Chuck also did something else that makes more sense now than it did two decades ago. He would exercise with a lifting bar with light weights before he competed, "pumping" himself up physiologically as well as mentally for the competition, while the rest of us were standing around doing a little stretching. Now, physiologists suggest that getting the blood coursing through the body by "pumping up" before competing may be more beneficial to enhanced athletic performance than the traditional "Trying to relax."

"Once you get hooked on being a competitor, you can enjoy being one the rest of your life," he said at one time. For me, that was right on the mark. His attitude and presence at meets helped to foster my involvement with masters track & field by making it fun. For that and for the beneficence of the McMahon Family Trust, I and the editorial staff of the *National Masters News* are deeply appreciative. □

FIVE YEARS AGO December, 1993

- 12,178 Athletes Take Part in 10th World Veterans Championships, Miyazaki, Japan
- Pierre LeVisse (41, 2:20:17), Ellen Gibson (42, 2:50:17) Win NYC Marathon Masters Titles
- Dr. George Sheehan, Guru to Thousands of Runners, Loses Race to Cancer



International Scene

by **TORSTEN CARLIUS**
WAVA President

WAVA Launches New Site on the Internet

We have long felt it necessary to have open communication with all affiliates and athletes, and I am happy to announce you will now find WAVA under the following address on the Internet: <http://www.wava.org>.

It is our sincere hope that you will find this site worthwhile and informative. I owe much gratitude to Rex Harvey, who built this site. We invite visitors to the site to give us feed-back on what is missing, or what could be done better. We can be reached at the following e-mail addresses: rexjh@aol.com, or torsten.carlius@helsingborg.se. Do not hesitate to contact us – we have built the site for you and it is your needs we want to take care of.

WAVA has also offered its six regions a link to and from the WAVA site to promote themselves and provide appropriate information.

World Masters Games

This is an ongoing issue that comes closer to solution, month by month. I have, in earlier issues of NMN, outlined our wishes and requirements and reported on discussions between WAVA and IMA, in our quest to make WAVA the responsible entity for all track & field events at future World Masters Games.

IMA held its General Assembly in Monte Carlo on October 16, when it was confirmed that those ISFs wishing to take responsibility for their own events will be allowed to do so. This means that WAVA will step in and appoint Technical Delegates for future World Masters Games who will ensure that WAVA rules and routines are followed in all respects.

The next World Masters Games will be in Melbourne in 2002, and we will do our utmost to promote this event, and supervise the organization and preparations – all in a spirit that will guarantee good future relations with IMA. As WAVA President I am very

pleased with this development which no doubt is a step toward further co-operation between our two organizations.

Regional Championships

The even years are the years of our Regional Stadia Championships. As of the beginning of November, four regions will have held their Championships, with two remaining: South America and North & Central America and the Caribbean. I have visited two Regional Championships (Europe and Asia) and can only say that I am very impressed by the organization and the athletes' performances. Both were at a very high level, especially the European Championships, which drew 4291 athletes from 38 countries.

Speaking of the Championships, the Regions also have their General Assemblies and from these I would like to mention the following:

- Europe confirmed Jacques Serruys as President; while also electing Dieter Massin, Germany, Vice President; Marina Hoernicke-Gil, Spain, Secretary; and Pekka Kurkki, Finland, Treasurer. Jacques Serruys will succeed Wilhelm Koster as European WAVA Delegate.



ESA LEHTIMAA

Mixed age-group W35-45 runners in the 800, 1998 Finnish Championships, Turku.

- Jyväskylä, Finland, was awarded the 2000 European Championships.

- Asia elected Kiyoshi Kounoike, Japan, President, to succeed Mr. Haruyomatarum; confirmed Hari Chandra, Singapore, as Secretary and WAVA Delegate; and elected Hisashi Jinzenji, Japan, as Treasurer.

- India (probably New Delhi) was awarded the 2000 Asian Championships.

Coordination Meeting

For many years, IAAF and WAVA have held one meeting a year to coordinate activities. This year's meeting

occurred on November 21, at which time two topics were of particular importance to me, i.e., how WAVA can develop regional cooperation with IAAF regional bodies and how WAVA could use the IAAF Development Centers for veterans coaching/education. We all know that the need is very great but we must formulate clear and constructive ideas. It is my hope that in 1999 the resources and interest will be found to organize veterans training courses at two such centers at least. Any ideas are very welcome. □

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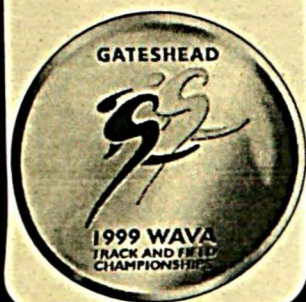
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7 Months to Go



Countdown to Gateshead

8000 Expected at 13th World Championships

Plans are moving forward for the XIII World Veterans Athletics Championships next year in Gateshead, England, from July 29 to August 8. The entry forms are available through any of the U.S. masters travel agents (see ads on this page), or from USA team manager, Sandy Pashkin, 301 Cathedral Pkwy, #6U, New York, NY 10026.

Upwards of 8000 participants from as many as 100 countries are expected for the biennial event.

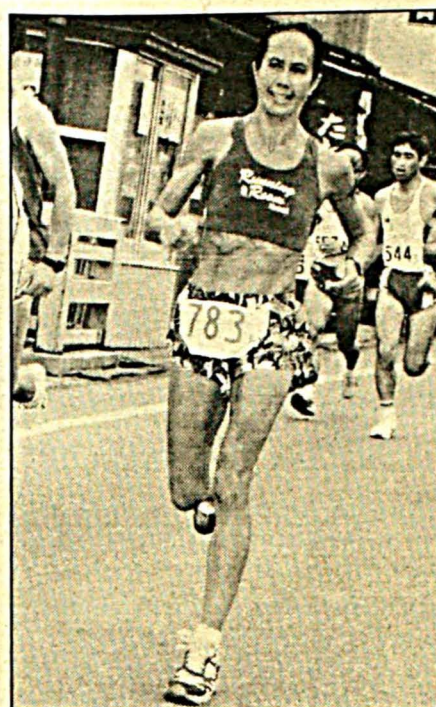
"We can promise an event that will be second to none, to be enjoyed by competitors and spectators who can be assured of a warm welcome," said Councillor Brian Richmond, Mayor of Gateshead.

"We know we can rely on tremendous support from our local community," Richmond continued. "Prominent people, regionally and nationally, and a number of large companies and organizations, have pledged their commitment towards ensuring the Championships are a huge success."

Complete entry information and timetables will be published in the January, 1999 issue of NMN, along with updated tips on accommodations and tours. □

by MARTIN DUFF

World 10K champion Rob Wise retained his M40 title in the British Veterans 5K Championships, Sutton Park, Birmingham, on Oct. 11, but was bested by Toronto world 10K winner Nigel Gates, M45. A year ago in this competition, Gates pulled up injured.



Connie Comiso-Fanelli, 42, of Hawaii, finishing the Ichinoseki Half-Marathon in Japan in 90:02.



Sandy Powell, 41, Greenville, Va., represented the U.S. in the 1998 100K World Veterans Challenge, Sept. 12, Winschoten, Netherlands, placing fourth W40 in 9:27.

Gates, Bailey Win British Veterans 5K Championship Titles

This year, he ran with the pack for the opening laps before moving ahead to win in 15:17 over a twisty, hilly course. Wise held on for second and the M40 gold in 15:25.

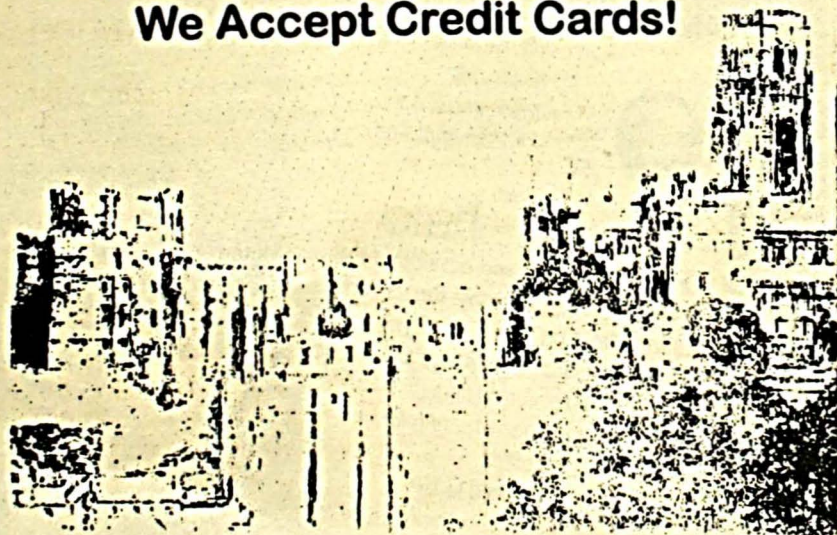
In the separate M50-59 race, Peter Hyde, M50, was the best tactician, winning on the final lap in 16:04. Martin Ford, a new name in vets competition, took the M55 title in 16:58, outkicking former world champion Les Presland, who clocked 17:06.

World record holder Steve James bided his time in the M60 race before heading past Fred Gibbs to win, 17:20 to 17:30. Gerry Spink took the M65 crown in 18:32.

Mel Bailey, W35, raced to the women's title in 18:14, beating runner-up Diane Underwood, who was the top W45 in 18:21. Pat Gallagher was not far behind, winning the W50 race in 18:27, while Dee Tsakarisianos claimed the W55 win in 20:40. □

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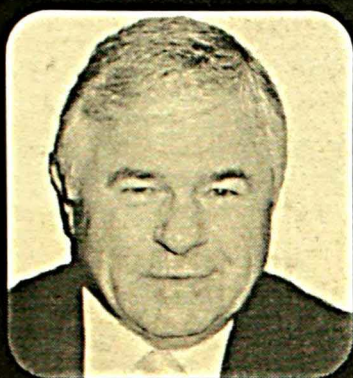
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Track and Field Report

by KEN WEINBEL,
Chairman, Masters T&F

Big Decisions Anticipated at Annual Meeting

The 1998 USATF Annual Meeting has the potential to be an occasion of monumental decisions. The restructuring Task Force will present its recommendations to the convention delegates for consideration and action. As you may already know, the Masters Committee was not satisfied with earlier recommendations proposed by the Task Force. I have advised them of our objections and presented an amended proposal which is more suitable for the Masters Committee. The Task Force has reviewed my proposal and acknowledged that it has some positive points, but, according to Ed Koch, Chairman of the Task Force, would not be supported in entirety by a majority of delegates.

The Task Force is now including in their final report the option to abolish the Executive Committee. If this action will satisfy our committee's concerns about representation, Chairman Koch will personally support it before the Law & Legislation Committee. If the Executive Committee is abolished, the power of authority will be with the new Board of Directors, and each sport committee will be guaranteed a representative on the board.

By-laws Clarified

Chairman Koch also advised that the Task Force has clarified the by-laws to make it clear that the Sport Committee's representative on the Board of Directors can be that committee's chair, if the committee so chooses. This is a positive response to another of our objections to the original recommendations, which did not guarantee that our elected chairperson would automatically be seated as a member on the now proposed new Board of Directors.

I have advised Ed Koch that if the Task Force will abolish the present Executive Committee in favor of the new Board of Directors, on which the Masters Committee will have equal representation with the other sport

committees, we can support the restructuring plan. However, if the Executive Committee is continued and we are not guaranteed representation, then we must decline support.

Partnership Pursued

I will be reporting to the Masters Executive Committee and attendees at the annual meeting, the status of our negotiations with the NSGA to partner with them in the Senior Olympics, beginning in the year 2001. After several meetings and numerous communications, the two organizations — USATF Masters and National Senior Games Association — are ready to present to their respective boards and committees agreements and plans for the partnership for consideration and approval.

The partnership will be productive for both organizations. Future NSGA track and field events will benefit from the leadership and direction afforded them by USATF masters' experience in conducting local and championship events.

Strict adherence to IAAF rules, as they relate to masters competitions, will most definitely contribute to upgrading the senior meets. The USATF masters programs will derive benefit from the organizational skills



Javelin throwers at the Club West Meet, Santa Barbara, Oct. 3 (l to r): Magdalena Kuehne, W65, Joy Margerum, W35, Elaine Iba, W35, Christel Miller, W60, Karen Huff, W55, and Shirley Dietderich, W70.

and marketing ability of the NSGA administration.

There still are some logistical details to be worked out, but with the continued cooperative efforts of the parties involved, these should be willingly and readily resolved.

Home-turf Olympics

The prospect of adding a "USA Olympics" to their championship schedule is prompting masters athletes to encourage me to continue the partnership negotiations. The continuance of favorable comments and support from our membership motivates optimism that the Masters Committee will support the partnership at the Orlando meetings.

It is also encouraging to hear that similar negotiations are going well on

the international level between WAVA and the International Masters Games Association (IMGA). WAVA president Torsten Carlius is reporting positive progress with regard to future cooperation between the two organizations, whereby WAVA will be responsible for all track and field events at future World Masters Games.

Our summit meetings are bearing fruit. The prospects of a USA Olympics and World Olympics are real. We need to support both the domestic and international efforts. There is still a lot of work to be accomplished as we look to connecting the two movements. It is most important that we unify with energy and focus to accomplish our desired results. □

Outdoor T&F Rankings Progressing

by JACK LANCE, Masters T&F
Rankings Coordinator

The 1998 outdoor track & field rankings are being compiled and should be completed by next March. The January 1999 *National Masters News* is the last issue from which results will be taken for the rankings.

Marks that have not been published in the NMN should be sent to me with verification (photocopy of meet results, or meet date, place, and director's name with telephone number or address) no later than Jan. 25 at P.O. Box 276, Long Valley, NJ 07853; fax:

908-876-5856.

Unpublished marks for the outdoor mile, weight (USA implements, not WAVA), and superweight (indoor and outdoor) should be sent to Jerry Wojcik, P.O. Box 50098, Eugene, OR 97405; fax: 541-345-2436.

Multi-event scores, with verified individual event marks and implements, should be sent to Rex Harvey, 6744 Connecticut Colony Cir., Mentor, OH 44060; fax: 440-954-8111.

Information on the indoor rankings for 1999 will appear in a later issue. □

1998 20TH USATF ANNUAL MEETING, THE CLARION PLAZA, ORLANDO

Tues. Dec. 1		Room & Floor
9:00 am-12:00n	Masters LDR Exec. Committee	Salon 17 ML
5:30 pm-8:30 pm	Masters T&F Exec. Committee	Salon 13 ML
5:30 pm-8:30 pm	Masters LDR	Salon 6 ML
Wed. Dec. 2		
9:00 am-12:00n	USATF Opening Session	Ballroom A&B LL
1:00 pm-4:00 pm	Masters T&F Awards Subcommittee	Hospitality Suite ML
5:30 pm-8:00 pm	Masters T&F	Salon 9 ML
5:30 pm-8:30 pm	Masters LDR	Salon 16 ML
Thurs. Dec. 3		
7:30 am-10:30 pm	Masters LDR	Salon 14 ML
8:00 am-10:00 am	Masters T&F	Salon 10 ML
12:00n-2:00 pm	Hall of Fame Luncheon	Ballroom B LL
2:30 pm-5:00 pm	Joint Masters T&F/LDR Meeting	Salons 13-14 ML
Fri. Dec. 4		
7:30 am-9:30 pm	Awards Breakfast Buffet	Ballrooms A&B LL
10:00 am-12:00n	Masters T&F	Salon 14 ML
2:00 pm-5:00 pm	Masters T&F	Salon 3 ML
3:30 pm-6:00 pm	Masters LDR	Salon 14 ML
7:00 pm-???	Jesse Owens Banquet	Ballrooms A&B LL
Sat. Dec. 5		
10:00 am-12:00n	USATF Closing General Session	Ballroom A LL
LL-Lower Level; ML-Mezzanine Level		

Masters Scene

NATIONAL

• **Jane Welzel**, 43, Ft. Collins, CO, 35:20, outkicked Scotland's **Sandra Branney**, 44, Glasgow, 35:22, to clinch the Avon 10K Championship masters title, Chicago, IL, Nov. 8. **Diana Fitzpatrick**, 40, Larkspur, CA, 35:42, placed third. Age group winners were **Mary Ann Malarkey**, 45, Evanston, IL, 39:56; **Janice Kreuz**, 51, Cincinnati, OH, 41:54; **Erma Tranter**, 55, Chicago, IL, 44:44; and **Eileen Dwyer**, 66, Flossmoor, IL, 47:46.

• Athletes who competed in the 1998 Nike World Masters Games and have not received a results book, can contact Northwest Event Management, by mail: P.O. Box 10825, Eugene, OR 97440; by phone: 541-687-1989; or by e-mail: nem@dnsi.net

• Older is better? No one under the age of 40 appears as a model in the new women's magazine, *More*. It's more realistic and reflects the burgeoning baby-boom population, says *More's* editor. After four issues, the magazine's circulation is up to 400,000, featuring "real issues, not fluff."

EAST

• Masters runners finished second overall in the Oyster Festival 5K, Oyster Bay, NY, Oct. 7, with **John Del Maestro**, 43, Woodbury, NY, just 12 seconds out of first with a 17:12, and **Kathy Martin**, 47, Northport, NY, clocking an A-G 84.9% 18:54 for the runner-up spot among the women. **Kieran Kelly**, 50, Massapequa, NY, was the top M40+ performer with a fifth-place 17:52 (A-G 81.3%).

• Two 48-year-olds claimed masters honors in a hot and sticky National Capital 20-Miler at Old Town Alexandria, VA, Sept. 27. **Michael Campbell**, Dale City, Va., finished 10th overall in 2:20:09. **Sandra Adams**, Winchester, Va., was 13th female in 2:37:53. On the heat and humidity, **Walt Washburn**, 75, Vienna, VA, M75 winner, commented, "The hills and heat make you slow down a lot. I wanted to get what I did two years ago, 2:50, but today I was 3:12. It was intentional to survive the heat. My shoes are loaded with water." In an adjunct five miler, husband and wife team, **Jerry Merkel** and **Cathy Ventura-Merkel**, Arlington, Va., both masters, were first overall in 30:43 and 33:04, respectively.

• **Road Race Management**, the newsletter for race officials, named **Earle Reed**, director of the Utica Boilermaker, as its 1998 Race Director of the Year. Reed accepted the award at the annual RRM Race Directors' Meeting and Trade Show in Washington, DC, Oct. 24. The award is presented by *Running Times* magazine.

• **Ray Feick**, Gilbertsville, PA, was inducted into the Albright College Hall of Fame in Reading, PA, Oct. 10. Feick, 67, is the 1998 M65 national champion in the javelin and was a medalist in the 1997 WAVA Games in South Africa. Feick, who earned his Ph.D. at Lehigh U., retired several years ago after serving as the Pottstown School District Superintendent for 22 years, and has been involved in the masters program since 1978.

• The women's masters division at the Tufts 10K For Women, Boston, MA, Oct. 12, boasted a tough field. Emerging victorious were W40s **Ruth Wysocki**, 35:17; **Diane Legare**, 36:38; and **Gillian Horowitz**, 36:53.

SOUTHEAST

• **Jorge Ramos**, M40, with a fourth-overall 69:57, and **Cindy Keeler**, W40, 16th-overall in 74:40, sailed to masters wins, Naples On The Run 20K, Naples, FL, Sept. 13. **Myron Meyer**, M70, won the M70+ race in 98:44.

