

NATIONAL MASTERS NEWS

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

256th Issue

December 1999

\$2.50

Ngatia, Horovitz Winners in NYC Marathon

by MARILYN J. MITCHELL

Sam Ngatia, 40, 2:23:52 (22nd overall) and Gillian Horovitz, 44, 2:46:16 (11th woman) both of New York City, were the top masters in the 1999 New York City Marathon, Nov. 7.

Overall male winner was Joseph Chebet, 29, of Kenya, in 2:09:14. Overall female winner was Adriana Fernandez, 28, of Mexico, in 2:25:06. Sam Gadless, of Florida, age 92 years and 11 months, was again the oldest finisher with a 9:28:05.

Masters prize money was \$3000 for first place; \$2000 for second place and \$1000 for third place, but masters meeting certain criteria might take home more money by accepting other open awards than by accepting the masters prize money, e.g., for being first New York Road Runners member to finish the marathon who ran a certain number of other Road Runners races during the year, \$5000.

Winners are not allowed to take cumulative awards and, due to the complicated prize structure, a final tally on the total prize money taken home by the masters winners was not

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Final ILC Grand Prix Race

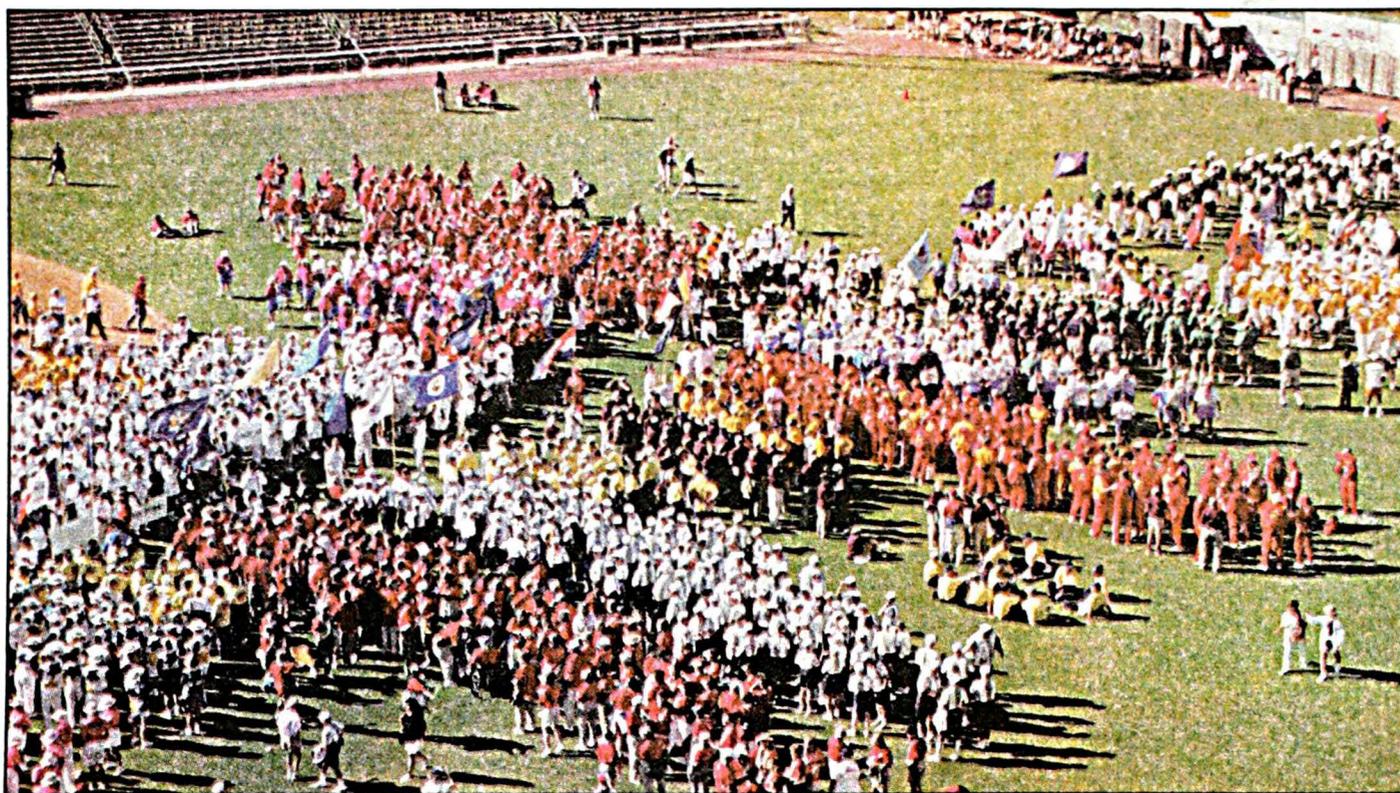
Tuttle, Troncoso Champions in Tulsa Run 15K

TULSA, Okla. – At the 22nd Tulsa Run 15K under a steady downpour on Oct. 30, John Tuttle and Carmen Troncoso again captured USA masters road crowns in 46:46 and 53:42, respectively.

Tuttle, 41, a 1984 Olympic marathoner, won his fifth 1999 U.S. road title (also 8K, 12K, 10 mile and half-marathon), while Troncoso, 40, Austin, Texas, earned her second one (also 5K). Each pocketed \$500. Kenyan Simon Karori won the masters race overall in 46:43, but he was ineligible for the U.S. championship. Craig Young and Patty Valadka finished second in the masters USA championship in 50:00 and 56:36.

As an Indy Life Circuit event, the eligible masters were also ranked by

Continued on page 3



SUZY HESS

Athletes, wearing their state colors, wait to enter Citrus Bowl Stadium for the Celebration of Athletes on Oct. 24, National Senior Games.

11,938 Compete in National Senior Games in Orlando

by JERRY WOJCIK

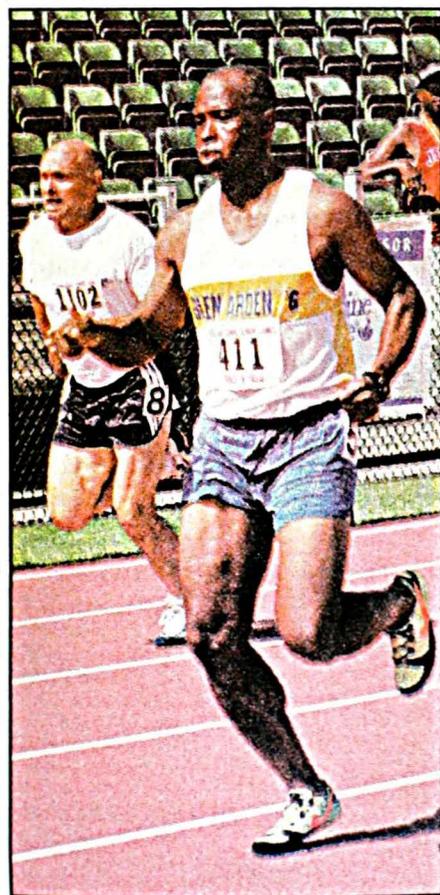
ORLANDO, Fla. – Track and field athletes made up a substantial portion of the 11,938 age-50-and-over seniors who entered the seventh biennial National Senior Games - The Senior Olympics held here Oct. 19-29.

One of 18 sports contested in this year's largest sports competition in the world, track and field drew just under 3000 men and women, who competed at the Foot Locker T&F venue at Disney's Wide World of Sports complex near here. Athletes competed in five-year age groups up to M95, with John Pino, Jr., of New Mexico, the oldest at age 99.

Three world records were broken, all by women athletes. Phil Raschker, Georgia, considered by many the best masters athlete, male or female, in the world, broke her own W50 pole vault record of 3.10 with a 3.25 (10-8) vault. Becky Sisley, Oregon, upped the W60 world record in the pole vault from 2.10 to 2.22. She also set a U.S. record of 32.44 with the javelin. Mary Bowermaster, Ohio, increased her W80 world record of 0.90 in the high jump to 0.94 (3-1).

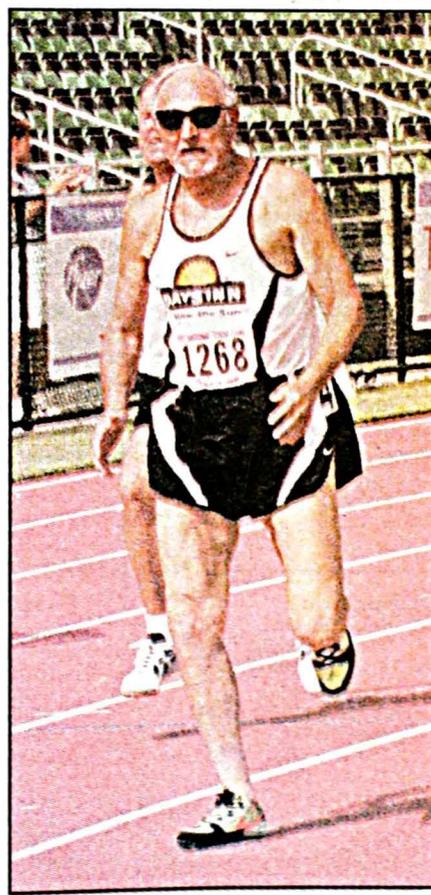
Fourteen additional U.S. records were broken or established, 11 by women. Claire Vieth, W85, Missouri,

Continued on page 14



SUZY HESS

Melvin Fields, #411, winner of the M50 with an age-graded 90.2% 12.56, and James Posey, 100 finals, National Senior Games.



SUZY HESS

Milt Silverstein, winning the M75 200 final with an age-graded 91.4% 31.93, National Senior Games.

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

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Billing/Production Coordinator: Lisa Binder
Production: Carol Covey, Kim McGill
Printing: American/Foothill Publishing Co.
Track & Field Records: Pete Mundle
Long Distance Records: Road Running Information Center
Racewalking Records: Bev LaVeck
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 Indoor: Jerry Wojcik
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 The National Masters News (ISSN-07442416) is published monthly, with an annual subscription rate of \$26.00. Main office address: 14155 Magnolia Blvd. #338, Sherman Oaks, CA 91423. Periodicals postage paid at Van Nuys, CA 91409.
 The National Masters News is an official publication of USA Track & Field and of the World Association of Veteran Athletes. As an independent publication, its editorial policy is not necessarily that of USATF or WAVA.
Executive Officers of USATF: Pat Rico, President; Craig Masback, Executive Director.
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Mailing: The issue is mailed the last week of the month prior to the cover date.

Postmaster: Send address changes to: National Masters News, P.O. Box 16597, No. Hollywood, CA 91615.

Subscriptions: A one-year subscription (12 issues) is \$26.00 (mailed 2nd class). Add \$16 for 1st class (USA & Canada) or \$19 for foreign air mail. Please send all correspondence on subscriptions to NMN, P.O. Box 16597, No. Hollywood, CA 91615. 818/760-8983.

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Tulsa Run 15K

Continued from page 1

their age-graded performances. Tuttle, of Douglasville, Ga., produced the best men's age-graded performance for the fifth ILC race as his 46:46 adjusts to a 45:07 open performance. Troncoso also was the top age-graded woman as her 53:42 equates to 51:41. Both earned an additional \$500. Despite the inclement weather, Tuttle and Jack Nelson, 60, from Winnetka, Ill. scored over 90% (world class) on the 1994 WAVA tables.

\$50,000 Cash Prizes

The Tulsa Run also served as the 1999 ILC finale and thus, valuable Circuit points and ILC Grand Prix positions were at stake. The top four masters division and top ten age-graded division point scorers split \$50,000 (\$22,000 masters and \$28,000 age-graded). The third Indy Life Circuit, sponsored by the Indianapolis Life Insurance Company and coordinated by USA Track & Field, featured eight races and \$90,600 in race prize money (masters overall and age-graded) plus a \$50,000 Grand Prix purse.

Tuttle, Welzel, Valadka Win

Tuttle, with 120 points and wins in all six ILC events that he entered, earned the ILC Grand Prix masters division title and \$6000. With her second place performance at Tulsa,

Valadka, of Houston, tied Jane Welzel, of Ft. Collins, Colo., the 1997 ILC masters division champion. Each tallied 95 points and collected \$4500.

Tuttle, Ottaway Top A-G

In the men's ILC age-graded final standings, Tuttle topped the list with 397 points, but he was ineligible for the Grand Prix money because double-dipping was not allowed. With his 382.5 points, 1997-98 ILC Grand Prix masters champion Craig Young, 43, of Colorado Springs, Colo. finished second in the standings and won the \$4000 Grand Prix money. Gary Romesser, 48, from Indianapolis, Ind., edged Dick Buerkle, 52, from Atlanta, by one point for third (345 points to 344).

For the women, the ever consistent Joan Ottaway, 55, of Sonora, Calif., won the Indy Life Circuit age-graded Grand Prix for the third consecutive year and the accompanying \$4000. Her 370 points outdistanced Welzel (360 points) and Valadka (359). See the complete list of ILC final standings and Grand Prix money winners on this page.

A total of 3594 runners braved the rain to finish. For more information on the race, visit its website at www.tul-sarun.com. □

— from Road Running Information Center.

INDY LIFE CIRCUIT

FINAL STANDINGS

After the Tulsa Run, the final ILC Grand Prix positions were finalized. For the grand prix, a maximum of six races only were eligible for points. The top four masters division and top ten age-graded division point scorers earned grand prix prize money. However, athletes earned grand prix money in only one category (i.e., no double-dipping was allowed). In the case where an athlete decided from which grand prix category to receive prize money, the prize money bumped down accordingly to the athletes ranked below the aforementioned in the other category. Here is the ILC Grand Prix prize money breakdown per gender: Masters Division (\$6000, \$3000, \$15000 and \$500) and Age-Graded (\$4000, \$2500, \$2000, \$1500, \$1250, \$1000, \$750, \$500, \$300 and \$200).

Men After Seven Races:

Name	Age	City	Pts.
1) John Tuttle	41	Douglasville, GA	120 \$6000
2) Craig Young	43	Co. Springs, CO	96 NE
3) Steve Winchel	43	Janesville, WI	63.5 \$3000
4) Gary Romesser	48	Indianapolis, IN	43 NE
5) Mark Curp	40	Lee's Summit, MO	40 \$1500
6) Charlie Gray	45	Lee's Summit, MO	39 \$ 500
7) Dick Buerkle	52	Atlanta, GA	34
8) David O'Keeffe	40	Orchard Park, NY	22.5
9) James Hannon	41	Rochester, MN	18
10) Kevin Haas	41	St. Louis Park, MN	15

Age-Graded Standings:

1) John Tuttle	41	Douglasville, GA	397 NE
2) Craig Young	43	Co. Springs, CO	382.5 \$4000
3) Gary Romesser	48	Indianapolis, IN	345 \$2500
4) Dick Buerkle	52	Atlanta, GA	344 \$2000
5) Jack Nelson	60	Winnetka, IL	332 \$1500
6) Steve Winchel	43	Janesville, WI	324 NE
7) Fay Bradley	61	Huntsville, AL	294 \$1250
8) Jan Frisby	55	Grand Junct., CO	290 \$1000
9) Jerry Johncock	71	Grand Rapids, MI	253.5 \$ 750
10) Thom Waddle	61	Burnsville, MN	235 \$ 500
11) Charlie Gray	45	Lee's Summit, MO	219 NE
12) Paul Heitzman	68	Eudora, KS	202 \$ 300
13) Michael Dove	52	Salinas, CA	192 \$ 200

*Points reflect the 6 highest scored races if appropriate
NE = not eligible for grand prix money in that division

Women After Eight Races:

Name	Age	City	Pts.
1) Jane Welzel	44	FL Collins, CO	95 \$4500
Patty Valadka	41	Houston, TX	95 \$4500
3) Bev Docherty	41	St. Paul, MN	54 \$1500
4) Victoria Crisp	47	Nashville, TN	48 NE
5) C. Troncoso	40	Austin, TX	45 \$ 500
6) J.Lasee-Johnson	42	Chula Vista, CA	36
7) Claudia Kasen	42	San Antonio, TX	28
8) D. Fitzpatrick	41	Larkspur, CA	24
9) Gillian Horowitz	44	New York, NY	22.5
10) Gloria Jansen	52	Edina, MN	21

Age-Graded Standings:

1) Joan Ottaway	55	Sonora, CA	370 \$4000
2) Jane Welzel	44	FL Collins, CO	360 NE
3) Patty Valadka	41	Houston, TX	359 NE
4) Victoria Crisp	47	Nashville, TN	337.5 \$2500
5) Gloria Jansen	52	Edina, MN	330 \$2000
6) Linda Frisby	52	Grand Junct., CO	308.5 \$1500
7) Barb. Spannaus	51	Shorewood, MN	268.5 \$1250
8) Ellen Nitz	59	Millford, MI	238 \$1000
9) Bev Docherty	41	St. Paul, MN	197 NE
10) Kay Schlausener	60	Bettendorf, IA	191 \$ 750
11) J.Lasee-Johnson	42	Chula Vista, CA	189 \$ 500
12) Patricia Lerch	51	Des Plaines, IL	182 \$ 300
13) Jane Murphy	40	River Forest, IL	167 \$ 200
14) C. Troncoso	40	Austin, TX	144
15) Kathy Ward	44	Carmichael, CA	139

*Points reflect the 6 highest scored races if appropriate
NE = not eligible for grand prix money in that division

(Compiled by Road Running Information Center)

INDOOR TRACK & FIELD



MASTERS EVENTS

- 55 Meter Dash
- 55 Meter Hurdles
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NATIONALS IN ORLANDO

Since the recent National Senior Games were my first, I was eagerly awaiting the occasion. I felt that the facilities at the Disney Wide World of Sports complex were outstanding and the registration procedure well-organized. As a shot putter, I was impressed with the officiating, event management, and the inspiring medals ceremony. I met many wonderful competitors and felt right at home with everyone.

However, there were some incidents that left a bad taste in my mouth. One was the inability to use the weight room in the field house.

In addition, I was looking forward to the Celebration of Athletes, plus the trip to the Magic Kingdom. Unfortunately, I and other athletes were disappointed. The ridiculous waiting in line for well over an hour to walk into the stadium was too much.

After we arrived at the Magic Kingdom, almost everything was closed, and lengthy waits were in order again to get a hamburger-french-fry type of meal at a very late hour.

I truly enjoyed the competitive phase of the meet but was disappointed in the entertainment aspect of the Games.

*Burt Hughes
Shiresmanstown, Pennsylvania*

We should be able to use our experiences in the throws at the Nationals in Orlando to improve future champ-

ionships. Some suggestions:

1. An implement-providing requirement imposed on meet management based on the number of entrants.

2. Events should be realistically scheduled with enough time to avoid back-ups and delays.

3. A reasonable number of warm-up throws should be agreed on based on the number of competitors.

4. Officials and competitors should use common sense in extraordinary circumstances.

5. Athletes must learn to compete in all situations - unexpected as well as expected.

*Bob Ward
Dallas, Texas*

QUIT COMPLAINING

Are masters competitors nothing but complainers? The October issue of NMN was full of pages complaining about everything from water to heat and from officials to meet directors.

I both compete and officiate in track and field meets. Every meet has its problems and its successes.

I was at Gateshead and Orlando. I was scheduled as an athlete in Orlando but an injury inspired me to officiate so I got to see both sides of the games; my husband was a competitor. Problems? Yes. Successes? Yes.

We are so lucky to have people and places willing to host the masters nationals. If masters only complain

about the failures of a meet rather than celebrate the successes, people and places will not submit bids to host meets. Who wants to work hard and only be told of the failures/problems?

Shame on all masters who complain, yet have not been on the other side!

*Sandra DeNoon
Carbondale, Illinois*

HURDLES

Jeff Brower (Simplify the Hurdles, Oct. NMN) is obviously not a competing hurdler. When I was in my middle 40s, I was offended that when I turned 50 I would be asked to run the 'girls' distance of 100m with 8.5-meter spacing. I knew that all men would run 110 meter races with 10-meter spacing.

A few years passed and I was almost 50. That March, I was in a race against 'Big Al' Henry and Mac MacCormick, both nearly 50. We started the race 'normal' and stayed close to each other. At the 7th hurdle we all were struggling with our stride patterns. The hurdles seemed to be getting farther and farther apart. At the 8th hurdle one of them dropped out - unable to continue with a three-step pattern.

For the last two hurdles I heard my remaining competitor counting his strides out loud, "One, two, three..." I had trouble focusing on the race as I was almost laughing out loud. It struck me as very humorous that three elite hurdlers would suffer such a problem. Those guys stood well above 6-feet and had impressive previous hurdling results.

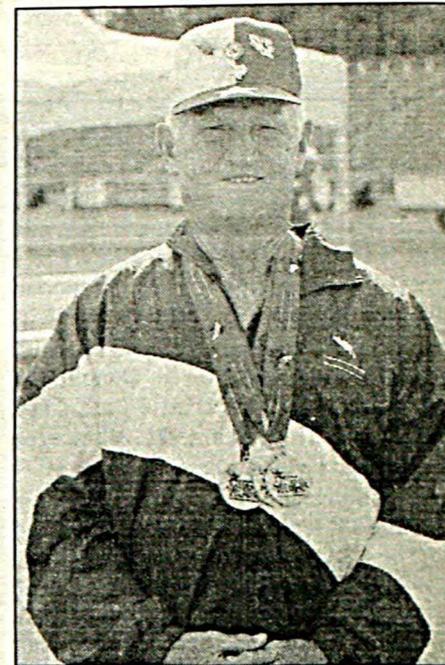
What should be recognized is that the aging process causes the sprinting stride length to shorten. When I passed my 50th birthday, I enjoyed being able to sprint - as opposed to bounding - between hurdles. It became fun again.

Does Mr. Brower expect 80-year olds to sprint 10-meter spacing? Does he understand that not everyone can alternate lead legs? He seems to be aware that there need to be different hurdle heights - older hurdlers cannot clear the highest barriers.

He states, "Simplicity should be the goal." Is he speaking for hurdlers? Rules should promote the best interest of the competitors. It would be simple if there were one shot, one discus, one hammer, one javelin, one opening height, one size pole, etc.

But that isn't even true in the Olympics. Their rules recognize that not all competitors can handle the 16-pound shot or the 42-inch hurdles with 10-meter spacing. They make allowances for gender. We must allow for aging.

*Hugh Adams
Clovis, California*



SUZY HESS

James Elliott, M85 winner in the discus (18.15) and long jump (2.80), National Senior Games, Orlando, Fla., Oct. 19-26.

MIKE TYMN

I enjoy reading the *National Masters News*; however, I was recently quite surprised when I read Mike Tymn's article, "Mental Toughness: The Missing Ingredient."

I am not criticizing the theme of the article, just some incorrect information. According to the article, Johnny Faerber has been the women's cross-country coach at the University of Hawaii for some 20 years, but there has never been a track team. I quote, "He admits to the fact that the lack of a track program at the university means that very talented runners are not interested in accepting a scholarship from him. *But the university has never had a track program for women and that did not prevent him from recruiting some dedicated runners in the past.*"

I was a member of the University of Hawaii's Women's Track team in 1979-1980. Johnny Faerber was the cross-country coach, but Joe Hilbe was the track coach. Although I can't remember all of my teammates, other members included Shari Fox, Deanne Fujii, and Lucy Chung. We were all dedicated, mentally tough Division I athletes.

Like Connie Comiso-Fanelli, I still compete, although it's primarily middle distance events on the track. I race other masters runners and college runners half my age, just for the fun of it.

*Susan Menz
Ossining, New York*

FIRST-TIMER

This is my first year back in track & field, and it has been a great and special year for me, after laying off for 26 years.

I am looking forward to the upcoming season and would like to thank all the masters for welcoming me into your outstanding program.

Fly High in 2000.

*Murray Mead
Hermosa Beach, California*

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FEBRUARY 6

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minnesota resident/ outstate/ international/

35m Hurdles	MOPEN Steve Dolan, Bloomington 7.0 (91)	M30 Bill Jahner, W. St. Paul 7.50 (94)	M35 Mark Tvedt, (IA) 9.47 (99)	M45 John Ewing, (WI) 9.45 (89)	M55 Jim Peterson, Aitkin 9.74 (89)	M65 Don Amery, (IL) 10.91 (94)	M70 Jim Peterson, Aitkin 9.65 (95)	M80 Don Amery, (IL) 10.59 (98)	M85 Emmet Edwards, St Paul 14.22 (96)	M90 Bob Warwick, Sr. (OK) 11.45 (89)	M95 Mel Buschman, (MI) 11.43 (91)	WOPEN Paula Dingle, Saint Paul Pk. 9.14 (98)	W30 Cathy Corceki, Brooklyn Center 10.06 (93)	W50 Sr. Rachel, Twin Cities 11.84 (88)	W55 Sr. Rachel, Twin Cities 12.80 (93)	W60 Sr. Rachel, Twin Cities 12.16 (96)										
55m Hurdles	MOPEN Stan McClure, Golden Valley 6.52 (92)	M30 Bill Jahner, W. St. Paul 6.93 (94)	M35 Doug Weimerskirch, Plymouth 6.84 (97)	M45 Ted Blefeld, (IA) 7.33 (93)	M50 Jim Dolozel, (OK) 6.88 (95)	M60 Michael Sharratt, Shorewood 6.90 (91)	M65 Lloyd Cordner, St. Louis Park 6.83 (91)	M70 Jim Lee, (WI) 7.00 (95)	M80 George LaBelle, Zimmerman 7.50 (93)	M85 Jim Peterson, Aitkin 7.12 (91)	M90 Wayne Bennett, (TX) 7.41 (94)	M95 Bill Jankovich, (WI) 7.52 (94)	M00 Fred Biederma, Deephaven 7.0 (96)	M05 Bob Warwick, Sr. (OK) 8.59 (89)	M10 Mel Buschman, (MI) 8.70 (95)	M15 Emil Balz, Circle Pines 9.10 (97)	M20 Arnold Bing, Mpls. 37.47 (93)	WOPEN Paula Dingle, Saint Paul Pk. 7.81 (98)	WOPEN Assumpta Bennaars, (Africa) 9.55 (95)	W30 Cathy Corceki, Brooklyn Center 7.90 (93)	W40 Kathy Marino, Apple Valley 9.09 (93)	W45 Jan Brankin, (SD) 9.41 (97)	W50 Sr. Rachel, Twin Cities (IL) 8.69 (88)	W55 Sr. Rachel, Twin Cities 8.81 (91)	W60 Sr. Rachel, Twin Cities 9.24 (96)	W65 Janet Amery, (IL) 12.19 (98)
100m	MOPEN Stan McClure, Golden Valley 52.45 (91)	M30 Brian Bohne, Fridley 58.64 (89)	M35 Brian Bohne, Fridley 57.78 (91)	M45 Ted Blefeld, (IA) 1:02.74 (93)	M50 Randy Benson, Woodbury 56.09 (95)	M60 Jim Dolozel, (OK) 1:04.15 (93)	M65 Steve Galligan, Eagan 1:07.65 (93)	M70 George Rust, North Oaks 1:07.65 (93)	M80 Larry Morrisette, Maple Grove 1:07.31 (96)	M85 Wayne Bennett, (TX) 1:09.63 (94)	M90 Ray Eiland, Eagan, Eagan 1:21.72 (91)	M95 Bill Jankovich, (WI) 1:21.45 (94)	M00 Larry Brant, Golden Valley 1:37.78 (96)	M05 Bob Warwick, Sr. (OK) 1:24.80 (89)	M10 Bob Warwick, Sr. (OK) 1:27.03 (91)	W30 Cathy Corceki, Brooklyn Center 1:10.00 (93)	W40 Jan Brankin, (WI) 1:21.00 (97)	W50 Sr. Rachel, Twin Cities (WI) 1:20.21 (89)	W55 Sr. Rachel, Twin Cities 1:38.01 (93)	W60 Sr. Rachel, Twin Cities 1:45.09 (96)						
200m	MOPEN Stan McClure, Golden Valley 1:21.72 (91)	M30 Brian Bohne, Fridley 1:21.45 (94)	M35 Brian Bohne, Fridley 1:37.78 (96)	M45 Ted Blefeld, (IA) 1:24.80 (89)	M50 Randy Benson, Woodbury 1:27.03 (91)	M60 Jim Dolozel, (OK) 1:10.00 (93)	M65 Steve Galligan, Eagan 1:21.00 (97)	M70 George Rust, North Oaks 1:20.21 (89)	M80 Larry Morrisette, Maple Grove 1:38.01 (93)	M85 Wayne Bennett, (TX) 1:45.09 (96)	M90 Ray Eiland, Eagan, Eagan 1:21.72 (91)	M95 Bill Jankovich, (WI) 1:21.45 (94)	M00 Larry Brant, Golden Valley 1:37.78 (96)	M05 Bob Warwick, Sr. (OK) 1:24.80 (89)	M10 Bob Warwick, Sr. (OK) 1:27.03 (91)	W30 Cathy Corceki, Brooklyn Center 1:10.00 (93)	W40 Jan Brankin, (WI) 1:21.00 (97)	W50 Sr. Rachel, Twin Cities (WI) 1:20.21 (89)	W55 Sr. Rachel, Twin Cities 1:38.01 (93)	W60 Sr. Rachel, Twin Cities 1:45.09 (96)						
400m	MOPEN Stan McClure, Golden Valley 52.45 (91)	M30 Brian Bohne, Fridley 58.64 (89)	M35 Brian Bohne, Fridley 57.78 (91)	M45 Ted Blefeld, (IA) 1:02.74 (93)	M50 Randy Benson, Woodbury 56.09 (95)	M60 Jim Dolozel, (OK) 1:04.15 (93)	M65 Steve Galligan, Eagan 1:07.65 (93)	M70 George Rust, North Oaks 1:07.65 (93)	M80 Larry Morrisette, Maple Grove 1:07.31 (96)	M85 Wayne Bennett, (TX) 1:09.63 (94)	M90 Ray Eiland, Eagan, Eagan 1:21.72 (91)	M95 Bill Jankovich, (WI) 1:21.45 (94)	M00 Larry Brant, Golden Valley 1:37.78 (96)	M05 Bob Warwick, Sr. (OK) 1:24.80 (89)	M10 Bob Warwick, Sr. (OK) 1:27.03 (91)	W30 Cathy Corceki, Brooklyn Center 1:10.00 (93)	W40 Jan Brankin, (WI) 1:21.00 (97)	W50 Sr. Rachel, Twin Cities (WI) 1:20.21 (89)	W55 Sr. Rachel, Twin Cities 1:38.01 (93)	W60 Sr. Rachel, Twin Cities 1:45.09 (96)						
800m	MOPEN Stan McClure, Golden Valley 6.52 (92)	M30 Bill Jahner, W. St. Paul 6.93 (94)	M35 Doug Weimerskirch, Plymouth 6.84 (97)	M45 Ted Blefeld, (IA) 7.33 (93)	M50 Jim Dolozel, (OK) 6.88 (95)	M60 Michael Sharratt, Shorewood 6.90 (91)	M65 Lloyd Cordner, St. Louis Park 6.83 (91)	M70 Jim Lee, (WI) 7.00 (95)	M80 George LaBelle, Zimmerman 7.50 (93)	M85 Jim Peterson, Aitkin 7.12 (91)	M90 Wayne Bennett, (TX) 7.41 (94)	M95 Bill Jankovich, (WI) 7.52 (94)	M00 Fred Biederma, Deephaven 7.0 (96)	M05 Bob Warwick, Sr. (OK) 8.59 (89)	M10 Mel Buschman, (MI) 8.70 (95)	M15 Emil Balz, Circle Pines 9.10 (97)	M20 Arnold Bing, Mpls. 37.47 (93)	WOPEN Paula Dingle, Saint Paul Pk. 7.81 (98)	WOPEN Assumpta Bennaars, (Africa) 9.55 (95)	W30 Cathy Corceki, Brooklyn Center 7.90 (93)	W40 Kathy Marino, Apple Valley 9.09 (93)	W45 Jan Brankin, (SD) 9.41 (97)	W50 Sr. Rachel, Twin Cities (IL) 8.69 (88)	W55 Sr. Rachel, Twin Cities 8.81 (91)	W60 Sr. Rachel, Twin Cities 9.24 (96)	W65 Janet Amery, (IL) 12.19 (98)
1500m	MOPEN Stan McClure, Golden Valley 6.52 (92)	M30 Bill Jahner, W. St. Paul 6.93 (94)	M35 Doug Weimerskirch, Plymouth 6.84 (97)	M45 Ted Blefeld, (IA) 7.33 (93)	M50 Jim Dolozel, (OK) 6.88 (95)	M60 Michael Sharratt, Shorewood 6.90 (91)	M65 Lloyd Cordner, St. Louis Park 6.83 (91)	M70 Jim Lee, (WI) 7.00 (95)	M80 George LaBelle, Zimmerman 7.50 (93)	M85 Jim Peterson, Aitkin 7.12 (91)	M90 Wayne Bennett, (TX) 7.41 (94)	M95 Bill Jankovich, (WI) 7.52 (94)	M00 Fred Biederma, Deephaven 7.0 (96)	M05 Bob Warwick, Sr. (OK) 8.59 (89)	M10 Mel Buschman, (MI) 8.70 (95)	M15 Emil Balz, Circle Pines 9.10 (97)	M20 Arnold Bing, Mpls. 37.47 (93)	WOPEN Paula Dingle, Saint Paul Pk. 7.81 (98)	WOPEN Assumpta Bennaars, (Africa) 9.55 (95)	W30 Cathy Corceki, Brooklyn Center 7.90 (93)	W40 Kathy Marino, Apple Valley 9.09 (93)	W45 Jan Brankin, (SD) 9.41 (97)	W50 Sr. Rachel, Twin Cities (IL) 8.69 (88)	W55 Sr. Rachel, Twin Cities 8.81 (91)	W60 Sr. Rachel, Twin Cities 9.24 (96)	W65 Janet Amery, (IL) 12.19 (98)
5000m	MOPEN Stan McClure, Golden Valley 6.52 (92)	M30 Bill Jahner, W. St. Paul 6.93 (94)	M35 Doug Weimerskirch, Plymouth 6.84 (97)	M45 Ted Blefeld, (IA) 7.33 (93)	M50 Jim Dolozel, (OK) 6.88 (95)	M60 Michael Sharratt, Shorewood 6.90 (91)	M65 Lloyd Cordner, St. Louis Park 6.83 (91)	M70 Jim Lee, (WI) 7.00 (95)	M80 George LaBelle, Zimmerman 7.50 (93)	M85 Jim Peterson, Aitkin 7.12 (91)	M90 Wayne Bennett, (TX) 7.41 (94)	M95 Bill Jankovich, (WI) 7.52 (94)	M00 Fred Biederma, Deephaven 7.0 (96)	M05 Bob Warwick, Sr. (OK) 8.59 (89)	M10 Mel Buschman, (MI) 8.70 (95)	M15 Emil Balz, Circle Pines 9.10 (97)	M20 Arnold Bing, Mpls. 37.47 (93)	WOPEN Paula Dingle, Saint Paul Pk. 7.81 (98)	WOPEN Assumpta Bennaars, (Africa) 9.55 (95)	W30 Cathy Corceki, Brooklyn Center 7.90 (93)	W40 Kathy Marino, Apple Valley 9.09 (93)	W45 Jan Brankin, (SD) 9.41 (97)	W50 Sr. Rachel, Twin Cities (IL) 8.69 (88)	W55 Sr. Rachel, Twin Cities 8.81 (91)	W60 Sr. Rachel, Twin Cities 9.24 (96)	W65 Janet Amery, (IL) 12.19 (98)
10000m	MOPEN Stan McClure, Golden Valley 6.52 (92)	M30 Bill Jahner, W. St. Paul 6.93 (94)	M35 Doug Weimerskirch, Plymouth 6.84 (97)	M45 Ted Blefeld, (IA) 7.33 (93)	M50 Jim Dolozel, (OK) 6.88 (95)	M60 Michael Sharratt, Shorewood 6.90 (91)	M65 Lloyd Cordner, St. Louis Park 6.83 (91)	M70 Jim Lee, (WI) 7.00 (95)	M80 George LaBelle, Zimmerman 7.50 (93)	M85 Jim Peterson, Aitkin 7.12 (91)	M90 Wayne Bennett, (TX) 7.41 (94)	M95 Bill Jankovich, (WI) 7.52 (94)	M00 Fred Biederma, Deephaven 7.0 (96)	M05 Bob Warwick, Sr. (OK) 8.59 (89)	M10 Mel Buschman, (MI) 8.70 (95)	M15 Emil Balz, Circle Pines 9.10 (97)	M20 Arnold Bing, Mpls. 37.47 (93)	WOPEN Paula Dingle, Saint Paul Pk. 7.81 (98)	WOPEN Assumpta Bennaars, (Africa) 9.55 (95)	W30 Cathy Corceki, Brooklyn Center 7.90 (93)	W40 Kathy Marino, Apple Valley 9.09 (93)	W45 Jan Brankin, (SD) 9.41 (97)	W50 Sr. Rachel, Twin Cities (IL) 8.69 (88)	W55 Sr. Rachel, Twin Cities 8.81 (91)	W60 Sr. Rachel, Twin Cities 9.24 (96)	W65 Janet Amery, (IL) 12.19 (98)
20000m	MOPEN Stan McClure, Golden Valley 6.52 (92)	M30 Bill Jahner, W. St. Paul 6.93 (94)	M35 Doug Weimerskirch, Plymouth 6.84 (97)	M45 Ted Blefeld, (IA) 7.33 (93)	M50 Jim Dolozel, (OK) 6.88 (95)	M60 Michael Sharratt, Shorewood 6.90 (91)	M65 Lloyd Cordner, St. Louis Park 6.83 (91)	M70 Jim Lee, (WI) 7.00 (95)	M80 George LaBelle, Zimmerman 7.50 (93)	M85 Jim Peterson, Aitkin 7.12 (91)	M90 Wayne Bennett, (TX) 7.41 (94)	M95 Bill Jankovich, (WI) 7.52 (94)	M00 Fred Biederma, Deephaven 7.0 (96)	M05 Bob Warwick, Sr. (OK) 8.59 (89)	M10 Mel Buschman, (MI) 8.70 (95)	M15 Emil Balz, Circle Pines 9.10 (97)	M20 Arnold Bing, Mpls. 37.47 (93)	WOPEN Paula Dingle, Saint Paul Pk. 7.81 (98)	WOPEN Assumpta Bennaars, (Africa) 9.55 (95)	W30 Cathy Corceki, Brooklyn Center 7.90 (93)	W40 Kathy Marino, Apple Valley 9.09 (93)	W45 Jan Brankin, (SD) 9.41 (97)	W50 Sr. Rachel, Twin Cities (IL) 8.69 (88)	W55 Sr. Rachel, Twin Cities 8.81 (91)	W60 Sr. Rachel, Twin Cities 9.24 (96)	W65 Janet Amery, (IL) 12.19 (98)
50000m	MOPEN Stan McClure, Golden Valley 6.52 (92)	M30 Bill Jahner, W. St. Paul 6.93 (94)	M35 Doug Weimerskirch, Plymouth 6.84 (97)	M45 Ted Blefeld, (IA) 7.33 (93)	M50 Jim Dolozel, (OK) 6.88 (95)	M60 Michael Sharratt, Shorewood 6.90 (91)	M65 Lloyd Cordner, St. Louis Park 6.83 (91)	M70 Jim Lee, (WI) 7.00 (95)	M80 George LaBelle, Zimmerman 7.50 (93)	M85 Jim Peterson, Aitkin 7.12 (91)	M90 Wayne Bennett, (TX) 7.41 (94)	M95 Bill Jankovich, (WI) 7.52 (94)	M00 Fred Biederma, Deephaven 7.0 (96)	M05 Bob Warwick, Sr. (OK) 8.59 (89)	M10 Mel Buschman, (MI) 8.70 (95)	M15 Emil Balz, Circle Pines 9.10 (97)	M20 Arnold Bing, Mpls. 37.47 (93)	WOPEN Paula Dingle, Saint Paul Pk. 7.81 (98)	WOPEN Assumpta Bennaars, (Africa) 9.55 (95)	W30 Cathy Corceki, Brooklyn Center 7.90 (93)	W40 Kathy Marino, Apple Valley 9.09 (93)	W45 Jan Brankin, (SD) 9.41 (97)	W50 Sr. Rachel, Twin Cities (IL) 8.69 (88)	W55 Sr. Rachel, Twin Cities 8.81 (91)	W60 Sr. Rachel, Twin Cities 9.24 (96)	W65 Janet Amery, (IL) 12.19 (98)
100000m	MOPEN Stan McClure, Golden Valley 6.52 (92)	M30 Bill Jahner, W. St. Paul 6.93 (94)	M35 Doug Weimerskirch, Plymouth 6.84 (97)	M45 Ted Blefeld, (IA) 7.33 (93)	M50 Jim Dolozel, (OK) 6.88 (95)	M60 Michael Sharratt, Shorewood 6.90 (91)	M65 Lloyd Cordner, St. Louis Park 6.83 (91)	M70 Jim Lee, (WI) 7.00 (95)	M80 George LaBelle, Zimmerman 7.50 (93)	M85 Jim Peterson, Aitkin 7.12 (91)	M90 Wayne Bennett, (TX) 7.41 (94)	M95 Bill Jankovich, (WI) 7.52 (94)	M00 Fred Biederma, Deephaven 7.0 (96)	M05 Bob Warwick, Sr. (OK) 8.59 (89)	M10 Mel Buschman, (MI) 8.70 (95)	M15 Emil Balz, Circle Pines 9.10 (97)	M20 Arnold Bing, Mpls. 37.47 (93)	WOPEN Paula Dingle, Saint Paul Pk. 7.81 (98)	WOPEN Assumpta Bennaars, (Africa) 9.55 (95)	W30 Cathy Corceki, Brooklyn Center 7.90 (93)	W40 Kathy Marino, Apple Valley 9.09 (93)	W45 Jan Brankin, (SD) 9.41 (97)	W50 Sr. Rachel, Twin Cities (IL) 8.69 (88)	W55 Sr. Rachel, Twin Cities 8.81 (91)	W60 Sr. Rachel, Twin Cities 9.24 (96)	W65 Janet Amery, (IL) 12.19 (98)
1 Mile	MOPEN Matt Vahlberg, Stillwater 15.30 (97)	M30 Doug Weimerskirch, Plymouth 10.50 (97)	M40 Randy Benson, Woodbury 9.61 (95)	M45 Dan LaBelle, Harris 13.34 (95)	M55 Wayne Bennett, (TX) 12.75 (94)	M65 Fred Biederma, Deephaven 12.77 (95)	M60 Alan Brovik, (SD) 11.60 (96)	M60 Fred Biederma, Deephaven 14.09 (96)	M65 Dick Collins, (WI) 39.97 (99)	WOPEN Zina Garrison, (CA) 14.87 (95)	WOPEN Assumpta Bennaars, (Africa) 15.03 (98)	WOPEN Andrea Bible, Aitkin 8.23 (96)	W40 Sophie Rodrigues, (So. Africa) 41.38 (96)	W45 Kathy Raymond, Mpls. 16.53 (98)	W55 Sr. Rachel, Twin Cities 15.98 (94)	W60 Sr. Rachel, Twin Cities 15.10 (93)	W65 Janet Amery, (IL) 31.28 (98)									
2 Mile	MOPEN Chad Nelson, Fridley 32.75 (93)	M35 Doug Weimerskirch, Plymouth 25.13 (97)	M45 Ted Blefeld, (IA) 27.66 (93)	M50 Jim Dolozel, (OK) 26.09 (93)	M60 Murray Portnoy, Apple Valley 31.09 (93)	M65 Jim Lee, (WI) 25.4 (95)	M70 Randy Claven, Mpls. 26.26 (89)	M80 Jim Lee, (WI) 27.34 (95)	M85 Larry Morrisette, Maple Grove 30.63 (96)	M90 Ray Eiland, Eagan 29.68 (91)	M95 Fred Biederma, Deephaven 29.84 (96)	M00 Don Amery, (IL) 31.13 (98)	M05 Bob Warwick, Sr. (OK) 37.61 (89)	M10 Ray Skotte, Mpls. 41.04 (89)	M15 Bob Warwick, Sr. (OK) 37.78 (91)	M20 Emil Balz, Circle Pines 39.16 (97)	M25 Jan Brankin, (WI) 36.28 (97)	M30 Sr. Rachel, Twin Cities 34.40 (91)	M35 Sr. Rachel, Twin Cities 35.97 (91)	M40 Sr. Rachel, Twin Cities 39.34 (95)	M45 Janet Amery, (IL) 36.72 (98)					
3 Mile	MOPEN Stan McClure, Golden Valley 52.45 (91)	M30 Brian Bohne, Fridley 58.64 (89)	M35 Brian Bohne, Fridley 57.78 (91)	M45 Ted Blefeld, (IA) 1:02.74 (93)	M50 Randy Benson, Woodbury 56.09 (95)	M60 Jim Dolozel, (OK) 1:04.15 (93)	M65 Steve Galligan, Eagan 1:07.65 (93)	M70 George Rust, North Oaks 1:07.65 (93)	M80 Larry Morrisette, Maple Grove 1:07.31 (96)	M85 Wayne Bennett, (TX) 1:09.63 (94)	M90 Ray Eiland, Eagan, Eagan 1:21.72 (91)	M95 Bill Jankovich, (WI) 1:21.45 (94)	M00 Larry Brant, Golden Valley 1:37.78 (96)	M05 Bob Warwick, Sr. (OK) 1:24.80 (89)	M10 Bob Warwick, Sr. (OK) 1:27.03 (91)	W30 Cathy Corceki, Brooklyn Center 1:10.00 (93)	W40 Jan Brankin, (WI) 1:21.00 (97)	W50 Sr. Rachel, Twin Cities (WI) 1:20.21 (89)	W55 Sr. Rachel, Twin Cities 1:38.01 (93)	W60 Sr. Rachel, Twin Cities 1:45.09 (96)						
4 Mile	MOPEN Stan McClure, Golden Valley 6.52 (92)	M30 Bill Jahner, W. St. Paul 6.93 (94)	M35 Doug Weimerskirch, Plymouth 6.84 (97)	M45 Ted Blefeld, (IA) 7.33 (93)	M50 Jim Dolozel, (OK) 6.88 (95)	M60 Michael Sharratt, Shorewood 6.90 (91)	M65 Lloyd Cordner, St. Louis Park 6.83 (91)	M70 Jim Lee, (WI) 7.00 (95)	M80 George LaBelle, Zimmerman 7.50 (93)	M85 Jim Peterson, Aitkin 7.12 (91)	M90 Wayne Bennett, (TX) 7.41 (94)	M95 Bill Jankovich, (WI) 7.52 (94)	M00 Fred Biederma, Deephaven 7.0 (96)	M05 Bob Warwick, Sr. (OK) 8.59 (89)	M10 Mel Buschman, (MI) 8.70 (95)	M15 Emil Balz, Circle Pines 9.10 (97)	M20 Arnold Bing, Mpls. 37.47 (93)	WOPEN Paula Dingle, Saint Paul Pk. 7.81 (98)	WOPEN Assumpta Bennaars, (Africa) 9.55 (95)	W30 Cathy Corceki, Brooklyn Center 7.90 (93)	W40 Kathy Marino, Apple Valley 9.09 (93)	W45 Jan Brankin, (SD) 9.41 (97)	W50 Sr. Rachel, Twin Cities (IL) 8.69 (88)	W55 Sr. Rachel, Twin Cities 8.81 (91)	W60 Sr. Rachel, Twin Cities 9.24 (96)	W65 Janet Amery, (IL) 12.19 (98)
5 Mile	MOPEN Stan McClure, Golden Valley 6.52 (92)	M30 Bill Jahner, W. St. Paul 6.93 (94)	M35 Doug Weimerskirch, Plymouth 6.84 (97)	M45 Ted Blefeld, (IA) 7.33 (93)	M50 Jim Dolozel, (OK) 6.88 (95)	M60 Michael Sharratt, Shorewood 6.90 (91)	M65 Lloyd Cordner, St. Louis Park 6.83 (91)	M70 Jim Lee, (WI) 7.00 (95)	M80 George LaBelle, Zimmerman 7.50 (93)	M85 Jim Peterson, Aitkin 7.12 (91)	M90 Wayne Bennett, (TX) 7.41 (94)	M95 Bill Jankovich, (WI) 7.52 (94)	M00 Fred Biederma, Deephaven 7.0 (96)	M05 Bob Warwick, Sr. (OK) 8.59 (89)	M10 Mel Buschman, (MI) 8.70 (95)	M15 Emil Balz, Circle Pines 9.10 (97)	M20 Arnold Bing, Mpls. 37.47 (93)	WOPEN Paula Dingle, Saint Paul Pk. 7.81 (98)	WOPEN Assumpta Bennaars, (Africa) 9.55 (95)	W30 Cathy Corceki, Brooklyn Center 7.90 (93)	W40 Kathy Marino, Apple Valley 9.09 (93)	W45 Jan Brankin, (SD) 9.41 (97)	W50 Sr. Rachel, Twin Cities (IL) 8.69 (88)	W55 Sr. Rachel, Twin Cities 8.81 (91)	W60 Sr. Rachel, Twin Cities 9.24 (96)	W65 Janet Amery, (IL) 12.19 (98)
6 Mile	MOPEN Stan McClure, Golden Valley 6.52 (92)	M30 Bill Jahner, W. St. Paul 6.93 (94)	M35 Doug Weimerskirch, Plymouth 6.84 (97)	M45 Ted Blefeld, (IA) 7.33 (93)	M50 Jim Dolozel, (OK) 6.88 (95)	M60 Michael Sharratt, Shorewood 6.90 (91)	M65 Lloyd Cordner, St. Louis Park 6.83 (91)	M70 Jim Lee, (WI) 7.00 (95)	M80 George LaBelle, Zimmerman 7.50 (93)	M85 Jim Peterson, Aitkin 7.12 (91)	M90 Wayne Bennett, (TX) 7.41 (94)	M95 Bill Jankovich, (WI) 7.52 (94)	M00 Fred Biederma, Deephaven 7.0 (96)	M05 Bob Warwick, Sr. (OK) 8.59 (89)	M10 Mel Buschman, (MI) 8.70 (95)	M15 Emil Balz, Circle Pines 9.10 (97)	M20 Arnold Bing, Mpls. 37.47 (93)	WOPEN Paula Dingle, Saint Paul Pk. 7.81 (98)	WOPEN Assumpta Bennaars, (Africa) 9.55 (95)	W30 Cathy Corceki, Brooklyn Center 7.90 (93)	W40 Kathy Marino, Apple Valley 9.09 (93)	W45 Jan Brankin, (SD) 9.41 (97)	W50 Sr. Rachel, Twin Cities (IL) 8.69 (88)	W55 Sr. Rachel, Twin Cities 8.81 (91)	W60 Sr. Rachel, Twin Cities 9.24 (96)	W65 Janet Amery, (IL) 12.19 (98)
7 Mile	MOPEN Stan McClure, Golden Valley 6.52 (92)	M30 Bill Jahner, W. St. Paul 6.93 (94)	M35 Doug Weimerskirch, Plymouth 6.84 (97)	M45 Ted Blefeld, (IA) 7.33 (93)	M50 Jim Dolozel, (OK) 6.88 (95)	M60 Michael Sharratt, Shorewood 6.90 (91)	M65 Lloyd Cordner, St. Louis Park 6.83 (91)	M70 Jim Lee, (WI) 7.00 (95)	M80 George LaBelle, Zimmerman 7.50 (93)	M85 Jim Peterson, Aitkin 7.12 (91)	M90 Wayne Bennett, (TX) 7.41 (94)	M95 Bill Jankovich, (WI) 7.52 (94)	M00 Fred Biederma, Deephaven 7.0 (96)	M05 Bob Warwick, Sr. (OK) 8.59 (89)	M10 Mel Buschman, (MI) 8.70 (95)	M15 Emil Balz, Circle Pines 9.10 (97)	M20 Arnold Bing, Mpls. 37.47 (93)	WOPEN Paula Dingle, Saint Paul Pk. 7.81 (98)	WOPEN Assumpta Bennaars, (Africa) 9.55 (95)	W30 Cathy Corceki, Brooklyn Center 7.90 (93)	W40 Kathy Marino, Apple Valley 9.09 (93)	W45 Jan Brankin, (SD) 9.41 (97)	W50 Sr. Rachel, Twin Cities (IL) 8.69 (88)	W55 Sr. Rachel, Twin Cities 8.81 (91)	W60 Sr. Rachel, Twin Cities 9.24 (96)	W65 Janet Amery, (IL) 12.19 (98)
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9 Mile	MOPEN Stan McClure, Golden Valley 6.52 (92)	M30 Bill Jahner, W. St. Paul 6																								



Third Wind

by MIKE TYMN

Milestones Among Masters

As we close out the Century, it seems like a good time to look back on the history of the aging athlete. Of course, the opportunity for men and women 40 and over to participate in vigorous and physically-demanding sport did not really present itself until some 30 years ago, but a little research reveals that there were some rare men and women defying Father Time well before then. Here is the timeline:

8th Century B.C. – In *The Iliad*, Homer tells us that Achilles informs Nestor, once a champion athlete, that he will not have to box, wrestle, cast a javelin, or run a race. “Already, the years are heavy upon you,” Achilles says. Nestor responds: “Aye, aye, my boy, that’s true enough. My joints are not what they were, my dear boy, nor my feet; my hands do not shoot out from my shoulder right and left, touch and go!”

6th Century B.C. – At about age 42, Milo of Croton is denied an opportunity to win his seventh Olympic wrestling title. It was not his age that held him back, but because “neither god nor man durst stand against him,” wrestling was dropped from the program.

5th Century B.C. – The poet Euripides observes the absence of older men in the sporting arena: “Although there are myriads of evils throughout Greece, there is nothing worse than the race of athletes...In their prime they make a brilliant spectacle as they go about and are the pride of the state; but when bitter old age comes upon them, they are gone like coarse cloaks which have lost their nap.”