• **Rick Platt**, 48, Williamsburg, VA, garnered

two M40+ firsts, William and Mary Homecoming 5K, Williamsburg, Oct. 24, 16:50, and Coast Guard Semper Paratus 10K, Yorktown, VA, Oct. 31, 34:40. **Sheri Segal**, 41, Virginia Beach, Va, was second female overall in both races, 19:12 and 40:04. **Tom Ray**, 65, Kitty Hawk, NC, 41:15, and **Andrew Polansky**, 70, Williamsburg, 45:07, registered pending VA state records.

• **Jeffrey Shields**, 40, running in his hometown of Columbus, OH, won the M40+ race in 2:39:22, Columbus Marathon, Nov. 8. Californian **Marina Jones**, 45, scored a W40+ win with a 2:57.41. **Ed Whitlock**, 67, Milton, OH, placed 90th of 3300-plus finishers with his M65 win in 2:51:17.

• **Kitty Sokoll**, 42, New Smyrna Beach, FL, missed a masters first-place by 1/100 of a second with a 20:01, when **Douglas Shear**, 55, Carthage, NC, hit the tape in 20:00, Partnership For Health 5K, New Smyrna Beach, Oct. 17. **George Fetzer**, 77, Edgewater, FL, took the M75 race from **Gordon Smitherman**, 78, Broomall, PA, also by a 1/100 of a second margin, with a 42:02.

• **Bill Rodgers**, 50, was the M40+ winner with a 12th-place 56:23, an A-G 87.8%, in the Virginia 10 Miler, Lynchburg, Sept. 26. **Sheri Segal**, 41, sailed to the W40+ first in 67:19. **Susie Klutz** sped to the W60 win in 78:17.

MIDWEST

• **Lou Milliron**, 40, turned in an M40+ first with a fifth-place 71:35, Dayton River Corridor Half-Marathon, Dayton, OH, Oct. 11. **Bill Rodgers**, 50, was second M40+ in 72:05, an A-G 91.4%. **John Norris**, 60, took the Seniors M60+ title in 94:57. **Janie Wilson**, 42, chalked up a W40+ win in 88:25. **Pamela Lovell**, 54, won the Grandmasters 50+ race in 1:49:44. **Pat Darling**, 61, bested the Seniors W60+ field in 1:56:17. In an age-graded 5K, **Jack Lintz**, 46, came out on top with an 83.3% 16:55, followed by **Wayne Doehman**, 53, 82.7%, 18:00.

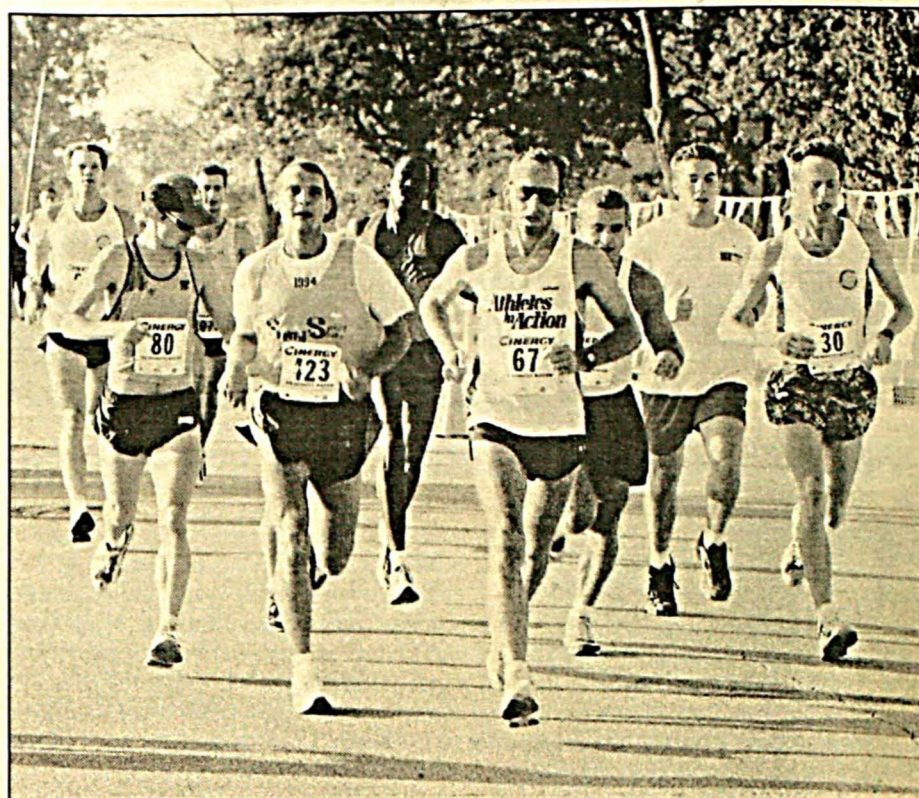
• **Everett Hosack**, 96, Chagrin Falls, OH, established an M95 WR for the HT with a 34-9, and past Olympian **Bernice Holland**, 71, Cleveland, OH, broke the W70 AR for the HT with a 74-10 (69-0/**Elizabeth Hagemann**/1993). **Norman Bower Memorial Weight Pentathlon**, Kent, OH, Oct. 18. The event, sponsored by the Over The Hill TC, raises donations for an educational trust fund for **Norman and Sue Bower's** three-year-old daughter. Bower was a nationally ranked thrower who succumbed to cancer in 1997 at age 49.

• **Edwin Deiwert**, 44, Greensburg, IN, laid down a third-place 2:36:07 for the M40+ win, Indianapolis Marathon, Oct. 17. **Linda Branstetter**, 45, Bloomington, IN, covered the course in 3:14:45 for the W40+ title. In the half-marathon, **Bill Baker**, 45, Haslett, MI, 79:09, and **Jean Lampert**, 40, Indianapolis, 87:42, were masters firsts. M70 winner, **Billy Sedam**, 70, Indianapolis, was 33rd of 104 finishers, with a 24:31, in the 5K. In the USATF North Region 5K RW, **Tish Roberts**, 49, Fishers, IN, was first female overall in 27:26.

• **Robert Yara**, 43, 2:36:13, and **Janice Kreuz**, 51, 3:19:36, jetted to masters wins in the U.S. Air Force Marathon, Wright-Patterson Air Force Base, OH, Sept. 19.

MID-AMERICA

• **Dmitri Voldman**, 45, Kansas, picked up a quick \$300 (\$150 for M40+ first and \$150 for M40+ best A-G) with a fast 79:40, Rib City Half-Marathon, Kansas City, MO, Nov. 1. **Kathy Johnson**, 42, Kansas, won the W40+ race and \$150 with a 90:14. **Marcia Dowling**, 46, Kansas, took the W40+ best A-G \$150 with a 90:42. In a 5K, overall winners were masters runners **Steve Pierce**, 40, a former KC area resident from Boulder, CO, 16:32, and **Bev**



INDIANAPOLIS MARATHON PHOTO

Edwin Deiwert (#67), 44, Greensburg, Ind., running with the lead pack, finished third overall (2:36:07), Indianapolis Marathon, Oct. 16.

Thomas, 41, Kansas City, MO, 18:47. **Paul Heitzman**, 67, Eudora, KS, ran an 18:58.

• **Brett-Elizabeth Schulze**, 40, nailed down a W40+ first with a second-female 35:46, MDRA Victory 10K, Minneapolis, Sept. 7. **Tom Pletcher**, 40, was the M40+ winner in 31:55. **Thom Weddle**, 67, won the M65 contest in 37:11. In the 5K, **Kevin Peterson**, 40, nabbed second overall in 15:39. **Lauren Fifthian**, 40, was the W40+ first in 20:19. A week later in the City Of Lakes 25K, Minneapolis, Pletcher was eighth in 88:49. **Bev Docherty**, 40, captured the W40+ gold with a second-female 95:46.

• Masters runners were runners-up in the Tulsa Race For The Cure 5K, Sept. 13. **Roxanne Meyer**, 40, missed the overall female win by four seconds with a 19:19. **Mike Willmering**, 41, finished second in 17:25. **Barbara Luciano**, 48, posted the best age-graded performance with a sixth-place 20:07. **Mike Beda**, 52, won the M50 race in 19:16.

• **Donna Spencer**, 46, Oklahoma Runner of the Year, got her kicks in the Route 66 5K, Tulsa, Sept. 19, with a first-female 19:51. **Steve Jennings**, 42, cruised to the M40+ first with a 17:20. **Lynda Borges**, 56, toured the course in 22:07. **Mike Waller**, 70, closed in 24:03.

SOUTHWEST

• **Rod Parker** blazed to an M80 WR in the 100 with a 14.05 (**Jordan**/14.35/1997) and a U.S. record 72.02 (**Chapson**/75.4/1983) in the 400. Pole vaulter **William Bell** upped **Carol Johnston's** M75 WR of 9-6 1/4 in 1987 by some 4 1/4 inches to 9-11 in the Arkansas Senior Olympics, Hot Springs, Sept. 17-20.

• Masters winners at the St. Eugene Vineyard 5K, Oklahoma City, OK, Oct. 17, were **Mike Allen**, 46, 19:13, and **Sandra Hanson**, 49, 22:46.

WEST

• **Bud Held**, 71, finally reached his 1998 javelin goal of 50m at a Senior Olympics meet, Phoenix, AZ, Nov. 7, with an M70 WR of 50.09/164-4, which shatters the present mark of 46.28/151-10/**Erik Eriksson**/1993 and age-grades to a 104%. Held had been having trouble with his left knee and adjusting to a heavy knee brace. "I think that's why it took me so long to get 50 meters," he said. "There is a chance I can still do better next year."

• After a hiatus in 1998, the Visalia Classic Masters Meet will be back for 1999 on May 15.

For masters in Central and Southern California, it is the opening meet of the outdoor season. See T&F-West schedule.

• **Tim Minor**, 40, Reno, NV, 1:09:13, and **Diana Fitzpatrick**, 40, Larkspur, CA, 1:19:44, bounded to masters titles in the Humboldt Redwoods Half-Marathon, Weott, CA, Oct. 18. Minor was fourth overall, while Fitzpatrick was the second overall woman. **Karl Gripenburg**, 60, Petaluma, CA, 1:24:31, missed by just two seconds the M60 record set in 1990 by **Orlo Keniston**. W55 winner **Shirley Matson**, 57, Larkspur, CA, 1:28:05, set a new five-year age group course record. The race served as the USATF Pacific Association Championships.

• American mile record holder **Steve Scott**, 42, Leucadia, CA, 30:30, sped to a masters win in the Arturo Barrios Invitational 10K, Chula Vista, CA, Oct. 18. Scott's time age-graded to an outstanding 92.7%. **Hal Goforth**, 54, El Cajon, CA, 36:16 (85.6%) captured the M50 title, while **Liz Baker**, 40, San Diego, CA, 37:09 (84.0%) outkicked **Jacqueline Gareau**, 42, Canada, 37:21 (85.0%) for the women's win.

INTERNATIONAL

• **Cassandra Kelly**, 35, New Zealand, vaulted 3.90/12-9 1/2 in the Commonwealth Games, Kuala Lumpur, Sept. 19. The listed W35 WR is 3.15/10-4 by **Elizabeth Hartigan** in 1997. **Sue DiMarco**, W35, of the U.S., did a 3.53/11-7 last summer.

• The WAVA Championships in 2001, Brisbane, Australia, have been scheduled for July 5-15. Three months later, the Goodwill Games will be held on the same track.

• **Stan Perkins** was elected President of the Australian Veterans Athletics Association at the organization's meeting in early September.

• Racewalker **Chico Scimone**, 85, tops the list of age-graded 1998 performances by Sicilian athletes with 1670 points for his 5K marks of 43:19.0 (800) and 42:07.6 (870). In 1931, Scimone ran the Boston Marathon with his team mates, **John Kelley** and **Clarence DeMar**. He has done the NYRR Empire State Building Run-Up for the past seven years.

OPEN

• Elected to the National Track and Field Hall of Fame this year are **Dwight Stones**, **Greg Foster**, **Jay Silvester** and **Francie Larrieu-Smith**. They will be inducted Dec. 3, during the USATF convention in Orlando, FL.

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 generally limited to men over 40 and women over 35. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 50098, Eugene OR 97405.

TRACK & FIELD

NATIONAL

December 1-5. USATF National Convention, Clarion Hotel, Orlando, Fla. USATF, One RCA Dome, Suite 140, Indianapolis, IN 46225. 317-261-0500; fax: 261-0481.

March 26-28. USATF National Masters Indoor Championships, Reggie Lewis Center, Boston, site of the 1997 & '98 Championships. TRACS, Inc., 79 Manet Rd., Chestnut Hill, MA 02467. 617-332-3919; e-mail: tracs@earthlink.net.

August 26-29. 32nd annual USATF National Masters Championships, Orlando, Fla.

October 20-29. National Senior Games - Senior Olympics, Orlando, Fla. National Senior Games Association, 445 North Boulevard, Suite 2001, Baton Rouge, LA 70802. 504-379-7337; Fax: 379-7343.

EAST

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

December 4, 11, 27. MAC Indoor Development Meets, Armory T&F Center, 168th St. & Fort Washington Ave., Manhattan. 212-227-0071 (MAC Office, 9-5, M-F). Business-size SASE to Roz Katz, 170-11 65th Ave., Flushing, NY 11365.

December 13. Philadelphia Masters Indoor Meet, Haverford College, Pa. 9 a.m. Bill Krieger, 215-722-8859; Tom Yunker, 610-828-4672.

January 8. 7th annual Joseph Yancey Memorial Indoor Meet, Armory T&F Center, 168th St. & Fort Washington Ave., Manhattan. 7 p.m. SASE to Ed Levy, NY Pioneer Club, 70 W. 95 St., Apt. 26H, New York, NY 10025. 212-749-7099.

January 8-10. 30th annual Dartmouth Relays, Leverone Field House, Hanover, N.H. Carl Wallin, Dartmouth College Athletic Dept., 6083 Alumni Gym, Hanover, NH 03755-3512. 603-646-2848.

January 10, 15, 22. MAC Indoor Meets, Armory T&F Center, 168th St. & Fort Washington Ave., Manhattan. 212-227-0071 (MAC Office 9-5, M-F). Business-size SASE to Roz Katz, 170-11 65th Ave., Flushing, NY 11365.

January 10. Philadelphia Masters Indoor Meet, Swarthmore College, Pa. 9:30 a.m. Bill Krieger, 215-722-8859; Tom Yunker, 610-828-4672.

January 10 & 24. Potomac Valley TC Indoor Meets, TJ Center, Arlington, Va. 703-671-2520.

January 23. 32nd Hartshorne Memorial Masters Mile, Cornell U., Ithaca, N.Y. W30+/M40+. Prize purse for Men's Elite Mile; bonus for new M&W40+ record. 10 am. Rick Hoebeke, 2706 Agard Rd., Trumansburg, NY 14886. 607-255-6530(d); 387-6431(e).

January 24. Greater Boston TC Invitational, Harvard U. indoor track, Allston, Mass. Various running and some field events for M&W40+. Prize purse and bonus for women's masters mile record. Jim O'Brien, GBTC, PO Box 183, Boston, MA 02117-0183. 617-282-5537; email: Jim-Obrien@Juno.com; www.gbtc.org

January 31. Philadelphia Masters Indoor Meet, Haverford College, Pa. 9 a.m. See Jan. 10.

January 31. Albright College Indoor Pentathlon (HH/LJ/SP/HJ/M800/W600), Reading, Pa. Masters welcome. 2 pm. Don Gottschall, PO Box 15234, Reading, PA 19612. 610-921-7535.

February 14. New Jersey Submasters & Masters Indoor Championships, Fairleigh-Dickinson U., Hackensack. Out-of-state welcome. Prize purses for open mile. SASE to Jim Manno, 792 Schaefer Ave., Oradell, NJ 07649. 201-261-7756.

February 26. MAC Masters Indoor Championships, Armory T&F Center, 168th St. & Fort Washington Ave., Manhattan. 212-227-0071 (MAC Office, 9-5, M-F). Business-size SASE to Roz Katz, 170-11 65th Ave., Flushing, NY 11365.

March 14. 27th annual USATF East Regional Masters Indoor Championships, Armory T&F Center, 168th St. & Fort Washington Ave., Manhattan. 10 am. Haig Bohigian, 225 Hunter Ave., Sleepy Hollow, NY 10591. 914-631-1547 (10 a.m.-8 p.m.).

SOUTHEAST

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

December 2-6. Florida Senior Games Championships, Sarasota County. Laura Hallam, 407-943-7992.

December 27. Len Olson Holiday Weight Pentathlon, Delray Beach, Fla. Randall Cooper, 222 22nd Lane, Delray Beach, FL 33444.

January 2. Ed Temple Indoor Invitational, Tennessee St. U., Nashville. M/Y/O. 615-333-9018; 963-5906.

MIDWEST

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

February 7. USATF Michigan Indoor Championships, Grand Valley State U., Allendale (Grand Rapids area). Jerry

Elkins, 616-895-3360; Chuck Sochor, 616-984-5358; Fax: 984-2809.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

January 30. AT&T Sooner State Games, Shawnee Exposition Center, Shawnee, Okla. Entry information: 405-235-4222.

WEST

Arizona, California, Hawaii, Nevada

December 19. Kel Field Throws Meet, Santa Cruz, Calif. No fees charged. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 831-458-0202; email: kelfield@aol.com.

January 23. Kel Field Throws Meet, Santa Cruz, Calif. No fees charged. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 831-458-0202; email: kelfield@aol.com.

February 13-14, 21. Palm Springs Senior Olympics. 10K on 21st. Ben Green, Mizell Sr. Center, 480 S. Sunrise Way, Palm Springs, CA 92262. 760-323-5689; fax: 320-9373; email: mizell@cyberg8t.com.

February 14. Silver State Masters Indoor Classic, Reno, Nev. Entry form in January issue. Silver State Masters, PO Box 21171, NV 89515. 702-852-4428; email: jwmann@ix.netcom.com; www.silverstatestridders.com

May 15. Visalia Classic Masters Meet, Visalia, Calif. Bob Higginbotham, 1026 W. Princeton, Visalia, CA 93277. 209-732-8030.

NORTHWEST

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

January 23-24. Eugene Indoor Meet. Masters on 24th. Erin Regali, 2997 Firwood Way, Eugene, OR 97401. 541-687-8453; email: tctc@rio.com

February 5-6. Great Northwest Indoor Meet, Portland, Ore. 503-668-0998; email: runjumpthrow@compuserve.com

June 12-13. Portland Masters Classic, Portland, Ore. Paul Stepan, 3011 NE Linden Ave., Gresham, OR 97030. 503-666-8950(h); 234-4811(w).

June 19-20. Hayward Classic Masters Meet, Eugene, Ore. Geoff Hughes, 1600 Russet Dr., Eugene, OR 97401. 541-484-1275(h); 343-6511(w).

INTERNATIONAL

December 12-13. 12th annual Malaysian Open Veterans Championships, Kuala Lumpur, Malaysia. S. Sivapragasam, fax: 603-777-0519; N. Rajasvaran, tel: 603-331-0392, fax: 603-793-3955; e-mail: nrajas@telekom.com.my

March 5-7. European Veterans Indoor Championships, Malmo, Sweden.