1709 A.D. – Although his name seems to be lost to history, it was reported that a 64-year-old German won a wager of 100 pounds by walking 300 miles in London’s Hyde Park within six days.

1750 – James Broughton, called the “father of scientific boxing,” reigned as King of the Ring until age 46. He supposedly lost his title because he neglected to train for the bout, assuming that his experience would compensate for his age against the much younger and inexperienced Jack Stack.

1809 – Bill Richmond, a 46-year-old Black American, was one of the top pugilists in the world. After winning a London fight this year, he was still fresh enough to leap over the ropes and grab hold of a troublemaker named China-eyed Brown, who had shouted that Richmond “had got a white feather in his tail.” Richmond was still fighting at 50, when, it was said, he looked no older than 35.

1842 – At age 47, Mensen Ernst of Norway, one of the competitive “pedestrians” of the 19th Century, is said to

have literally raced “from Cairo and beyond” looking for the source of the Nile. During that trek he contracted dysentery and died.

1883 – At age 43 or 44, Edward Payson Weston, America’s most famous “pedestrian” of the last century, walked 5000 miles in 100 days.

1897 – Adrian “Cap” Anson, considered the best baseball player of the 19th Century, hung up his spikes at age 45. In his final year he hit .303 and stole 16 bases.

1900 – Donald Dinnie, the idol of Scotland, retired at age 63. He achieved fame as a Highland Games athlete, a weightlifter, and professional wrestler, amassing a fortune of over \$100,000 during his career.

1911 – The immortal Cy Young retired at the age of 44, having pitched two shutouts in his final year.

1915 – Honus Wagner, 41, played in all 156 games for the Pittsburgh Pirates and still had enough hustle to record 17 triples.

1919 – Walter “Pudge” Heffelfinger, who gained fame as a guard for Yale from 1888 to 1891, returned to New Haven and lined up with the Yale scrubs. Coach Ted Jones objected, concerned that a man in his 40s might be hurt. But Heffelfinger reportedly “flattened” four defenders while leading Jess Spalding on a 55-yard touchdown run.

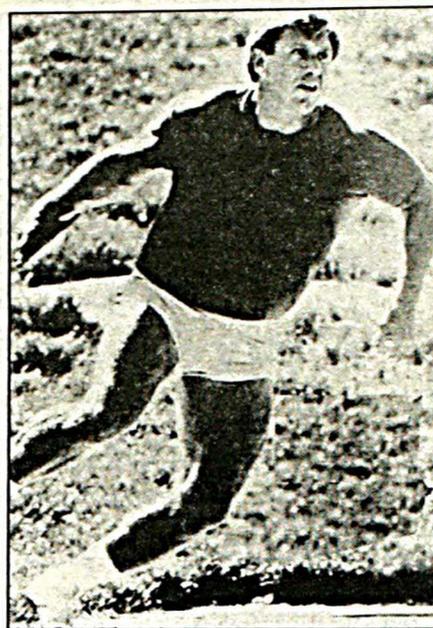
1919 – Ed Hartley, who had competed in the inaugural Dipsea Race, near San Francisco, when he was 52, returned at age 66 to win the veteran’s division. The Dipsea may have been the first running event to have a separate division for older men.

1920 – At 42, Pat McDonald, a New York City traffic cop, won the 56-pound weight throw in the Antwerp Olympic Games.

1921 – Stanislaus Zbyszko, age 41, defeated Ed “Strangler” Lewis for the heavyweight wrestling championship of the world (pre-slapstick era).

1922 – Pudge Heffelfinger captained a football team in a charity game in Columbus, Ohio. At 53, he was voted the outstanding player of the game. No other player was over 30.

1923 – With a 10-minute handicap, William Letcher, a 43-year-old dentist, won the Dipsea Race, making him per-



Al Oerter

haps the first “masters” winner of a distance race.

1924 – At 45, Matt McGrath, another New York City policeman, won the silver medal in the hammer throw at the Paris Olympics.

1926 – Tennis star Eleonora Sears, 44, gained widespread publicity by establishing a record time for walking from Boston to Providence, RI. She covered the 47 miles in 9 hours, 53 minutes.

1928 – At 47, Eleonora Sears won the first U.S. women’s tennis championship.

1928 – At 41, Ty Cobb played his final season, hitting .323. “I’m about as fast as ever once I get in motion,” he explained his decision to retire, “but my flexes are fading. I’m starting much slower. I don’t get the jump any more.”

1928 – Former heavyweight boxing champion Jack Johnson retired from the ring at age 50. In 21 fights from ages 40 to 48, he was undefeated.

1929 – Abraham Lincoln Monteverde, age 60, won a footrace from New York City to San Francisco, covering the distance in 79 days, 10 hours, 10 minutes.

1930 – At 41, the legendary Clarence DeMar won his seventh and final Boston Marathon. In his autobiography, DeMar wrote that he began “slipping” around 1928, at age 39. “I realized that the old elasticity was not there.”

1930 – At 40, Sam Rice, playing for the Washington Senators of the American League, had 207 hits and a .349 batting average.

1935 – Babe Ruth played his final season. “...the harder I tried the worse I did,” he lamented. “My old dogs just couldn’t take it any longer. It was more and more of an effort to move over the outfield or run down to first base. I had tried hard to condition myself, but it was just torture. I was 41 and playing my 22nd season.”

1948 – At 48, Tebbs Lloyd Johnson of Great Britain won a bronze medal in the 50K walk at the Olympic Games.

1950 – Nancy Dreyer, the 44-year-old wife of Willie Dreyer, a former winner, participated in the 6.8-mile Dipsea run. She was given a head start of 25 minutes and finished in 1:36:36. “She

was really in bad shape when she came in,” said Joe King, one of the participants. “I think she kinda got talked into it by her husband.” Dreyer may have been the first female masters runner. She reportedly trained by climbing the six flights of stairs at a Berkeley hospital where she was a nurse. (No respectable woman would have been seen running on the streets in those days.)

1950 – At 43, Jack Holden of Great Britain won the marathon in both the European Championships and Commonwealth Games.

1956 – At 43, Archie Moore fought Floyd Patterson for the heavyweight championship of the world. While losing that fight, he retained the light-heavyweight championship, a title he would hold until age 48.

1963 – About a dozen men participated in a 3-mile cross-country race in New York’s Van Cortland Park. It was organized by Joe Kleinerman and limited to men 40 and over. Men in their 40s were called Veterans, those in their 50s Masters, and those in their 60s Seniors. “Back in those days we got strange looks because we were runners, not because we were older runners,” recalled George Sheehan, one of the participants. Sheehan added that his children were so embarrassed by his running that they insisted he run where he couldn’t be seen.

1967 – Ann McKenzie, 41, set a South African open record of 2:06.5 for 800 meters in the British Track & Field Championships.

1968 – Spearheaded by David Pain, a 44-year-old lawyer, San Diego hosted the first national masters track and field championships.

1970 – At 43, George Blanda of the Oakland Raiders was voted Male Athlete of the Year as a result of his streak of five straight games in which he pulled out victories or ties with late-game heroics, either by passing, kicking, or both. He continued playing, mostly as a place-kicker, until age 48.

1972 – Mamo Wolde of Ethiopia captured the bronze medal in the Olympic Marathon at age 40.

1973 – At 41, Jack Foster of New Zealand finished second in the Commonwealth Games Marathon with a 2:11:19.

1980 – Gordie Howe finished his hockey career at age 52 by playing in all 80 games on the schedule of the Hartford Whalers.

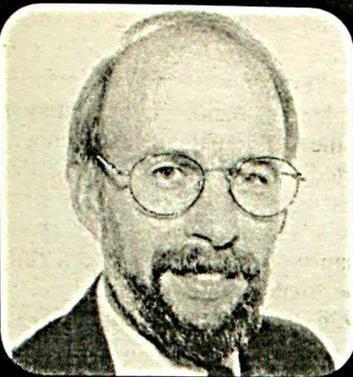
1980 – Four-time Olympic champion Al Oerter, 43, heaved the discus 227 feet, 11 inches, better than any of his winning Olympic throws.

1982 – At 44, Joyce Smith of Great Britain finished the London Marathon in 2:29:43, becoming the first woman 40-over to go under 2 1/2 hours.

1985 – American Dick Bass, at 55, became the oldest person to climb Mt. Everest.

1991 – At 44, Nolan Ryan pitched his seventh no-hitter. “I don’t run for distance anymore,” Ryan explained his fitness regimen, “and maybe I run 40 percent of what I used to. The recovery rate to bounce back gets longer. If this keeps

Continued on page 7



False Start

by DAVID E. ORTMANN

Hurdles Down; Weights Up!

A foolish consistency is a hobgoblin of little minds. There, I feel better already. Yes, I must confess I am looking forward to lower hurdle heights when I hit 50. Let's face it. There would not be many high hurdlers in the men's masters division if we still had to run the 42" college and open 110m hurdle height. I suppose I could "five-step" them, but I'd need a hurricane of a tail wind to ever think that I could "three-step" them. Heck, 42" is close to the U.S. masters standard for the M75 high jump!

Besides, hurdle running is dangerous. That's why the hurdles (including the steeplechase) are usually the most-watched events. Just as people flock to a car race track or an air show, what they are really hoping to see is a spectacular hurdle crash. In fact, if a hurdler can somehow knock down two or three of his/her competitors by sending hurdles flying, it is even more exciting.

A Fine Spectacle

My best hurdle showing occurred back in 1973, running track for Bethel College in Kansas. We began our outdoor season with a small triangle meet at

Southwestern College and Coach put me in the 440y hurdles. I smashed the first hurdle, nailed the second one and by the time I got down the back stretch my hurdling shoe flew off straight up in the air, which meant that I was hitting hurdles with my bare foot.

I think I broke three or four hurdles and the Southwestern coach said they couldn't afford to have me run them any more. But our coach was amazed that I was still able to break sixty seconds and thought I had some promise. Ever since, "Give the crowd a show," has been my motto.

However, at the risk of getting a shot put dropped on my hurdling foot, I fail to understand why, in masters track & field, the weights get lighter as one gets older. For masters men, there are four different shot put and hammer weights, three different discus weights and five different javelins.

Frankly, I don't think I need to throw a lighter shot put or discus when I hit 50. One of my goals is to break 35 feet with the college and open 16# (7.26k) shot put. I once putted the round orb 34-6 and it just wouldn't feel right to break 35 feet at age 50 with a 6k shot put.

Don't Lighten Up

Same is true for the college and open 2k discus. I'm still trying to hit triple figures (100ft.). I hit 98 ft. once, but I'll be darned if I'm going to go home happy breaking 100 ft. with a lighter 1.5k discus when I hit the M50 division.

This notion of old guys needing lighter weights falls by the wayside (many puns intended) considering the heightened interest in the 35#, 56#, Super-, Ultra-, Beyond the Valley of the Ultra- and things as heavy as refrigerators- weight throws. I mean, what's up with this "I want to pick up something as heavy as my car and throw it seven inches, but once I get into the shot put ring, I can't throw anything heavier than a marble"?

So I say, from college to the grave, let

there be one shot-put and let that shot put be 16#. And keep lowering those hurdle heights! □

(Note: For those wishing to send opposing views and factual corrections, I may be reached at a new e-mail of: deom@jps.net)

Third Wind

Continued from page 6

up, there's a good chance that when I'm 47 I won't be able to run at all." He would play another two seasons.

1994 - Eamonn Coghlan became the first person 40 or over to break four-minutes in the mile. The 41-year-old Irishman, who had run 3:49.78 in 1983, recorded 3:58.15 on the Harvard University track.

1994 - At 45, George Foreman knocked out Michael Moorer in the 10th round to regain the heavyweight title.

1997 - At 43, Robert Parish retired from the NBA. He played in 1611 games over 21 seasons, a record for a professional basketball player. "I was blessed health-wise and took care of myself," Parish said. □

(Please send comments or suggestions to Mike Tynn at METGAT@aol.com or write to him at 1524 Uluhao St., Kailua, HI 96734.)

Afanadon First in Mohawk Hudson Marathon

by PAUL MURRAY

Rudy Afanadon, 41, Shirley, N.Y., was the first finisher in the Mohawk Hudson River Marathon on Oct. 17, covering the scenic course from Schenectady to Albany, N.Y., in 2:38:27, more than nine minutes ahead of the second-place finisher.

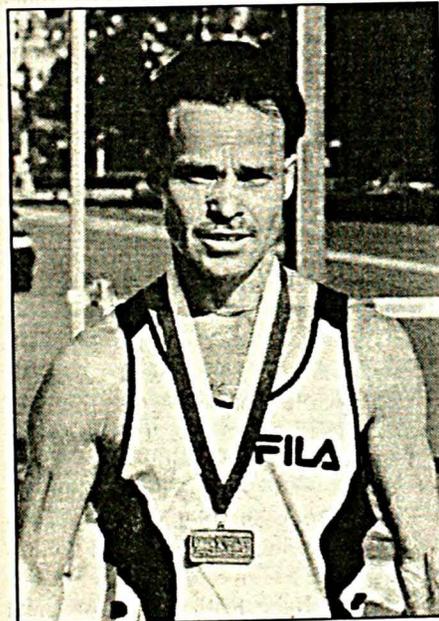
Bruce Glasspoole, 47, Pointe Claire, Quebec, was third in 2:49:12. Dennis O'Brien, 50, St. James, N.Y., finished sixth, clocking 2:50:54.

Gayle Porcelli, 41, Plattsburgh, N.Y., was second female overall in 3:02:31. Regina Tumidajewicz, 72, Amsterdam, N.Y., was the oldest finisher, with a 5:51:04.

Afanadon was not seriously challenged in his winning effort. "There was one runner about 20 seconds behind me in the early stages," he said, "but I started pushing, and he dropped back." Afanadon passed the 13.1-mile mark in 1:17:14 and had only the police motorcycle escort for company as he cruised the course along the Mohawk and Hudson rivers.

On a day when some runners complained about warm weather in the latter stages of the race, he did not seem to be affected. "Heat doesn't bother me at all," he observed. His time was seven minutes better than his previous Mohawk Hudson effort and just two minutes off his marathon personal best.

Just eight days before, he had run a 2:40 at the Aetna Marathon in Hartford, Conn. Other outings includ-



ART TETRAULT

Rudy Afanadon, 41, overall winner (2:38:27), Mohawk Hudson River Marathon, Albany, N.Y., Oct. 17.

ed a 2:43 at the Yonkers Marathon, a 2:41 in Quebec City, and a 3:25 victory at 50K in Brooklyn.

It was a good day for masters runners as 50 of the top 100 finishers came from the over-40 ranks. Of the 487 finishers from 15 states and two Canadian provinces, 117 (24%) recorded Boston Marathon qualifying times.

Lori Christina was the race director for the Hudson Mohawk RRC. □

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PAGLIANO'S PODIATRIC POINTERS

The Foot Beat

by JOHN W. PAGLIANO
D.P.M.

Achilles Tendinitis Strikes Again

As discussed in prior issues of NMN, Achilles tendinitis is one of the most common injuries in athletes over the age of 40. For those of us who deal with the diagnosis and treatment of athletic injuries on a daily basis, scientific literature in this field is often sparse and sketchy at best. However, a recent article by Martin, et al, Wake Forest University, has given support to the theories in dealing with Achilles tendinitis that we have proffered over the past several years.

The article compared 31 athletes with Achilles tendinitis and a non-injured group of runners. They investigated several parameters, including anthropometric, muscular strength, endurance, ground reaction forces, and rear foot movements in these runners. Briefly, the authors found definite relationships between these variables and runners affected with Achilles tendinitis.

They found that injured runners were less likely to incorporate stretching into their regular training routines. The quality of the stretching methods was not addressed. They also found that both groups did not stretch regularly.

Pace a Contributing Factor

Injured runners also ran at a significantly faster training pace than non-injured runners. So, one can surmise that a faster pace is associated with a higher incidence of Achilles tendinitis. This makes some sense, as the triceps surae would undergo quicker muscle contractions, shortening and lengthening during propulsion. The Achilles would be more prone to develop micro tears as the speed increased.

Injured runners had also been running for significantly more years than the control group. Perhaps the more years a person runs, the more an abnormality of some type may play a role in this overuse injury.

There was some discussion about weakness of the Achilles tendon muscle complex, but no definite hypothesis was concluded from the data.

The Significance of Age

Now, a subtopic that is of interest in our athletic population. Age had a marginal impact on the incidence of

Achilles tendinitis. The injured group was five years older than the control group. Some authors, such as Barry and McGuire, found age was a factor in overuse injuries. Other authors found no such association. Take your pick. One might also say that since the number of years running was a significant discriminator, the older runner would naturally get more injuries.

The fact that I found most interesting, and perhaps a key in the treatment of Achilles tendinitis, is the rear foot motion variables. We know that the foot strikes in a 'supinated' position and then changes direction of motion at heel strike to pronate through mid stance and then resupinate at toe off. This causes the Achilles tendon to 'bowstring' or 'whip' during the gait cycle. If this motion is exaggerated by excessive rear foot motion, the tendon is bound to become irritated.

Greater Rear Foot Movement

This study found that injured runners had a greater rotation of the calcaneus by 28% and an 8% increase in time to maximal pronation. In essence, injured runners have a lot more movement in the rear foot past the normal.

Several other studies, such as those by Clement, from Canada, indicate that exaggerated rear foot movements are a leading cause of Achilles tendinitis. Although most of this needs further study, I feel that it is clinically significant and by controlling the excessive rear foot movements, we have been able to successfully treat this problem.

So, in essence, there are several theoretical factors in the development of Achilles tendinitis. In order to successfully treat this overuse injury, one must eliminate all of the predisposing factors. Strengthening, proper shoes, reduction in speed and distance and, the most important, I feel, is the controlling of excessive rear foot motion, which will allow the athlete to return to training on an asymptomatic basis. □

(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.)

New York Marathon

Continued from page 1

available.

The race saw a record number of starters (32,503) and finishers (31,807) during the official 10-hour time period, for a finish percentage of 97.85%, which race director Allan Steinfeld attributed to the ideal, cool weather conditions, and the fact that it was the last New York City marathon of the millennium. Additional stimulus came from the enormous, enthusiastic crowds variously estimated in the millions, who frequently encouraged runners to continue rather than to drop out of the race.

This year, the race organization promoted a cancellation policy which enabled runners who wished to cancel to do so up to the day before the race with a guaranteed entry into next year's race. This was a real incentive in a race where many runners gain entry by lottery.

But while the race is getting larger, it is also getting slower - this year the 10,000th runner came in at about 3:59:53; several years ago the 10,000th runner would have a finishing time of approximately 3:45+ or 3:46+. It should be noted that no American men qualified for the Olympic trials at this marathon, with the fastest American male apparently being 30-year old Dan Middleman of Raleigh, N.C., with a 16th overall place in 2:24:52. We say "apparently," because we in the press room were presented with the "first" American who turned out to not be American at all and one of the reporters provided a bit of levity by pointing out that this individual was, in fact, the "first person with a green card" to finish. Two American women appear to have met the Olympic trial qualifying time - Zofia Wiecekowska, Stratford, Conn. (36, 2:43:24), and Dr. Kimberly Griffin, 38, of New York City, with a 2:48:29.

We had no chance to interview the male masters winner, but spoke with Horovitz who is no stranger to the national running scene or to the *National Masters News*. A U.S. resident, she came from Britain to run her first NYC marathon as an independent in 1978 with an approximate 2:56+ time and returned in 1979 as an invited runner where, in the race where Grete Waitz set a world record of 2:27:33, Horovitz was the second female finisher under her maiden name, Gillian Adams, with a 2:38:33. The following year she was fifth woman with a 2:37:55. While she has not since broken into the ranks of the top ten women at this marathon - during those intervening years she married Israel Horovitz, the playwright, and gave birth to twins - she came close this year, finishing 11th among the women and has had a very successful masters career.

Said Horovitz about this race, "The wind was everywhere we went... it was against us... cold and blustery."

RUNNERS	TIME	COUNTRY	RUN
1 2	2:09:14	KEN	1 F
2 17	2:09:20	POR	2 F
3 42	2:09:32	KEN	3 F
4 23	2:09:33	TA	4 F
5 1	2:09:33	N	5 F
6 7	2:09:33		6 F

MARILYN MITCHELL
Gillian Horovitz, 44, NYC, first masters woman (2:46:16) in New York City Marathon, Nov. 7.

Those who watched the race on television will remember that the overall women's winner ran much of the race alone, with neither women nor men near her. Horovitz pointed out that she had no idea who her competitors were, because while the male masters had special designation by their numbers, the masters women had no such designation and their race bibs had the same numbering format as those of the open runners.

Start temperatures were in the 40s, with 20-to-30-mile-per-hour winds and 40% humidity. While the temperature was somewhat ideal for a marathon, many of the open runners, including the winners, mentioned wind as a decisive factor in the race.

A note about the overall winners - as with some of the other winners of the Boston and New York City marathons, both winners in this year's New York race train at 10,000 to 12,000 feet. Joseph Chebet lives in a training hut with no electricity and no water - he and his fellow runners haul water from the nearest river. He rises as early as 3:00 a.m., more normally at 6:00 a.m., to drive 20, 30 or 40 kilometers with his team mates for a long run of that distance back to the camp.

Adriana Fernandez seems to have somewhat less spartan conditions than Chebet, but trains at the Toluca Volcano where Mexican marathoner German Silva trains. Silva stayed in a hut under similar conditions to those described by Chebet.

Although this training regimen seems to lead to success with open runners, there's no information to date concerning masters who may train under those conditions. □

TWENTY YEARS AGO December 1979

- AAU Turns Reins Over to TAC at Las Vegas Convention
- Herb Lorenz (2:27:05) Wins National Masters Marathon
- Occidental Insurance Co. Drops Sponsorship of Masters



BILL THEOBALD

Syracuse Chargers TC winning M80-89 team, Syracuse Festival of Races 5K, Oct. 3, (l to r): Charles Jorgensen, 84, Nate White, 80, and Sid Zecher, 80.

Course Record for Carroll; Legare First W40+ in Syracuse Festival 5K

by DAVE OJA

Bob Carroll, 43, Forestville, N.Y., took an early lead and then built it steadily throughout the race on his way to the masters victory and masters course record 15:19 at the Upstate New York's Syracuse Festival of Races, Oct. 3. The time eclipsed Carroll's previous masters mark of 15:26, set two years ago on the Festival's flat, out-and-back course.

In picking up the \$500 first-place masters money, Carroll outran Dave Reed, 45, Coquitlam, B.C., Canada, 15:56, and Charlie McMullen, 48, Rochester, N.Y., 16:08. Reed pocketed \$300, and McMullen earned \$200.

In the separate women's 5K, Montreal's Diane Legare, 48, overcame local favorite, Patti Ford, 44, LaFayette, N.Y., to win the W40+ race in 17:53. Suzanne Myette, 42, Endicott, N.Y., took second in 19:00. Ford endured a severe side stitch over

the last two miles to place third in 19:12. The women's prize money was equal to that awarded the men.

Division winners with notable times included Paul Halbert, 60, LaFayette, N.Y., with a 19:29; Howard Rubin, 71, New Hartford, N.Y., 22:38; and Dolores Quinn, 72, Whitesboro, N.Y., with a 27:33.

Team titles were awarded in each of the 10-year masters age groups, with the host Syracuse Chargers TC sweeping the awards. Among them was the M80-89 team of Nate White, 80, 28:16; Sid Zecher, 80, 31:12; and Charlie Jorgensen, 84, 37:46.

Major sponsors of the Syracuse Festival of Races included United HealthCare, M&T Bank, WSTM-3, Pilot Communications, Gold's Gym, Stickley Furniture, Bell Atlantic, Dick's Clothing & Sporting Goods, Peter's Groceries, Business Express Airlines, and Carmella's Cafe. □

Ngatia, Shull First in Army 10 Miler

by GEORGE BANKER

Sammy Ngatia, 40, and Patti Shull, 41, paced the masters runners in the Army 10 Miler, Washington, D.C., on Oct. 10. Running in a steady downpour, Ngatia, Fort Carson, Colo., who recently turned 40, won the M40+ race with a masters course record 50:46, 12th overall. The old record of 51:49 was set by Ric Banning in 1994.

Shull, Ashburn, Va., defended her masters title with a 12th place also, in 63:11, off from her 1998 course record 60:10.

Jim Whitnah, 45, Chevy Chase, Md., was second to Ngatia in 55:08. Cecilia Sager, 41, Silver Spring, Md., was the W40+ runner-up with a 66:23.

Bret Moer, 55, Aberdeen, Md., in 58:41, and Barbara Mathewson, 50, Virginia Beach, Va., in 70:56, were first finishers aged 50+. Fay Steele, Washington, D.C., at age 83 the oldest finisher, completed the course in 2:07:36.

Colonel Bill McArthur, Jr., 48, a NASA astronaut, who has logged 354 orbits of the Earth and traveled 9.2 mil-

lion miles in space, ran a 90:00. His last flight was an eight-day mission docking with the Russian space station Mir.

Over 16,300 registered for the event, which started at the Pentagon and passed the Lincoln Memorial, Kennedy Center, Washington Monument, U.S. Capitol, and turned back across the 14th Street Bridge. □

FIFTEEN YEARS AGO December, 1984

- At Age 47, Sandra Kiddy Beats Everyone in Duluth 100K
- David Clark (2:21:04) and Evy Palm (2:45:18) Win in NYC Marathon
- San Diego Hosts TAC Convention

Detroit Free Press Marathon Wows Field

by RON MARINUCCI

When he was a competitive runner, Doug Kurtis proved he could run a marathon, setting three world marks that still stand. On Oct. 17 in Detroit, he showed he could still run a marathon, now as race director of the Detroit Free Press/Flagstar Bank International Marathon.

This was Kurtis' first year as director of the Free Press, a race he won six consecutive times, beginning in 1987. He brought a new course on board with him. Expectations were high, but I doubt any runners were disappointed.

For the first time, the marathon began at Tiger Stadium, where the Tigers played their farewell game three weeks before. Marathoners were then treated to panoramic views of the Detroit and Windsor, Ontario, skylines as they ran across the Ambassador Bridge into Canada, another first. A two-mile jaunt along the Detroit River on the Windsor side gave a memorable view of Detroit.

The course kept its unique "underwater mile," taking runners through the Detroit-Windsor Tunnel back to the U.S. Detroit's jewel of an island in the river, Belle Isle, was the next destination before a return trip back downtown, complete with a glimpse of the Tigers' new home, Comerica Park.

But the best was saved for last. Runners finished up by running through the centerfield gate, 440 ft. straightaway centerfield, of Tiger Stadium, along the right field fence, and down the first base line to the finish line. All of this in front of several thousand spectators and the stadium lights that cut through the morning gloom. It couldn't have been better.

Lynn DeGrande, a masters runner from Holly, Mich., summarized what many runners felt, "I thought the entire course was wonderful, but my favorite part was Tiger Stadium, which was why I decided to run in the first place. I'll never forget running...and seeing the familiar lights of the stadium - it brought back so many memories and I actually picked up the pace on the last mile just to get there sooner. The finish on the field can never be repeated! I'll treasure the Tiger Stadium commemoration on the back of the finisher's medal so much. I think this was the best running goal I've ever had."

The marathon itself attracted 3817 entrants, nearly double the number of finishers in 1998. An accompanying marathon relay and Old Navy 5K drew more than 400 additional runners each.

For Doug Kurtis it is: Mission Accomplished. □

2000 MICHIGAN ASSOCIATION OPEN AND MASTERS INDOOR TRACK AND FIELD CHAMPIONSHIPS

WHEN: Sunday, February 6 • 12:00 noon

WHERE: Grand Valley State University, Field House Arena, Allendale, MI; located just 11 miles west of Grand Rapids on M45 (Lake Michigan Drive)

DIVISIONS: Open (14-29), Masters 30+ by 5-year age division

ELIGIBILITY: All athletes must be registered members of USA Track & Field. Onsite Registration available: \$15.00

ENTRY FEES: \$15.00 first event, \$5.00 subsequent events if RECEIVED by Jan. 29, Late registration available on-site from 10:00-11:00, \$20.00 first event, \$12.00 subsequent events. Entry fees are non-refundable.

AWARDS: Michigan Association Championship Medals available to top 3 places in each division, limit 3 medals per athlete, additional earned medals for \$3.00 each.

FACILITIES: Restrooms, locker rooms, showers and concessions, 200m rubber Mondo track, wooden throwing circle, ample parking.

ADMISSIONS: Adults \$4.00, Students \$1.00.

MAKE CHECKS PAYABLE TO: Grand Valley State University - T&F.

MAIL REGISTRATION: Jerry Baltes, Grand Valley State University, Office 97 - Field House, Allendale, MI 49401, Phone (616) 895-3360. No phone or fax entries accepted.

ORDER OF EVENTS: Women, followed by men, oldest to youngest
55MH 55M 3000M Racewalk 800M 200M
Mile Run 400M 3000M LJ HJ PV SP
WT 1600M Relay (semis & finals in 55MH and 55M only)

NOTE 1/4 inch spike limit, no pin or needle spikes: no field event implements provided.

REGISTRATION FORM

Name _____ USATF Number _____
Address _____ Date of Birth _____ Age _____ Sex _____
City _____ State _____ Zip _____
Phone No. _____ Club/Team _____
Events Entered: 1st _____ 2nd _____ 3rd _____ 4th _____ 5th _____
Best Recent Performance _____

WAIVER

I, _____ in consideration of Grand Valley State University and all meet officials allowing me to participate in the USATF Michigan Open/Masters Track & Field Meet activities on February 6, 2000, do, for myself, heirs, executors and administrators, waive and release all rights and claims for damages, demands, and actions whatsoever in any manner, as a result of my participation in these activities.

Signature _____ Date _____
MICHIGAN ASSOCIATION USA TRACK & FIELD



Masters Racewalking

by ELAINE WARD

The Silent Killer... Part II

The following statistics and quotes are from a medical essay supplement to the Mayo Clinic Health Letter, June 1999 titled the Silent Killer. For information about this Health Letter write the Mayo Foundation for Medical Education and Research, Rochester, MN 55905

Silent coronary artery disease "affects millions of Americans – perhaps 30 percent of the population. In fact, known coronary artery disease is just the tip of the iceberg – there are far more people who have coronary artery disease and don't know it than there are those who are aware of their condition... About one-fourth of all people who die of a heart attack have no prior symptoms."

Silent coronary artery disease is caused by atherosclerosis which is associated with the slow progressive buildup of hardened deposits of plaque on the inner walls of arteries. Plaque is composed of fat, cholesterol, calcium, fibrin and other cellular waste.

"Over time, these plaques silently narrow arteries, much like mud silting in a shipping channel. If this happens to arteries serving the heart (coronary arteries), the arteries may become so blocked that your heart muscle doesn't get enough oxygen rich blood."

The article proceeds to enumerate such risk factors as high blood pressure, high blood cholesterol, smoking, diabetes, physical inactivity, overweight, improper diet, and stress, as well as genetic make-up and age.

Detecting a Silent Disease

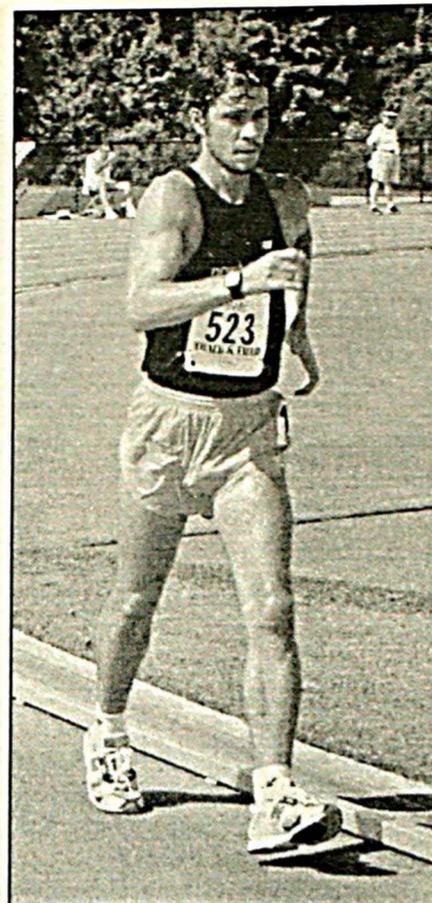
The article asks the essential ques-

tion: "If coronary artery disease can progress silently, how can you detect it before it causes heart damage?" The following are some diagnostic tests.

Electrocardiograph (ECC/EKG) – In this test, wires are attached to the skin to measure electrical impulses given off by the heart. This test yields useful information about the status of the electrical system in the heart.

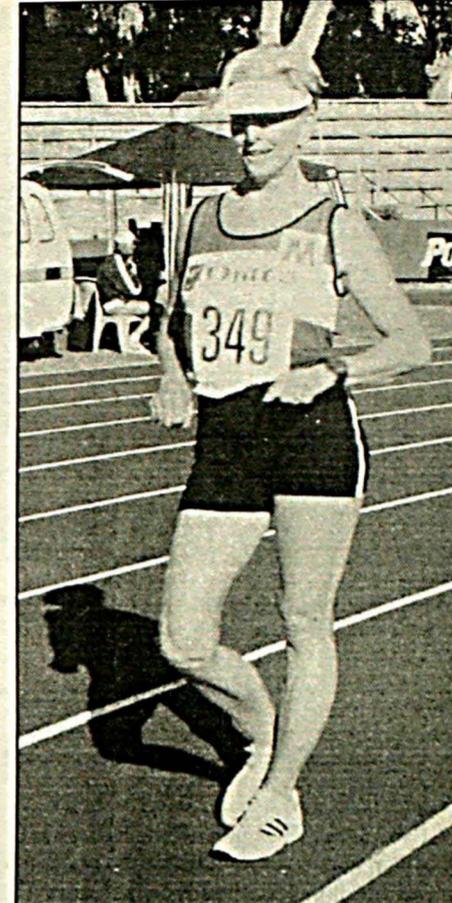
Stress Tests – Stress tests "help measure how well your heart muscle functions and whether it's getting adequate blood supply." There are several kinds of stress test, including the following:

- **Treadmill Exercise Stress Test:** You walk on a treadmill while an ECG records your heart's response to an increasing workload. It can detect coronary artery disease in about 70 percent of people with the disease.



JERRY WOJCIK

Dave McGovern, M30 winner (23:22.68), 5000 racewalk, 1999 National Masters Championships, Orlando, Fla.



LEO BENNING

Lindsay Hatz, 60, South Africa, recorded a world best 2:04:34 for the 20K RW in Capetown in August.

- **Echocardiography:** This test uses ultrasound. Inaudible sound waves make an image of the moving heart muscle. Echocardiography can be combined with a treadmill to give an image of how your heart functions under stress. Any part of your heart that doesn't receive enough blood during exercise does not contract normally. This can indicate an ischemic area

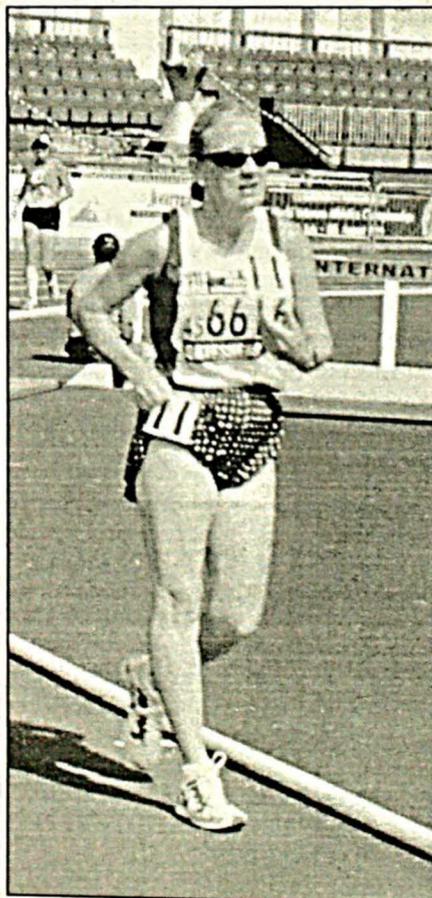
downstream from a narrowed vessel.

- **Nuclear Imaging:** A radionuclide scan of your heart can yield detailed information about the status of your heart's blood supply. In this test, a small amount of a radioactive tracer chemical, such as thallium (used in racewalker Casey Meyer's revealing test – see Nov. NMN) is given by intravenous injection. A scan is taken right after you've been stressed. A second scan is taken several hours later.

"Comparing the scans can help doctors see how the tracer chemical is taken up by the heart. This can point out areas that aren't receiving adequate blood supply. In these areas, the heart muscle has been replaced by inactive scar tissue. By seeing images of these areas, doctors may be able to pinpoint potential sites or blockage in the coronary arteries."

Angiography – Coronary angiography is considered the best test for coronary artery disease. This test "maps" the coronary arteries and suggests possible sites of inadequate blood flow to your heart. It can show specific sites of narrowing in coronary arteries. "This information is critical when evaluating the benefits of revascularization procedures, such as bypass surgery or angioplasty."

The article concludes: "Coronary artery disease is a lifelong process that develops silently and usually goes undetected until advanced disease is present. Keeping it from causing problems is a matter of active risk management and lifestyle choices. Whether or not you have symptoms, you need to work with your doctor to identify and treat risk factors early so you have the best chance of keeping your heart healthy throughout your life." □



JERRY WOJCIK

Marilyn Whipple, W45, of the U.S.A., in the 5000 racewalk, 13th WAVA Championships-Gateshead.

Masters Age Records

(1999 Edition)

Compiled by WAVA and USATF Masters T&F Records Chairman Pete Mundle with Rex Harvey, Shirley Dieterich and Beverly LaVeck.

- Men's and Women's World and U.S. Age Bests for all Track & Field Events, age 35 and up, as of Oct. 31, 1998.
- U.S. Age bests for Men & Women for all racewalking events, age 40 and up, as of Oct. 31, 1998.
- Men's U.S. Masters Indoor & Outdoor Championship Records.
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LDR Report

by JERRY CROCKETT
USATF Masters LDR Chairman

Indy Life Circuit Concludes its Third Series

During the past three years, I have had the pleasure of associating with the masters athletes who have followed the Indy Life Series for one or more of these years. Some of them are dedicated, fierce competitors who would have been competing with or without a circuit, but others have been encouraged by the series (and the chance to win a few bucks or get a free hotel room) to either continue their competitive running career or to abandon retirement and return to competition.

Watching the serious – but friendly – competition and the deep, firm friendships that have arisen or been renewed has been a real joy. Especially moving is the enjoyment shown by those who seldom, if ever, place in the money, but still are recognized by all as essential components of the Circuit.

Unfortunately, due to a company merger and some new insurance laws, Indianapolis Life Insurance Company has found it necessary to cease funding for the cumulative portion of the series. We will miss them, because certainly this has been more than a marketing effort for Indy Life President Larry Pribble, Vice-President Bob Schnell, and several others who are firmly committed to running as an important part of a healthy lifestyle.

Moving Onward
In spite of this setback, we must move ahead. Throughout, the real leaders have been the individual races such as Twin Cities Marathon, Bobby Crim Ten Mile, Tulsa Run, Freihofer's Race for Women, and nine other great races which have chosen to jump on the bandwagon at least one of the last three years. They stand ready to continue support of this effort, and it is our job to help them continue.

USATF, Running USA, your USATF Masters LDR executive committee and several elite masters runners are knocking on doors to find a new benchmark sponsor. The lucky underwriter will inherit a program that may not be bug-free, but is far more sophisticated than it was in January 1997. Many of the early oversights, slip-ups, and boners are now routinely eliminated by a reasonably well-prepared check-off plan.

At a meeting of ILC participants following the Tulsa Run, several of the athletes provided real fodder for possible program alteration if our continuance becomes viable. Some of the suggestions were more than surprising to your race facilitators. Many were couched in ways to encourage greater participation, especially by some of us who may not run enough to be money-winners, but certainly could have a great time by simply doing our best and "hanging around" with those who are at the top.

Recent discussions by some of our marketing people have uncovered at least two very promising potential sponsors, both of whom would provide

us with a little more operating capital than we have had, and hopefully would be open to budgetary expansion, should they like what they see.

Masters Winners

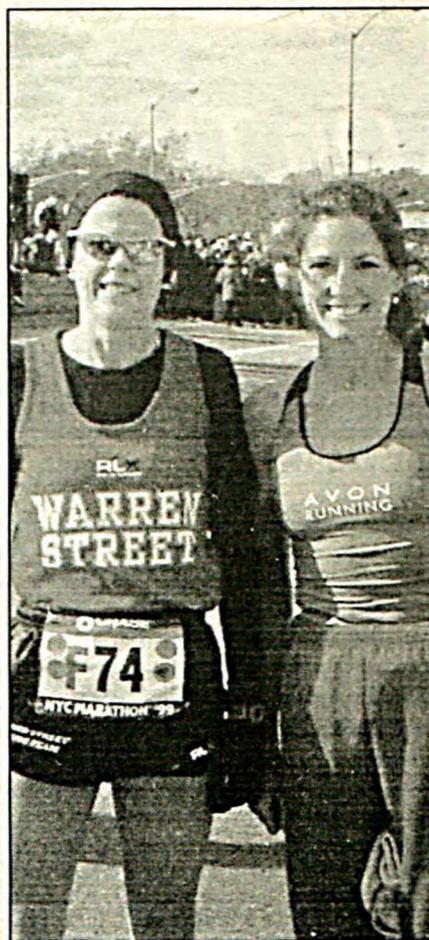
I must congratulate John Tuttle who finished in first place in both open and age-graded men's categories at the Circuit, but since double-dipping is not allowed (a concept which John heartily endorses), he chose the open money. On the women's side, Jane Welzel and Patti Valadka finished in a dead heat and will share first and second prize money. They have been in a nip and tuck race all year and are certainly worthwhile champions.

In the age-graded standings, Joan Ottaway, for the third consecutive year, is the big winner. Craig Young, former two-time open winner (second this year) is the men's champion. To these people and others mentioned in the Indy Life write-up in this NMN, I add my heartiest congratulations. My heartfelt thanks to my great friends who gave their all, had a good time, and kept a smile on their faces while finishing out of the money.

If you want to find out what goes on in the facilitation side of our sport, show up at the USATF national meeting in Los Angeles and stay over for the 10K National Cross-Country Championships on the 5th. □

TEN YEARS AGO December 1989

- John Campbell (40, 2:16:15), Priscilla Welch (45, 2:36:15) Win Masters Titles in NYC Marathon
- Sister Marion Irvine Sets World W60 Record of 19:14 in 5000
- Annual TAC Convention Held in Washington, D.C.



RICK PASCARELLA

Jean Chodnicki, 40, NYC, 41st woman (3:09:21), and Dr. Kimberly Griffin, 38, NYC, 12th woman (2:48:29), New York City Marathon, Nov. 7, 1999

Parkman, Schermerhorn First in Sweetwood

by BARB SCHLESINGER
WILLIAMSTOWN, Mass. – With the start at 11:30 sharp, runners in the Sweetwood Halloween 5K Cross-Country Scamper took off in perfect fall weather – low 60s and slight breeze – on the grounds of the Sweetwood Senior Residential Community on Oct. 31.

All of the runners were 50 years of age or older. Twenty-five of the registrants were members of the New England 65+ Runner's Club, an organization for runners aged 65-and-up, serving New England and New York.

Overall winners were Jeffrey Parkman, 52, in 20:10, and Candy Schermerhorn, 53, in 26:24. John Pelton, 60, with a second-place 20:48, and Catherine Roberts, 60, also with a second-place in 30:05 were candidates for the best performances of the race.

Race day activities ended with an awards ceremony on the patio at Sweetwood, with trophies and medallions for the top three winners overall and the top three in each age group.

The principal sponsors were First Massachusetts Bank and Williamstown Savings Bank. □



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On The Run

by HAL HIGDON

Strange Things Done in the Midnight Sun

Climbing out of Juneau Airport, our single engine plane slid into a cloud bank barely a few hundred feet above the runway. Given that there were hills above us on both sides, I hoped our pilot knew his job. But as we turned up the canal toward Skagway, the clouds parted and we found ourselves flying in clear sky above blue water rimmed with snow-tipped mountains.

I had come to Alaska to run the 17th annual Klondike Road Relay, a 110-mile running race that follows one of the routes taken by miners during the Gold Rush of 1898. The event begins in downtown Skagway on a Friday evening in mid-September and continues through the night across the White Pass, finishing Saturday morning beside the Yukon River in Whitehorse, Canada. Each relay team has ten members, running miscellaneous distances from about 6 to 16 miles. I was scheduled to run a 12-mile stage.

Despite my youthful memories, Alaska was one destination that had eluded me during my world travels. I had visited all 50 states except it and North Dakota. When an opportunity arose to join a team in the Klondike Road Relay, I quickly said yes.

I first met my team Thursday at The Stowaway Cafe, near where the cruise ships dock. One of the traditions of road relays (such as River to River in Illinois) is quirky team names. Team leader Dawn Seto had dubbed us "As Good As It Gets," after the movie starring Jack Nicholson. I hoped Dawn didn't expect us to run the relay not stepping on cracks like Nicholson in the movie.

First Seed

Friday night at 6 p.m., As Good As It Gets assembled in downtown Skagway for the start. Fifteen other teams would start with us. The remaining relay teams would follow in half-hour intervals, culminating with the fastest group at midnight. We were in the first seed because of a slow predicted finish, although I suspected Dawn had underestimated our abilities. This proved true, since our first runner quickly moved to the front. For the first four legs as day turned into a dark and moonless night, we bounced back and forth between first and second with another team named "Vroom Vroom," then Scott Douglas, former editor of *Running Times*, took charge.

Running like a deer through the forest, Scott nibbled away at the lead, catching the Vroom Vroom runner midway through the stage. By the time Scott tagged the next runner near the town of Carcross, Vroom Vroom was Doomed Doomed.

Alas, that's when we discovered someone had left Scott's warm-up gear lying on the road in the exchange zone.

Our driver said that we would have ample time to retrieve Scott's gear and make it back to the next exchange. We turned around leaving a secondary van to light our runner's way. Hindsight suggests I should have shifted to that van.

Until then, we had no contact with other teams in the Klondike Road Relay, but as we traced Scott's stage backwards, we finally saw our competition. Runners crowded the road as did their accompanying vehicles. Quickly retrieving Scott's gear, we encountered a traffic jam that lasted until we reached Carcross again. Then traffic thinned. Only a handful of teams seemed to have a chance of beating us to Whitehorse.

But we had misjudged how long it would take our runner to run the stage before mine. She was standing beside a group of officials anxiously waiting when we pulled up. I jumped out of the RV. We were so far ahead that race officials had not yet manned the checkpoint. "You won't get an official time," an official warned. I shrugged and set off into the night.

A Surreal Experience

Our team RV lit the road before me — an almost surreal experience. The asphalt road, besieged by wind and snow each winter, was rough, undulating, often canted to one side on turns. The headlights cast mini-shadows, ugly gashes on the grayish asphalt. Even the slightest dip looked like a moon crater into which I might fall and never be seen again. The Jack Nicholson of *As Good As It Gets*, I knew, would not fare well on a road so lit.

As mile followed mile, the sky began to lighten. A motorcycle policeman appeared and asked me to move from the right to left side of the road. With darkness turning to dawn, I could see now. One advantage of running in the dark, I now discovered, was that you couldn't see the hills. Now in the cold light of dawn I looked forward and discovered a hill that I didn't recall from the topographical map.

As my pace lagged, I feared being caught by Vroom Vroom. Glancing backwards, I saw no one in sight. This was a bad tactical error, since I suddenly lost all desire to run fast and shifted to a walk. I did more walking than running in the final two miles, yet still stretched our lead over our pursuers.

Our two final runners brought us home first in 14:48:38. Though first to Whitehorse, As Good As It Gets actually finished 26th overall, sixth in our class. Vroom Vroom's overall finish was 82nd, nearly two hours behind us. The time for the winning Pacific Roadrunners Wolfpack team was 10:18:58.

We drove later to overnight lodging outside Whitehorse. Grabbing a beer, I headed for the outdoor hot tub and sat gazing at mountains crossed by Gold Rushers a century before. A poem by Robert W. Service, the Yukon's most famous poet, seemed to signify our achievement:

There are strange things done in the midnight sun

Fram, Olash First in USA 8K Cross-Country

by BOB ULLRICH

Craig Fram and Jeanne Olash were the winners in the USATF National Masters 8K Cross-Country Championships in Louisville, Ky., on Oct. 17. The race was contested over a two-loop grass course at E.P. "Tom" Sawyer State Park where masters championships have been held six times in the 1990s.

At race time, the temperature was 59 degrees under overcast skies as 74 runners from 16 states toed the starting line. The course was in top shape, as several months of dry weather had rendered it hard and fast, and featured three small hills at 0.5 miles, 2 miles, and 3.5 miles. Additionally, hay bales were placed at 1.5 miles and 3.0 miles to add a European flavor to the competition.

As the gun sounded, Fram, 41, Plaistow, N.H., assumed the lead and was first by about 10 yards at the mile mark. He stretched his lead over the next four miles, finishing first in 25:56, fourteen seconds ahead of second-place finisher Paul Risch, 40, of Indianapolis. Fram's time was some 45 seconds slower than the course record 25:08, set by Steve Scott in 1996.

John Wellerding, 45, of Louisville, won the M45 race (26:51), followed by Tom Simpson, 46, Indianapolis, and Barry Ross, 45, Louisville.

The M50 group produced the grandmasters (M50+) champion, Rich Myers, 54, of New Jersey, who won in 28:02.



CARROLL DEWEESE
Craig Fram, 41, of New Hampshire, first overall (25:56), National Masters 8K Cross-Country Championships, Louisville, Ky., Oct. 17.

*By the men who toil for gold;
The Arctic trails have their secret tales
That would make your blood run cold.*

Stranger things have been done in the midnight sun than running the Klondike Road Relay. Unfortunately, Robert W. Service no longer is around to memorialize. Sitting and soaking and enjoying the scenery, I felt tired but exhilarated after having run in my 49th state. Now if I can only find a race next summer in North Dakota. □

(Hal Higdon is Senior Writer for *Runner's World*. An expanded version of this article with Alaskan travel tips appears on his web site: www.higdon.com.)



CARROLL DEWEESE
Jeanne Olash, 42, of Kentucky, first W40+ (31:03), National Masters 8K Cross-Country Championships, Louisville, Ky., Oct. 17.

The remaining division champions were Wally Herrala, 55, Ann Arbor, Mich., 29:02; Wally Brawner, 60, Kansas City, 32:56; Ino Cantu, 65, Richmond, Texas, 32:52; and Doug Blanchard, 73, Longmeadow, Mass., 38:35.

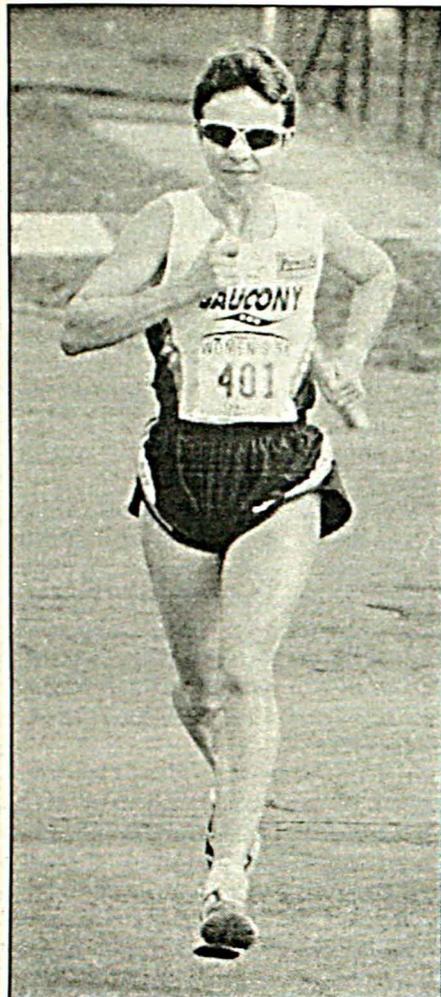
Ed Andrysiak, 85, Plymouth, Mich., the oldest entrant, was forced to withdraw midway through the race.

Louisville resident, Olash, 42, won the women's race by more than three minutes with a 41st-overall 31:03. Jill Force, 47, Louisville, won the W45 race in 34:26.

The women's grandmasters champion was Peggy Hilton, 51, Seattle, Wash., with a 49:21. Rose Taylor, 63, Louisville, was the W60 champion, with a 42:31.

Team competition was spirited as more than half of the race entrants also competed on eight teams representing four running clubs. The M40-49 team winner was Runners Forum TC of Indianapolis, which defeated host Victory AC of Louisville by more than four minutes. The M50-59 winner was Michigan Grand Masters of Detroit. The W40-49 winner was Victory AC.

Following the race, runners enjoyed a complimentary pizza buffet and soft drinks provided by Papa John's International. Other sponsors who made these championships possible were Gateway Press and Swag's Shoes of Louisville. □



GARY ALLEN

Diane LeGare, 48, of Canada, first W40+ (17:53), Syracuse Festival of Races 5K, Oct. 3.

Olympic Legends Meet Set

The Olympic Legends Invitational Track Meet will be held on May 27-28, 2000 at Mt. San Antonio College in Walnut, Calif., 60 miles east of Los Angeles.

Organizers estimate more than 1500 athletes, both open and masters, will participate.

Proceeds from the event will go to CASA - Court Appointed Special Advocates. It is a non-profit group dedicated to providing help to abused and neglected children in California.

"Each year in the USA, millions of children are abused, neglected or abandoned by their families," said Sheila Newton, organizer of the event. "About 105,000 California children are currently placed in foster care. Support of the Legends Meet will enable CASA programs to serve a greater number of abused children who are caught up in the complexities of the court system."