March 13-14, 20. New South Wales State Championships, Sydney, Australia. Pent. & 5000 on 20th. Alec Walker, PO Box 3059, Waverley, NSW 2024, Australia.

March 19-21. Western Australia State Championships, Perth. Brian Foley, 8 Habgood, Fremantle, Western Australia 6158.

March 20-21, 27-28. Queensland State Championships, Brisbane, Australia. Pent. & 5000 on 20th/WP on 21st. Judy Cooper, 6 Visser Court, Rosedale, Queensland 4123, Australia.

April 2-5. Australian National Championships, Canberra. Alan Wilson,

ON TAP FOR DECEMBER

TRACK AND FIELD

The USATF Annual Meeting, dealing with LDR and RW matters as well as T&F, starts on the 1st and lasts until the 5th in Orlando, Fla. With a little management, you can perhaps attend the USATF Meeting and also the Florida Senior Games in Sarasota from the 2nd through the 6th. Three MAC Indoor Meets are accessible in NYC, and a weight pentathlon can be had in Florida on the 27th.

LONG DISTANCE RUNNING

The USATF Masters 10K Cross-Country Championships will follow the USATF get-together on the 6th in Orlando. Marathons to choose from on the 6th include the California International, Sacramento; Tucson; Memphis; and Western Hemisphere, Culver City, Calif. The Rocket City Marathon blasts off on the 12th in Huntsville, Ala. Honolulu and Dallas host more marathons on the 13th. A half-marathon is available in Jacksonville, Fla., along with the Ho Ho 5K on Long Island on the 19th. The NYRR Runner's World Midnight 5K ends the year in Central Park on the 31st.

RACEWALKING

A 5K is scheduled for Pharr, Texas, on the 5th, and another in NYC on the 13th. □

GPO Box 2356, Canberra, ACT 2601, Australia.

July 17-18. British Veterans Championships, Edinburgh, Scotland.

July 24-25 (tentative). Veterans meet, Belfast, No. Ireland.

July 29-August 8. XIII World Veterans Athletics Championships, Gateshead, England. XIII WAVA Championships, PO Box 18, Gateshead NE8 IEA, England.

LONG DISTANCE RUNNING

NATIONAL

December 6. USATF National Masters 10K Cross-Country Championships, Orlando, Fla. Michelle Doti, 407-938-3441.

January 31. USATF National Masters One Mile Championships/Steve Scott Festival, Santee, Calif. Tracy Sundlun, 10509 Vista Sorrento Pkwy, #102, San Diego, CA 92121. 619-450-6510.

February 13. USATF National Masters 6K/4K Cross-Country Championships (also U.S. vs. Canada), Tacoma, Wash. M40+ 6K/W35+ 4K. Carole Langenbach, 4261 S. 184th St., SeaTac, WA 98188. 206-433-8868; http://www.pntf.org/usaxc99.

Continued on next page

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February 20. USATF National Masters 12K Championships/Outback Distance Classic, Orlando, Fla. Jon Hughes, 1102 N. Mills Ave., Orlando, FL 32803. 407-898-1313.

March 28. USATF National Men's 5K Championships/Carlsbad 5000, Carlsbad, Calif. Tracy Sundlun, 10509 Vista Sorrento Pkwy #102, San Diego, CA 92121. 619-450-6510.

May (tba). USATF National Masters Half-Marathon, Indianapolis, Ind. Don Carr, 4314 Matrea More Ct., Indianapolis, IN 46254. 317-328-1632.

June 5. USATF National Masters Women's 5K Championships/Freihofers 5K, Albany, N.Y. George Regan, 233 Fourth St., Troy, NY 12180. 518-273-0267.

October 3. USATF National Masters Marathon Championships/Twin Cities Marathon, Minneapolis/St. Paul, Minn. Scott Schneider, 708 N. First St. #CR-33, Minneapolis, MN 55401. 612-673-0778.

October 24. USATF National Masters 8K Cross-Country Championships, Louisville, Ky. Bob Ullrich, 1879 Douglass Rd., Louisville, KY 40205. 502-459-6820.

November 21. USATF National Masters 5K Cross-Country Championships, Holmdel, N.J. James Siedliski, PO Box 10120, New Brunswick, NJ 08906. 732-296-0006.

EAST

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

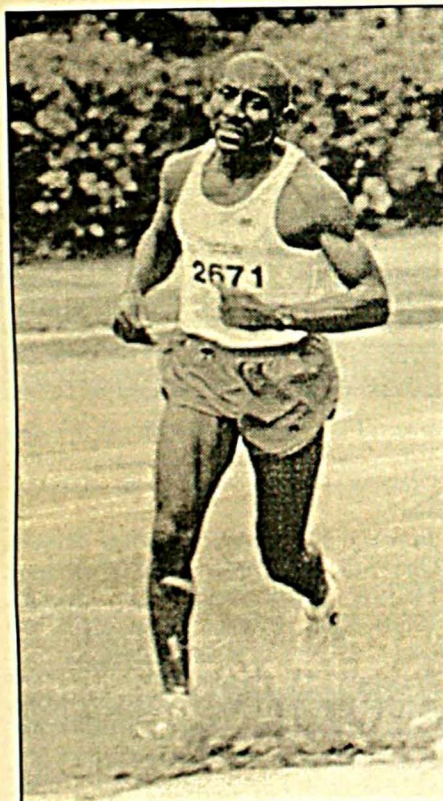
December 6. Brian's Run 10K, West Chester. BR 10K, PO Box 2440, West Chester, PA 19383. 610-436-2731.

December 13. NYRRC Joe Kleinerman 10K, Central Park, NYC. NYRRC, 9 E. 89th St., NY, NY 10128. 212-423-2239.

December 19. Ho Ho Ho Holiday 5K, Bethpage, N.Y. 516-499-1439.

December 31. Runner's World Midnight Run 5K, Central Park, NYC. NYRRC, 9 E. 89th St., NY, NY 10128. 212-860-4455.

April 19. 103rd Boston Marathon. SASE to



GEORGE BANKER

Devaland Campbell, 45, third M40+ (35:18), Georgetown 10K, Washington, D.C., Oct. 4.

Boston AA, The Starting Line/One Ash St., Hopkinton, MA 01748-1897. <http://www.bostonmarathon.org>

SOUTHEAST

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

December 6. First Tennessee Memphis Marathon. FTMM, PO Box 84, MO-8, Memphis, TN 38101. 800-893-RACE; fax: 901-523-4354.

December 12. WZYP Rocket City Marathon, Huntsville, Ala. Malcolm Gillis, 1001 Opp Reynolds Dr., Toney, AL 35773. 256-828-6207.

December 13. Weston Holiday Half-Marathon & 5K. The Athletic Club of Weston, 2300 Arvida Parkway, Weston, FL 33326. 954-384-7521.

December 19. Jacksonville Marathon & Half-Marathon. 1st Place Sports, 3853 Baymeadows Rd., Jacksonville, FL 32217. 904-739-1917.

January 3. DeLeon Springs Half-Marathon & 5K, DeLeon Springs, Fla. Alta Vista Sports, PO Box 1700, DeLand, FL 32721. John Boyle, 904-736-0002.

January 10. Walt Disney World Marathon, Orlando, Fla. WDW, PO Box 10000, Lake Buena Vista, FL 32830. 407-939-7810.

January 16. Charlotte Marathon. CM, PO Box 222138, Charlotte, NC 28222-2138. 704-367-9696; 365-2880.

January 30. Mardi Gras Marathon, New Orleans. SASE to NOTC, PO Box 52003, New Orleans, LA 70152-2003. 504-482-6682; fax: 469-9268; e-mail: NOTC@runNOTC.org.

February 7. Hampton Coliseum/Pomoco Half-Marathon & 8K, Hampton, Va. Masters money. Hot line: 757-728-3235; 757-229-7375.

February 13. Gasparilla Distance Classic 15K, Tampa. SASE #10 to GDCA-RJ, PO Box 1881, Tampa, FL 33601-1881. 813-229-7866.

February 21. Colonial Busch Half-Marathon, Williamsburg, Va. Rick Platt, 757-229-7375; email: rickplatt@juno.com.

February 27. Myrtle Beach Marathon. MBM, PO Box 8780, Myrtle Beach, SC 29578-8780. 843-293-7223.

February 27. Blue Angel Marathon, Pensacola, Fla. BAM MWR, Code 22000, 190 Radford Blvd., NAS Pensacola, FL 32508-5217. 850-452-4391; 452-3318.

March 20. Shamrock Sportsfest Marathon, Masters 8K, Open 8K, and 5K Racewalk, Virginia Beach, Va. SASE to Shamrock Sportfest, 2308 Maple St., Virginia Beach, VA 23451.

MIDWEST

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

December 5. Kentucky Marathon, Louisville. Stu McCombs, 7004 Beachland Beach, Prospect, KY 40059. 502-228-1133.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

December 5. Larry Fuselier 25K & 10K/State Championships, Tammany Trace-Abita Springs, La. New Orleans TC, PO Box 52003, New Orleans, LA 70152-2003. 504-482-6682; fax: 469-9268; email: NOTC@runNOTC.org.

December 13. Dallas White Rock Marathon. Dallas WRM, 3607 Oak Lawn Ave., Ste. 204, Dallas, TX 75219. 214-528-2962.

January 3. 92nd Jackson Day 5.6 Miles,



GEORGE BANKER

Sandra Adams (#9), 48, first woman master (2:37:53), with top finishers (l to r): Rosie Schiavone, 46, 3:04:33, Ann Burkholder, 38, 3:04:34, and Toni Cruz, 47, 2:55:20, National Capital 20 Miler, Alexandria, Va., Sept. 27.

New Orleans. NOTC, PO Box 52003, New Orleans, LA 70152-2003. 504-482-6682; fax: 469-9268; email: NOTC@runNOTC.org.

January 9. The Wall 30K & 15K State Championships, Tammany Trace-Abita Springs, La. See Jan. 3.

January 17. Houston Marathon. SASE to HM, 720 N. Post Oak Rd., Suite 335, Houston, TX 77024. 713-957-3453.

January 30. Sugar Bowl Mardi Gras Marathon, Half-Marathon, & 5K, New Orleans. See Jan. 3.

February 13. Conoco 10K Rodeo Run, Houston. Conoco 10K, PO Box 4584, Houston, TX 77210. 281-293-2447.

February 14. Motorola Austin Marathon & Relays, Austin, Tex. Motorola Austin Marathon, P.O. Box 684587, Austin, TX 78768-4587. 512-505-8304.

WEST

Arizona, California, Hawaii, Nevada

December 6. California International Marathon, Sacramento. CIM, PO Box 161149, Sacramento, CA 95816. 916-983-4622.

December 6. Tucson Marathon. Pat Lekacz, 4625 E. Broadway, Ste. 112, Tucson, AZ 85711. 520-346-9383.

December 6. Western Hemisphere Marathon, Culver City. Culver City Rec. Dept., 4117 Overland Ave., Culver City, CA 90230. 310-253-6650; fax: 253-6666.

December 13. Honolulu Marathon. HM Assoc., 3435 Wai'ale'ale Ave., Rm. 208, Honolulu, HI 96816. 808-734-7200.

December 13. Lasse Viren 20K, Point Mugu St. Park, Calif. Steve Blum, 505 Briarwood Terrace, Ventura, CA 93001. 805-652-1744.

January 9. Paramount 10K, with Racewalk and Special World Masters Division, Paramount, Calif. (L.A. suburb). Time standards for World Masters Division. SASE to Oscar Rosales, Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417.

January 17. San Diego Marathon, Carlsbad, Calif. In Motion, Inc., Dept. RT, 511 S. Cedros Ave., Solana Beach, CA 92075. 619-792-2900; fax: 792-2901; e-mail: imisd@aol.com.

February 7. 33rd Las Vegas International Marathon, Half-Marathon, & 5K, Las Vegas, Nev. New course. SASE to Las Vegas Marathon, Al Boka, Director, PO Box 81262, Las Vegas, NV 89180. Phone/fax: 702-876-3870; Web: <http://www.LVMarathon.com/>

February 13. Great American Adventure Cross-Country Run (2.8 miles & 4-8 miles), Huntington Beach, Calif. SASE to Oscar Rosales, Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417.

March 14. Los Angeles Marathon. LAM, 11110 W. Ohio Ave., #100, Los Angeles, CA 90025-3329. 310-444-5544.

RACEWALKING

December 5. Winter Festival 5K Racewalk, Pharr, Texas. Pharr C. of C., 956-787-1481; fax: 787-7972.

December 13. Gran Prix #3 5K Racewalk, Central Park, NYC. Stella Cashman, Park RWers USA, 320 E. 83rd St., Box 18, NY, NY 10028. Tel/fax: 212-628-1317; e-mail: FranciCash@aol.com.

January 9. Potomac Valley TC Six Week Saturday Winter RW Clinics Begin, Tysons Corners Shopping Center, Vienna, Va. 703-671-2520.

RECIPIENTS OF CERTIFICATES/PATCHES AS ALL-AMERICANS FOR ACHIEVING U.S. STANDARDS OF EXCELLENCE

M35-39 Scott King	1500	4:10.15	7-30, 8-2, 98	Mark Adams	1500 Racewalk	7:24.43	6-6-98	M65-69 Harry Hawke	Weight Pentathlon	4195	9-5-98
Jay Rao	1500	4:08.28	8-10, 21-98		5K Racewalk	26:27.1	6-27-98	John Hurd	200	28.89	7-29-98
	800	2:00	8-8-98		Mile Racewalk	7:54.62	6-28-98	William Pattison	10K	41:59	10-04-98
	400	51.6	8-12-98	M55-59 Al Salmon	10K Racewalk	55:35.0	8-17-98	M70-74 Tom Rice	Triple Jump	8.21	3-27-98
M40-44 Fred Kitzrow	1500	4:13	5-8-98	Glenn Schmiehl	Shot Put	39-7 3/4	7-19-98		Pentathlon	2823	5-8-98
M45-49 Mical Embler	800	2:08.70	5-8, 10-98		200	26.73	9-5-6-98		Discus	32.24	5-8-98
Clay Hull	Weight Pentathlon	3057	10-17-98	M60-64 Joe Cordero	400	1:00.98	9-5-6-98		200	31.8	6-4-98
Dale Wilcoxson	Weight	40-8	10-17-98		Mile	5:35.9	3-22, 29-98		100	14.6	6-5-98
	Discus	133-7	7-19-98	Len Rosen	2K Steeplechase	9:02	6-20-98	M75-79 Sid Zecher	Long Jump	4.40	7-31-98
M50-54 David Johnson	Javelin	159-0	9-12-98	Vern Spencer	Discus	142-5	6-7-98	M65-69 Joan Bruggess	Javelin	30.91	8-1-98
Oron Lott	Triple Jump	10.70	6-27, 28-98		Shot Put	40-5	1-9-98		Discus	31.61	6-20-98
Jim Nichols	Shot put	14.31	7-24-98		Weight	40-5 1/2	3-27, 29-98		100	17.76	8-28-98
Robert Pratte	10K	36:05.64	7-18, 19-98		Superweight	20-9 1/2	3-27, 29-98		200	38.23	8-28-98
					Hammer	36.62	8-29, 30-98		800	3:33.52	9-26-98
					Weight Pentathlon	3465	8-29, 30-98				

The All American tables have been changed to reflect current marks set by athletes all over the nation. The changes were made by the All American Standards Committee; however, the old tables may be used for one year until people have adjusted to the newer version. This was not done to make it more difficult for the athlete, but to make it more equitable after analyzing all the data. All American Standards Committee

U.S. MASTERS STANDARDS OF EXCELLENCE

FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100	10.95	11.3	11.5	11.9	12.2	12.6	13.2	13.8	14.6	16.0	18.0	23.0
200	22.4	23.2	23.8	24.6	25.5	27.0	27.7	29.5	32.0	35.0	40.2	52.0
400	51.5	52.5	53.8	56.0	57.5	62.0	65.0	69.0	75.0	88.0	98.0	120.0
800	2:02	2:04	2:06	2:11	2:16	2:25	2:35	2:45	3:06	3:35	3:55	4:30
1500	4:16	4:18	4:20	4:32	4:40	5:02	5:20	5:45	6:30	7:20	8:10	9:20
Mile	4:35	4:40	4:55	5:00	5:10	5:30	5:55	6:15	6:55	7:50	8:45	10:15
5000	15:45	16:00	16:15	16:45	17:30	18:25	19:30	21:00	23:30	26:00	29:00	32:30
10000	32:30	32:50	33:30	36:00	38:00	39:00	40:30	44:00	48:30	54:30	61:15	68:30
110H	15.4	16.5	17.8	18.8								
100H					18.0	19.0	20.0	21.0				
80H									18.0	21.0	25.0	30.0
400H	58.0	60.0	62.0	64.0	68.0	71.0						
300H					48.0	51.0	55.0	60.0	67.0	75.0	85.0	95.0
3K-SC	10:10	10:30	11:45	12:40	13:30	14:00						
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30
HJ	1.90	1.85	1.76	1.68	1.60	1.50	1.45	1.38	1.25	1.15	1.00	0.80
	6-2 1/2	6- 1/2	5- 9/4	5-6	5-3	4-11	4-9	4-6	4-1 1/4	3-9 1/4	3-3 1/4	2-7 1/4
PV	4.40	4.10	3.95	3.70	3.55	3.05	2.70	2.40	2.30	2.00	1.80	1.30
	14-5 1/4	13-5 1/4	12-11 1/4	12-1 1/4	11-7 1/4	10-0	8-10 1/4	8-4 1/4	7-6 1/4	6-6 1/4	5-10 1/4	4-3 1/4
LJ	6.50	6.10	5.85	5.60	5.40	4.90	4.50	4.20	3.80	3.35	2.85	2.20
	21-4	20- 1/4	19-2 1/4	18-4 1/4	17-8 1/4	16-1	14-9 1/4	13-9 1/4	12-5 1/4	10-11 1/4	9-4 1/4	7-2 1/4
TJ	13.20	12.60	11.50	10.80	10.40	9.50	8.90	8.20	6.96	6.50	5.94	5.51
	43-3 1/4	41-4 1/4	37-8 1/4	35-5 1/4	34-1 1/4	31-2	29-2 1/4	26-11	22-10	21-4	19-6	18-1
Shot	14.50	14.02	13.41	12.62	13.10	12.00	12.80	11.50	11.00	9.00	8.00	6.00
	47-7	46-0	44-0	41-5	43-1	39-4	42-0	37-8 1/4	36-1 1/4	29-6	26-3	19-8 1/4
Discus	44.80	42.80	39.50	37.50	42.00	41.00	42.00	39.00	34.00	26.00	22.00	15.24
	147-0	140-5	129-7	123-0	137-9	134-6	137-9	127-11	111-6	98-5	72-2 1/4	50-0
Hammer	47.24	44.20	40.00	39.00	39.00	36.00	36.00	32.00	30.00	24.00	20.00	17.07
	155-0	145-0	131-3	127-11	127-11	118-1	118-1	105-0	98-5	78-9	65-7 1/4	56-0
Javelin	62.00	56.00	48.76	47.00	43.00	41.00	39.00	35.00	31.00	24.00	19.00	14.02
	203-5	183-9	160-0	154-2	141-1	134-6	127-11	114-10	101-8	78-9	52-4	46-0
35#Wt.	15.00	14.00	13.00	12.00	10.00	9.00			6.00	5.00	4.00	3.00
	49-2 1/4	45-11 1/4	42-8	39-4 1/4	32-9 1/4	29-6 1/4			19-8 1/4	16-5	13-1 1/4	9-10
25#Wt.							11.50	10.00	9.00	7.30	5.30	4.50
							37-6 1/4	32-9 1/4	29-6 1/4	23-11 1/4	17-4 1/4	14-9 1/4
56#Wt.	9.50	9.00	8.50	8.00	6.00	5.00	4.50	4.00	3.50	3.00	2.50	2.00
	31-2	29-6 1/4	27-10 1/4	26-5	19-8 1/4	16-5	14-9	13-1 1/4	11-5 1/4	9-10	8-2 1/4	6-6 1/4
Pent.	2800	2600	2600	2400	2600	2600	2600	2600	2600	2600	2600	2600
Decath.	5500	5250	5250	5000	5200	5000	4500	5000	4800	4200	3000	2500
Wt. Pent.	2800	2700	2800	3000	3000	3000	3000	3000	2600	2700	3000	3000

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

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

WOMEN

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

MEN

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

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

U.S. MASTERS STANDARDS OF EXCELLENCE

FOR WOMEN

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

TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene OR 97405. To keep information current, we generally do not publish results more than 3 months old. Results that are typed (maximum 28 spaces / 2 1/2" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

NOTICE: The National Masters News will no longer process results that are submitted handwritten.

EAST

Dartmouth Weight Meet Hanover, NH; Oct. 4

16# Shot Put	46-1
Bob Mead 54	46-1
Carl Wallin WR57	44-11.5
Ed Clark 45	43-6
Don Filkins 44	41-9
Bill Cotter 33	40-10.5
Bob Cedrone 44	39-8.5
Carmen Letizia 45	35-6.5
Shot Put	
Carl Wallin 6k	48-9.75
Bob Mead 6k	48-5.75
Don Filkins 6k	44-11.5
Packy Fusco 55 6k	35-5
Len Rosen 64 5k	39-11.75
Ken Withee 85 4k	24-2.75
Bob Sparks 80 4k	22-2
Hammer	
Bob Mead 6k	164-4
Bill Cotter 33 16#	155-6
Bob Cedrone 16#	148-2
Carl Wallin 6k	144-1
Don Filkins 16#	143-6
Mike Grisko 51 16#	121-9
Carmen Letizia 16#	98-2
Discus	
Len Rosen 1k	136-10
Bill Cotter 2k	131-2
Don Filkins 2k	118-11
Ed Clark 2k	116-5
Packy Fusco 1.5k	111-4
Carmen Letizia 2k	87-9
Weight Throw	
Bob Mead 25#	60-4
Carl Wallin 25#	59-4.5
Bill Cotter 35#	47-4.5
Don Filkins 35#	46-1
Bob Cedrone 35#	43-4
Mike Grisko 35#	38-9
Carmen Letizia 35#	33-3.5

MIDWEST

Southwestern Illinois Regional Senior Olympics Edwardsville, IL; Sept. 10-13

50m	
M50 David Golden	6.83
M55 Dennis Buss	6.91
M60 George Smith	7.47
M65 Vern Schewe	7.44
M70 Warren Novak	7.83
W55 Geraldine Zobrist	10.22
W60 C Sobkowski	9.48
W65 Marilyn Kozyak	10.63
W70 Dottie Gray	11.13
100m	
M50 David Golden	12.53
M55 Dennis Buss	12.83
M60 Jim Mathis	13.47
M65 Vern Schewe	14.19
M70 Warren Novak	15.16
M75 Cecil Clark	16.47
M80 Oscar Hartmann	19.45
W50 Geraldine Zobrist	19.63
W60 Audrey Sullivan	22.31
W70 Dottie Gray	21.91
W75 Ged Ragland	30.31
200m	
M50 David Golden	26.63
M55 Dennis Buss	27.51
M60 Richard Strinni	30.97
M65 Vern Schewe	29.24
M70 Joseph Bell	34.60
M75 Cecil Clark	34.18
M80 Oscar Hartman	40.55
W60 Joan Warrington	45.29
W70 Dottie Gray	49.69
400m	
M50 Tony Cooper	1:03.24
M55 Ronald Szweda	1:42.37
M60 Jim Mathis	1:03.13
M65 George Cook	1:18.03
M70 Vern Scandrett	1:30.57

W50 Marcia Pruett	1:28.30
W60 Audrey Sullivan	1:42.37
W70 Dottie Gray	1:54.59
800m	
M50 Tony Cooper	2:24.34
M60 Bob Tarrant	2:32.83
M65 Harold Boucher	3:07.85
M70 Joseph Bell	2:59.61
W50 Marcia Pruett	3:11.00
W60 Audrey Sullivan	3:53.00
W70 Dottie Gray	4:15.00
1000m	
M50 Bob Hyten	5:47.00
M60 Bob Tarrant	6:02.36
M65 Harold Boucher	8:36.00
M70 Joseph Bell	6:06.50
W50 Marcia Pruett	6:57.12
W60 Audrey Sullivan	8:10.43
5000m	
M50 Gee Krishnan	28.52
M65 Gayland Waldo	26.12
M70 Vern Scandrett	27.04
W50 Marcia Pruett	24.22
High Jump	
M50 Allen McClure	4-4
M55 Robert Potter	3-8
M60 Walter Diggs Jr	4-6
M65 Gilbert Meyer	4-2
M70 Warren Novak	3-8
M75 Cecil Clark	3-10
M80 Wilbur Ragland	NA
M85 Henry Kemmerer	3
Long Jump	
M50 Allen McClure	14-6.50
M55 Ronald Szweda	15-5
M60 Walter Diggs Jr	14-4
M65 Clarence Bruce	12
M70 Warren Novak	11-10
M75 Cecil Clark	12-1.75
M80 Gerald Naugle	2-9
W50 C Sobkowski	9-2
W60 Euline Tayon	5-2
W70 Mildred Ross	5-11

Shot Put	
M50 Loam Robertson	44-10
M55 Edward Schmidt	32-9
M60 George Smith	41-1
M65 Arthur Tayon	35-7
M70 Harry Deough	32-10
M75 Henry Kendall	28-8.50
M80 Gerald Naugle	13-7
M85 Ward Parker	22-8
W50 Marcia Pruett	22-3.50
W55 M Thielmann	15-3
W60 C Sobkowski	26-4.50
W65 Barbara Wagner	16-3.50
W70 Joyce Meyer	22-2
W75 Florence Berry	10-1.50
Discus	
M50 Loam Robertson	132-7
M55 Swayne McCauley	124-3
M60 Walter Diggs Jr	132-4
M65 Arthur Tayon	113-6
M70 Harry Keough	88-3
M75 Henry Kendall	83-6
M85 Ward Parker	58-8
M90 Jim Pechar	26-7
W50 Marcia Pruett	47-7
W60 C Sobkowski	82
W70 Mary Jane Miller	57-3
W75 Florence Berry	26-7
1500m RW	
M55 George Ruh	11:15
M60 Lee Hoffman	10:34
M70 Ernie Hammond	12:20
M80 Oscar Hartman	11:51



HAPPY HOLIDAYS

Norm Bower Memorial Weight Pentathlon Kent St. U., Kent, OH; Oct. 18

(HT/SP/DT/JT/WT)	
Mike Hambrick 39	3295
(41.24/13.26/51.06/36.30/14.84)	
Frank Makozy 39	1412
(-9.46/32.70/37.06/-)	
Steve Kaye 49	1311
(-10.72/36.50/-/-)	
Joe Klamar 46	1082
(-9.75/29.27/-/-)	
Jim Pearce 53	2985
41.38/9.74/35.22/28.30/11.86)	
Mickey Bitsko 55	3888
(44.82/11.72/37.48/29.76/14.64)	
John Sloan 58	2974
(25.86/9.30/33.02/35.84/10.00)	
Paul Deem 59	1808
(-11.67/33.27/-/-6.36)	
Abe Sheinker 58 DT25.96	488
Dick Mann 66	1407
(-125.84/20.54/8.94)	
Everett Hosack 96 WRHT10.60	564
April Capwill 47	3291
(29.26/9.44/29.86/32.48/8.04)	
Katie Felkner 67	2451
(18.80/6.92/14.20/9.34/8.30)	
Bernice Holland 71	3662
(AR22.80/7.00/20.88/18.70/7.92)	
Lenka Seda 83	913
(-1-3.84/8.36/-/-)	

MID-AMERICA

Kansas Senior Olympics Topeka, KS; Oct. 10-11

50m	
M50 Bruce Mason	7.13
M60 Chung Anderson	7.25
M65 Jerry Conway	7.97
M70 Kelly Green	8.10
M75 Ed Carter	8.47
W55 Char Lane	8.75
W60 Eileen Schmidt	8.53
W75 Lavina Haeefe	9.06
100m	
M50 Bruce Mason	13.30
M55 Roger Nyfeler	13.16
M60 Dale Crawford	13.78
M65 Roger Weidman	14.59
M70 Kelly Green	14.68
M75 Ed Carter	15.75
M80 Burton Smith	47.03
W55 Char Lane	16.40
W65 Joyce Franks	20.53
W70 Marilyn Olen	23.10
W75 Lavina Haeefe	17.47
200m	
M50 Larry Law	27.37
M55 Thornton Shelton	29.47
M60 Bob Lida	26.00
M65 Jerry Conway	49.03
M75 Ed Carter	34.84
M80 Burton Smith	1:33.22
W55 Myrna Guion	35.72
W65 Joyce Franks	44.44
W70 Marilyn Olen	55.06
W75 Lavina Haeefe	38.41
400m	
M50 Larry Law	1:01.03
M60 Bob Lida	1:00.78
M65 Paul Heitzman	1:09.84
M70 Irv Siegel	1:16.65
M75 Glenn Dody	1:23.03
M80 Burton Smith	3:19.59
W50 Myrna Guion	1:28.04
W60 Eileen Schmidt	1:34.35
W65 Joyce Franks	1:49.31
W75 Maxine Anderson	1:56.19
800m	
M50 Paul Doll	2:36.66
M55 Wally Brawner	2:41.34
M60 Chung Anderson	3:02.53
M65 Paul Heitzman	2:36.63
M70 Willard Froseth	3:31.02
M75 Glenn Dody	3:20.50
M80 Burton Smith	7:12.75
W55 Myrna Guion	3:51.18
W60 Marilyn Potter	3:55.78
W70 Mary Eva Taylor	5:49.38
1500m	
M50 Paul Doll	5:15.00
M55 Wally Brawner	5:26.80
M60 Bobby Kincaid	5:47.00
M65 Paul Heitzman	5:14.00
M70 Frank Creason	7:07.60
M75 Doc Holladay	9:25.90
M80 Burton Smith	12:24.00

W55 Myrna Guion	7:31.20
W60 Marilyn Potter	7:47.20
W70 Mary Eva Taylor	11:00.00
High Jump	
M50 Larry Law	4-11
M55 Ken Winters	4-9
M60 Chuck Newman	4-7
M65 Bill Butterworth	4-5
M70 Kelly Green	4-3
M75 Bill Chivvis	4-1
M80 Ace Eichman	2-11
W60 Eileen Schmidt	3-5
Pole Vault	
M50 Mark Stueve	8-4
M70 Donald Kith	6-10
M75 Johnny Gibson	4-9
W60 Joy Kaylor	4-3
Long Jump	
M50 Terryll Brown	15
M55 Roger Nyfeler	14-2.50
M60 Chuck Newman	16-3.50
M65 Glenn Edwards	12-8
M70 Kelly Green	12
M75 Ed Carter	11-8.50
M80 Ace Eichman	6-4.25
M85 Lee Haun	4-7
W55 Char Lane	9-5.25
W60 Eileen Schmidt	10-9.50
W75 Lavina Haeefe	11.25
Triple Jump	
M50 Thomas Shehi	26-5
M60 Carroll Marty	24-4
M65 Jerry Conway	15-10.75
M70 Kelly Green	20-4
M75 Ed Carter	23-8
W60 Eileen Schmidt	19-1.50
Shot Put	
M50 George Peters	40-4.50
M55 Mark Chapman	38-4
M60 Ron Anderson	42-9
M65 Elmer Smith	33-1
M70 Floyd Jack	36-5.25
M70 William Trimmell	31-3.50
M80 Ace Eichman	21-3.50
M90 John Hedges	13-7.50
W55 Jane Mills	20-6.75
W60 Joy Kaylor	22-11.5
W70 Dorothy Meyer	16-5
W75 Maxine King	17-4
W85 Stella Vollenline	10
Discus	
M50 Blaine Welton	131-2
M55 Mark Chapman	116-5
M60 Ron Anderson	159-9
M65 Bill Butterworth	104-7
M70 Jack Floyd	126-10
M75 Jack Haeefe	101-11
M80 Burton Smith	45
W60 Joy Kaylor	59-7
W70 Dorothy Meyer	43-2
W75 Maxine King	49-3
W85 Stella Vollenline	20-2
Javelin	
M50 Karl Birns	116-7
M55 Mark Chapman	114-10
M60 James Mills	126-3
M65 Glen Edwards	96-5
M70 Floyd Jack	90
M75 H Socolofsky	98-9
M80 Burton Smith	34-3
M90 John Hedges	27-2
W55 Jane Mills	47-7
W60 Sandra McCoy	72
W70 Dorothy Mneyer	35-3
W75 Maxine King	NA
W85 Stella Vollenline	15-2
1500m RW	
M50 Frank Chenoweth	9:42.16
M60 Alan Poisner	8:47.02
M65 Fred Adams	9:24.90
M70 Robert Valerio	12:36.40
M75 Richard Farmer	14:01.90
W40 Carol Goslin	11:07.53
W55 Mary Harms	10:19.72
W65 Ruth Morris	10:19.40
W70 Mary Eva Taylor	13:22.53
5000m RW	
M50 Phillip Jacobs	36:01
M55 F Chenoweth	33:48
M60 Alan Poisner	30:53
M70 Edward Levy	42:11
M75 Richard Farmer	44:10
W50 Carol Goslin	40:33
W55 Mary Harms	36:44
W60 Betty Eisenhour	42:45
W65 Ruth Morris	36:14

SOUTHWEST

Arkansas Senior Olympic Games Hot Springs, AR; Sept. 19

50m	
M50 John Bridges	8.09
M55 Cecil Dennis	9.32
M60 Paul Beckman	7.37
Jerry Marshall	8.47
M70 D W Willey	8.96
W55 Naomi Smith	10.59
100m	
M50 Douglas Spencer	12.42
Pat Penor	13.15
M55 Ben Lane	13.87
Jerry McBride	13.99
M60 Roy Davis	13.44
Dallas Erdman	15.23
M65 D King	15.49
M80 Don Pellman WR14.05	
(Payton Jordan/14.35/1997)	
M85 Don McBride	29.97
W50 Normimah Arthur	16.36
W55 Mary Erdman	17.28
Carolyn Watts	20.12
W60 Jean Schooler	16.63
Frances Hopkins	25.69
W65 Bettye Busby	28.29
W70 Susan Schlemmer	18.86
Toni Davidson	20.17
200m	
M50 Douglas Spencer	26.29
Randy Taylor	26.86
M55 Jerry McBride	30.42
David Samuel	34.51
M60 Roy Davis	27.68
Winfred Harris	32.80
M65 Cecil Earp	46.31
M80 Rod Parker	31.72
Don Pellman	39.09
M85 Murphy Dominques	40.10
Don McBride	1:11.35
W50 Normimah Arthur	40.06
W55 Mary Erdman	41.01
W60 Jean Schooler	37.86
Gerri King	45.87
W65 Bettye Busby	1:06.44
W70 Susan Schlemmer	46.50
W80 Frances Smith	1:26.26
Era Swetnam	1:27.49
400m	
M50 Randy Taylor	57.64
M55 David Samuel	1:20.56
Earl Newton	1:28.35
M60 Henry Hawk	1:00.27
Roy Davis	1:06.61
M65 Sunao Yamanaka	1:23.02
J Q Williams	1:30.11
M80 Rod Parker WR1:12.02	
(Harold Chapson/1:15.4/1983)	
Robert Anthony	1:34.60
W50 Normimah Arthur	1:36.31
W55 Mary Erdman	1:36.81
W60 Jean Schooler	1:32.02
Gerri King	1:38.75
W70 Shirley Goff	1:51.55
W75 K McDonald	3:25.13
W80 Frances Smith	3:22.07
Era Swetnam	3:36.29
800m	
M50 Randy Taylor	2:12.21
Ross Bolding	2:25.47
M55 David Samuel	3:15.31
M60 Henry Hawk	2:27.62
Fred Dice	2:47.98
M65 Ethan Busby	3:00.24
Sunao Yamanaka	3:08.28
M70 Jack Gentry	2:43.17
M80 Orlie Parker	5:21.97
W60 Jean Schooler	4:03.23
W70 Shirley Goff	4:12.48
W80 Frances Smith	7:54.87
1500m	
M50 Ross Bolding	6:29.39
M55 David Samuel	6:11.31
M60 Henry Hawk	4:56.95
Fred Dice	5:34.37
M65 Sunao Yamanaka	6:12.03
Billy Simpkins	6:32.79
M70 Jack Gentry	5:27.50
M80 Orlie Parker	10:5

Continued from previous page

M70	Lonnie Meeks	81-11
	D McGaha	54
M75	Dick Bledsoe	62-9
M80	Don Pellman	77-8
	Elgie Posey	70
M85	Carl Wafford	47-1
	Don McBride	38-8
W50	Joyce Hopgood	38-1
W55	Madeline Smith	43-8
	Tonya Burrow	33-1
W60	Norma Stotts	53-2
	Frances Hopkins	42-5
W65	G Gramlich	34-1
W70	Toni Davidson	38-1
	Madge Bledsoe	28-6
W75	K McDonald	41-2
	Jackie Greene	27-4
W80	Helene Keen	36-4
	Ruth Button	16

Louisiana Senior Olympic Games
Port Allen, LA; Oct. 9-10

100m		
M50	Courtland Gray	12.59
	Dale Bernauer	13.20
	Robert Banker	13.24
M55	Hans Gordon	12.86
	James Paddie	13.06
	Mike Boudreaux	13.07
M60	Jack Theriot	13.77
	Frank Fouchi	14.20
	Ronald Smith	14.72
M65	Sid Montecino	15.72
	Tris Thomas	16.90
	Graham Reeves	19.32
M70	Lou Riecke	14.09
	Richard Eberhardt	16.09
	Foster Anderson	16.93
M75	Frank Kanus	18.97
	Ted Yenari	19.41
M80	Ike Delee	20.72
	Houston Morgan	22.82
	Nick Asprodites	27.96
M85	Bill Domingues	19.22
W50	Vicki Politz	15.58
	Moore Latin	17.45
	Nell Schwartz	17.60
W55	Judy Bordelon	18.05
	Judy Worsham	18.88
W60	Beth Bennett	19.91
	Bernice Bordelon	20.13
200m		
M50	Courtland Gray	25.70
	Robert Baker	26.71
	Dale Bernauer	26.94
M55	Hans Gordon	26.70
	Mike Boudreaux	26.90
	James Paddie	27.61
M60	Charlie Richard	29.16
	R Hesmondhalgh	30.64
	Frank Fouchi	30.98
M65	Sid Montesino	33.75
	Graham Reeves	38.74
	Herman Maiden	49.55
M70	Lou Riecke	30.09
	Foster Anderson	35.74
	Mel Rabalais	42.21
M75	Frank Kanus	39.04
	Ted Yenari	43.70
M80	Ike Delee	45.68
	Houston Morgan	52.29
	Nick Asprodites	1:00.86
M85	Bill Domingues	40.71
W50	Vicki Politz	34.70
	Moore Latin	37.30
W55	Judy Bordelon	38.79
	Judy Worsham	41.69
W65	Louise Reynolds	56.49
	Mildred Coleman	58.24
	Evelyn Taylor	1:07.51
W70	M E Norckauer	48.64
W75	Puddin Kelly	1:05.03
	Mary Carpenter	1:20.56
	Irene Bible	1:48.30
400m		
M50	Dale Bernauer	1:00.40
	George Bourke	1:02.42
	Courtland Gray	1:03.12
M55	Mike Boudreaux	1:02.25
	Jim Bodin	1:03.09
	Pope Huval	1:11.36
M60	Sammy Bullard	1:14.23
	Super M Trenado	1:14.35
	G Daugereaux	1:25.61