For more info, contact Newton at 760-251-6955.

Some readers provide additional support to the *National Masters News* by sending contributions of \$25, \$50 or \$100 a year. If you are able, we urge you to join them. All contributors will receive a free copy of the new *Masters Age Records* book and will be listed in the paper as a *National Masters News* sustainer.

PUBLICATIONS ORDER FORM

Masters Age Records (1999 Edition)

Men's and women's world and U.S. age bests for all track & field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 1998. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$5.00.

Quantity _____

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Masters Track & Field Rankings (1998)

Men's and women's 1998 U.S. outdoor track & field 5-year age group rankings, 56 pages, over 100-deep in some events. All T&F events. \$7.00.

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McMahon Family Trust Masters Track & Field Indoor Rankings (1999)

Indoor rankings for 1999. 4 pages. \$1.50.

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Masters Age-Graded Tables

Single-age factors and standards from age 8 to 100 for men and women for every common track & field, long distance running, and racewalking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 60 pages, including samples and charts. Compiled by the World Association of Veteran Athletes. \$6.00.

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Masters 5-Year Age-Group Records

Men's and women's official world and U.S. outdoor 5-year age group records for all track & field and racewalking events, age 35 and up, as of January 1, 1999; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$1.50.

_____ \$ _____

Masters 5-Year Indoor Age-Group Records

Same as above, except indoor records (M40+, W35+) as of January 1, 1999 (world) and December 4, 1998 (USA). 4 pages. \$1.00.

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Competition Rules for Athletics (1999 Edition)

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_____ \$ _____

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Published by Road Race Management, the Guide includes elite athlete alphabetical listing (including masters) with over 800 addresses and phone numbers, calendar for over 400 prize money events, and more. \$60.00.

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**NSGA
Report**
by PHIL GODFREY
V.P. of National Games, NSGA

USATF and NSGA Solidify Partnership at National Senior Games - The Senior Olympics

The National Senior Games - The Senior Olympics took place Oct. 19 through 29 in Orlando, Fla. The local organizing committee for the Games was provided by Disney. The Games' track & field event was a large meet with all of the associated challenges, but in the end I left the venue with a very good feeling about what had been accomplished.

I am continually amazed at the level of interest in this meet. The 4528 entries in Orlando were not a National Senior Games Association (NSGA) record but were, in fact, significant. As you may know, the NSGA meet does not offer all of the events that a USATF masters meet offers. So, when you consider the number of entries, you begin to realize how big most of the flights and heats were.

I would not be honest if I did not express some minor concern about the meet's rate of growth. The NSGA does not want to be in the position of trading quality for quantity. Frankly, we still have some work to do on the quality front. Our rate of growth weighs heavily in every decision we make at the NSGA headquarters.

Records Set

I think the most significant story to come from the meet is the number of records that fell:

- 54 NSGA records were set.
- 14 USATF Masters records were set.
- 3 World Masters records were set.

It is interesting to note that more women's records fell than men's. Beyond that, it appears they were equally split between running events and field events. They were set in nearly all age divisions.

I've not yet had the opportunity to determine who the new record holders are, but assume that a significant number of them are from the ranks of USATF. My spin on that is a good one. First, that means that our NSGA-member state games have begun to attract more USATF competitors. Interaction at that level is very important to the continued development of our state meets.

Second, I hope it means that the NSGA has begun to figure out what is important to the USATF members at the national meet. I/we want your participation, and we will continue to upgrade our meet to the extent possible without jeopardizing our mission of serving NSGA athletes.

Professional Approach

I hope those of you who were able to attend both the masters championship meet and the NSGA meet will be able to say that the NSGA event was well-run and adhered to USATF rules. I was fortunate to have witnessed the masters meet in August. I'm grateful that Ken Weinbel and

Jerry Wojcik's Weight Room and Ken Stone's Word from the Web will resume next month.

his core group were willing to share their experiences with me in an effort to assist the NSGA with its meet. Their professional approach to the problems they encountered and the spirit in which they offered suggestions for change were appreciated by the NSGA staff.

Clearly, our meet was not without problems. We had our challenges, especially the first couple of days. I think our Disney partners responded well and made the adjustments we asked for in an appropriate time frame. Again, I'm grateful to the USATF people who pointed out their concerns to me and also to the USATF officials who worked hard at the beginning of the meet in a difficult situation.

Changes Take Time

Adjustments of the magnitude we made in Orlando generally take longer to make in a multi-sport event like the National Senior Games. While some of you, as track & field athletes, may feel that adjustments could have been made sooner, please remember that the NSGA and Disney staff were dealing with 17 other sports that included 817 events and 11,938 competitors.

My short-form evaluation of the meet is: Did we hit a home run? No. But, I do think we're rounding second and well on our way to third.

Additional aspects of the continuing development of the partnership between the USATF Masters Committee and the NSGA are unfolding. For example, the NSGA provided booth space to *National Masters News* in the Corporate Village at the Games.

We also were able to provide them and other Masters Committee members with free courtesies such as hotel rooms and event credentials, to name a few, while they were in Orlando. Their presence afforded them the chance to witness our event first hand and afforded us the benefit of their expertise. Representatives of both organizations had a chance to visit a little more about how we can move forward on our partnership. All of us at the NSGA look forward to the partnership growing. □

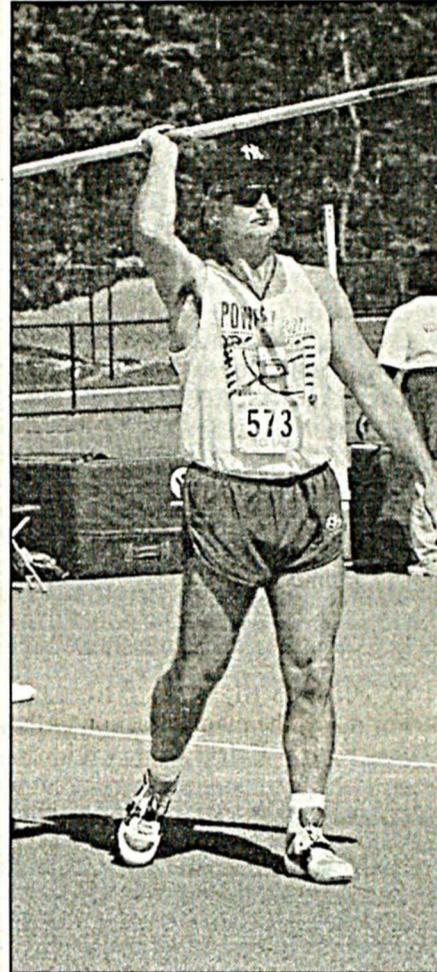
National Senior Games

Continued from page 1

accounted for three of them in the shot put, discus, and javelin.

Fifty-four meet records were also set. Triple-meet-record setters were Vieth, Bowermaster, and Audrey Lary, W65, Maryland, whose meet records also included U.S. records in the 200 and 400.

Male athletes who accounted for



SUZY HESS
Bruce Hedendal, fourth (40.80) in the M50 javelin, National Senior Games.

two meet records each were Marion Harrison, Jr., M60, Georgia, in the 100 and 200; Roger Pierce, M55, Massachusetts, in the 200 and 400; and Harry Hawke, M70, California, in the shot put and discus.

Impressive Numbers

Participation shared the spotlight with performance. The Disney Complex was also the site of the 1999 USATF National Masters Championships in August. The NSG drew more than three times the 900 who competed in August. The weather in August was certainly a factor, but Masters Championships athletes start at age 30 and have no qualifying standards, while the NSG starts at 50 and has qualifying for most track events, plus the NSG schedule doesn't include several track and field events, such as the hurdles, hammer, and relays.

The NSG numbers are significant. The M55 100 had 51 entrants, and the M55 200 had 44. The M60 entrants numbered 52 shot putters, 45 long jumpers and a phenomenal 40 high jumpers. The W60 had 42 shot putters,

41 discus throwers and 49 100m runners.

Even more striking for those familiar with USATF Masters Championships numbers are the tallies in the older divisions. The 70-74 discus had 41 men and 36 women. Thirty-eight shot putters entered the M75 division, and 20 W75s were on the 100m list. The M80 discus had 25 entrants, the same as the shot. There were 15 M85 shot putters and six W85 javelin throwers.

World-Class Performances

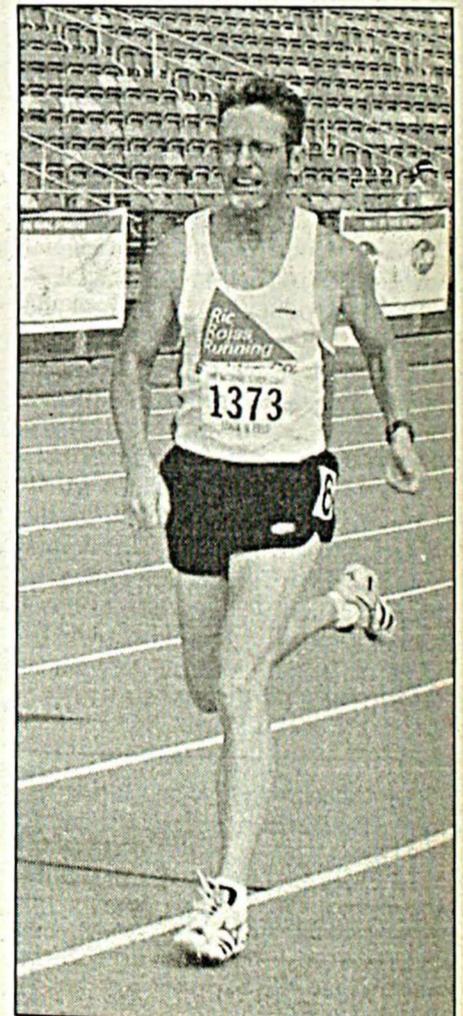
Numbers like those produced world-class performances in the sprints. In the M65 100, Bill Wright, Massachusetts, won with a 12.86, with Andrew Branch, New York, second, also in 12.86, and all eight finishers over the age-graded 90% international-class level.

Marion Harrison, Jr., Georgia, topped all performances in the 100, with a 96.5% 12.23 in the M60 race. Audrey Lary, W65, bettered all other women in the 100 with a 92.3% 15.04.

Many of the most competitive races in the meet came in the 200. Roger Pierce, Massachusetts, won the M55 race from Donald Neidig, New Mexico, 24.42 to 24.77. Harrison won a close M60 race from Bob Lida, Kansas, 25.24 to 25.67.

In a battle of record holders, Bill Melville, Wisconsin, and Rodney Brown, Utah, clashed in the M70, with Melville prevailing, 28.53 to 28.80.

Continued on page 15



JERRY WOJCIK
Chet Thompson, winner of the M50 800 final (2:26.10), National Senior Games.



SUZY HESS

James Turner, first (2.64) in the M70 pole vault, National Senior Games.

the 5K on the road. A 5K and 10K were offered to road racers.

The standouts in the 1500 racewalk were two M60s, who posted the first and second fastest times overall: James McGrath, New York, 7:43.10, and Mark Adams, New Mexico, 7:47.29.

Rita Sinkovec, W60, Colorado, was the top woman performer with an 8:42.44. Julius Spielberg, M95, Michigan, finished before younger racewalkers, with a 12:54.12.

Racewalkers in the M60 division sparkled again in the 5000 roadwalk, held on the huge parking lot adjoining the complex. Paul Johnson, Arkansas, finished first overall in 28:14, with McGrath, second-place overall, one second back. Sinkovec was first woman overall in 31:20. Vance Genzlinger, Michigan, won a spirited M70 race in 32:22, the first four walkers under 32:44.

William Dixon, M50, 17:10, and Yoko Eichel, W50, 21:11, were first in the 5K road race. John Pelton won the M60 race with an eighth-place 18:32. Jean Bongiorno, W60, was fourth woman, in 23:02. Eleanore Pease, 89, finished in 46:45, 12 seconds ahead of Louis Pesca, 86, the oldest male finisher.

In the 10K road race, eight M50s finished under 40:00, led by Dixon, in 35:44. Mary Ryczek, W50, Massachusetts, was the first woman in 43:20.

Celebration Highlights Athletes

For many, the main attraction of the Games was the Celebration of Athletes



JERRY WOJCIK

First three finishers in the W50 1500 final (l to r): Lucia Schatteleyn, first (6:46.36), Madonna Hildebrant, third (7:03.71), and Linn Smith, second (6:50.04), National Senior Games.

National Senior Games

Continued from page 14

In the W60 200, Alda Menezes and Jeanne Hoagland, California, were both timed in 33.10, Menezes getting the nod for the gold medal.

James Selby, M70, California, was the standout in the 800 with a 92.3% 2:35.09. Paul Heitzman, M65, Kansas, with an 87.4%, and Hoagland, with an 82.6%, starred in the 1500.

Top performers in the high jump were Gordon Siefert, M70, Alabama, with a 91.0% 1.42, and Phil Raschker, W50, Georgia, with a 93.6% 1.47. Raschker's world record 3.25 in the pole vault was over the top of the age-graded chart with a 102.5%.

The best contest in the shot put came in the M70 division won by Harry Hawke, California, with a 13.28 over world-record-holder Arnie Gaynor, California, 13.11, and Phil Brusca, Missouri, 12.75. All three registered in the age-graded 90% range.

Franklin (Bud) Held, past Olympian, was a decisive winner in the M70 javelin with a 90.0% 44.37. Not as decisive was Michiganander William Rothley's win in the M65 javelin by 0.04 centimeters with a 37.24 over Ray Feicke, Pennsylvania. John Pino, Jr., New Mexico, the Games' oldest contestant at 99, competed in the javelin.

Double Races for Roadrunners and Racewalkers

Racewalkers had two events to compete in, the 1500 on the track and



JERRY WOJCIK

Jerry Bookin-Weiner, M50 discus (40.52), National Senior Games.

at the Citrus Bowl, Sunday evening, Oct. 24. After a welcoming speech by David F. Hull, Jr., NSGA president and CEO, the thousands of spectators watched a parade of athletes in their state colors, followed by dance routines by young men and women, lighting of the torch, and fireworks.

Harris Frank, founder of the NSGA, was presented with the first annual Pfizer Life's Work Award.

A special treat was the introduction of Oscar winner and movie tough guy, Jack Palance, who applauded the athletes for their participation in the Games, and showed his own athleticism with a reprise of his one-arm push-up routine performed on the Academy Awards stage when he received his Oscar in 1991.

Florida boasted the largest number of registered athletes for the 18-sport

event with 719, followed by Maryland (596), Texas (545), and California (539). Entrants also came from Brazil, Germany, Switzerland, and Canada.

National media coverage included that by NBC, CBS, CNN, and USA Today. Press releases went to hometown newspapers of medal winners. After the first few days, coverage by the Orlando newspaper diminished, yielding to a golf tournament featuring Tiger Woods.

The National Senior Games - The Senior Olympics are sponsored by Pfizer, Inc.; TIME Magazine; Osteo-Bi-Flex, AEGIS Consulting, LLC; the Medicine Shoppe Pharmacy System; and Solivita Active Adult Community.

The 8th biennial National Senior Games will be held in Baton Rouge, La., on July 14-28, 2001. □

**NATIONAL SENIOR GAMES - SENIOR OLYMPICS
ORLANDO, FLA.; OCT. 19-29**

World Records

Event	Age	New Mark	Name	Old Mark	Held By
HJ	W80	0.94	Mary Bowermaster	0.90	M Bowermaster
PV	W50	3.25	Phil Raschker	3.10	P Raschker
PV	W60	2.22	Becky Sisley	2.10	D McLennan

U.S. Records

100	W85	30.02	Josephine Gregg	34.7p	M Ames
200	M65	26.00	Paul Johnson	26.05	J Law
200	W65	32.71	Audrey Lary	33.21	P Peterson
400	W65	76.21	Audrey Lary	76.96	S Leonard
400	W85	2:38.31	Josephine Gregg	---	---
LJ	M85	2.80	James Elliott	2.77	B Crane
LJ	W85	1.24	Dorothy Bavaro	---	---
SP	M85	8.44	Leland McPhie	8.07	L Joslin
SP	W85	4.66	Claire Vieth	2.83p	M Salisbury
DT	W75	18.11	Ruth Seeger	17.70	E Mendyka
DT	W85	10.77	Clair Vieth	5.84p	M Salisbury
JT	W60	32.44	Becky Sisley	31.06	C Miller
JT	W80	17.07	Olga Kotelko	13.54	M Bowermaster
JT	W85	9.12	Claire Vieth	5.92p	M Salisbury



Track & Field Report

by KEN WEINBEL

Thankful Reflections for 1999

The end of the year 1999 marks the completion of three years in office as chair of the Masters Track and Field Committee. It is timely for me to reflect on thankful things.

- Although it has not been so pleasant at times, I am thankful for the opportunity to serve as your chairman.

- I am thankful for an understanding and supportive spouse who tolerates my moods and always finds time to edit my *National Masters News* articles, attempting to keep me out of trouble.

- I am thankful for seven wonderful, morale-boosting grandchildren who cheer for me when I do something significant and even when I don't.

- I am thankful for the athletic successes and disappointments of my younger days, which taught me to know how to treat defeat as the beginning of victory.

- I am thankful to be a cancer survivor, ten years in remission and still counting. It certainly put everything in perspective.

- I am thankful to the sport of track and field which provided me a very satisfying career and life style. I work hard at repayment.

- I am thankful for so many friend-

ships in masters track and field, especially throwing colleagues, who are always there when you need them.

- Believe it or not, I am also thankful for the controversy created by the not-so-friendly. Their actions usually energize evaluation and reevaluation action, which, after all, is not so bad.

- Along that vein, I am thankful for being thick-skinned and having learned to tolerate negativity without retaliation. I know that, no matter how hard I try, I will never be able to please everyone. My grandchildren may be the exception.

- I offer a special thanks to Richard Carlson for authoring *Don't Sweat the Small Stuff... and it's all small stuff*. If you have not read it, do it!

- On a lighter note, I am thankful for being old-fashioned enough to still enjoy writing and receiving "snail pace" letters and relaxing with my newspaper and coffee.

- Finally, a special thanks to Jerry Wojcik, *National Masters News*, for not entirely editing out this article. □

Rankers Appointed for 1999 Outdoor Season

by JERRY WOJCIK,
Masters T&F Rankings
Coordinator

The volunteer rankers for the 1999 outdoor track & field season are listed below. If your best marks for the 1999 season have not been published in the results section of the NMN by the January 2000 issue, and you want to assure that they are included in the rankings, you should send those marks with verification (name of meet, date, site, director's name and phone number, etc.) to the appropriate compilers. The deadline for submissions to the compilers is January 22.

If your best marks for 1999 were made at WAVA-Gateshead in an individual event or a combined-event and were not listed in the September issue, which listed just the top eight athletes, send those marks to the rankers. The same applies to the National Senior Games in Orlando in October, the results of which are in this issue.

Field event marks in feet and inches that are published in the NMN results have to be converted to metric by the rankers, a time-consuming task and a possibility for error. Meet directors are asked to remind their officials that marks should be recorded in metric measurements for submission to

the NMN. Athletes can also help by reminding officials who are working their events to record marks in metric.

Readers who detect errors in athletes' names, age groups, marks, etc., in the results are urged to contact the compilers with the correct data.

Rankers for the 1999 Outdoor Season:

100, 200, 4x100, 4x400: Larry Patz, 534 Gould Hill Rd., Contoocook, NH 03229.

400, 5000: Alex Johnson, 2 Woodview, Cranbury, NJ 08512-2804.

800, 1500, mile: William Benson, 6 Eton St., Valley Stream, NY 11581.

Short hurdles, long hurdles, steeplechase, high jump, pole vault: David Ortman, 7043 22nd Ave. N.W., Seattle, WA 98117.

Long jump, shot put, discus: James Gerhardt, 834 Thornvine Lane, Houston, TX 77079.

Hammer, javelin: Clay Hull, 4001 W. Voltaire Ave., Phoenix, AZ 85029-1047.

Combined events: Rex Harvey, 6744 Connecticut Colony Cir., Mentor, OH 44060.

3000, 10,000, triple jump, weight, superweight: Jerry Wojcik, NMN, P.O. Box 50098, Eugene, OR 97405. Email: JerryWoj@aol.com. □

Masters Triumph on Long Island

by MAURY DEAN

October's Bay Shore 5K, 10K, and half-marathon brought 1000 of Long Island's stalwarts to a flat course in Bay Shore on Nov. 2nd. Masters gonfalons galore. Rudy Afanador, 41, captured the half outright in 77:50, followed by Al Oman, 49, who finished eighth M40-49 in a 2:40 Boston Marathon and scored a third-overall 78:59 here.

The 5K was won overall by Eileen Barnes-Corley, 40, in 39:21, edging a fine effort by second-place Patty Zebersky, 43, in 40:11.

Despite its flatness, Bay Shore is not noted for easy courses. Times always seem a little hefty, perhaps due to the windy half-mile finish along the South Shore.

In the Junior Senior Citizen Zone, an old school rivalry unfurled. It seems quarterback Warren Steinert, 55, threw a disputed winning homecoming touchdown back in 1961 at his Valley Stream high school, while Danny Badalament, the Nassau County two-mile champ, went to the opposing school. Nearly 40 years later, they duelled six miles to the frantic finish, with the two-miler's kick standing off a challenge I would have paid to watch for 6.2 hard-earned miles: 41:28 to 41:32.

In the hot Fireman's Sound To Bay 10K, Jamesport, N.Y., Aug. 25, Kazakhstan sensation Sergei Polikarpov, 40, 33:42, outdueled Terry Sullivan,

42, 35:52, for first overall, with Joe Komosinski, 41, third in 37:39. A total masters sweep in a field of 200+.

At the Georgia Jog 5K, Easthampton, N.Y., Oct. 3, masters flyers triumphed, with Richard Temerian, 41, who often breaks 17:00, cruising to an overall 17:21 victory in a field of 130, and Diane O'Donnell, 48, winning the female race in 21:06.

At the more populous Gary Farley 5K, in Wantagh, N.Y., Oct. 9, Don DiDonato's 16:07 lost the race by seven seconds, while Kathy Martin, 48, 18:06, glommed the female overall for us 40+ hotfooted hopeful harriers.

In the World Gym 5K for Special Olympics, Setauket, N.Y., Oct. 16, I was lucky enough to lead the parade for 2 1/4 miles, until the younger stride of Steve Walter, 37, manhandled the last half-mile to win in 17:16, but I'd like to thank him for my age group PR of 17:29. Lily Zajac took the W40-49 contest in 25:36.

Next day at the James Halverson 5K, Blue Point, N.Y., Jim Walsh, 50, was seventh overall and second master in 17:42, and it was a real oddity that I slipped by him in 17:31. Have you ever had a wonderful weekend where everything in your race just goes right? May you have one soon, and, as Rev. Henry Wyman used to say, "Even forevermore." Happy running amok. □

1999 21ST USATF ANNUAL MEETING WESTIN CENTURY PLAZA, L.A.

Tues. Nov. 30		Room & Floor	
9:00 am-12:00n	Masters LDR Exec. Committee	Senators Dining	SML
5:30 pm-8:30 pm	Masters T&F Exec. Committee	Sherman Oaks	CL
5:30 pm-8:30 pm	Masters LDR Exec. Committee	Sherman Oaks	CL
Wed. Dec. 1			
9:00 am-12:00n	USATF Opening Session	Los Angeles	CL
1:00 pm-4:00 pm	Masters T&F Awards Subcommittee	Regents Bd Rm	SML
2:00 pm-4:00 pm	Regional Coordinators	Regents Bd Rm	SML
5:30 pm-8:00 pm	Masters T&F	Brentwood Rm	CL
8:00 pm-11:00 pm	USATF Hospitality	Century Level	
Thurs. Dec. 2			
7:30 am-10:30 pm	Masters LDR	Maple Rm	CL
8:00 am-10:00 am	Masters T&F	Westwood Rm	CL
1:00 pm-3:30 pm	Joint Masters T&F/LDR Meeting	Century Rm II	
8:00 pm-11:00 pm	Hall of Fame/Recp./Banquet	Century Foyer	
Fri. Dec. 3			
7:30 am-9:30 am	Awards Breakfast Buffet	Los Angeles BR	CL
10:00 am-12:00n	Masters T&F	Westwood Rm	CL
2:00 am-5:00 pm	Masters T&F	Westwood Rm	CL
3:30 pm- 6:00 pm	Masters LDR	Oak Rm	CL
7:00 pm- 10:00 pm	Friday Night Hospitality	Los Angeles BR	CL
Sat. Dec. 4			
10:00-12:00 am	USATF Closing General Session	Los Angeles BR	CL

CL-California Level; PL-Plaza Level; SML-South Mezzanine Level; Century Level



International Scene

by **TORSTEN CARLIUS**
WAVA President

Osaka Hosts General Assembly Meetings

In October I visited Osaka, Japan, to attend the GAISF (General Association of International Sports Federations) and IMGA (International Masters Games Association) general assembly meetings. The GAISF General Assembly meeting is usually held in Monaco, but switched to Osaka this year, because of Osaka's Olympic Games interest. The IMGA has for many years held its general assembly meetings at this location.

GAISF

The theme for the GAISF Congress was "Multi-sports." Many world bodies attended and gave their reports, such as World Games, Youth Games, and University Games, among others. I believe the most important message was that organizers of multi-sport events must respect and involve the individual ISFs and ensure the appropriate rules are used. I was very happy to hear this topic supported as WAVA has been struggling with this issue for the last year.

IMGA

Much of the IMGA meeting concerned the World Masters Games to be held in Melbourne, Australia, in 2002. Tony Holding, Executive Director of the Melbourne Games, said the entry booklet has not even been drafted as they are awaiting contact from the ISFs. WAVA will hold a council meeting in Brisbane in April, 2000, following which Jim Blair, VP-Stadia, and myself will most likely visit Melbourne to meet with Holding and the local organizing committee, which is now awaiting information on rules, drug testing, age groups, etc.

WAVA proposed establishing a European Masters Games Association to handle plans to introduce European Masters Games. Barcelona had presented plans for 2000, but has withdrawn for the moment. Newly elected Asian Veterans president, Kiyoshi Kounoike, indicated his belief that a similar body is needed for Asia.

Although we have strongly advised the IMGA to establish regional associations, they have opposed this proposal, wishing first to be recognized by the International Olympic Committee in Lausanne, Switzerland, as the world body for the veterans' movement. The IMGA Council will contact the IOC and report the results at the general assembly meeting in 2000. One reason for their lack of interest is that they have begun negotiations with Seville for the World Masters Games after Melbourne, which means Barcelona would not be able to host any European Masters Games in 2000 or later.