M65	Larry Cinquemano	1:17.13
	Sid Montecino	1:22.45
	Herman Maiden	2:36.99
M70	Foster Anderson	1:21.23
	Foster Doty	1:21.48
	Mel Rabalais	1:26.54
M75	Frank Kanus	1:30.03
M80	Ike Delee	1:59.75
	Houston Morgan	2:08.66
	Nick Asprodites	2:24.72
M85	Bill Domingues	1:41.91
W50	Moore Latin	1:29.39
	Vicki Politz	1:34.15
	Jewel Gipson	1:50.63
W55	Judy Worsham	1:48.38
W60	Beth Bennett	2:24.19
W65	Evelyn Taylor	2:44.30
W70	M E Norckauer	2:03.26
W75	Puddin Kelly	2:33.59
800m		
M50	Ben Cherbonnier	2:34.44
	George Bourke	2:45.25
	Roger Guidry	3:07.44
M55	Pope Huval	2:50.91
	Mike Boudreaux	3:01.67
	Tom Snyder	3:09.84
M60	G Daugereaux	2:57.77
	Super M Trenado	3:12.28
	Bill Kilian	3:52.56
M65	Larry Cinquemano	2:55.56
	Graham Reeves	3:22.31
	Sid Montecino	3:44.13
M70	Foster Doty	3:10.39
	Mel Rabalais	3:53.70
M75	Dick Findlay	4:22.41
	Houston Morgan	4:57.81
W50	Moore Latin	4:21.86
W55	Judy Worsham	4:23.18
W65	Evelyn Taylor	6:26.83
W70	M E Norckauer	4:38.16
W75	Puddin Kelly	6:01.00
1500m		
M50	George Bourke	5:20.80
	Ben Cherbonnier	5:21.76
	Roger Guidry	5:56.16
M55	Pope Huval	5:56.74
	Sheldon Vice	6:25.02
	Tom Snyder	6:59.36
M60	G Daugereaux	5:41.50
	Super M Trenado	6:01.74
	Bill Elrod	7:10.06
M65	L Cinquemano	6:05.70
	Pat Smith	6:59.06
	Graham Reeves	7:05.34
M70	Foster Doty	6:20.26
	Mel Rabalais	7:51.33
M75	Dick Findlay	8:16.35
M80	Houston Morgan	10:18.15
	Nick Asprodites	10:52.70
W50	Moore Latin	8:43.72
W55	Judy Gates	7:31.74
W65	M McConnell	8:47.46
High Jump		
M50	Robert Baker	4-4
	George Bourke	4-2
M55	James Paddie	5
	Fred Eitmann	4-2
M60	Sammy Bullard	4-4
	Frank Fouchi	4-2
	Charlie Richard	4
M65	Roland Forman	3-8
M70	John Poche	3-10
	Benny Cruse	3-6
	Bill Noonan	3-6
M75	Frank Knaus	3-6
	Ted Yenari	3-2
M80	Ike Delee	3
	Nick Asprodites	2-6
W50	Nell Schwartz	3-2
W55	Judy Bordelon	3-4
W65	Louise Reynolds	3-2
Pole Vault		
M50	Bob Bienvenu	6-6
M55	Ken Taylor	7-6
M60	Sammy Bullard	8
	Philip McCarthy	7-6
M65	R Paul Adams	7
M70	John Poche	4
M75	Ted Yenari	5-6
Long Jump		
M50	Robert Baker	16.25
	Francis Reed	14-10.25
	George Bourke	13-3.25
M55	Hans Gordon	16-8.75
	James Paddie	16.75
	Ken Taylor	14-4.50

M60	Charlie Richard	15-4
	Sammy Ballard	14-5
	Frank Fouchi	13-3.5
M65	R Paul Adams	12-3
	Roland Forman	11-8.50
	Herman Maiden	5-9.75
M70	Foster Anderson	11.75
	Bill Noonan	11.50
	Benny Cruse	10-3
M75	Ted Yenari	9.50
	Frank Knaus	8-5.50
M80	Ike Delee	9-7.25
	Nick Asprodites	5-8.25
W50	Nell Schwartz	10-6.50
W55	Judy Bordelon	11.25
	Marilyn Duval	9-8.25
	Ray Richard	8-8.75
W60	Bernice Bordelon	9-5
W65	Evelyn Taylor	5-1.25
W70	M E Norckauer	8-2.75
W75	Irene Bible	4-11.25
Shot Put		
M50	Coach LeBlanc	40-4
	Johnny Yates	38-10
	Chester Guidry	36.50
M55	Harold Landry	34-4
	Raymond Caillet	33-6.50
	Charles Cannon	28-2
M60	Charles Jolley	37-9
	Don North	36-10.50
	Phil Nicaud	31-6
M65	Milton Brady	30-10
	Jack Haller	29-5.50
	R P Adams	29-3
M70	John Poche	32-9.50
	Ken Howard	30-5.50
	Willis Ward	28-11.50
M75	Jack Blalock	33.50
	Sam Bergeron	31-3.50
	Burt Beadle	29-10
M80	Ernie Tyler	27-1
	Ed Aucoin	23-2.50
	John Tubb	22-11
W50	L Struppeck	31-1.50
	Carol Bradford	24-9
W55	Marilyn Duval	23-11
	Fay Richard	23-5.50
W65	Thais Lacrouis	21-6
	Evelyn Taylor	21-1.50
	Louise Reynolds	19-8.50
W70	Joyce Ours	19-1
W75	Irene Bible	20-5
	Betty Waggoner	17-7
	Lois Rodgers	16-6.50
W80	Ruth Tubb	8-10.50
	Edith Jarrell	8-7.50
W85	Clara Engle	14-7
Discus		
M50	Ernest Monceaux	134-7
	Chester Guidry	123-3
	Vince Breaux	102-3
M55	Richard Stagg	117-5
	Ray Caillet	113-11
	Harold Landry	81-9
M60	Don North	117-11
	Charles Jolley	103-7
	Phil Nicaud	91-2
M65	Milton Brady	104-10
	R Paul Adams	97-8
	Roland Forman	90-1
M70	Roland Clement	104-9
	Benny Cruse	83-5
	Ken Howard	79-1
M75	Jack Blalock	86-8
	Sam Bergeron	82-8
	Burt Beadle	75-1
M80	John Tubb	67-2
	Ernie Tyler	62-5
	Ed Olsen	41-11
W50	L Struppeck	68-11
	Rosie Fournier	44
W55	Marilyn Duval	62-3
W65	Babe English	51-4
W70	M E Norckauer	50
	Jouce Ours	43-4
W75	Betty Jo Waggoner	38
	Lois Rodgers	37-2
	Mille Buchert	37
W80	Bertie Bible	24-4
	Edith Jarrell	20-2
	Ruth Tubb	17-7
W85	Marne Evans	30-5
Javelin		
M50	Sanford Suire	136
	Johnny Yates	133-1
	Herb Stein	114-1

M55	Charles Cannon	119-8
	Raymond Caillet	114-7
	Gene Waalk	105-6
M60	Don North	136-6
	Jack Theriot	131-1
	Charlie Richard	117-1
M65	Roland Forman	88-9
	R Paul Adams	82-10
	Ted Chenet	80-1
M70	Doc Barrilleaux	94
	John Poche	90-4
	Roland Clement	81
M75	Sam Bergeron	87-2
	Burt Beadle	86-5
	Jack Blalock	65-10
M80	John Tubb	60-2
	Ernie Tyle	57-9
	Ed Aucoin	47-6
W50	Lurline Struppeck	94
	Carol Bradford	65
	Nancy Costello	29
W55	Marilyn Duval	76
	Faye Richard	75-3
W60	Edie Corso	47-7
W65	Babe English	53-2
	Pat Macey	44-1
	Evelyn Taylor	35-8
W70	Joyce Ours	53-9
	M E Norckauer	53
	Elise Landry	29
W75	Betty Jo Waggoner	30-8
	Lois Rodgers	28-4
	Irene Bible	28-1
W80	Bertie Bible	24-2
	Edith Jarrell	21-4
	Ruth tubb	15-10
1500m RW		
M50	George Bourke	9:10.88
	Steve Gitz	10:47.30
M55	Wayne Ory	9:44.99
	Tom Snyder	11:46.10
M60	Bill Elrod	9:10.17
	G Dagereaux	13:17.90
M70	Ken Howard	12:01.52
M75	Cy Buchert	10:17.44
	Felix Sagana	13:16.87
M80	Houston Morgan	13:15.80
	Nick Asprodites	14:20.48
W50	Paula Craig	12:04.20
W55	Mary Jordan	10:08.55
W60	Rhea Snyder	10:06.16
	Dianne Heise	11:19.97
W65	Murdis Juneau	16:09.45
W70	M E Norckauer	11:20.00

WEST

Nevada Senior Games
Las Vegas, NV; Oct. 10-11

50m		
M40	Steve Readon	NA
M45	Dennis Wright	NA
M50	Walter Niemeyer	NA
M55	Thomas Curtis	7.21
M60	Alan Bervik	7.81
M65	Andy Anderson	7.96
M70	Howard Waite	9.24
M75	Dale Kilpatrick	9.96
M80	B Power-Waters	20.44
W50	Barbara White	10.68
W60	Dorothy Houston	9.74
W65	Celia Olson	13.35
W70	Johnnye Valien	9.58
100m		
M40	Dennis Wright	13.63
	Steve Preacher	13.64
M50	Walter Niemeyer	13.32
	Ziggy Paklet	13.44
	William Scott	13.76
M55	C McDaniel	13.19
	Curtis Thomas	13.25
	Leon Hacker	13.60
M60	Harold Tolson	12.34
	Bobbie Thomas	12.86
	Allen Brevik	13.32
M65	Andy Anderson	14.46
	Ken Cardella	14.89
	Loren Monroe	15.04
M70	Jack Joco	15.32
	Gus Salazar	15.98
	Jim Hinton	16.25
M75	Frank Lackey	17.24
	Dale Kirkpatrick	19.05
	B Power-Waters	19.05
W50	Phil Raschker	12.49
W55	Barbara White	19.86

W60	Dee Anne Janne	17.98
	Dorothy Huston	18.42
W65	Ida Ruttler	18.86
	Ceila Olson	27.92
W70	Johnnye Valien	17.81
	Marjorie Lawson	19.34
	Betty Gaudy	22.61
200m		
M40	Brent Moorhead	NM
M50	Bryan Castner	28.35
M55	Gary Cox	27.67
	Jim White	31.25
	Thomas Britting	32.74
M60	Harold Tolson	25.06
	Alan Brevik	25.95
	Bobby Thomas	26.30
M65	Andy Anderson	29.81
	Loren Monroe	31.34
	Martin Heard	31.87
M70	Gus Salazar	33.92
	Jack Joco	33.93
	Milo Sather	35.35
M75	Dale Kirkpatrick	1:13.55
M80	Donld Pellmann	38.85
W50	Phil Raschker	28.74
W65	Celia Olson	40.93
W70	Johnnye Valien	42.60
	Marjorie Lawson	54.94
	Ruthie Kasper	56.55
800m		
M50	Fred Sowerby	2:27.67
	Dennis Swick	2:44.29
	Tony Pryatel	3:40.72
M55	Joseph Lechner	2:56.06
	Wendell Wilson	NA
M60	Hans Sinkovec	2:51.66
	Spencer Parrish	3:19.68
	John Radocha	3:33.87
M65	Alfred Dubois	3:20.14
M70	Milo Sather	3:18.74
	Jim Hinton	3:42.22
M75	Luke Hinman	3:43.86
W50	Phil Raschker	3:13.69
W65	Celia Olson	4:35.21
W70	Marjorie Lawson	4:24.05
	Ruthie Kasper	4:54.51
Pole Vault		
M50	Paul Heglar	12
	Bill Isley	10
M60	Bob Bergfeldt	9-6
	Donald Gray	9-6
	John Steinman	9
M65	Phil Mulkey	9-6
	R Thompson	7
M70	Tom Maloy	6
	Al Rowland	3
M80	D Pellman	6
W50	Phil Raschker	9-6
W70	Johnnye Valien	4.25
Long Jump		
M50	Ziggy Paklet	16-6
	Billy Isley	14-5
M55	T Britting	12-5
	Al McDaniels	12
	Joseph Lechner	11-5.75
M60	Bob Bergfeldt	15-2.50
	Allen Brevik	14-7.50
	Jim Peterson	12-11.50
M65	Loren Monroe	14
	Martin Head	12
	G Twitchell	11-9.50
M70	Ken Yahiro	12-3
	Tom Maloy	11-3
	Robert Huber	8-9
M80	Don Pellman	11-2
Shot Put		
M50	Glenn Palmer	41-6.50
	James McEvoy	37-11
	G Hockaday	26-2
M55	Bert Shirk	33-9.50
M60	Paul Lissy	36-11
	Ken Pletz	36-3
	Dwaine Horton	33-6.50
M65	Philip Mulkey	41
	C Martinez	31.50
	Howard Waite	30-9.50
M70	Robert Howe	30-3
	Al Weinell	29-10.50
	Ken Yahiro	28-11
M75	B Power-Waters	27-7
	Roger Hall	23.50
	Hugh Jennings	19-5
M80	Donâld Pelman	32-7
	Vic Jones	17-8
W50	Phil Raschker	29-4
	Nancy Cornwall	26-2

Continued from previous page

M80	D Pellman	3-8
	Vic Jones	3-4
W50	Phil Raschker	4-6
W65	Barbara Brandt	3-4
W70	Johnnye Valien	3-2

High Jump

M50	Paul Hegler	5-4
	Glenn Palmer	4-10
	G Hockaday	4-4

M60	Dwaine Horton	4-10
	Jim Peterson	4-4
	John Steinman	4-4

M65	Phil Mulkey	4-6
	Gerald Peterson	3-10
	Grant Twitchell	3-10

M70	Tom Maloy	4
	Milo Sather	3-4
	Al Weinell	3-4

M80	D Pellman	3-8
	Vic Jones	3-4
W50	Phil Raschker	4-6

W65	Barbara Brandt	3-4
W70	Johnnye Valien	3-2

5K Road Race

M50	Tony Pryatel	20:16.55
	Kim Joyiens	23:10.46
	G Hockaday	24:34.80

M55	Joseph Lechner	20:11.24
	Tony Lamonte	20:38.68
	C D McCurry	22:07.59

M60	Hans Sinkovec	21:13.54
	Ken Ogden	21:17.10
	Roger Zamora	26:13.25

M65	Roy Nelson	22:45.64
	Leon Angel	24:09.36
	Jerry Dietrich	24:56.66

M70	Milo Sather	24:52.83
	Jim Hinton	26:05.98
W55	R Hatfield	29:38.57

W65	Celia Olson	33:44.68
W70	M Lawson	34:46.71

10K Road Race

M50	Tony Pryatel	53:19.9
	Richard Morgan	53:19.9

M55	C D McCurry	45:51.2
	Wendell Wilson	47:55.4

M60	Ken Ogden	44:54.3
	Roger Zamora	57:35.4

M65	Fred Greenberg	51:16.3
	Roy Nelson	55:13.2

M70	T Hodges	1:03:30.0
	Robert Huber	NA

W55	Roberta Hatfield	59:51.2
W60	Karen Keith	43:59.2

KELfield Throws Series #64**Santa Cruz, CA; Oct. 17****Shot Put**

M45	Clay Hull	35-4.25
M50	Ladislav Pataki	52-1
M70	GeeGee Toscano	23-6.50

Discus

M40	James Harness	110-2
M45	Clay Hull	106-2
M50	Ladislav Pataki	176-2

M55	Pete LaBarge	123-3
M70	GeeGee Toscano	58-5

Hammer

M45	Gary Kelmenson	125-3
M50	Ladislav Pataki	5k187-5
M60	Don Hughes	108-0

Javelin

M30	Craig Murray	126-8
M45	Clay Hull	130-1
M50	Ladislav Pataki	126-8

35# Weight

M30	Craig Murray	36-2
M45	Gary Kelmenson	43-6
M50	Ladislav Pataki	53-1

56# Weight

M30	Craig Murray	23-0
M45	Gary Kelmenson	26-5
M50	Ladislav Pataki	32-7.5

Weight Pentathlon

(HT/SP/D/T/J/W/T)		
M45	Clay Hull	3057
	(32.24/10.47/32.36/39.76/12.39)	

Great Pumpkin Throws Meet**Grass Valley, CA; Nov. 1****Hammer**

M35	Kyong Song	51.27
M40	Ken Jansson	57.20
M45	Richard Watson	38.76

Jack Morrill	25.50
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Shot Put

M40	Ken Jansson	12.91
M45	Richard Watson	10.98
M50	Clay Larson	15.83

M55	R Terhune Young	9.90
M60	Jim Hart	12.92
	Bob Humphries	11.14

M65	Tom Allison	10.89
	Discus	
M40	Andy Miller	48.51

	Ken Jansson	39.44
M55	R Terhune Young	33.07
M60	Bob Humphries	48.66

	Jim Hart	43.83
M65	Tom Allison	35.71
M70	Jack Morrill	20.58

Javelin

M40	Ken Jansson	38.11
M45	Richard Watson	49.29
M55	R Terhune Young	34.61

M60	Bob Humphries	28.17
	Jim Hart	27.31
M65	Tom Allison	31.01

M70	Kio Song	19.78
	Weight Throw (WAVA Specs)	
M40	Ken Jansson	18.08

M50	Clay Larson	14.07
M55	R Terhune Young	13.93
M60	Bob Humphries	15.82

	Jim Hart	14.07
M70	Kio Song	12.10
	Weight Pentathlon	

(HT/SP/D/T/J/W/T)		
Robert Humphries M60	M60	3850

LONG DISTANCE RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene, OR 97405. To keep information current, we generally do not publish results more than 3 months old. Results that are typed (maximum 28 spaces / 2 1/4" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

NATIONAL**USATF National Masters Championships****Twin Cities Marathon****Indy Life Circuit Race****Minneapolis/St. Paul, MN; Oct. 4****Masters Men**