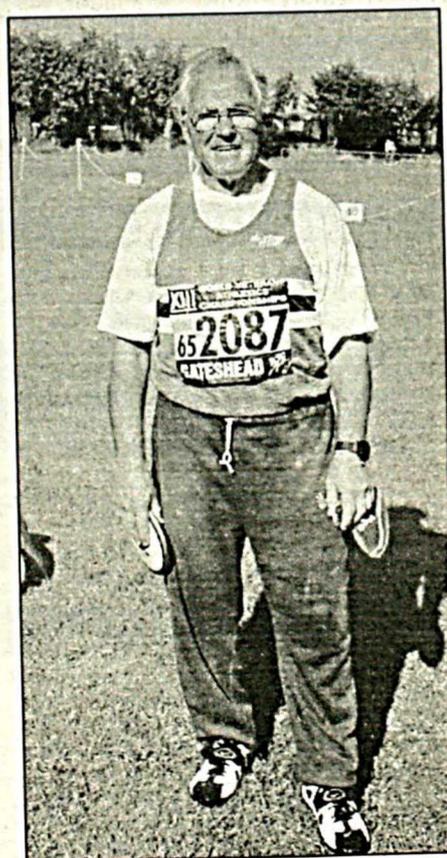
The WAVA Council also proposed to the IMGA general assembly that the

present four-year cycle be changed from even- to odd-numbered years. This would result in the next World Masters Games (after Melbourne in 2000) being held in 2005 and every four years thereafter. I strongly emphasized WAVA's position, accepted in Gateshead by the WAVA General Assembly, that 1999 and 2000 be used to consider and evaluate establishing future cooperation between IMGA and WAVA, and competition coordination, and seek a decision in Brisbane in 2001.

WAVA

The minutes from the WAVA meetings in Gateshead are in draft form and will be finalized shortly. As soon as they are approved, they will be sent to the WAVA affiliates.

I hope to give a report in the next issue of NMN on the coordination meeting between IAAF and WAVA held in Monaco on November 20. □



JERRY WOJCIK

Philip McEvoy, Great Britain, M65 weight pentathlete, 13th WAVA Championships-Gateshead.

Spain to Host WAVA Road Championships

by FELIPE MENDEZ
President, Organizing Committee

The 5th WAVA World Veterans Non-Stadia Championships will take place May 13-14 in Valladolid, Spain.

The Organizing Committee hopes to welcome more than 3000 athletes and family members.

Valladolid is located about 180km northeast of Madrid. It's the capital of Castilla and Leon. Visitors can view monuments dating to the 13th century. The palaces, constructed in the 16th and 17th centuries, are the symbols for a city which once was the capital of the Spanish Kingdom.

The Championships will consist of:

May 13th 11:00: 10K road race for women and men; 14:30: 20K racewalk for women; 15:30: 30K racewalk for men.

May 14th 10:30: half-marathon for men and women.

The event is open to men age 40 and over, and to women age 35 and over, as of May 13.

A wide variety of hotels are available from US\$21 to US\$73.

Gold, silver and bronze medals will

be awarded to the first three finishers in each age group, and also for team scoring per country. All participants will receive a certificate and a medal specially designed for these championships. The course is a fast and flat urban circuit, measured to AIMS rules, and closed to traffic.

Entry forms are available from Campeonatos Mundiales WAVA Valladolid 2000, Calle de Juan Mambrilla, 11 Bajo, E-47003, Valladolid, Spain.

Fax: 0034-983-306596 or 0034-983-544860. E-mail: atl.pop@jet.es.

Entry fee is US\$10 WAVA fee, plus \$30 for one event or \$40 for two events. Entry deadline is March 31. □

COMING NEXT MONTH

- 1999 USA Masters Athletes of the Year
- USATF Convention Report
- 2000 Schedule of Events

WAVA/USATF Hurdles and Implements Specifications

HURDLES

WOMEN

Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	No. of Hurdles
30-39	100m	.840m 33"	13.00m 42'8 1/2"	8.5m 27'10 1/2"	10.5m 34'5"	10
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	8
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
60-69	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
70 Plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
30-39	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
40-49	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
50-59	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
60-69	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
70 plus	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7

MEN

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

IMPLEMENTS

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

Steeplechase: men 30-59: 3000m/36" (.914m); men 60+ and women: 2000m/30" (.762m)
Superweight: M30-69 56-lb.; M70+ 35-lb.; W30-49 35-lb.; W50+ 25-lb.
WAVA weights are used for USATF weight pentathlons.

Note: At the General Assembly in England, WAVA approved changes in some of the above events. We will publish those changes when WAVA declares them official

(Note: For a list of WAVA officers, please see p. 31.)

Masters Scene

NATIONAL

• The fifth edition of *The Running Industry Resource Directory*, published by Road Race Management, Inc., is now available for \$94, plus \$3.50 (\$12 foreign) per copy for postage and handling from RR Management Running Industry Resource Directory, 4904 Glen Cove Pkwy., Bethesda, MD 20816. 301-320-6865. The Directory, an annual listing of all the businesses and individuals serving the sport of LDR, is an essential desktop reference for race directors and club officials; marketing companies; and manufacturers and race suppliers.

• "Going the Distance: Senior Athletes and the Benefits of Exercise" was the subject, Sept. 14, at the Senate Special Committee on Aging in Washington, D.C. The hearing was scheduled at the urging of the National Senior Games Association (NSGA) and focused on the need for programs to support healthy aging. The NSGA worked closely for six months with the office of committee chairman, **Sen. Chuck Grassley** (R-Iowa). Two NSGA athletes, including track & field's **Mary Norckauer**, 74, were among a distinguished panel of witnesses. While the committee has no legislative or budget authority, it is the recognized information-gathering body on issues of importance to older adults. NSGA hopes to spur the committee to support the NSGA and state senior games organizations.

• The NSGA now has a new web site: www.nsga.com. Its e-mail address is nsga@nsga.com.

• Gossip department: **Jeanne Hoagland**, 62, of Los Angeles, who won six medals at the last two WAVA world championships, is reportedly about to be married to Atlanta's **Bill Daprano**, whom she met in Gateshead, England this summer.

• Also rumored: California's **Bill Knocke** and Louisiana's **Danny Thiel** are reportedly looking for sponsors for a series of all-star relay competitions between masters from different countries and between masters and high school relay squads at major open meets. Stay tuned.

EAST

• **Don Di Donato**, 42, Hicksville, NY, 26:27, and **Kathy Martin**, 48, Northport, NY, 30:07, both scampered to runner-up spots in the Lovenox 5 Mile For Cardiac Wellness, Hicksville, NY, Oct. 30. Hofstra U.'s cross-country coach **Patty Zebersky**, 43, Farmingdale, NY, hastened to third-female (31:24). **Julio Aguirre**, 53, Corona, NY, 29:07, and **Marian Stanjones**, 61, Northport, NY, 38:37, scored impressive division wins. The race, sponsored by Rhone-Poulenc Rorer Pharmaceuticals, was managed by the Greater Long Island RC, under the direction of club president **Mike Polansky**.

• **Judi St. Hilaire**, 40, Somerset, MA, captured the 40+ title and \$1350 prize money with a 34:14 in the Tufts 10K For Women/USATF Open National Championships, Boston, Oct. 11.

FIVE YEARS AGO December 1994

• 29,628 Finish NYC Marathon as Rose, Scaunich Win Masters Titles

• Herrala Stars in National 5K X-C

• Barbour, Brown Take U.S. 10K X-C

Kim Jones, 41, Boulder, CO, was second 40+ and \$1000 richer with a 34:29, nipping **Nancy Tinari**, 40, Canada, by one second, reducing Tinari's take to \$300.

• A week earlier, **St. Hilaire** was the W40+ first with a 26:51 in the Ro-Jack's 5 Mile/USATF NE Championships, Attleboro, MA. **Simon Karori**, of Kenya, a recent M40 and masters winner in the Bobby Crim 10 Mile, won the M40+ race with a 23:43.

• **Jim Garcia**, 41, cruised to an overall victory in 6:55:27, Chancellor Challenge 100K, Boston, Oct. 9. First W40+, **Nancy Drach**, covered 10K x 10-lap course in 8:40:56. Garcia, on Oct. 31, won the masters title with a 2:35:20, Cape Cod Marathon, Falmouth, MA, in which the overall female winner was **Marge Bellisle**, 44, in 2:59:49.

• **Anselm Lebourne**, winner of the M40 800 and 1500 at WAVA-Gateshead, ran a pending masters world best 2:27.80 in the 1000 at Mitchell Field, Uniondale, NY, in August. The present mark stands at 2:29.50 by **Kurt Herbict** in 1990.

• **Debi Page**, 48, of the Western Penn TC, won the masters title in the Avon/RRCA Women's 5K, Mt. Lebanon, PA, Oct. 16. Page toured the rolling out-and-back course in 22:17, leading teammates **Cathe DeVito** (23:55), and **Carla Kruel** (26:33), to the masters team win. Race Director **John Harwick**, of the West Penn TC, who found kilometer splits to his liking during his three years as a visiting professor in South Africa, used kilometer splits in the race, claiming they provide quicker feedback on pace, make it easier to compute splits, and add up faster for a positive boost at the 5K and 10K distances.

• **Larry Ingram**, 54, a visitor from Grand Junction, CO, lost a "battle of the generations" for first overall to local high schooler, 15-year-old **Ross Williams** by nine seconds with a 17:43 on a challenging course in the Oyster Festival 5K, Oyster Bay, L.I., NY, Oct. 16. **Bill McDermott**, 43, was third overall in 18:14. First female overall was **Kathy Martin**, 48, Long Island's top W40+ runner, in 18:40. The race was sponsored by the State Bank of Long Island, and supervised by the Greater Long Island RC.

• **Jean Chodnicki**, 40, revved to a first-female overall with a 2:03:20 in the NYRRC Marathon Tune-Up 30K, Central Park, Aug. 29. First M40+ was **Alan Ruben**, 42, in 1:50:05. Standout division winners included **Alfred Finger**, 65, 2:29:09, and **Anna Thornhill**, 59, 2:25:08.

• Top three masters in the Race For The Cure 5K, Central Park, NYC, were **Anastasia Stekas**, 42, NYC, 19:43; **Candice Strobach**, 40, NJ; and **Laura Leale**, 41, NYC, 20:16. First three Breast Cancer Survivor finishers were **Linda Russo**, 42, Queens, 21:27; **Ann Makoske**, 54, Melbourne, FL, 21:30; and **Carol Drake**, 42, Brooklyn, 21:45. The event, sponsored by the Susan G. Komen Foundation, drew 27,331 entrants.

• **Harry Richards**, 44, Silver Spring, MD, with a 20:22, and **Hideko Pirie**, 54, Fairfax, MD, with a 20:48, powered to masters firsts in the American Races For Strong Women 5K, Washington, DC, Sept. 18.

• **Anthony Basile**, 41, Columbia, MD, sped to a second-overall 1:59:14, National Capital 20 Miler, Alexandria, VA, Sept. 16. **George Altieri**, 41, Columbia, MD, finished fourth (2:04:48), and **Lawrence Jones**, 44, of Alexandria, fifth (2:05:17). **Anne Lapeikis**, 41, Springfield, VA, took the W40+ race in 2:35:52. **Kathy Lewis**, 57, Oakton, VA, won the W55 contest with ease in 2:57:32.

• **Chuck Moeser**, 48, Sterling, VA, with a seventh-place 33:09, and **Fiona Branton**, 40, Arlington, VA, with a fourth-place female 39:06, were masters winners, Georgetown Classic



JOHN MALICKY

First three W50 (l to r): **Leslie Evans** (25:25), **Rita Catalano** (26:48), and **Kathleen Hickey** (30:27), Avon/RRCA Women's 5K, Mt. Lebanon, Pa., Oct. 16.

10K, Washington, DC, Oct. 3. **Amit Neeman**, 41, of Israel, was ninth and second M40+ in 33:10. **Reuben Beauchamp**, 52, Princess Anne, MD, took honors among the M50+ finishers with a 36:17. **Doralie Segal**, 69, Arlington, VA, broke the 60-minute barrier to win the W65 race in 59:18. Some 3200 registered, with net proceeds going to Pediatrics AIDS/HIV Care, an organization offering support services to families with children affected with HIV.

SOUTHEAST

• It's not often that a 50-year-old wins overall, but that was the case at the Dart for the Art 5K, Hollywood, FL, Sept. 12. **Charlie Galloway** cleared the field in 17:05. Not to be outdone, **Diana Beeson**, 45, 20:08, swept the women's race overall.

• With masters course records, **John Tuttle**, 41, Douglasville, GA, with a 30:35, and **Jean Lankford**, 42, Mobile, AL, with a 37:22, won the masters encounters in the Delchamps Senior Bowl, Mobile, Nov. 6.

MIDWEST

• The man of the hour at the Chicago Marathon, Oct. 24, was **Khalid Khannouchi**, who broke the world record in 2:05:42. Also in fine form that day was **Philip Martin**, 73, who aced his division in 3:31:37 (AG 82.6%). **Steve Plasencia**, 42, won the masters title and \$1500 by one second from **Paul Pilkington**, 41, \$750, with a 2:15:04. **Gitte Karlshøj**, 40, Denmark, was the W40+ winner, worth \$1500, with a 2:35:16. **Lee DiPietro**, 41, was second in 2:47:20 for \$750.

MID-AMERICA

• **Kevin Haas**, 41, in 31:36, and **Janice Ettle**, 40, in 36:51, bested the masters fields in the MDRA Victory 10K, Minneapolis, Sept. 6. Noteworthy division winners included **Nick Rogers**, 61, 38:00, and **Gloria Jansen**, 52, 39:28. In a companion 5K, **Dick Ruhland**, 52, with a sparkling 17:06, and **Vicki Heagerty**, 41, with a second-female overall 19:27, posted masters wins.

• Women's overall winner at the Omaha Marathon, NE, Oct. 17, was **Marla Rhoden**, 44, 3:09:28. **Steve Wilson**, 40, 2:42:57, was third overall in taking the men's masters title.

WEST

• Racewalkers **Mary Rice**, 77, and **Robert Rice**, 84, of the San Diego area, were passengers on the ill-fated EgyptAir Flight 990. Both were entered in the 5000 RW at the WAVA-Gateshead Championships last August.

• Coming in second overall, **James Washington**, 45, was the masters winner at the Humboldt Redwoods Marathon, Weott, Calif., Oct. 17. His 2:42:41 was an AG 81.9%.

• An elite invitational masters mile was held at the Champions Run for Children 5K/Masters Mile event, San Francisco, Oct. 24. Taking home

\$1000 apiece were **Graeme Fell**, 4:17:96, and **Ruth Wysocki**, 4:49:14. The citizens' masters mile champions were **Dave Clingan**, 45, 4:43, and **Melinda Morse**, 47, 6:25.

• **Fay Steele**, 83, overpowered the entire 70+ field at the Marine Corps Marathon, Washington, DC, Oct. 24. His 3:54 was an AG 87.4%.

NORTHWEST

• **Kimball Bender**, W40, placed sixth with a 17:47, Women's Race For The Cure 5K, Seattle, Sept. 12. **Regina Joyce**, W40, was second master (18:25). **Dorie Quam** won the W55 race with a 21:23.

CANADA

• The t&f results under Canada in the October issue were for the Ontario Masters Championships, York U., Toronto, June 12-13, not the Canadian Masters Championships.

INTERNATIONAL

• In a meet in Capetown, South Africa, Aug. 21, racewalker **Lindsay Hatz**, 60, Capetown, lowered **Mary Worth's** W60 world best of 2:04:34 for the 20K with a 2:02:56. At the same venue on Oct. 9, racewalker **Helena Rothman**, 67, Capetown, improved on **Olga Meyer's** W65 WB of 2:12:02 with a 2:08:22.

• **Hans Verbaandert**, M40, 2:32:36, and **Anja van Geel**, W35, 3:09:38, were first masters in the Dutch Marathon Championships, at Etten-Leur, Oct. 31. **Wil van der Lee** set an M70 national record with a 3:03:18.

• **Primo Nebiolo**, who headed the IAAF for more than 20 years, died Nov. 6. "With Nebiolo's death, we lose one of the great sports leaders of the century," said IOC President **Juan Antonio Samaranch**, who eulogized the multilingual Nebiolo in Spanish, French, and English.

CORRECTIONS

• The W50 4x400 record (4:28.51) broken at WAVA-Gateshead, as shown in the September issue results, was by a British team, not a German squad. The GBR team consisted of **Mary Waters**, **Lynda Robson**, **Vivien Bonner**, and **Yvonne Priestman**.

• **John Head**, of Arizona, tied for eighth-place in the M60 HJ at Gateshead with a 1.45. Three high jumpers had tied for eighth, but the results only listed the first and cut off the other two.

• 1999 Indoor Rankings Changes:
W50 Mile - **Joan Ottaway** should have been ranked 1st of 7, with a 5:45:73.

W45 3000 Racewalk - **Lynn Tracy** should have been ranked 3rd of 8, with a 15:45.6.

• In the October issue, results (p. 32) for the Rocky Mountain Masters Games, Boulder, CO, Sept. 4-5, showed **Don Cumley** as second in the M75 weight pentathlon. He should have been listed as first with a score of 3669. Scores in the event were based on the individual's actual age, and Cumley's scores were erroneously done for a 76-year-old; Cumley is 79.

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

November 30-December 4. USATF Annual Convention, Westin Century Plaza Hotel, Los Angeles, Calif. USATF, 1 RCA Dome, Suite 140, Indianapolis, IN 46225. 317-261-0500; fax: 261-4871.

March 24-26. USATF National Masters Indoor Championships, Reggie Lewis Center, Boston, Mass. Stephen Vaitones, PO Box 1905, Brookline, MA 02146. 617-566-7600; fax: 734-6322; email: usatfne@ix.netcom.com/

April 1-2. USATF National Masters Indoor Heptathlon Championships, Proviso West HS, Hillside, Ill. Held along with USATF Illinois Youth & Masters Championships. SASE to USATF Illinois, PO Box 7019, Villa Park, IL 60181. 630-953-2052; fax: 953-2053; email: usatfvan@aol.com/

August 10-13. 33rd annual USATF National Masters Championships, Eugene, Ore. Northwest Event Management, PO Box 10825, Eugene, OR 97440. Web site: www.eugenechamps.com.

September TBA, 2000. USATF National Masters Weight Pentathlon Championships, Pampa, Texas. Wendell Palmer, 2239 N. Duncan, Pampa, TX 79065. 806-665-1238.

July 14-28, 2001. National Senior Games - The Senior Olympics, Baton Rouge, La. M&W 50+.

July 26-29, 2001. 34th annual USATF National Masters Championships, Baton Rouge, La. M&W 30+.

EAST

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

December 12. Philadelphia Masters Indoor Developmental Meet, Swarthmore College, Pa. 9 am. Bill Krieger, 215-722-8859(e); Tom Yunker, 610-828-4672(e).

January 7-9. 31st annual Dartmouth Relays, Leverone Field House, Hanover, N.H. Carl Wallin, Meet Director, Dartmouth College Athletic Dept., 6083 Alumni Gym, Hanover, NH 03755-3512. 603-646-2848.

January 9. Philadelphia Masters Indoor Developmental Meet, Swarthmore College, Pa. 9 am. Bill Krieger, 215-722-8859(e); Tom Yunker, 610-828-4672(e).

January 22. 33rd Annual Hartshorne Memorial Masters Mile, Cornell University, Ithaca, NY. W30+; M40+. Prize purse for Men's Elite Mile; bonus for sub-4:25. 20th Anniversary Women's Mile, new prize purse for W40+. 10 a.m.

Rick Hoebeke, 2706 Agard Rd., Trumansburg, NY 14886. 607-255-6530; 387-6431.

January 23. GBTC Invitational, Harvard U., Cambridge, Mass. Many running and two indoor weight events for M40+ athletes. GBTC, PO Box 183, Boston, MA 02117. www.gbtc.org. Jim O'Brien, 617-282-5537.

January 30. Philadelphia Masters Indoor Developmental Meet, Haverford College, Pa. See Jan. 9.

March 4. Philadelphia Masters Championships, Haverford College, Pa. 2:30 pm. Bill Krieger, 215-722-8859(e); Tom Yunker, 610-828-4672(e).

March 18. USATF East Regional Masters Indoor Championships, Armory T&F Center, NYC. Info available Dec. 15. MAC, 212-227-0071 (M-F 9-5), or www.mactrack.org. SASE to Roz Katz, 170-11 65th Ave., Flushing, NY 11365.

SOUTHEAST

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

March 4. Virginia Masters Indoor Championships, Washington & Lee U., Lexington, Va. Out-of-state athletes welcome. SASE to John Tucker, Meet Director, Dept. of Athletics, W&L U., Lexington, VA 24450. Download info/entry: <http://madison.wlu.edu/~tuckerj/>

MID-AMERICA

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

February 6. 21st Century AGELESS GAMES, Minneapolis. For Y2K Winter Indoor Info, send SASE to Rachel Lyga, 122 NE 63 1/2 Way, Minneapolis, MN 55432. 612-574-9661.

MIDWEST

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

December 30 (Thurs). Augustana Indoor Meet, Augustana College, Rock Island, Ill. Fred Whiteside, 309-794-7524.

January 8. Midwest Indoor Meet I, Westwood Sports Center, Sterling, Ill. Theresa DePellegrin, 815-622-6201.

January 8. Grand Valley State U. Indoor All-Comers, Allendale, Mich. See Feb. 6.

January 15. Maine East Masters, Maine East HS, Park Ridge, Ill. Andrew Royce, 847-768-9660(h).

January 16. Masters & Open Indoor Meet, Grand Valley State U., Allendale, Mich. Noon. See Feb. 6.

January 22. Midwest Indoor Meet II. See Jan. 8.

January 29. Midwest Indoor Meet III. See Jan. 8.

February 5. Lincoln-Way Masters Meet, Lincoln-Way HS, New Lenox, Ill. Mike Davis, 605 Lambeth Lane, New Lenox, IL 60451. 815-485-2879(h).

February 6. USATF Michigan Masters & Open Indoor Championships, Grand Valley State U., Allendale, Mich. Grand Valley State U., Office 97, Allendale, MI 49401. Jerry Baltes, 616-895-3360.

February 12. Midwest Indoor Meet IV, Westwood Sports Center, Sterling, Ill. Theresa DePellegrin, 815-622-6201.

February 26. Midwest Indoor Meet V. See Feb. 12.

March 18. USATF Midwest Regional Masters Indoor Championships, Glenbrook South HS, Glenview, Ill. Gerry Krainik, 708-687-2124(h).

April 1-2. USATF Illinois Youth & Masters Championships, Proviso West HS, Hillside, Ill. See National above, April 1-2.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

January 30. AT&T Sooner State Games, Shawnee Exposition Ctr., Shawnee, Okla. 405-235-4222.

WEST

Arizona, California, Hawaii, Nevada

December 11. KelField Throws Series Meet #79, Santa Cruz, Calif. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 831-458-0300; email: kelfield@aol.com.

January 15. King Weekend Throwfar Weight Pentathlon, Citrus College, Glendora, Calif. Lloyd Higgins, 629 Marie Ave., Los Angeles, CA 90042. 323-254-5473.

February 26. Saddleback Masters Relays, Saddleback College, Mission Viejo, Calif. 30+. 5000 RW. SASE to Doug Smith, 26063 Saratoga Ave., Laguna Hills, CA 92653.

May 27-28. Olympic Legends Invitational, Mt. SAC, Walnut, Calif. Masters & Open. Sheila Newton, 19600 Prospect St., Desert Hot Springs, CA 92241. Phone & fax: 760-251-6955.

NORTHWEST

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

May 27. Oregon Senior Olympics, Silverton. Silverton TC, Box 783, Silverton, OR 97381. Amy Castle, meet director, 503-873-8577(h).

July 1-2. Hayward Masters Classic, Eugene, Ore. Entry info: Oregon TC Masters, 590 W. 29th Ave., Eugene, OR 97405. Chuck Hammond, meet director, 541-687-9361.

July 22. Inland Northwest Masters Classic, Pullman, Wash. Jeff Schaller, 435 SW State St., Pullman, WA 99163.

July 29-30. USATF Northwest Regional Masters Championships, Montana St. U., Bozeman. Bob Sager, 406-578-9870(h).

INTERNATIONAL

December 11-12. RAVA Cup Match - Belarus, Ukraine, Russia, and other countries, Minsk, Russia. Vadim Marshev, 14-6 Pervomaiskaya St., Himki, Moscow Region, 141400, Russia. 7 095-535-3308; fax: 7-095-573-4150.

ON TAP FOR DECEMBER

TRACK AND FIELD

Slim pickin's in the gap between a very busy 1999 outdoor season and the coming indoor. A throwers' meet at KelField, Santa Cruz, Calif., is on for the 11th. Philadelphia Masters are staging a meet on the 12th at Haverford College. The Augustana Indoor Meet, the last meet of the Old Millennium, is scheduled for the 30th in Rock Island, Ill.

LONG DISTANCE RUNNING

The USATF Masters 10K X-C Championships, Long Beach, Calif., on the 5th, follow the USATF annual meeting that opened in L.A. on Nov. 30. The Tennessee-Memphis and Dallas marathons are also on the slate for the 5th. On the 11th, the Rocket City Marathon roars through the streets of Huntsville, Ala., followed on the 12th by the USATF New Jersey 10 Mile Championships in Rockaway. Early season Florida snowbird runners can opt for the Jacksonville Marathon on the 18th, while stay-at-home Long Islanders can head for the Ho Ho Ho Holiday 5K in Bethpage on the 19th. The Asics/Runner's World Midnight 5 Mile, Central Park, NYC, on the 31st is an opportunity to hit the New Millennium running. The Old and the New can be experienced in the Last Chance (on the 31st) and the First Chance (on Jan. 1) Races, Daytona Beach, Fla.

RACEWALKING

Many road races include a race-walk category, some just for fun, others for official places and awards. □

January 16-23. 10th WAVA Oceania Championships, Norfolk Island. Oceania 2000, PO Box 158, Norfolk Island 2899, South Pacific. Fax: +6723-23106. Email: games@worldtraders.nf

August 17-20. NCCWAVA Regional Championships/Canadian National Masters Championships, Kamloops, B.C. M40+, W35+. Masters Athletics 2000, c/o Kamloops Parks & Rec., 6 Seymour St. West, Kamloops, BC V2C 1E1. 250-374-0101; 851-1964; email: masters2000@kamloops.com; Website: www.masters2000.kamloops.com.

July 5-15, 2001. 14th WAVA World Veterans Championships, Brisbane, Australia. M40+, W35+. David Lloyd, WVAC, PO Box 7889, Waterfront Place, Brisbane, Queensland 4001, Australia. Phone: 61 7 3222 1000. Fax: 61 7 3221 1684. Email: wavainfo@qldevents.com.au. Website: www.worldvac2001.com.au.

OPEN

July 14-23. USA Olympic Trials, Sacramento, Calif. 2000 T&F Trials, PO Box 511, Sacramento, CA 95812. 877-873-9690. www.sacsports.com.

Continued on next page

Continued from previous page
September 15-October 1, 2000. Olympic Games, Sydney, Australia. Cartan Tours, 1334 Parkview Ave., #210, Manhattan Beach, CA 90266. 800-818-1998; fax: 310-546-8433. www.cartan.com.
Aug. 3-12, 2001. IAAF World Championships VIII. Edmonton, Canada.