1. Craig Young 42	2:21:38
2. Peter Koech 40	2:23:35
3. Gary Romesser 47	2:36:21

4. Joe Perske 42	2:36:32
5. James Hannon 40	2:37:58
6. Sammy Rotich 41	2:38:33

7. Rob Whetham 46	2:38:52
8. Brad Givot 41	2:44:07
9. Terry Stewart 45	2:45:39

10. Steve Moe 44	2:57:50
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Masters Women

1. Bev Docherty 40	2:43:24
2. Cindy Keeler 40	2:48:35
3. Kristi Larson 40	2:54:59

4. J Lasee-Johnson 41	2:56:18
5. Gerri Litzenger 42	3:08:10
6. Karen Ladig 43	3:08:17

7. Nancy Rowe 40	3:10:38
8. Jennifer Bates 41	3:11:52
9. Gloria Jansen 51	3:13:48

10. Steph Kessler 41	3:15:22
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USATF National Masters 5K**Cross-Country Championships****Rochester, NY; Oct. 11**

M40	Craig Fram	15:36
	Tom Dalton	15:50
	Bob Carroll	16:03

	Dave Weller	16:13
	John Underwood	16:22
	Gary Moore	16:33

	Charlie Andrews	16:39
	Bob Hodge	16:46
	Fred Robbins CAN	16:53

(41.06/11.14/45.40/25.18/15.82)		
Ken Jansson	M40	3788
(55.71/12.91/39.44/37.85/18.08)		
James Hart	M60	3705
(36.11/12.92/41.76/28.31/13.37)		
Rassal Terhune-Young	M55	3525
(38.25/9.90/31.01/34.61/13.39)		
Richard Watson	M45	3317
(38.43/10.98/36.47/46.67/11.35)		
Tom Allison	M65	3213
(24.06/10.30/34.12/30.48/9.63)		

NORTHWEST**Seattle Masters Hammer Trifecta****Seattle, WA; Oct. 18**

Blake Surina 39 (6k 38.02/16# 36.38/18# 28.84)	
Steve James 51 (5k 48.57/6k 43.98/16# 39.32)	

George Mathews 55 (5k 50.50/ 6k 46.55/16# 41.02)	
Ken Weinbel 71 (3k 36.24/4k 35.97/5k 31.54)	

Jim Minah 79 (3k 29.24/4k 26.16/5k 23.71)	
Leon Joslin 86 (3k 22.66/4k 21.10/5k 16.82)	

Georgia Cutler 55 (3k 29.23/ 4k 23.18/5k 19.30)	
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Shot Put

Blake Surina 16#	13.47
Ken Weinbel 4k	8.32
Leon Joslin 86 4k	*7.60

*single-age record

Alan Davis CAN	18:35
Tom Zarra	18:41
Mark Harrison	18:43

David Hoch	18:45
Bruce Campbell CAN	18:49
Dan Littlejohn	18:59

M45 Tim McMullen	16:08
Rick Hoebeke	16:47
Charlie McMullen	16:56

Roger Price	17:01
Ron Blackmore	17:14
Dave Coyne	17:25

Ken Briell	17:26
Tom Kinsman	17:35
Roger Messenger	17:38

Brian Dodge	17:43
Rob Picotte	17:45
Bill McMullen	17:49

Bill Scholl	17:53
Ric Perry	18:22
Tom Gabruk	18:41

Tim Payne CAN	18:47
Tony Plaster	18:53
Jim Boyle	19:23

Dave Bowen	19:30
Mike Reif	19:35
Larry Zygo	19:47

Mike Feligno	20:20
M50 Harry Nolan	17:23
Rich Myers	17:36

Terry Delph	17:41
Hugh Sweeney	18:18
Tom Lamme	18:21

Fred Dedrick	18:26
Greg Brooks	18:31
Doug Brown	18:56

Terry Habecker	18:57
Ed Cope	19:11
Tom Dutton	19:18

Herb Engman	19:21
Gaetan Breton CAN	19:22
Dave Young	19:40

John Nowatowski	19:49
George Zakielarz	19:54
Bob Dattola	20:22

James Miner	20:35
Tom Carr	20:36
Joe Reynolds	20:51

Ric Warner	20:58
M55 Ron Moore CAN	18:02
Pat Cosgrove	19:05

Vaidas Jurena	19:44
Dave Sek	20:17
Ken Gordon	20:30

Paul Halbert	20:44
Vince Colgan	21:00
Dave Winn	23:13

M60 Bill Spencer	19:51
Bob Milner	19:57

Gene Chase	19:59
Don Farley	20:25
Peter Hetterich	20:53

Sam Graceffo	20:56
Bill McIlwaine CAN	21:11
Fred Brazda	21:16

Frank Haviland	21:39
Kermit Cadrette	21:45
James Pascoe CAN	21:46

Dick Jarrett	22:15
John Doody	22:17
Mike McDonnell	22:56

Tom Brannon	23:19
Othmar Freyler	22:34
Ed Stabler	22:59

Gerard Magoffin	23:34
John Harwick	24:53
Roger Whalley	25:23

Ted Sullivan	25:30
M70 Jim Forshee	21:20
Howard Rubin	23:39

Richard Sullivan	24:16
Sandy Beume	25:44
John Burke	26:16

Jack O'Sullivan	26:34
Howard MacMillan	28:19
M75 Anthony Napoli	25:42

Ed Buckley	25:42
Nate White	32:11
Roger Brownlow	32:12

W40 Patti Ford	18:46
Ellen Coyne	20:33
Sue Rowley	20:38

S Kreplin-Michaels	21:47
Karen Lein	22:26
Kristen Kessler	23:19

Kristen Kessler	23:19
Karin Gogolsky	23:41
W45 Kathryn Martin	19:09

Continued from previous page

Brewery Exchange 5K
Lowell, MA; Sept. 13

Overall	
George Luke 31	14:54
Sim Piergentili	18:19
M40 Rob O'Hara	16:47
Mark Blaisdell	17:22
Jim Stronach	17:41
M45 Juan Guevara	17:48
M50 Colin McArdle	17:36
M55 Joe Drugan	19:13
M60 George Bisson	20:52
M65 Richard Babin	24:58
W40 Nancy Byrne	20:43
W45 Hanna Nedzala	22:50
W50 Kathy Howiecki	27:54
W55 Mildred Rhoades	26:55
W65 Jeanne Schlichte	30:03

MS Challenge Half-Marathon
& 5K
Washington, DC; Sept. 20

Overall	
Antonio De Barros 33	72:57
Patti Shull 40	82:49
M40 Jack Stanczak	83:54
Peter Rushford	84:32
Vernon Loeb	84:35
Gregory Price	86:33
M45 Jay J Wind	80:17
Shah Mehrabi	84:43
Alan Pemberton	85:20
Rick Poppleton	89:41
M50 Thomas Quinzio	1:35:08
Wm Scott	1:37:55
Richard Ugelow	1:39:55
M55 John Haubert	1:28:26
Warren Prunella	1:31:53
Mike Golash	1:32:42
M60 Bozia Hall Jr 60	1:34:58
Duane Baltz 60	1:45:03
Joe Fortuna 60	1:52:24
M70+Walt Washburn 75	1:56:40
Marcel Bitoun 71	2:01:45
W40 Patti Shull	82:49
Bernadette Flynn	96:41
Donna Garnett	97:26
W45 Betty Blank	1:34:18
Susan Humphries	1:37:09
Sandra Adams	1:38:22
W50 Deborah Gebhardt	1:44:57
Priscilla Prunella	1:50:35
Marg Chatterten	1:51:50
W55 Rae Baymiller 2nd	1:23:36
Janet Newburgh	1:53:53
Nancy Linck	2:01:09
W60 Tami Graf	2:00:17
Angela Craighead	2:26:19
W70+Sister Maria 74	3:41:28

--5K--	
Overall	
Eric Kweder 20	15:43
Maria Naahu 34	19:50
M40 Steve Donohue	18:08
M45 Bob Redfield	23:11
M50 Charlie Adams	19:13
M55 Dave Willingham	24:58
M60 Carl Cox 60	21:50
M70+Thaddeus Taylor	75:00:02
W40 Valerie Lewis	23:34
W45 Judy McVerry	32:04
W50 Penny Bodine	24:57
W55 Marg Eggleston	28:50

National Capital 20 Miler
& 5 Miler
Alexandria, Va; Sept. 27

Overall	
Michael Harrison 31	1:59:29
Bea Marie Altieri 31	2:14:01
M40 Jeff Kramer	2:25:54
John Hagan	2:27:28
Wm Carrington	2:29:57
M45 Mike Campbell	2:20:09
Tim Morgan	2:21:17
Mark Grummer	2:23:21
Richard Morgan	2:24:08
Rick Loughery	2:27:44
Tim Sponseller	2:28:32
M50 Ron Griswold	2:34:05
James Carman	2:49:29
Miles Haven	3:03:38
M55 Andy Buechele	2:49:58
Stuart Searles	3:09:58
M60 Charles Ross	2:44:30
Bill Fitzgerald	2:56:40
Joe Fortuna	3:05:02
M65 Don McCarten	3:16:05
M75 Walt Washburn	3:12:21
W40 Linda Sheimo	2:47:51
Pat Brennar	2:47:54

Betsy Burke	2:52:44
W45 Sandra Adams	2:37:53
Lindy Spruill	2:48:33
Toni Cruz	2:55:20
W50 Andrea Chisholm	3:20:09
Linda Willett	3:30:47
--5 Mile--	
1 Jerry Merkel 46	30:43
2 Skip Persick 36	31:02
3 Ken Shipp 50	31:15
12 Steve Ciccarelli 51	38:56
13 Ray Blue 74	42:16
14 Frank McDougald 51	43:04
1 Cath VenturaMerkel 43	33:04
2 Susanne Nearman 36	33:40
4 Cathy Wides 49	34:14
6 Stephanie Shipp 45	38:42
7 Linda Dickerman 46	41:33
12 Carolyn Hally 58	73:40

Syracuse Festival of Races
Gold's Gym 5K
Syracuse, NY; Oct. 4

Overall	
Peter Githuka 25	13:38
Christine McNamara 32	16:28
M35 Chris Ankli	15:57
Tim Murphy	16:17
Roger Janeczic	16:19
M40 Charlie Andrews	15:55
Gary Moore	16:00
Dennis Daly	17:00
Mark Rybinski	17:11
Anthony Albanese	17:14
Kevin Hanlon	17:37
Dan Littlejohn	17:48
Jack Azevedo	17:53
M45 Charles McMullen	16:07
Tom Carter	16:20
Bill McMullen	17:04
Reihold Wotawa	17:30
David Bowen	18:39
Larry Feller	18:50
M50 James Mattingly	17:20
John Plunkett	19:37
Larry Plunkett	19:38
Tom Hamlin	19:45
M55 Tony DeNiro	19:37
Paul Halbert	19:43
Roger Powers	20:55
M60 Bob Milner	19:02
Sam Graceffo	19:53
Jack Ucci	20:31
M65 Bob Brock	21:44
Richard Hueber	21:50
Fred Schlereth	24:11
M75 Ed Buckley	24:49
Nate White	30:00
M80 Charles Jorgensen	33:51
W35 Tanya Heard	19:08
Lynne Eisman	19:12
W40 Patti Ford	18:13
Patricia Smith	19:39
Carolyn Eich	20:02
Liz Besio	20:22
W45 Coreen Steinbach	20:09
Elizabeth Mastin	20:11
Virginia Verdoes	20:54
Ann Furze	23:24
W50 Karen Davies	21:22
Donna OwensWills	21:42
Ruth Ripley	23:12
Carol Martin	25:44
W55 Nancy Frisillo	21:29
Carol Rider	22:25
Linda Eberly	25:34
Yvonne Rothenberg	26:20
W60 Lenis Tucker	24:38
Rita Alles Hueber	24:48
W65 Lois Bell	25:38
Mitzi Wolf	33:38
W70 Nancy Auster	30:25
W75 Marsha Tillson	35:50

Georgetown Classic 10K
Washington, DC; Oct. 4

Overall	
Chris Fox 39	31:37
Caryn Landau 25	37:13
M40 Edward Ramos	35:55
Keryon Erickson	38:36
John Bacon	38:47
M45 Chuck Moeser	32:43
Paul Ryan	35:13
Develand Campbell	35:18
M50 William Scott	41:16
William Knowlton	41:29
James Daley	41:48
M55 Charles Raper	41:38
Roland Hill	44:22
Malcolm O'Hagen	44:28
M60 Charles Ross	42:02
Bozia Hall	42:43
Maynard Weyers	45:09
M65 George Yannakakis	43:34

Donald McCarten	50:42
Donald Butler	54:37
M70 Dixon Hemphill	48:33
Bill Osburn	52:31
Marcel Bitoun	52:53
M75 Walt Washburn	55:32
W40 Bernadette Flynn	42:36
Pauline Knapp	43:03
Ofelia Perotti	44:44
W45 Sharlene Leclerc	45:30
Patrice Wolff	49:00
Elizabeth Sadoff	51:31
W50 Deborah Gebhardt	47:28
Mary Lynne Hays	48:50
Penny Bodine	50:30
W55 Katherine Sandler	56:15
Patricia Yanosek	58:02
Bobbi Tucker	59:35

USATF New England
Championships
Ro-Jack's 5-Mile Run
Attleboro, MA; Oct. 4

Overall	
Simon Rono	22:20
Cath Ndereba	25:17
M40 Craig Fram	24:32
John Barbour	25:02
Scott Brown	25:48
M45 Ed Zarenski	26:42
M50 Lalry Olsen	26:33
John Boyle	27:51
Jack Fultz	27:52
M55 Doug MacGregor	28:40
M60 Eddie Fromm	29:42
Jim Daley	29:45
Bill Riley	29:46
M65 Don Ross	35:35
Ray Lussier	37:14
M70 Doug Blanchard	38:25
W40 Mary Lammi	29:52
Marge Bellisle	30:52
Sidney Letendre	31:04
Karen Boen	31:19
Lesley Keene	31:42
W45 Pat Robinson	32:00
W50 Sue Gustafson	31:46
Patty Foltz	32:27
Mary Ryczek	34:13
Diane McLaughlin	34:32
Catherine Farrell	34:49
W60 Elsa Murphy	42:38
Barbara Belanger	42:39
Mary Lou DuBeau	43:21

Teams	
M40 Cent MA Str(5)	2:09:43
M50 Cambr Spts Un(3)	2:26:50
M60 Rhode Is RR(3)	1:33:02
W40 Cent MA Str(3)	1:31:48
W50 Cent MA Str(3)	1:52:21

Army Ten Miler
Washington, DC; Oct. 11

Overall	
Dan Browne 23	48:52
Alisa Harvey 33	58:56
W40 Steve Fader	55:19
Steven O'Connell	55:22
George Buckeit	55:35
Mark Carper	55:39
Mike Barnes	56:10
Jay Woods	56:13
M45 Chuck Moeser	53:14
Bob Dalton	54:27
Develand Campbell	57:24
Jay Wind	59:33
Scott Sanders	60:01
M50 Pat Griffith	61:49
Paul Zink	62:20
Jose Yanez	63:13
Peter Rodenbaugh	65:09
David Lowe	65:33
M55 Calvin Loomis	64:42
John Haubert	65:14
Mike Golash	67:00
Cal Fowler	67:22
Fred Carlson	67:33
M60 Charles Ross	69:05
Jimmy Ross	74:24
Courtney Riordan	76:14
Richard Williams	77:06
M65 Jerry Lewis	74:50
Gresh Downs	79:10
Epifanio Agosto	81:21
Kun Sik Pak	81:39
M70 Dixon Hemphill	77:48
Nianxiang Xie	80:17
Ray Blue	86:46
Marcel Bitoun	88:17
M75 Walt Washburn	84:45
Frank Pierce	97:46

Lukie Orvin	98:14
Hubert Morgan	99:04
M80 Fay Steele	1:47:49
W35 Donna MooreEliot	60:32
Martha Merz	61:29
Bridget Collins	61:55
W40 Patti Shull	60:10
Cathy VenturaMerkel	66:59
Joyce Adams	69:21
W45 Susan Humphries	68:20
Sandra Adams	72:14
Linda Mills	72:43
W50 Linda Tice	77:10
Ester Buchser	80:24
Laura Cantrell	81:24
Barbara Pomales	81:25
W55 Amelia Wallace	74:08
Eleanor Clift	79:26
Helen Perron	83:09
W60 Jeanett Chambers	1:34:09
Vivian Otteman	1:44:47
W65 Doralie Segal	1:29:35
Marge Stahl	2:14:54
W75 Louise Chubb	2:10:23
Phyllis Edwards	2:22:07

Tufts Health Plan 10K
For Women
Boston, MA; Oct. 12

Overall	
Libbie Hickman	31:57
W40 Ruth Wysocki	35:17
Diane Legare	36:38
Gillian Horowitz	36:53
Mary Lammi	37:03
J Benoit-Samuelson	38:17
W50 Patty Foltz	40:24
Mary Ryczek	42:24
Louise Boland	42:54
Joan Levin	44:48
B Boomhower	46:01
W60 Ellen Clark	54:34
Maggie Solomon	54:34
Shirley Foley	55:54
Mary Harada	57:28
Margaret O'Hara	57:36

Oyster Festival 5K
Oyster Bay, NY; Oct. 17

Overall	
Rudy Daemphle 35	17:12
Donna McMahon 28	18:17
M40 John Del Maestro	17:24
Bill McDermott	17:58
Peter Breen	18:50
M45 John Lupski	18:09
John Poemmerl	20:20
Patrick Viola	20:45
M50 Kieran Kelly	17:52
Philip Roth	19:47
Leo Pfeiffer	20:18
M55 Seth Kaminsky	19:42
Jim Ferrigina	19:59
Dan Badalament	20:09
Mike Service	20:11
M60 Joe Cordero	19:40
Domenick Potenza	23:03
Antonio Blanco	24:06
M65 Jim Scovel	22:48
Guy Froehling	23:40
Alan Druckman	28:33
M70 Bert Jablon	24:56
John Niesen	30:20
M75+Sab Koide 75	26:27
Bill Benson 79	30:27
W35 Doreen Isenberg	19:32
W40 Pat Charity	22:19
MaryEllen Stajk	22:37
Sheila Dauscher	23:33
W45 Kathy Martin	18:54
Jane McGraw	22:54
Mindy Herman	23:48
W50 Eliz Penagos	24:00
Sherry Bellovin	27:58
Rosalind Kaplan	29:15
W55 Dorothea Marcus	25:20
Karen Potenza	37:45
W60 Maryann Castaldo	31:30
Luciana Niedermuler	33:01
W65 Gwen Fox	37:17

Mohawk Hudson River Marathon
Schenectady-Albany, NY; Oct. 18

M40 David Apolinario	2:49:10
Rudy Afanador	2:56:17
Jim Lofthouse	2:59:29
M45 Robert Somerville	2:58:05
Ed Sandifer	2:58:33
Bruce Bush	3:00:13
M50 Clyde Hess	3:03:49
Darryl Ferguson	3:10:29
Claude Letourneau	3:19:10
M55 Jose Mendez	3:18:54

Jim Moore	3:21:26
Roger Goulet	3:28:59
M60 Dick Green	3:32:12
G C Mangano	3:51:10
John Waterman	3:54:21
M65 Ben Burd	4:03:16
Jay Sturdevant	4:30:11
James Dugan	4:30:43
M70 Konstantin Chaks	4:50:05
W40 Maggie Philbrick	3:27:35
Susan Rodocanachi	3:33:07
Anne Houser	3:36:28
W45 Char Davidson	3:39:23
Kathy Fagan	3:48:00
Chary Griffin	4:01:12
W50 Karen Davies	3:38:31
Mia Overduin	3:42:56
Margaret Weller	4:00:58
W55 Sara Herz	4:14:18
Carmen Johnston	4:54:04
Saranne Taylor	4:58:55