**LONG DISTANCE
 RUNNING**

NATIONAL

December 5. USATF National Masters 10K Cross-Country Championships, Long Beach, Calif. Skip Tolley, Meet Director, 310-453-7655; fax: 829-6926; email: sstolley@aol.com.
January 23. USATF National Masters Road Mile Championships/Steve Scott Festival of Races, Santee, Calif. 619-450-6510.

EAST

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

December 12. Joe Kleinerman 10K, Central Park. NYRRC, 9 E. 89th St., NY NY 10128. 212-860-4455; fax: 860-9754.
December 12. USATF New Jersey 10 Mile Championships, Picitinny Arsenal, Rockaway. 732-296-0006; USATFNJ@aol.com
December 19. Ho Ho Ho Holiday 5K, Bethpage, N.Y. 516-349-7646.
December 31. Asics/Runner's World Midnight 5 Mile, Central Park. See Dec. 12.



MIKE POLANSKY

Kathy Martin, 48, second female overall (30:07), Lovenox 5 Mile Race For Cardiac Wellness, Hicksville, N.Y., Oct. 31.

April 17. B.A.A. Boston Marathon. BAA, "The Starting Line"/One Ash St., Hopkinton, MA 01748-1897. 508-435-6905. http://www.bostonmarathon.org.

SOUTHEAST

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

December 5. First Tennessee Memphis Marathon. FTM, PO Box 84, MO-8, Memphis, TN 38101. 800-893-RACE.
December 11. Rocket City Marathon, Huntsville, Ala. Huntsville, TC, 1001 Opp Reynolds Rd., Toney, AL 35773-7443.
December 18. Jacksonville Marathon, Half-Marathon, & 5K. JM, 3853 Baymeadows Rd., Jacksonville, FL 32217. 904-739-1917; fax: 904-731-3187.
December 18. Jingle Jog 5K, Atlanta, Ga. 770-410-1613.
December 31. CRR New Year's Eve Run, Marietta, Ga. 770-427-2271.
December 31-January 1. Last Chance-First Chance Marathon, Half-Marathon, & 5K, Daytona Beach, Fla. 407-248-1507.
January 2. DeLeon Springs Half-Marathon & 5K, DeLeon Springs, Fla. John Boyle, DLS Half, PO Box 1700, DeLand, FL 32721.
January 9. Walt Disney World Marathon & Half-Marathon, Orlando. Disney Marathon, PO Box 536547, Orlando, FL 32853-6547.
January 22. Charlotte Marathon. CM, PO Box 222138, Charlotte, NC 28222-2138. 707-367-9696; 365-2880.
January 23. Florida Gulf Beaches Marathon, Clearwater. 888-548-2786.
January 30. Naples Half-Marathon. Masters money. Perry Silverman, 224 6th Ave. So., Naples, FL 34102. 941-262-5653; fax: 263-0934; email: PSilverman@aol.com.
February 5. Hampton Coliseum Half-Marathon/RRCA National Championships & 5K, Hampton, Va. HC H-M, 757-728-3235; 800-800-2202.
February 6. Mardi Gras Marathon, New Orleans. NOTC, PO Box 52003, New Orleans, LA 70152-2003. 504-482-6682; fax: 469-9268.
February 12. Gasparilla Distance Classic 15K, Tampa, Fla. #10 SASE to GDCA-FN, PO Box 1881, Tampa, FL 33601-1881. 813-229-7866.
February 19. Myrtle Beach Marathon. MBM, PO Box 8780, Myrtle Beach, SC 29578-8780. 843-293-7223.
February 20. MetroZoo Jungle Jog 5K, Miami. Entry forms: Dade, 305-255-5551; Broward, 954-384-7521.
February 26. Blue Angel Marathon & 5K, NAS, Pensacola, Fla. BAM, Code 22000, Bldg. 632, 190 Radford Blvd., NAS Pensacola, FL 32508-5217. 24-hour registration: www.sign-me-up.com
February 26. U.S. Olympic Team Trials Women's Marathon, Columbia, S.C. Carolina Marathon Assn., PO Box 5092, Columbia, SC 29250. 803-929-1996; fax: 929-1926.
February 26. Outback Distance Classic 12K, Orlando, Fla. Track Shack, 1104 N. Mills Ave., Orlando, FL 32803. 407-898-1313.
March 4. Gate River Run/USATF 15K Open Championships & 5K, Jacksonville, Fla. 904-739-1917.
March 18. Rock and Roll 10K, Nashville, Tenn. Downtown YMCA, 615-254-0631.
March 18. Shamrock Sportsfest 8K, Masters 8K, & Marathon, Virginia Beach,



RHODY CO PRODUCTIONS

Top three finishers in the One-Mile Masters Invitational Champions Run for Children, Oct. 24, in San Francisco. From left: Steve Haase (3rd, 4:26.61), Steve Scott (2nd, 4:19.99), Graeme Fell (1st, 4:17.96). Their prize money was presented by race owners Polly and Peter St. Geme.

Va. SASE to Shamrock Sportsfest, 2308 Maple St., Virginia Beach, VA 23451. Email: sportsfest@juno.com; www.shamrocksportsfest.com/

February 6. Mardi Gras Marathon, New Orleans. SASE to NOTC, PO Box 52003, New Orleans, LA 70152-2003. 504-482-6682; fax: 469-9268.

MIDWEST

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

May 14. Flying Pig Marathon, Cincinnati. 513-721-7447. www.cincymarathon.org/

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

December 5. Dallas White Rock Marathon & Relays, Dallas, Texas. Email: bluchsing@aol.com; www.whiterockmarathon.com.

January 16. Houston Marathon. HM, N. Post Oak Rd., Suite 335, Houston, TX 77024. 713-957-3453.



SUZY HESS

Pat Peterson won the W70 100 (16.87), 200 (35.75), and 400 (89.02), National Senior Games, Orlando, Fla., Oct. 19-26.

WEST

Arizona, California, Hawaii, Nevada

January 8. Paramount 10K Run & Racewalk, Paramount (L.A. suburb), Calif. SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417.

January 16. San Diego Marathon, Half-Marathon, & 5K, San Diego, Calif. 619-792-2900.

February 6. Las Vegas International Marathon & Half-Marathon. LVM, PO Box 81262, Las Vegas, NV 89180. 702-876-3870; email: lvmarathon@aol.com

February 12. Great American Adventure Run, Huntington Beach, Calif. 2.8 Mile & 4.8 Mile Cross-Country. SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417.

March 5. Los Angeles Marathon. LA Marathon, 11110 W. Ohio Ave., Suite 100, Los Angeles, CA 90025-3329. 310-444-5544; email: raceinfo@lamarathon.com.

March 5. Sutter Home Napa Valley Marathon/RRCA National Championships. NVM, PO Box 4307, Napa, CA 94558-0430. 707-255-2609; fax: 257-6515.

INTERNATIONAL

May 13-14. 5th WAVA World Veterans Long Distance Running Championships, Valladolid, Spain (10K, half-marathon, road walk). Men 40+, women 35+. Campeonatos Mundiales Valladolid 2000. c/o Juan Mambriola, 11 Bajo, C.P. 47003, Valladolid, Spain. Phone: 987-376130. Fax: 983-306596. E-mail: atl.pop@jet.es. Website: http://web.jet.es/atl.pop.

RACEWALKING

February 26. Grand Prix 5000. Saddleback Relays, Saddleback College, Mission Viejo, Calif. SASE to Doug Smith, 26063 Saratoga Ave., Laguna Hills, CA 92653. Elaine Ward, 626-441-5459.

RECIPIENTS OF ALL-AMERICAN AWARDS

M30-34			
Mark Holme	800	1:56.33	8-26, 29-99
	1500	4:12.33	8-26, 29-99
M35-39			
Dolf Berle	PV	14-6	10-30-99
Mark Carver	800	2:03.81	8-26, 29-99
	1500	4:20.55	8-26, 29-99
Jerry Edmondson	110 H	16.20	6-12-99
William Greene	3000	10:01.9	9-5-99
M40-44			
Fred Kitzrow	Mile	4:37.23	2-19-99
	800	2:05.6	2-19-99
Hank Lawson	Mile	4:51.1	6-19-99
Gary Pirch	HJ	1.83	7-17-99

M45-49			
Richard Clark	3K SC	12:32.33	8-14-99
	Mile	4:54.6	7-13-99
Don Hoff	SP	13.78	8-1-99
Neil Howk	800	2:08.17	6-5-99
Murray Mead	PV	3.81	10-17-99
M50-54			
Seth Bergmann	10K	37.38	10-9-99
Tomlinson Rauscher	PV	12-3	8-22-99
M55-59			
Sheppard Miers	SP	13.14	7-17-99
	DT	43.55	7-17-99
M60-64			
William Gramley	DT	42.32	10-23-99

M65-69			
Dennis Melanson	100	13.80	6-11, 13-99
	200	29.30	6-11, 13-99
Leonard Rosen	SP	12.36	8-14-99
	DT	43.97	8-22-99
M70-74			
Fred Adams	SW	13-1 1/2	8-14-99
Tom Delany	80m HH	15.5	8-14-99
	100	14.5	7-17-99
	TJ	8.39	8-14-99
Jack Gray	5K	22.33	10-2-99
Phil O'Connell	400	1:13.90	3-27-99

M75-79			
Sam Madia	60m	9.89	3-26-99
	100	15.32	9-28-99
	200	32.5	5-7-99
	400	78.30	9-27-99
	P	2887	9-27-99
W35-39			
Kimberley Harrell	HJ	1.50	8-26,29-99
W40-44			
Linda Millman	DT	29.60	8-26,29-99
	JT	33.66	8-26,29-99
W45-49			
Lynn Tracy	Mile RW	6:14	2-13-99
	5K RW	27:39	5-9-99
	10K RW	57:08	4-11-99



U.S. MASTERS ALL-AMERICAN STANDARDS FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
55	6.8	6.9	7.1	7.2	7.4	7.9	8.1	8.4	8.9	9.4	10.4	11.8	13.5
60	7.4	7.55	7.7	7.85	8.05	8.5	9.0	9.25	9.5	10.0	11.2	12.8	16.6
100	11.0	11.3	11.5	11.9	12.2	12.6	13.2	13.8	14.6	16.0	18.0	23.0	
200	22.4	23.2	23.8	24.6	25.5	27.0	27.9	29.5	32.0	35.0	40.2	52.0	
400	51.5	52.5	53.8	56.0	57.5	62.0	65.0	69.0	75.0	88.0	98.0	120.0	
800	2:02	2:04	2:06	2:11	2:16	2:25	2:35	2:45	3:06	3:35	3:55	4:30	
1500	4:20	4:22	4:24	4:35	4:45	5:10	5:20	5:45	6:30	7:20	8:10	9:20	
Mile	4:40	4:40	4:50	5:00	5:10	5:30	6:00	6:15	6:55	8:20	8:45	10:15	
3000	10:20	10:35	10:40	11:00	11:30	12:00	12:30	13:00	14:45	17:00	20:00	23:00	26:00
5000	16:00	16:20	16:20	17:10	17:30	19:00	20:00	21:30	24:30	27:30	31:00	34:00	
10000	32:30	32:50	33:30	36:00	38:00	39:00	40:30	44:00	48:30	54:30	61:15	68:30	
55H	8.6	8.7	9.0	9.5	10.0	10.3	10.6	10.9	11.2	11.6	12.5		
60H	9.0	9.3	9.4	9.8	10.3	10.6	10.9	11.1	11.4	12.0	13.6		
110H	15.4	16.5	17.8	18.8									
100H					18.0	19.0	20.0	21.0					
80H									18.0	21.0	25.0	30.0	
400H	58.0	60.0	62.0	64.0	68.0	71.0							
300H					48.0	51.0	55.0	60.0	67.0	75.0	85.0	95.0	
3K-SC	10:10	10:30	11:45	12:40	13:30	14:00							
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30	
HJ	1.90	1.85	1.76	1.68	1.60	1.50	1.45	1.38	1.25	1.15	1.00	0.80	
	6-2 1/2	6- 1/2	5-9/4	5-6	5-3	4-11	4-9	4-6	4-1 1/2	3-9/4	3-3/4	2-7/4	
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 1/2	13-5 1/2	12-11 1/2	12-1 1/2	11-7 1/2	10-0	8-10 1/2	8-4 1/2	7-6 1/2	6-6 1/2	5-10 1/2	4-3 1/2	
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- 1/2	19-2 1/2	18-4 1/2	17-8 1/2	16-1	14-9 1/2	13-9 1/2	12-5 1/2	10-11 1/2	9-4 1/2	7-2 1/2	
TJ	13.20	12.60	11.50	10.80	10.40	9.50	8.90	8.20	6.96	6.50	5.94	5.51	
	43-3 1/2	41-4 1/2	37-8 1/2	35-5 1/2	34-1 1/2	31-2	29-2 1/2	26-11	22-10	21-4	19-6	18-1	
Shot	14.50	14.02	13.41	12.62	13.10	12.00	12.80	11.50	11.00	9.00	8.00	6.00	
	47-7	46-0	44-0	41-5	43-1	39-4	42-0	37-8 1/2	36-1 1/2	29-6	26-3	19-8 1/2	
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 1/2	50-0	
Hammer	47.24	44.20	40.00	39.00	39.00	36.00	36.00	32.00	30.00	24.00	20.00	17.07	
	155-0	145-0	131-3	127-11	118-1	118-1	105-0	98-5	78-9	65-7 1/2	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 1/2	45-11 1/2	42-8	39-4 1/2	32-9 1/2	29-6 1/2			19-8 1/2	16-5	13-1 1/2	9-10	
25#Wt.							11.50	10.00	9.00	7.30	5.30	4.50	
							37-6 1/2	32-9 1/2	29-6 1/2	23-11 1/2	17-4 1/2	14-9 1/2	
56#Wt.	9.50	9.00	8.50	8.00	6.00	5.50	5.00	4.50	3.50	3.00	2.50	2.00	
	31-2	29-6 1/2	27-10 1/2	26-5	19-8 1/2	16-5	14-9	13-1 1/2	11-5 1/2	9-10	8-2 1/2	6-6 1/2	
Pent.	2800	2600	2600	2600	2600	2600	2600	2600	2600	2400	2200	2000	
Decath.	5500	5250	5250	5000	5200	5000	4500	5000	4800	4200	3000	2500	
Wt. Pent.	2800	2700	2800	3000	3000	3000	3000	3000	2600	2700	3000	3000	

- Notes: 1) 100 standards are for automatic time; use standard conversion for hand time.
 2) Short hurdles: 30-49: 39"; 50-59: 36"; 60-69: 33"; 70+: 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 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	
3000	11:30	11:50	12:00	12:30	14:00	14:30	15:00	16:00	18:30	20:00	23:00	
5000	19:45	20:15	21:00	22:00	23:30	24:50	26:00	28:00	30:00	34:00	36:00	
10000	41:30	42:40	44:00	48:00	50:00	52:00	56:00	60:00	66:00	76:00	85:00	
100H	17.2	18.2										
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0	
400H	75.0	79.0	84.0	88.0								
300H					66.0	72.0	79.0	87.0	96.0	110.0	120.0	
HJ	1.40	1.35	1.27	1.22	1.12	1.07	1.02	0.97	0.92	0.89	0.84	
	4-7	4-5 1/2	4-2	4-0	3-8	3-6	3-4	3-2 1/2	3-0 1/2	2-11	2-9	
PV	2.70	2.40	2.10	1.80	1.50	1.20	1.10	1.00	0.90	0.80	0.70	
	8-10 1/2	7-10 1/2	6-7	5-10 1/2	4-11	3-11 1/2	3-7 1/2	3-3 1/2	2-11 1/2	2-7 1/2	2-3 1/2	
LJ	4.60	4.42	4.04	3.81	3.40	3.20	3.10	2.60	2.30	2.10	1.50	
	15-1	14-6	13-3	12-6	11-1 1/2	10-6	10-2	8-6 1/2	7-6 1/2	6-10 1/2	4-11	
TJ	9.50	9.09	8.43	7.49	7.01	6.40	6.20	6.00	5.50	4.50	3.89	
	31-2	29-10	27-8	24-7	23-0	21-0	20-4 1/2	19-8 1/2	18- 1/2	14-9	12-9	
Shot	10.30	9.32	8.51	8.40	8.00	7.77	7.50	6.60	6.00	5.20	4.30	
	33-9 1/2	30-7	27-11	27-8 1/2	26-3	25-6	24-7 1/2	21-8	19-8 1/2	17- 1/2	14-1 1/2	
Javelin	35.00	33.50	28.00	25.00	23.00	22.15	20.00	17.00	16.00	15.00	12.00	
	114-10	109-11	91-10	82-0	75-5 1/2	72-8	65-7 1/2	55-9 1/2	52-6	49-2 1/2	39-4 1/2	
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	72-3 1/2	69-0	59- 1/2	52-6	45-0	42-8	36-1 1/2	
Hammer	35.00	32.50	30.00	25.00	23.00	22.00	21.00	18.00	14.00	12.00	9.00	
	114-10	106-7	98-5	82-0	75-5 1/2	72-2 1/2	68-0	59- 1/2	46-0	39-4 1/2	39-6 1/2	
20#Wt.	10.00	9.00	8.00	7.01								
	32-9 1/2	29-6 1/2										

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 1/4" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

NATIONAL

National Senior Games
Track & Field Championships,
Disney's Wide World of Sports
Orlando, Fla., Oct. 19 - 26

- 100 -

M50 -100m-

- Melvin Fields MD 12.56
- Lloyd Hathcock OH 12.61
- Dale Herring CA 12.75
- Douglas Spencer AR 12.81
- Ronald Jordan AZ 12.88
- Warren Graff MA 13.08
- Melvin Goode TX 13.25
- Richard Wild NM 13.55

M55 -100m-

- Courtland Gray LA 12.32
- Roger Pierce MA 12.33
- Thaddeus Bell SC 12.51
- Ronald Helton TX 12.52
- David Golden MO 12.67
- George Jenkins AZ 12.68
- Don Denson TX 12.82
- Lynn Headley FL 13.40

M60 -100m-

- Mario Harrison, Jr. GA 12.23
- Mike Boudreaux LA 12.97
- Frank Hollier CA 13.00
- Lowell Thompson MN 13.68
- Jerry Barton SC 13.82
- Darrell Huey IL 13.88
- Kallukkat Thomas PA 14.00
- Clayton Davis OH 14.04

M65 -100m-

- Bill Wright MA 12.86
- Andrew Branch NY 12.86
- James Stookey MD 13.28
- Ernest Walls OH 13.31
- Robert Reid VA 13.33
- Joe Summerlin TX 13.37
- Dennis Melanson MA 13.38
- John Hurd TN 13.47

M70 -100m-

- Bill Melville WI 13.57
- Rodney Brown UT 14.10
- Yilmaz Eryasa TN 14.34
- Robert Bruce NY 14.35
- Jack Greenwood OH 14.44
- Andy Anderson NM 14.54
- Frank Giaimo WI 14.60
- William Daprano GA 14.75

M75 -100m-

- John Gilligan MA 15.00
- Milton Silverstein AZ 15.02
- John Davison FL 15.11
- Blair McFarlane FL 15.42
- Robert Dowling CT 15.91
- J. Frank Benedict CA 16.24
- John Hipple MI 16.60
- Bill Little CO 17.08

M80 -100m-

- Champion Goldy NJ 17.02
- Richard Leach CA 17.77
- Gene Abdenour OH 18.02
- Nathaniel Heard FL 18.39
- John Boesenhofer OH 18.49
- D. Paul Miller IL 18.52
- Everett Penrod AZ 19.15
- Richard Fargo PA 19.60

M85 -100m-

- Murrell Loy FL 18.07
- Murphy Domingues LA 19.12
- James Elliott MI 20.09
- Leland McPhie CA 20.12
- Ernest Nero TX 20.15

M90 -100m-

- Harold Hoffmann NC 35.42

M95 -100m-

- Phil Raschker GA 14.34
- Lynn Naftel CA 15.03
- Janet Blair NM 15.17
- Corry Meijer TX 16.13
- Deborah Runyan PA 16.93
- Charlotte Jarvis OH 17.16
- Ginger Katz CT 18.60
- Bonnie Theall FL 19.61

W55 -100m-

- Kathy Jager AZ 14.11
- Nadine O'Connor CA 14.59
- Jaon Vogel CN 14.67
- Sally Curtis TX 15.51
- Mary Robinson OH 15.62
- Barbara Cleveland FL 15.77
- Margaret Radcliffe CN 15.91
- Kathleen Fitzgerald FL 16.65

W60 -100m-

- Barbara Jordan VT 15.63
- Jeanne Hoagland CA 15.86
- Mary McCarron-Egner CN 16.02
- Lucille Ligon CA 16.07
- Guadalupe Simons WI 16.33
- Phyllis Bradley NJ 16.55
- Janice Cunningham TX 16.69
- Mary Ares MO 16.87

W65 -100m-

- Audrey Lary MD 15.04
- Janet Freeman OH 16.46
- Anne Yudell NC 16.53
- Betty Neal OH 16.89
- Flo Meiler VT 16.91
- Mary Melehan FL 16.96
- Jean Schooler AR 16.97
- Ann Morris RI 17.05

W70 -100m-

- Patricia Peterson NY 16.87
- Sum Onodera-Leonard CA 17.49
- Johnnie Valien CA 17.62
- Dorothy Brill MD 18.14
- Susie Barnes DC 18.65
- Mary Ptacek WI 18.72
- Jeannine Casey VT 19.22
- Clara Jelso NM 24.29

W75 -100m-

- Josephine Stewart VA 17.78
- Mary Holland MI 18.31
- Lavina Haefele KS 18.59
- Diane Friedman OH 21.14
- Catherine Pritchard NC 21.15
- Anne McGowan RI 21.42
- Lorma Bauer IL 21.78
- Po Adams CA 23.24

W80 -100m-

- Mary Bowermaster OH 19.42
- Molly Mackown CO 20.92
- Olga Kotelko CN 22.06
- Irene Rocos TN 24.28
- Cleo Horne GA 24.98
- Velma Jacobs WY 25.44
- Sis Warnke NM 27.10
- Dorothy Ray MI 29.67

W85 -100m-

- Josephine Gregg OH 30.02
- Dorothy Bavaro NY 31.37
- Eleanore Pease FL 31.61

- 200 -

M50 -200m-

- Melvin Fields MD 24.97
- Lloyd Hathcock OH 25.48
- Douglas Spencer AR 25.73
- Dale Herring CA 25.75
- Warren Graff MA 26.26
- Ronald Jordan AZ 26.62
- Ray Harvey FL 26.87
- Richard Wild NM 27.24

M55 -200m-

- Roger Pierce MA 24.42
- Donald Neidig NM 24.77
- Courtland Gray LA 25.16
- Thaddeus Bell SC 25.46
- Ronald Helton TX 25.64
- David Golden MO 25.82
- Don Denson TX 26.22
- Tom Fisher OK 26.28

M60 -200m-

- Mario Harrison, Jr. GA 25.24
- Bob Lida KS 25.67
- Mike Boudreaux LA 26.92
- Frank Hollier CA 27.53
- Thomas Ranuga CA 27.94
- Darrell Huey IL 29.00
- Patrick Meagher TN 29.11
- Leon Williams FL 30.21

M65 -200m-

- Paul Johnson TX 26.29
- Bill Wright MA 27.13
- Andrew Branch NY 27.71
- Ernest Walls OH 27.74
- Joe Summerlin TX 28.42
- James Stookey MD 28.51
- John Hurd TN 28.60
- Sydney Tate ID 29.19

M70 -200m-

- Bill Melville WI 28.53
- Rodney Brown UT 28.80
- Jack Greenwood OH 29.61
- James Selby CA 29.78
- Robert Bruce NY 30.36
- Andy Anderson NM 30.36
- Frank Giaimo WI 30.54

M75 -200m-

- Milton Silverstein AZ 31.93
- John Davison FL 32.40
- Blair McFarlane FL 32.82
- Y.M. Naci CT 36.13
- John McCarthy PA 36.42
- John Hipple MI 36.50
- Howard Hall FL 38.65

M80 -200m-

- Champion Goldy NJ 36.88
- Richard Leach CA 37.60
- Frederic Tompkins AZ 38.83
- D. Paul Miller IL 40.00
- Nathaniel Heard FL 40.85
- Gene Abdenour OH 42.10
- John Boesenhofer OH 43.78
- William Stern MA 49.93

M85 -200m-

- Murphy Domingues LA 41.79
- James Elliott MI 46.02
- Anthony De Nardis NM 57.37

W50 -200m-

- Phil Raschker GA 28.22
- Lynn Naftel CA 30.47
- Susie Hargis TN 33.01
- Frances Stohl NM 33.65
- Lucia Schatteley N 35.79
- Charlotte Jarvis OH 35.93
- Janice Cunningham TX 36.67
- Bonnie Theall FL 40.71

W55 -200m-

- Kathy Jager AZ 29.23
- Nadine O'Connor CA 29.63
- Jaon Vogel CN 30.88
- Margaret Radcliffe CN 33.24
- Kathleen Fitzgerald FL 36.14
- Nancy Hinshon MI 36.35

W60 -200m-

- Aida Menezes BR 33.10
- Jeanne Hoagland CA 33.10

W65 -200m-

- Audrey Lary MD 32.71
- Anne Yudell NC 36.22
- Janet Freeman OH 37.12
- Flo Meiler VT 37.81
- Lupe Parsons FL 37.85
- Betty Neal OH 37.92
- Joan Burguess MA 37.96
- Jean Schooler AR 37.99

W70 -200m-

- Patricia Peterson NY 35.75
- Sum Onodera-Leonard CA 37.11
- Johnnie Valien CA 37.15
- Dorothy Brill MD 37.99
- Leonore McDaniels VA 39.90
- Susie Barnes DC 40.50
- Mary Ptacek WI 41.51
- Jeannine Casey VT 42.34

W75 -200m-

- Josephine Stewart VA 39.98
- Mary Holland MI 40.83
- Lavina Haefele KS 41.03
- Diane Friedman OH 47.90
- Lorma Bauer IL 48.64
- Po Adams CA 49.39
- Carol Peebles WI 50.53
- Anne McGowan RI 50.56

W80 -200m-

- Mary Bowermaster OH 45.48
- Molly Mackown CO 49.25
- Olga Kotelko CN 49.80
- Cleo Horne GA 54.41
- Velma Jacobs WY 56.10
- Mavis Borthick TN 1:07.68
- Sis Warnke NM 1:07.78
- Martha Parry NY 1:18.84

W85 -200m-

- Josephine Gregg OH 1:12.16
- Eleanore Pease FL 1:20.12
- Era Swetnam AR 1:29.68
- Dorothy Bavaro NY 1:38.63

- 400 -

M50 -400m-

- Kieth Peterman PA 55.11
- Melvin Fields MD 57.33
- Warren Graff MA 59.05
- James Posey AZ 59.78
- Leon Savenas MI 1:01.78
- Jerry Jessop WI 1:02.60
- Michael Sullivan TN 1:03.61
- Eric Hill FL 1:06.14