New York City Marathon
Nov. 1

Overall	
John Kagwe 29	2:08:45
Franca Fiacconi 33	2:25:17
M40	
Martin Mondragon	MEX2:18:16
Dominic Chauveler	FRA2:22:24
Dick Hooper	IRE2:22:46
Jim Hage	MD 2:25:50
Budd Coates	PA 2:28:27
Christian Wolfsbrg	DEN2:29:24
Fiorenzo Romeri	ITA2:31:39
Miro Vogric	SLO2:31:39
Patxi Sanchez	ESP2:31:56
Alan Ruben	NY 2:32:48
Joerg Bunert	GER2:33:45
Mohsen Mechichi	NY 2:36:20
Luc Waegeman	BEL2:36:44
Walter Dupont	NY 2:37:07
Pablo Camarero	ESP2:37:23
Victor Belmar	CHI2:37:43
Gary Moore	NY 2:37:59
M45	
Patrick Leve	FRA2:31:42
R Brand'Honneur	FRA2:38:17
Michael Rowe	TX 2:38:36
Philippe Fuchs	FRA2:39:36
Remo Staffici	ITA2:40:04
Tom Powers	NY 2:41:40
Denis Dupoirieux	FRA2:43:09
A P Alvarez	ESP2:44:31
Jesus Azkarate	ESP2:45:19
Daniel Boul	FRA2:45:23
M50	
Jose Picazo	FRA2:37:19
Grazietto Soro	ITA2:38:54
Jean Castagnet	FRA2:39:56
Didier Renard	FRA2:44:04
Bernard Guelfi	FRA2:44:24
Caleb Torres	NY 2:45:16
James Bell	GBR2:45:35
ArmandMandarsu	ITA2:49:55
M55	
Walter Koch	GER2:39:09
Geo Ballandras	FRA2:45:05
Antonio Ledesma	ESP2:52:08
Peter Goreham	GBR2:59:19
Dieter Nau	GER2:59:29
Deowdat Samuel	NY 3:00:42
M60	
Pier Gritti	ITA2:45:11
Manuel Rosales	POL2:50:05
Andrzej Jabtowski	ESP2:59:05
Manred Ritter	LIE3:00:10
M65	
Don Schildhaus	NY 3:16:13
Chuck Sendras	NY 3:20:44
M70	
F Porcheddu	ITA3:16:45
M75	
Sab Koide	NY 4:45:36
M80-89	
HeinrichBluemchn	GER5:07:32
M90-99	
Sam Gadless	FL 8:26:00
W40	
JoanBenoitSamuelson	ME 2:41:06
Antonella Biolioli	ITA2:46:30
Gillian Horovitz	NY 2:46:36
Maria Gomes	BRA2:53:34
Jane Boulton	GBR2:58:57
W45	
Bernie Portenski	NZL3:02:01
KerimanGunaydin	NY 3:13:38
Sandra Powers	NY 3:14:00
W50	
Lucette Fiolet	FRA3:13:12
Eliz Rybert	SC 3:22:01
Marie Theron	FRA3:26:03

Continued from previous page

Susan Webb	78:25
W45 Hetty Hoyt	70:53
Sarah Bartlett	77:35
Sally Carter	83:41
Susan Hill	91:52
W50 Cris Sterling	76:48
Nancy Pengelly	79:33
Connie Friend	83:04
Barbara Ivey	84:13
Gail McCaslin	86:45
W55 Janice Hicks	88:05
Mary Thompson	89:21
Charlene Magee	95:50
W60 Susie Klutz	78:17
Alice Wilson	1:53:07
W65+Lynn Edwards	1:55:35
Louise Martin	2:18:25

Partnership For Health 5K New Smyrna Beach, FL; Oct. 17

Overall	
Kayle Fisher M28	17:37
Nnenna Lynch W27	17:00
M40 Dan Gutierrez	20:08
Dennis Handly	20:39
Larry Schicho	22:33
M45 Ray Franklin	20:51
Mark Lennon	20:54
Randy Nowell	21:26
M50 Tom Hoffman	20:12
Grady Cash	21:55
Allen Adams	23:24
M55 Douglas Shear	20:00
Gary Bell	21:36
Pat Zier	21:48
M60 Jerry Lardinois	22:16
Henry Campbell	25:05
M65 Don Nygaard	23:55
Jack Wellman	24:39
M70 Moreland Perkins	28:58
M75 Geo Felzer	42:02
Gordon Smitherman	42:03
W40 Kitty Sokoll	20:01
Sheila Haire	20:38
Deborah Freeland	22:49
W45 Linda Kline	24:53
Teri Barbato	24:56
Susan Hill	28:11
W50 Judy Geisler	27:26
Pat Beidelshies	27:54
W55 Lorraine Geiger	40:21
W65 Ruth Orem	31:42
W70 Pepper Davis	32:27

Southtrust 10 Mile St. Petersburg, FL; Oct. 17

Overall	
Simon Rono 26	47:20
Catherine Ndereba 26	52:25
M40 Paul Pilkington	49:34
John Tuttle	50:10
Andrei Kuznetsov	50:27
Jim Hage	52:39
Dan Lawson	54:18
Michael Bressi	54:40
John Taylor	55:49
Donald Landin	56:30
Thomas Mather	57:08
Jeff Myers	58:39
M45 Royston Dillon	1:00:00
Bob Fernee	1:05:12
Terry Lueders	1:06:34
Louis Molina	1:07:37
Mark Dunsmore	1:09:06
Steve Reed	1:10:00
Ricky Howe	1:10:00
Don Aitken	1:10:41
John Wood	1:10:43
Frank Spicer	1:12:15
M50 Bill Rodgers	56:21
Bob Schlaw	58:24
Randy Mendat	1:04:02
David Lawson	1:05:12
Kent Oglesby	1:05:16
Roger Sweeney	1:07:42
Bill Gallant	1:08:54
Jim Malone	1:09:30
Jack Eads	1:09:40
Michael Ward	1:10:30
M55 Duncan Cameron	1:12:28
Mike Barber	1:13:53
Ronald Trapp	1:18:14
Daniel Gamble	1:19:14
Bob Moorehead	1:19:41
Dick Caldwell	1:19:44
Ralph Ward	1:22:24
Robert Young	1:23:03
David Stewart	1:24:51
Robert Bressner	1:25:49
M60 Donald Ardell	1:02:09
Roger Rouiller	1:02:17
Jerry McGath	1:05:43
Jim Larson	1:09:00
Michael Hayney	1:11:10

Luis Varga	1:12:20
Samuel Starrett	1:14:09
Pierce Powers	1:19:16
Robert Palsha	1:19:36
Steve Smith	1:20:49
M65 Al Treichel	1:13:29
John McGowan	1:17:52
Tom Depenbrock	1:19:23
Pat Fitzgerald	1:22:57
Franklin Vanaken	1:28:38
M70 Emery Jewell	1:20:36
Mike Blandford	1:33:59
Frank Guerro	1:47:13
John Malley	1:59:05
M75 Bart Ross	1:31:54
Carl Hammen	1:33:36
Charles Lasley	1:41:46
M80 Gordon Johnson	1:34:55
James Ward	1:54:07
Jack Parr	2:19:31
W40 Tat Pozdnyakova	55:47
Patty Valadka	1:00:06
Cindy Keeler	1:02:35
Nancy Stewart	1:05:13
Mary Hanlon	1:06:52
Ricky Howe	1:10:00
Candace Lester	1:13:37
Denise Skinner	1:13:47
Carol Brannan	1:14:42
Kathy King-Truitt	1:16:13
W45 Kathy Gruber	1:15:08
Linda Mason	1:15:23
Karen Alexeev	1:17:26
Peg Elmer	1:17:32
Chach Lockhart	1:18:57
Sara Applebaum	1:20:00
Kay Garrison	1:20:28
Nancy Carmichael	1:21:36
Barb Cote	1:23:08
Lynn Gray	1:23:48
W50 Esther Gay	1:19:13
Gretchen Hollander	1:20:49
Patricia Cohen	1:21:28
Kathleen Newman	1:26:08
Wanda Roberts	1:27:28
Sandra Rodolf	1:28:19
W55 Caro Meadowcroft	1:19:15
Annette Frisch	1:26:56
Linda Crismond	1:35:54
Cathy Dehaan	1:37:25
JoAnn Daacon	1:39:15
W60 Joyce Hodges-Hite	1:35:57
Cheyney Geren	1:43:57
Dixie Zacherl	1:47:08
Sandy Depenbrock	1:58:04
Nancy Gibbons	2:03:36

William and Mary Homecoming 5K Williamsburg, VA; Oct. 24

Overall	
Alex Gibby 24	15:26
Megan Ratermann 29	18:27
M35 Ned Berg	17:34
M40 Kim Boling	17:42
M45 Rick Platt	16:50
M50 Robert Wilson	20:11
M55 Bob Spencer	20:38
M60 John Essery	21:21
M65 Wallace Stubbs	22:55
M70+Andrew Polansky7023:13	
W35 Ginny Reed	20:33
W40 Sheri Segal	19:12
W45 Eileen Hungerman	20:00
W50 Sandra Turlington	25:48
W55 Joan Coven	23:25
W60+Nancy Patron 62	25:34

Coast Guard Semper Paratus 10K Yorktown, VA; Oct. 31

Overall	
Robert Hinkle 34	32:48
Valerie Plyter 39	38:28
M35 Kelvin Anderson	35:15
M40 Kim Boling	36:19
M45 Rick Platt	34:40
M50 Steve Tyndall	39:47
M55 Robert Wright	39:59
M60 Bob Ferguson	45:02
M65 Tom Ray	41:15
M70+Andrew Polansky7045:07	
W40 Sheri Segal	40:04
W45 Franki Pivarnik	44:52
W50 Barbara Ivey	47:15
W55 Joan Coven	48:13
W60+Nancy Patron 62	58:03

MIDWEST

Air Force Marathon Wright-Patterson AFB, OH; Sept. 19

Overall	
Andrew Herr 33	2:27:41
Heidi McKenna 31	3:17:02

M40 Robert Yara	2:36:13
Steve Bremner	2:45:20
William Gregory	2:54:37
M45 Ray Workman	2:55:00
Charles Locke	2:58:53
Jaime Arizmendi	3:10:17
M50 Tom Dixon	3:09:55
Hugh Barnhill	3:13:30
Larry Snider	3:14:12
M55 Clifton Turner	3:19:38
Robert Collins	3:27:28
Don Tarasiewicz	3:32:08
M60 Ray Ramon	3:45:11
Dick Green	3:48:10
Don Andree	4:02:43
M65 James Duval	4:25:41
Ray Wylam	4:46:17
Joseph Matteson	5:26:49
M70 Matt Norris	3:43:54
Joe Schwaiger	4:44:58
Joe Petrolino	5:14:32
M75 Don McNelly	7:30:31
W40 Pam Tegtmeyer	3:30:16
Janet Suttmiller	3:38:11
Andie DunbarSmith	3:41:24
W45 Pam Berry-Griffis	3:44:02
Marsha Kwolek	3:49:12
Lynda Breen	3:51:44
W50 Janice Kreuz	3:19:36
Micki Stamps	4:45:03
Phyllis Brown	4:45:59
W55 Bonnie McElwee	3:54:00
Janice Hicks	4:16:55
Beatrice Downey	4:45:10
W60 Pat Darling	4:44:48
Dolores Connolly	6:09:40
Ruth Casey	7:28:17
W65 Billie Stacy	4:56:16

Dayton River Corridor Half- Marathon & 5K Dayton, OH; Oct. 11

Overall	
Thomas Stickel	68:42
Kelly Keeler	76:59
M40 Lou Milliron	71:35
Arthur Kitz	74:52
Jeff Shields	76:53
John Gray	77:40
Bill Whaley	79:24
Greg Gabriel	80:07
Dave Lapalombara	81:16
Vic Thompson	81:24
Ken Kovacs	81:26
Mike Burkhardt	81:29
M45 Johan De Jong	83:45
Terry Irwin	84:30
Gary Cohee	84:56
Kim Rogers	85:19
Ron Koogler	85:29
Glenn Bowen	86:44
John Gee	87:43
Richard Barton	88:26
Danny Losekamp	88:41
Denny Morrison	88:58
M50 Bill Rodgers	72:05
Peter Wayne	76:36
Rich Davis	80:51
Peter Disalva	82:47
Chris Thieke	85:00
Hugh Barnhill	85:54
Glenn Gailey	85:57
Delmar Scowden	86:49
Jim Devanney	88:03
Tom Rau	92:42
M55 James Bishop	82:26
James Siefing	86:07
Bill Zehner	87:56
Bob Collins	95:14
Don Tarasiewicz	95:18
John Koerner	95:32
Dan Cook	95:58
Norm Sawdey	96:27
M60 John Norris	1:34:57
Bob Schlosser	1:38:20
Jack Nash	1:39:12
Richard Albaugh	1:42:06
Richard Weidner	1:42:12
Don Miller	1:42:58
M65 Don Hammond	1:40:16
Bill Workman	1:50:27
Peter Vivali	1:54:12
Ray Wylam	1:55:18
Mel Sebright	1:55:54
M70 Mike Fremont	1:54:43
Roland Anspach	2:00:22
Joe Schwaiger	2:01:12
Bill Whitesell	2:04:41
W40 Janie Wilson	1:28:25
Margaret Drew	1:32:20
Renee Steele	1:44:14
Kathy Pruden	1:46:48
Mindy Patrick	1:46:56
Pat Mueller	1:50:11
W45 Sherry Hyden	1:32:54

PamBerryGriffis	1:47:14
Debbie Levalley	1:49:14
Kristine Cuprys	1:50:08
Vicki Hughes	1:51:20
Bobbie Tilt	1:52:10
W50 Pamela Lovell	1:49:44
Betty Warwick	1:52:57
Sandy Creekmur	1:57:39
Phyllis Brown	1:58:17
W55 Jean Fry	1:50:03
Marie Wolff	1:57:53
Miltzi Henscheid	1:59:18
W60 Pat Darling	1:56:17
Ann Briggs	2:03:17
Marion Brown	2:20:43
--Age-Graded 5K--	
Name	Age Time A-G%
Jack Lintz	46 16:55 83.3
WayneDoehman53	18:00 82.7
Bob Schul	61 19:22 82.6
David Stewart	56 18:49 81.1
Allen Byrum	50 18:03 80.5
JoeKlinknberger54	18:46 80.0
Don Gamie	67 21:28 79.2
Joe Raskay	57 19:44 78.1
Ken Spitzig	41 17:38 77.0
Ron Argabright	56 19:55 76.7
Kip Kinn	39 17:32 76.4
Steve Savage	17 17:26 76.1
Mike Frantz	53 19:58 74.6
Dave McAllister	60 21:43 72.9
Alan Johnson	48 19:46 72.4

Indianapolis Marathon, Half- Marathon, 5K, 5K Racewalk, & USATF North Region 5K Racewalk Championships, Indianapolis, IN; Oct. 16

Overall	
John Caie 32	2:32:08
Patrice Carroll 26	3:02:06
M40 Ed Deiwert 3rd	2:36:07
Terry Fletcher	2:48:19
Randall Stephens	2:53:04
Bob Copeland	2:55:54
John Rivard	3:05:11
M45 Tom Soliday	3:08:57
Doug Newton	3:12:54
Bruce Walker	3:16:14
Tom Yoder	3:17:37
M50 Mike Ryba	3:00:53
Wm Williams	3:11:12
Don Meisberger	3:31:18
Ed Reid	3:31:37
M55 Jim Simpson	3:42:18
Darrel Crouter	3:45:56
Tom Felger	3:56:27
M60 Ed Lang	3:35:50
Larry Misner	4:10:45
M65 Tom Hathaway	3:31:18
Hilary Lenze	3:36:23
M70 Harrison Smith	4:11:12
Julie Comfort	3:19:44
Terri Combs	3:24:54
Mary Snodgrass	3:31:40
W45 Linda Branstetter	3:14:45
Janet Cole	3:55:23
Patsy Needham	3:57:45
W50 Shirley Siros	4:52:21
B A Laubenthal	4:57:07
W60 Martha Moore	5:43:09

--Half-Marathon--	
Overall	
Chris Toepfer 35	72:50
Susan Cline 38	86:42
M40 Alan Bell	79:40
Brad Odom	79:47
David Sylvester	84:36
Ross Christoph	85:15
Chris Farrell	85:37
M45 Bill Baker	79:09
Johnie Hamilton	84:45
Ken Greenwell	85:08
Mike Bradford	89:49
M50 Larry Varchetti	1:33:26
Melvin White	1:37:16
Lambert Deckers	1:38:27
M55 Bob Mitchell	1:37:52
Dewey Spence	1:42:14
E L Bennett	1:49:25
M60 Jim Kirkwood	1:44:26
John Laker	1:53:32
M65 Ted Hartshorn	1:51:47
M70 Fred Dietz	1:58:10
Gerald Arffa	2:18:33
W40 Jean Lampert	1:27:42
Cindy Murray	1:38:38
Linda Allen	1:39:56
Kim Lowther	1:44:51
W45 Patty Rose	1:37:51
Betty Wolf	1:42:12
Ellen Chrapla	1:47:17
Sandy Bosley	1:48:15
W50 Ruth Ross	1:48:06

Anne Boleman	1:53:25
Joan Bynagle	2:00:27
W55 Susan Rossetter	1:49:26
Wilma Lang	1:50:40
Pat Miller	1:59:01
W60 Mary Williams	1:44:53
Rena Brown	2:10:26
W65 Marge Ferris	1:58:35
--5K--	
Overall	
Brad Bernhardt 19	16:29
Amanda Holzhausen 24	21:07
M40 Steve Greathouse	18:21
Steve Holzinger	21:28
M45 Robert Stills	22:05
Phil Masten	25:08
M50 Steve Dearing	20:38
John Burton	21:09
M55 Eugene Spiess	31:27
M60 Ken Long	27:46
M70 Billy Sedam	24:31
W40 Marilyn Davis	27:21
Vickie Atherton	30:06
W45 Cheryl Sullivan	29:47
Nancy Petrick	30:19
W50 Cathy Faires	24:37
Joanne Palmer	29:19
W55 Marj Crago	29:17
--5K Racewalk--	
Overall	
Cheryl Rellinger 32	24:32
Robin Michael M49	37:39
M40 Tom Engler	47:30
M45 Robin Michael	37:39
Rusty Miller	37:40
M55 John Bowen	47:20
M60 John Lowther	42:39
W40 Vicki Hulsman	39:37
Deborah Persic	42:32
W45 Millicent Sherron	34:43
Susan Rusnak	38:29
W50 Jonna Isaacs	39:15
Jackie Quarto	39:38
W55 Judy Bowen	47:20
W60 Thelma Feye	43:06
W65 Renee Moon	50:10
--North Region 5K RW--	
Overall	
Dave McGovern 33	21:32
Tish Roberts 49	27:26
M40+	
5 Bill Reed 46	25:43
7 Max Walker 52	26:05
8 Lou Held III 44	26:51
W40+	
13 Jackie Reitz 50	28:44
15 Eliz Meadows 42	29:29
17 Dorothy Withem 56	30:44

Continued from previous page

MID-AMERICA**MRDA Victory 10K & 5K
Minneapolis, MN; Sept. 7**

Overall	
Joey Keillor 24	31:13
Deb Gormley 32	35:32
M35 Charles Hubbard	31:15
M40 Tom Pletcher	31:55
Dennis Henseler	33:43
M45 Dan Morse	34:09
Mike Seaman	35:10
M50 Robert Behrens	36:41
Mike Mueres	37:32
M55 Jared Mondry	37:13
Norm Purrington	37:25
M60 Thom Weddle	37:11
Nick Rogers	37:42

**City Of Lakes 25
Minneapolis, MN; Sept. 13**

Overall	
Sean Mulheron 29	83:32
Marie Boyd 38	94:30
M40 Tom Pletcher	88:49
Bradley Givot	92:07
Dennis Henseler	92:50
M45 Rob Whetham	89:23
Doug Suker	94:58
Jack Ankrum	97:39
M50 Robert Behrens	1:39:55
Bruce Mortenson	1:43:58
Bob Dahl	1:46:15
M55 Jared Mondry	1:40:58
Andy Deters	1:45:43
Doug Saari	1:46:16
M60 Thom Weddle	1:48:36
Jim Wikes	1:52:06
M65 Greg Prom	1:57:28
Roger Hauge	2:43:18
M70 Harold Hubbard	1:58:52
Bill Galbrecht	2:16:18
W40 Bev Docherty	1:35:46
Kristi Larson	1:44:27
Nancy Rowe	1:49:31
W45 Julie Virkus	1:51:19
Karen Imhoff	1:56:25
W50 Gloria Jansen	1:49:47
Mary Hiatt	2:00:01
W55 Judy Cronen	2:10:10
W60 Mae Horns	2:35:33
W65 Diane Goulett	2:52:23
W70 MaryLou Carlson	3:32:53

**Wichita Half-Marathon
Wichita, KS; Sept. 20**

Overall	
Wayne Strohman	1:11:16
Marla Rhoden	1:31:16
M40 Steve Riley	1:19:03
Tony Estes	1:23:01
Jim Gifford	1:27:03
M45 Brad Rhoden	1:30:28
Herb Van Dyke	1:33:44
David Bryan	1:35:10
M50 Larry McKee	1:31:46
Paul Shimon	1:32:33
John Osborne	1:35:38
M55 W. Van Andel	1:41:27
John Bezinque	1:41:52
R. Ellsworth	1:44:42
M60 Charles Doze	1:40:21
Gerald Laprade	2:11:35
M65 Paul Heitzman	1:30:20
Dick Wilson	1:35:07
W40 Marla Rhoden	1:31:16
Vicki Luebbbers	1:36:52
Mari Mohr	1:41:35
W45 Barb Holzman	1:38:07
Sharon Lehman	1:42:56
Marcia Shaffer	1:47:59
W50 Vera Burton	1:47:25
Susan Fischer	2:06:54
Helen Beckham	2:30:16

**St. Eugene Vineyard Run 5K
Oklahoma City, OK; Oct. 17**

Overall	
Taylor Miles 16	18:02
Monique Blagowsky 34	21:22
M40 William Turner	20:21
M45 Mike Allen	19:13
M50 Gary Quick	21:42
M55 David Taylor	22:17
M60 Richard Price	25:41
M65 Bobby Alsobrook	36:04
M70 Lowell Green	31:25
W40 Debbie Smith	26:04
W45 Sandra Hanson	22:46
W50 Peggy Demeyer	28:05
W55 Judy Eason	37:40
W60 Kathy Moffitt	27:43
W65 Kay Morrison	32:47

**Rib Run Half-Marathon
Kansas City, MO; Nov. 1**

Overall	
Douglas Wakihuri 35	64:58
Lynn Fitzsimmons	75:44
M40 Pat Walsh	80:12
M45 Dmitri Voldman	79:40
M50 James Hootman	85:24
M55 Richard Wootton	91:16
M60 Peter Stauffacher	97:13
M65 Kent Mitchell	1:44:38
M70 Warren Lugenbeel	1:53:33
M75+Jerry Morrison	2:17:48
W40 Kathy Johnson	90:14
W45 Marcia Dowling	90:42
W50 Suzi Kilbride	1:40:53
W55 Judy Harmony	1:45:43
W60 Ann Nelson	2:13:23
W70 Mary Otte	2:43:41

SOUTHWEST**Race For The Cure 5K
Tulsa, OK; Sept. 13**

Overall	
John Cross 26	18:12
Marjorie McFarland 30	19:15
W35 Julie Thomas	19:53
Denise Smart	20:39
Kimberly Burnett	21:02
W40 Rosanne Meyer	19:23
Diana Quinlan	21:36
Mary Doyle	22:26
W45 Donna Spencer	20:04
Barbara Luciano	20:07
Yoko Pepera	23:25
W50 Grace McCoy	24:02
Michele Donahue	25:04
Sharon Corey-Wing	26:54
W55 Lydia Borges	22:24
Judy Bomer	25:02
Eva Welch	29:11
W60 Dru Young	25:52
Jonnie Nelson	29:50
W65 Joan Whitmire	30:43
Marilyn Thompson	32:43
W70 Virginia Bolton	63:49
Almeda Pfeleger	64:14
M35 Tom Lam	17:56
M40 Mike Willmering	17:25
M45 Larry Kruka	19:21
M50 Mike Beda	19:16
M55 Roger Siemens	21:13
M60 Robert Williams	21:47
M65 Steve Blanchard	20:34
M70 Laddie Ondracek	24:47
M75+O R Waltzer 76	30:28
Robert Bolton 76	63:53

Finishers: 523m/1112w

M65 Greg Prom	42:46
M70 Harold Hubbard	43:58
M75 Lloyd Young	47:00
W35 Debbie Leyden	35:50
W40 Brett-Eliz Schulze	35:46
Kristi Larson	37:51
W45 Marcy Giles	39:32
Barbara Leininger	42:38
W50 Mary Hiatt	43:26
W55 Judy Cronen	45:00
W60 Mae Horns	53:13
W65 Carol Sankey	50:18
W70 MaryLou Carlsen	71:06
W75 Ellen McCoy	58:34

--5K--

Overall	
Todd Sperling 38	15:22
Kari Campbell 35	18:48
M40 Kevin Peterson	15:39
M45 Jeff Bullard	17:17
M50 Keith Palmer	18:10
M55 John Brown	19:26
M60 Thom Weddle	18:35
M65 Rogers Anderson	23:01
M70 Rich Stromme	27:07
W40 Lauren Fifthian	20:19
W45 Maggie Hood	22:44
W50 Nita Saulon	25:25
W55 Suzanne Hedstrom	29:59
W75 Betty Haleen	38:24

**Route 66/United Way 5K
Tulsa, OK; Sept. 19**

Overall	
Derek Tate 18	15:57
Donna Spencer 46	19:51
M35 Tom Lam	17:33
M40 Steve Jennings	17:20
M45 Peter Mayo	19:47
M50 N R Parker	19:42
M55 Charles Bertalot	20:34
M60 Bob Adkins	21:52
M65 Ray Greene	33:18
M70 Mike Waller	24:03
W35 Denise Smart	20:55

W40 Mary Doyle	22:44
W50 Brenda Nowlin	27:15
W55 Lydia Borges	22:07
W60 Loyce Oxley	32:31
W65 Betty Turner	31:15

WEST**Humboldt Redwoods
Half-Marathon
Weott, CA; Oct. 18**

Overall	
Nick Bingham 27	1:08:59
Katy Sping 24	1:18:23
M40 Tim Minor	1:09:13
Tim O'Rourke	1:13:42
J Herbrechtsmeier	1:14:56
M45 Don Paul	1:15:24
Les Ong	1:16:29
Sylvester Franklin	1:17:29
M50 Michael Dove	1:16:35
Dwight Cornwell	1:17:31
Bill Dunn	1:17:39
M55 Jon Macpherson	1:22:08
Ian Reid	1:24:56
Ken Young	1:27:55
M60 Karl Gripenburg	1:24:31
Gard Leighton	1:29:37
Jim Bevins	1:35:10
M65 Carl Ellsworth	1:36:51
Martin Hyman	1:47:26
Ed Reyna	1:49:42
M70 Bill Stowell	1:43:06
Jim Ray	1:52:08
Wallace Rapozo	2:33:58
M75 Stan Demartinis	1:58:16
Delbert Wichelman	2:15:51
M80 Art De Leon	3:15:25
W40 Diana Fitzpatrick	1:19:44
T Adams-Schmidt	1:21:44
Sara Freitas	1:23:54
W45 Dee Dee Grafius	1:28:53
Sue Francis	1:29:04
Joann Dahlkoetter	1:33:25
W50 Wendy Watson	1:37:47
Jessie Stratton	1:39:50
Cyni Calvin	1:43:25
W55 Shirley Matson	1:28:05
Marge Dunlap	1:42:38
Louise Walters	1:43:10
W60 Chio Shingu	2:03:28
Dina Fields	2:07:19
Joanne Kambur	2:07:52
W65 Myra Rhodes	1:46:27
Mary Welz	2:06:37
Ruth Anne Bortz	2:11:31
W70 Peggy Hansen	2:13:51
Po Adams	2:42:22
Liese Rapozo	2:48:17

**Arturo Barrios Invitational 10K
Chula Vista, CA; Oct. 18**

Overall	
Hezron Otwor 22	28:30
Jane Omoro 27	32:33
M40 Steve Scott	30:30
John Araujo	34:36
Kurt Madden	36:35
M50 Hal Goforth 54	36:16
M60 Warren Osborn 64	43:19
M70+Patric Deine 70	45:58
W40 Liz Baker	37:09
Jacqueline Gareau	37:21
Marcella Teran	39:03
W50 Joni Shirley 51	42:31
W60 R Zambrano 66	56:08
W70+ Mary Storey 74	59:58

CANADA**Ontario Masters Half-Marathon
Championships
Toronto; Sept. 27**

W35 Elizabeth Carmichael	1:19:40
Lois Medal	1:24:47
Laura Konantz	1:25:17
W40 Patricia Stevenson	1:27:11
Jennifer MacDonell	1:28:30
Glenda Morris	1:28:33
W45 Pam Bulgin	1:31:51
Colleen Stewart	1:33:01
Yvonne Gilinsky	1:37:51
W50 Jeraldine Ballon	1:45:07
Sumitinda Opitz	1:45:10
Helga Rennard	1:46:53
W55 Joan Christensen	1:51:18
Emmanuelle Gunter	1:53:48
Sharon Thorpe	1:58:00
W65 Marlene Murdoch	1:47:33
Katherine Pyle	1:56:52
W70 Sheila Barnett	2:06:52
Dorly Brechbuehl	2:31:33
M35 Dave Reid	1:13:21
Dan Major	1:14:32
Scott Vining	1:15:06
M40 Peter Wallace	1:13:05
Mike Dyon	1:13:21
Gary Moore	1:16:17
M45 John Frederick	1:21:23
Bill Shaw	1:22:26
Alex Martin	1:23:25
M50 Bob Knuckey	1:19:56
Murray Mostyn	1:23:51
Brian Garnett	1:25:56

M55 Chris Mackie	1:32:37
Oscar Sanchez	1:34:20
Brian Whittam	1:36:39
M60 Robert Glazier	1:26:24
Jack Geddes	1:31:05
David Coburn	1:37:16
M65 Ed Whitlock	1:21:26
Richard Graves	1:52:25
Morgyn Paterson	1:55:17
M70 Jimmie Georgas	1:52:34
M75 Odino Soligo	2:00:10

INTERNATIONAL**BVAF 5K Road Race
Championships
Sutton Park, Birmingham, UK
Oct. 11**

M40 Rob Wise	15:25
Greg Newhams	15:37
Nigel Arnold	15:41
M45 Nigel Gates	15:17
Mike Hager	15:32
Peter Flavel	15:53
M50 Peter Hyde	16:04
Harry Matthews	16:15
Brian Hilton	16:20
M55 Martin Ford	16:58
Les Presland	17:06
Les Davis	17:07
M60 Steve James	17:20
Fred Gibbs	17:30
Harry Clayton	18:08
M65 Gerry Spink	18:32
R Pitcairn-Knowles	19:53
M70 George Phipps	21:30
W35 Mel Bailey	18:14
Alison Vesey	18:26
Jill Cunningham	18:37
W40 Anne Pugh	18:53
Debbie Howard	19:04
Jo Jackson	19:09
W45 Diane Underwood	18:21
Gill Dean	18:24
Chris Kilkenny	18:33
W50 Pat Gallagher	18:27
Elaine Statham	19:06
Margaret Auerback	19:20
W55 Dee Tsakarisianos	20:40
Val Hancock	20:51
W60 Brenda Atkinson	27:04

**Dutch Marathon
Championships
Eindhoven; Oct. 11**

M40 Hans Oosterwijk	2:31:28
Ger Kragten	2:39:41
Wim Liefers	2:42:10
M45 Peter van Koppen	2:37:46
Victor Maliy	2:41:35
Johan van Litsenburg	2:44:07
M50 Jos Beijer	2:44:34
Martien Hoogenboom	2:45:00
Frans Forrer	2:50:11
M55 Giel Koom	2:48:36
Cor Messing	2:53:30
Leo Dam	2:58:04
M60 Simon Baaij	3:03:03
George Klomp	3:04:22
Matthé Peltzer	3:08:40
M65 Willem Koning	3:38:56
Piet Adriaansen	3:40:50
M70 Wim Mastenbroek	3:41:59
W35 Lianne Bouwmeester	3:08:04
Ini Wiltink	3:55:58
W40 Liesbeth Frerksen	3:02:17
Anne Rindt	3:17:21
Ingrid Coster	3:20:03
W45 Nel Vanthoor	3:23:32
W50 Manna Kwak	2:53:38
Ria Sleutjes	3:08:51
Fien Jacobs	3:26:28

RACEWALKING**One-Hour Postal Racewalk
Plantation, FL; Oct. 10**

Meters	
M30 David Simons	5,232
M45 Rod Vargas	10,196
Juan Mora	10,098
Jimmy Boyd	8,053
M55 Dan Koch	9,050
David Bickel	8,988
George Rescigno	8,375
M60 Bob Cella	9,777
Lee Duffner	9,707
Harvey Pitterman	8,320
M65 Gerry Gomes	9,245
Bob Fine	9,049
John Sears	7,751
M70 Herman Smolar	6,886
M75 Chris Lorenzo	7,159
W30 Valerie Silver	10,022

W35 Patty Rousel	8,066
W40 Beth Gustafson	7,914
R Sidelko	9,907
Sonia Mora	8,341
W55 Pat Baran	7,991
W70 Ruth Perraud	7,551

**Bob Fine International 5000m
Racewalk
Coconut Creek, FL; Oct. 24**

Overall	
Rod Vargas	26:25
Valerie Silver	29:23
Master	
Juan Mora	31:57
Donna Pape	29:51
M40 Carey Witkor	31:57
M45 Jimmy Boyd	36:06
M50 Dana Sanders	35:38
M55 Daniel Koch	31:31
M60 Harvey Pitterman	34:21
M65 Bob Fine	30:32
M70 Jerry Kauffman	38:39
M80 Sol Tanenbaum	47:01
W40 Beth Gustafson	35:54
W45 Marilyn Whipple	33:18
W55 Patricia Baran	34:22
W60 Barbara Grand	32:00
W70 Ruth Perraud	37:14



Christmas Gift
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National Master News
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ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, DECEMBER 1998

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
WILLIAM BOWERS (POWAY, CA)	12-17-18	8

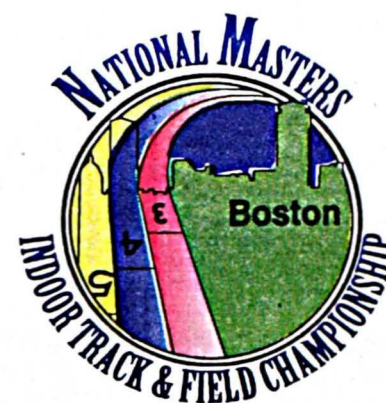


proudly presents

THE 1999 US NATIONAL MASTERS INDOOR TRACK & FIELD CHAMPIONSHIPS

March 26-28, Reggie Lewis Track & Athletic Center, Boston, MA

In cooperation with USA Track & Field - New England



FRIDAY 3/26

Facility opens at 7:30 AM

PENTATHLON - WOMEN

Order of Events

9:00 Hurdles
High Jump
Shot Put
Long Jump
800 Meter Run

PENTATHLON - MEN

Order of Events

9:00 Hurdles
Long Jump
Shot Put
High Jump
1000 Meter Run

Field Events

3:00 Weight (M60+, all W)
3:30 Shot Put (W60+, M65+)
3:30 Pole Vault (W, M70+)
3:30 High Jump (50-59)

Track Events

2:00 3K Run
6:30 60m Trials or
Semifinals
7:30 60m Semifinals
8:00 400m Prelims

SATURDAY 3/27

Facility opens at 7:30 AM

Field Events

9:00 Shot Put (W30-59)
9:00 Shot Put (M60-64)
9:00 Long Jump (M50-59)
9:30 High Jump (all W)
9:30 Pole Vault (M60-69)
10:00 Long Jump (M40-49)
10:00 Shot Put (M50-59)
11:00 Long Jump (M30-39)
12:00 High Jump (M70+)
12:00 Shot Put (M40-49)
12:30 Pole Vault (M50-59)
1:30 High Jump (M60-69)
2:00 Triple Jump (W)
2:00 Shot Put (M30-39)
3:30 Weight (M30-59)
4:00 Pole Vault (M40-49)
4:30 High Jump (M30-39)

Track Events

9:00 Mile
11:30 60m High Hurdles
Semifinal and Final
12:45 60m Semifinal and Final
2:15 400m Finals
3:30 3K Racewalk
6:00 800m Prelims
7:00 200m Trials



SUNDAY 3/28

Facility opens at 7:30 AM

Field Events

9:00 Triple Jump (M60+)
10:30 Super Weight (all)
10:30 Triple Jump (M50-59)
11:00 High Jump (M40-49)
11:00 Pole Vault (M30-39)
12:00 Triple Jump (M40-49)
1:30 Triple Jump (M30-39)

Track Events

10:00 200m Semifinals
11:30 800m Finals
1:00 200m Finals
2:30 4x800m Relay
3:00 4x400m Relay



MEET HEADQUARTERS HOTEL: TRACS is proud to announce that the Seaport Hotel (www.seaporthotel.com) will be the official race headquarters of the 1999 National Masters Indoor Track & Field Championships. As the newest luxury hotel on the Boston skyline, the Seaport Hotel is located in the heart of Boston's Harbor District. TRACS has secured an incredible discounted rate of 50% off the regular room fee. For additional hotel information, including rates, reservation information, and views of accommodation facilities, please visit our website at www.tracs.net. Reservations at this discounted rate can also be made by calling 617-385-4514 and identifying yourself as a participant in the National Masters Indoor Track & Field Championships.

TRANSPORTATION: TRACS will provide complimentary transportation between the Seaport Hotel and the Reggie Lewis Track & Athletic Center throughout the competition.

For more information on the 1999 National Masters Indoor Track & Field Championships, contact TRACS at 617-332-3919 or visit our website at www.tracs.net.