M55 -400m-

- Roger Pierce MA 55.79
- Tom Fisher OK 57.52
- James Vallone IL 58.12
- Carl Etter MN 1:00.65
- Golden Bertram AL 1:00.67
- Lionel Bonck FL 1:01.23
- Frank Bonham MI 1:01.86
- John Shenk FL 1:04.23

M60 -400m-

- Bob Lida KS 57.81
- Mike Boudreaux LA 1:01.48
- Howard Weisser NE 1:01.62
- Thomas Ranuga MA 1:01.82
- Lee Walton PA 1:04.81
- Joe Gross TN 1:06.53
- Darrell Huey IL 1:06.88
- Clayton Davis OH 1:06.90

M65 -400m-

- Paul Johnson TX 59.45
- Ernest Walls OH 1:04.67
- Paul Heitzman KS 1:07.86
- Don Phillips SD 1:10.23
- Alexander Johnson NJ 1:10.34
- Oscar Ponce FL 1:11.15
- Tom Williams IA 1:11.64
- George Barry TN 1:11.77

M70 -400m-

- Rodney Brown UT 1:05.03
- James Beall MI 1:07.58
- David Long CA 1:08.94
- AL Treichel FL 1:10.45
- Jack Greenwood OH 1:10.81
- Charles Baker TN 1:12.99
- Patrick Ruppert DE 1:15.25
- Harold Johnson GA 1:15.42

M75 -400m-

- Glenn Dody AZ 1:18.98
- Archie Messenger NH 1:20.00
- John Anoka FL 1:20.64
- John Hipple MI 1:21.95
- Earl Sweeney RI 1:22.43
- Edward Nicholson TN 1:25.55
- Y.M. Naci CT 1:25.92
- Anthony Nero NY 1:27.13

M80 -400m-

- Richard Leach CA 1:35.76
- William Stern MA 1:54.83
- Norman Woolley OH 1:59.02
- Vincent Baccari RI 1:59.32
- E Herszkowitz VA 2:02.46
- Jesse Cummings TX 2:16.85
- Claudis Hawkins AL 2:49.43
- Chano Rivera TX 2:50.76

M85 -400m-

- Maxwell Springer TN 1:41.35
- Murphy Domingues LA 1:46.02
- Anthony De Nardis NM 2:10.80

M90 -400m-

- Harold Hoffmann NC 3:16.80
- Al Nellis SC 3:28.16

W50 -400m-

- Lynn Naftel CA 1:06.68
- Cheryl Brimhall UT 1:10.47
- Susie Hargis TN 1:15.23
- Peggy Stewart TX 1:21.21
- Linn Smith FL 1:24.20
- Linda Hunt ME 1:27.98
- Bonnie Theall FL 1:29.18

W55 -400m-

- Ruth Thelen MI 1:13.03
- Margaret Radcliffe CN 1:18.73
- Jaon Vogel CN 1:23.33
- Willy Moolenaar FL 1:26.08
- Linda Pippin TX 1:27.59
- Dianne Van Voorhis MA 1:28.29
- Kathleen Fitzgerald FL 1:29.35
- Sheila McKenna MA 1:30.19

W60 -400m-

- Jeanne Hoagland CA 1:15.18
- Mary Ares MO 1:20.89
- Carolyn Wilson MO 1:21.26
- Carolyn Wilson PA 1:21.53
- Heide Moebius VT 1:22.78
- Maureen Murphy CN 1:23.69
- Eileen Schmidt KS 1:27.71

W65 -400m-

- Audrey Lary MD 1:16.21
- Lupe Parsons FL 1:22.39
- Janet Freeman OH 1:25.77
- Nessie Hollicky CN 1:27.22
- Jean Schooler AR 1:29.19
- Lucy Duffy MA 1:32.71
- Betsy Hall OH 1:35.25
- Marilyn Guthrie IL 1:40.41

W70 -400m-

- Patricia Peterson NY 1:29.02
- Ann Kahl FL 1:31.14
- Sum Onodera-Leonard CA 1:32.32
- Shirley Goff AR 1:40.54
- Shirley Goff CA 1:41.27
- Dottie Gray MO 1:50.50
- Idella Toya NM 1:58.03
- Ann Reidelberger FL 2:01.93

W75 -400m-

- Mary Holland MI 1:43.54
- Corry Moolenaar GA 1:46.69
- Po Adams CA 1:53.14
- Carol Peebles WI 2:03.30
- Anne McGowan RI 2:07.73
- Elizabeth Rendleman TX 2:08.64
- Wally Dashiell MD 2:20.79
- Nona Todd ND 2:56.66

W80 -400m-

- Velma Jacobs WY 2:19.15
- Mavis Borthick TN 2:23.18
- Sis Warnke NM 2:59.27
- Bette Hoffmann NC 3:38.53

W85 -400m-

- Josephine Gregg OH 2:38.31
- Era Swetnam AR 3:15.07
- Dorothy Bavaro NY 3:37.16
- Kate Kendrick TX 3:49.56

- 800 -

M50 -800m-

- Chet Thompson CO 2:26.10
- David Joyce TX 2:28.15
- Paul Albright MA 2:28.75
- David Gonzales OR 2:29.09
- William Camperlino NY 2:34.24
- James Cooper OH 2:38.37
- Elden Miller MN 2:44.29

M55 -800m-

- Richard Webb DE 2:23.96
- D. Dixon Jordan AZ 2:24.48
- Anthony Roque FL 2:25.00
- Samuel Baumgarten MA 2:26.32
- Robert Bennett DE 2:32.71
- Edwin Simmons MD 2:35.64
- Ellis Whitt AL 2:36.15
- John Shenk FL 2:45.63

M60 -800m-

- Lee Walton PA 2:24.69
- Howard Weisser NE 2:26.12
- Joe Gross TN 2:29.36
- Jeremy Lys CA 2:29.85
- John Pelton VT 2:34.58
- Ross Greathouse NE 2:34.97
- Walte Schlereth, Jr. MO 2:35.35
- Clayton Davis OH 2:35.68

M65 -800m-

- Paul Heitzman KS 2:35.80
- Donald Lein NC 2:39.25
- Don Phillips SD 2:40.24
- Bruce Marsh NY 2:40.25
- Bill Cunningham HI 2:47.44
- David Long CA 2:48.14
- George Perry WA 2:49.06
- Carl Trimmer PA 2:56.42

M70 -800m-

- James Selby CA 2:35.09
- James Beall MI 2:44.55
- AL Treichel FL 2:52.49
- Joseph Bell MO 2:57.66
- Richard Hayes CO 3:00.52
- Harold Larkin NY 3:03.33
- Robert Davidson CT 3:05.94
- Edward Williams TX 3:08.19

M75 -800m-

- Archie Messenger NH 2:59.68
- Gian Sahota TN 3:08.02
- Avery Bryant CA 3:10.15
- Harold Carey IN 3:19.24
- Glenn Dody AZ 3:21.62
- Edward Nicholson TN 3:23.42
- Anthony Nero NY 3:26.53
- Bart Ross FL 3:33.35

M80 -800m-

- Daniel Bulkley OR 3:28.24
- Gordon Johnson FL 3:35.93
- Frederic Tompkins AZ 3:55.88
- Edward Powers PA 3:59.64
- William Stern MA 4:24.68
- Norman Woolley OH 4:46.43
- Harry Kublin MO 5:33.02

M85 -800m-

- Chano Rivera TX 5:35.22

M90 -800m-

- Maxwell Springer TN 4:08.69
- Anthony De Nardis NM 5:05.02

M95 -800m-

- Harold Hoffmann NC 6:54.34
- Al Nellis SC 7:09.39

W50 -800m-

- Lynn Naftel CA 2:56.27
- Jeanne Jarmoska PA 3:10.94
- Linn Smith FL 3:15.21
- Madonna Hildebrand SD 3:24.18
- Barbara Warren WV 3:48.05

W55 -800m-

- Ruth Thelen MI 2:58.71
- Willy Moolenaar FL 3:06.38
- Linda Pippin TX 3:22.77
- Dianne Van Voorhis MA 3:23.88
- Sheila McKenna CA 3:28.37
- Donna Maki NC 3:31.77
- Carolyn Robinson NM 3:36.55
- Carol Kuhlmann MO 3:45.10

W60 -800m-

- Jeanne Hoagland CA 2:55.72
- Carolyn Wilson MO 2:59.63
- Marilyn Fitzgerald VA 3:03.52
- Heide Moebius PA 3:03.66
- Heide Moebius SC 3:05.32
- Jean Bongiorno CT 3:20.71
- Zofia Turosz VT 3:21.53
- Maureen Murphy MO 3:25.52

W65 -800m-

- Lupe Parsons FL 3:14.81
- Mary Melehan OH 3:16.54
- Betsy Hall OH 3:16.54
- Nessie Hollicky CN 3:19.09
- Marge Ferris IN 3:22.29
- Jean Schooler AR 3:28.41
- Janet Freeman OH 3:28.59
- Lucy Duffy MA 3:36.27

W70 -800m-

- Sum Onodera-Leonard CA 3:33.63
- Ann Kahl FL 3:33.97
- Helen Schley MO 3:45.25
- Shirley Goff AR 3:46.44
- Peggy Ewing CA 3:58.41
- Dottie Gray MO 4:05.27
- Mary Williams TX 4:14.83
- Ruth Anderson MT 4:19.00

W75 -800m-

- Po Adams CA 4:29.54
- Millie Bolton OH 4:32.88
- Carol Peebles WI 4:59.12
- Wally Dashiell MD 5:33.57
- Nona Todd ND 6:31.10

W80 -800m-

- Mavis Borthick TN 5:31.39
- Sis Warnke NM 6:04.59
- Bette Hoffmann NC 8:03.47

W85 -800m-

- Era Swetnam AR 7:29.14
- Kate Kendrick TX 7:49.96

- 1500 -

M50 -1,500m-

- Donald Rossman TN 5:03.77
- Paul Albright MA 5:12.94
- David Gonzales OR 5:14.73
- Michael Sullivan TN 5:16.68
- Elden Miller MN 5:40.03
- Peter Rzasza CT 5:47.75

M55 -1,500m-

- Kenton Blair NM 4:56.76
- Richard Webb DE 5:00.87
- Anthony Roque FL 5:02.55
- Robert Bennett DE 5:20.54
- Ellis Whitt AL 5:21.29
- David Budz CO 5:23.15
- Joel Dubow PA 5:30.53
- Dan Taylor OK 5:41.79

M60 -1,500m-

- John Pelton VT 5:15.03
- Lee Walton PA 5:15.05
- Jeremy Lys CA 5:18.37
- Bill Toy TX 5:26.14
- Jerry LeVasseur CT 5:30.65
- Hans Sinkovc SC 5:33.37
- Dean Godwin CO 5:34.17
- Harold Williams OH 5:35.53

M65 -1,500m-

- Paul Heitzman KS 5:21.12
- Donald Lein NC 5:28.34
- Bruce Marsh NY 5:39.27
- David Long FL 5:47.96
- George Perry WA 5:49.09
- Orville Kremmer TX 5:49.75
- Don Phillips SD 5:51.86
- Ralph Mondor WI 5:57.81

M70 -1,500m-

- James Beall MI 5:47.51
- James Selby CA 5:49.68
- AL Treichel FL 6:03.42
- Richard Hayes CO 6:06.75
- Joseph Bell MO 6:11.92
- Robert Davidson CT 6:20.66
- John Monroe OH 6:28.62
- Edward Williams TX 6:33.48

M75 -1,500m-

- Avery Bryant CA 6:39.21
- Archie Messenger NH 6:43.42
- Gian Sahota TN 6:51.86
- Edward Nicholson TN 6:56.36
- Augustus Prince FL 7:10.25
- Bart Ross FL 7:15.28
- Francis Albaugh PA 7:41.75
- Roy Englert VA 8:02.21

M80 -1,500m-

- John Boots LA 6:31.8
- Daniel Bulkley OR 6:35.5
- Gordon Johnson FL 7:32.6
- William Stern MA 9:12.65
- Harry Kublin MO 11:11.56
- John Alexander NM 11:30.84
- Chano Rivera TX 13:00.70
- Claudis Hawkins AL 13:31.46

M85 -1,500m-

- Maxwell Springer TN 9:07.80
- William Finch NC 9:32.97
- Anthony De Nardis NM 10:50.17
- Louis Pesca FL 13:38.79

M90 -1,500m-

- Harold Hoffmann NC 13:12.80

M95 -1,500m-

- Lucia Schatteley N FL 6:46.36
- Linn Smith FL 6:50.04
- Madonna Hildebrand SD 7:03.71
- Barbara Warren WV 7:56.10

W50 -1,500m-

- Annette Frisch CA 2:56.27
- Jeanne Jarmoska PA 3:10.94
- Linn Smith FL 3:15.21
- Madonna Hildebrand SD 3:24.18
- Barbara Warren WV 3:48.05

W55 -1,500m-

- Ruth Thelen MI 2:58.71
- Willy Moolenaar FL 3:06.38
- Linda Pippin TX 3:22.77
- Dianne Van Voorhis MA 3:23.88
- Sheila McKenna CA 3:28.37
- Donna Maki NC 3:31.77
- Carolyn Robinson NM 3:36.55
- Carol Kuhlmann MO 3:45.10

HAPPY HOLIDAYS

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Table of results for various events including 4 Carolyn Robinson, 5 Carol Kuhlmann, 6 Dianne Van Voorhis, etc.

- High Jump -

Table of results for High Jump events including 1 Bob Boddy, 2 Ricky Berg, 3 Tony Kohut, etc.

Table of results for various events including 3 Ann Carter, 4 Nancy Hinshon, 5 Verra Shury, etc.

- Pole Vault -

Table of results for Pole Vault events including 1 Larry McIntyre, 2 Paul Heglar, 3 Dick Kochert, etc.

Table of results for various events including 6 Richard Wild, 7 Andre Russell, 8 Joe Lewis, etc.

- Shot Put -

Table of results for Shot Put events including 1 Loarn Robertson, 2 Michael Gorham, 3 David McDowell, etc.

Table of results for various events including W80 -SP, M50 -DT, M60 -DT, etc.



Continued from previous page

W75 -DT-		1 Ruth Seeger	TX	18.12m
1 Lu Mahoney		CA	15.53m	
2 Hazel Trexler-Campb		NC	15.12m	
4 Ann Toya		NM	14.95m	
5 Margaret Hinton		TX	14.78m	
6 Harriet Boyd		FL	14.69m	
7 Adele McCormick		AZ	14.67m	
8 Pearl Holloway		TX	12.99m	
W80 -DT-		1 Olga Kotelko	CN	14.58m
2 Jerry Gawura		MI	14.53m	
3 Geneva Gillis		NC	14.44m	
4 Maxine King		KS	14.28m	
5 Helene Keen		AR	13.19m	
6 Mary Bowermaster		OH	12.50m	
7 Eleanor Ridinger		OH	10.34m	
8 Virginia Irving		VA	10.04m	
W85 -DT-		1 Claire Vieth	MO	10.77m
2 Marnie Evans		LA	9.59m	
3 Dorothy Bavaro		NY	7.59m	
4 Eleanore Pease		FL	5.17m	
- Javelin -				
M50 -JT-		1 Buzz Gagne	NH	43.32m
2 Sanford Suire		LA	42.86m	
3 Bill Forsyth		NM	42.76m	
4 Bruce Hedendal		FL	40.80m	
5 Robert Warrington		NY	39.70m	
6 Joe Lewis		OH	39.00m	
7 Armond Laframboise		FL	36.30m	
8 Herbert May		NY	34.40m	
M55 -JT-		1 George Roland	GA	40.82m
2 Thomas Harasti		FL	39.76m	
3 Charles Quarelli		AZ	37.12m	
4 Jimmy Duckett		OK	36.72m	
5 Alex Meyer		NE	35.48m	
6 Leroy Likes		CA	33.52m	
7 Matthew Callahan		FL	32.08m	
8 Walt Lancaster		SC	31.38m	
M60 -JT-		1 Peter La Barge	WA	44.48m
2 Don North		LA	41.26m	
3 Emil Pawlik		MS	40.09m	
4 Bob Bergfeldt		AZ	39.82m	
5 John Ryan		DE	39.01m	
6 Harold Tessier		FL	38.85m	
7 Martin Rademacher		VA	38.84m	
8 Patrick Conley		RI	38.17m	
M65 -JT-		1 William Rothley	MI	37.24m
2 Ray Feick		PA	37.20m	
3 Arthur Tayon		MO	36.84m	
4 George Barry		TN	36.75m	
5 Austin Baggett		FL	34.87m	
6 Ben McGrady		AZ	34.83m	
7 Zbyszek Przewodek		TX	34.42m	
8 Leonard Olson		TX	33.97m	
M70 -JT-		1 Franklin Held	CA	44.37m
2 Skip Meneely		TX	37.92m	
3 William Garrahan		RI	34.36m	
4 W.S. Donald		MS	33.65m	
5 Phillip Brusca		MO	33.48m	
6 David Wilson		PA	32.52m	
7 Richard Hayes		CO	32.49m	
8 John Poche, Jr.		LA	31.05m	
M75 -JT-		1 Jack Haefele	KS	30.55m
2 Charles Pistorino		VA	29.56m	
3 Lloyd Hundall		NC	28.01m	
4 Homer Socolofsky		KS	28.01m	
5 Burton Beadle		LA	26.22m	
6 John McCarthy		PA	25.02m	
7 Gian Sahota		TN	24.77m	
8 Charles McGarvey		MD	24.25m	
M80 -JT-		1 Bruce McDonald	MO	29.24m
2 Bruno Maki		NH	24.98m	
3 Daniel Bulkley		OR	18.44m	
4 Elgie Posey		AR	17.95m	
5 Jesse Cummings		TX	17.69m	
6 Charles Irwin		MD	17.50m	
7 Lew Luehrs		WA	14.89m	
8 John Alexander		NM	12.59m	
M85 -JT-		1 James Elliott	MI	18.15m
2 Leland McPhie		CA	16.72m	
3 Hans Rosenberg		OH	14.71m	
4 Joe Pearce		TX	13.88m	
M90 -JT-		1 Otto Scherini	FL	13.91m
2 Harold Hoffmann		NC	6.81m	
3 Al Nellis		SC	8.67m	
M95+ -JT-		1 John Pino, Jr.	NM	5.15m
W50 -JT-		1 Enil Raschker	GA	29.56m
2 Connie Strobach		MO	28.17m	
3 Aida Lorite Motta		BR	26.82m	
4 Liz McBlain		CN	25.30m	
5 Susan Pandak		MI	23.58m	
6 Patricia Fogg		MA	22.22m	
7 Charlotte Jarvis		OH	21.34m	
8 Linda Van Valkenbu		NY	17.80m	
W55 -JT-		1 Maria Miller	VA	32.28m
2 Carol Griffith		MI	30.34m	
3 Connie Sarver		CA	26.44m	
4 Vanessa Hillard		FL	24.82m	
5 Barbara Cleveland		LA	24.78m	
6 Marilyn Duvall		FL	24.56m	
7 Fay Richard		LA	23.84m	
8 Jane Serra		CA	23.80m	
W60 -JT-		1 Becky Sisley	OR	32.45m
2 Erika Messner		FL	27.60m	
3 Ann Marie Flynn		CT	25.43m	
4 Evelyn Wright		MD	23.90m	
5 Wanda Hudson		TN	22.06m	
6 Margaret Barker		SC	21.22m	
7 Shirley Bailly		CA	20.92m	
8 Nancy Collins		OK	20.65m	
W65 -JT-		1 Ethel Lehmann	FL	24.66m
2 Betty Neal		OH	21.43m	

3 Gloria Bortell	FL	21.07m
4 Norma Price	CO	20.33m
5 Elinor Nelson	IL	19.82m
6 Betty Adams	MO	19.69m
7 Janet Freeman	OH	19.50m
8 Vera Whiteside	IL	18.96m
W70 -JT-		
1 Jean Brubaker	PA	20.10m
2 Johnnye Valien	CA	18.50m
3 Sarah Overton	TN	18.26m
4 Betty Heil	MT	17.92m
5 Dorothy Morgan	CO	17.13m
6 Clara Gamble	MI	17.08m
7 Mary Eliz Norckauer	LA	15.78m
8 Joyce Corso	LA	15.37m
W75 -JT-		
1 Ruth Seeger	TX	19.31m
2 Adele McCormick	AZ	19.06m
3 Lu Mahoney	CA	17.17m
4 Ann Toya	NM	16.05m
5 Margaret Hinton	TX	15.66m
6 Doris Jea Berlepsch	CT	15.19m
7 Winnifred Averbuck	NM	14.95m
8 Mary Holland	MI	14.17m
W80 -JT-		
1 Olga Kotelko	CN	17.06m
2 Jerry Gawura	MI	12.21m
3 Maxine King	KS	11.76m
4 Mary Bowermaster	OH	11.69m
5 Helene Keen	AR	11.29m
6 Virginia Irving	VA	9.77m
7 Eleanor Ridinger	OH	9.66m
8 Idamaye Sanders	NM	7.26m
W85 -JT-		
1 Claire Vieth	MO	9.11m
2 Mary Haines	CT	5.68m
3 Josephine Motta	PA	5.28m
- 5K Road Race -		
M50		
1 William Dixon	VT	17:10
2 Steve White	TX	17:27
3 Ian Rodger	TX	17:51
4 Bernie Candy	FL	17:51
5 Arthur Doine	MA	18:21
6 Glenn Gailey	OH	18:47
7 Donald Rossman	TN	18:58
8 Charles Desenberg	VA	18:58
M55		
1 Bill Boria	CO	17:48
2 Anthony Roque	FL	18:23
3 Byron Melendy	CA	18:44
4 Dean Riley	NH	19:09
5 Ken Brewer	AL	19:17
6 James Hill	TX	19:24
7 Russell Tew	CO	19:30
8 Ernie Cathey	--	19:41
M60		
1 John Pelton	VT	18:32
2 Bill Harding	TN	19:13
3 Jerry Levasseur	MA	19:38
4 Hans Sinkovec	SD	19:44
5 Wally Brawner	KS	19:47
6 Jerry McGath	MS	19:50
7 Neville Wood	--	20:09
8 Dean Godwin	--	20:38
M65		
1 Paul Heitzman	KS	19:30
2 Roger Brokenbro	PA	20:29
3 Donald Lein	NC	20:41
4 Orville Kremmer	TX	21:24
5 Wilbert Griffin	MI	21:50
6 George Suter	IL	21:58
7 Carl Trimber	PA	22:07
8 Preston Masters	AL	22:37
M70		
1 Ernie Hirschfeld	MO	20:42
2 Al Treichel	--	21:51
3 Jim Blount	--	21:56
4 Richard Hayes	CO	22:01
5 Herman Grotheer Jr	GA	22:03
6 Foster Doty	LA	22:33
7 Joseph Paleczny	IL	23:00
8 Robert Gray	--	23:15
M75		
1 Harold Carey	IN	23:34
2 Avery Bryant	CA	24:38
3 Tom McDonald	FL	25:05
4 Jack Spinks	FL	26:02
5 Bart Ross	FL	26:32
6 Augustus Prince	FL	26:51
7 Edward Nicholson	TN	26:52
8 William Tribou	CO	26:58
M80		
1 Gordon Johnson	FL	26:37
2 Edmund Vuolo	CO	29:48
3 Edgar Morgan	--	32:21
4 William Stern	--	32:38
5 Joseph Flax	NV	34:57
6 Charles Jorgensen	NV	38:41
M85		
1 Louis Pesca	FL	46:57
W50		
1 Yoko Eichel	CA	21:11
2 Mary Ryzek	MA	21:18
3 Candace Yelton	FL	23:28
4 Linn Smith	FL	24:06
5 Joyce Vander Galie	RI	24:49
6 Lana Best	KS	24:50
7 Susan Pavlat	MI	26:10
8 Jill Swayze	NV	28:42

W55		
1 Nancy Littlefield	UT	21:21
2 Alicia Kelley	--	23:03
3 Willy Moolenaar	--	23:07
4 Annette Frisch	FL	23:44
5 Susan Hall	OH	24:01
6 Susie Todd	OH	26:31
7 Carol Kuhlmann	MO	27:27
8 Mary Erdman	AR	27:56
W60		
1 Jean Bongiorno	SC	23:02
2 Heide Moebius	PA	23:29
3 Carolyn Buckner	OK	23:51
4 Zofia Turosz	CT	23:55
5 Yoshiko Takahashi	NY	24:31
6 Andrea Gerbstadt	PA	24:52
7 Sally Molina	--	24:55
8 Joan Gary	MI	25:47
W65		
1 Betsy Hall	NH	24:22
2 Janet Freeman	OH	24:50
3 Nessie Hollicky	CAN	24:52
4 Marge Ferris	IN	24:53
5 Betty Kelly	CT	25:32
6 Charlotte Belless	CO	25:36
7 Jean Schooler	AR	26:10
8 Jeannette Cyr	CT	26:50
W70		
1 Marge Hoffman	FL	24:42
2 DorothyWilhelmsen	AZ	26:34
3 Agnes Reinhard	WI	27:14
4 Betty Struse	NV	28:08
5 Angela Saldana	FL	29:52
6 Donna Kjonaas	ND	30:25
7 Carol Hamman	IN	30:31
8 Ruth Andersen	MO	30:44
W75		
1 Nita LaTurner	NV	31:32
2 Millie Bolton	OH	31:51
3 Phyllis Benedict	CA	35:23
4 Ruth Munro	HI	36:00
5 Val Ellingsen	--	36:22
6 Elizabeth Gerhardt	--	37:09
W80		
1 Olive Drew	KS	40:48
2 Mavis Borthick	TN	42:42
W85		
1 Eleanore Pease	TN	46:45
W75		
1 Ruth Munro	HI	71:56
2 Elizabeth Gerhardt	--	74:23
3 Wanda Tall	TX	77:56
4 Nona Todd	AZ	88:01
W80		
1 Mavis Borthick	TN	93:49
- 10K Road Race -		
M50		
1 William Dixon	VE	35:44
2 Thys Bax	IL	36:14
3 Steve White	TX	37:25
4 Bernie Candy	FL	37:28
5 Ian Rodger	TX	38:07
6 Glenn Gailey	OH	39:33
7 Arthur Doine	MA	39:49
8 Charles Desenberg	VA	39:56
M55		
1 Bill Boria	CT	36:16
2 Byron Melendy	CA	38:39
3 Dean Riley	NH	39:18
4 James Hill	TX	40:18
5 Ken Brewer	AL	40:32
6 Richard Ashley	--	41:00
7 John Fallott	MI	43:26
8 Ellis Whitt	AL	43:43
M60		
1 John Pelton	VT	38:50
2 Hans Sinkovec	SD	41:12
3 Jerry McGath	MS	41:25
4 Jerry LeVasseur	MA	41:33
5 Wallace Brawner	KS	41:34
6 Neville Wood	--	42:15
7 Dean Godwin	--	43:08
8 Ron Bernard	CT	44:43
M65		
1 Paul Heitzman	KS	40:48
2 Roger --	PA	41:47
3 Donald Lein	NC	43:40
4 Orville Kremmer	TX	44:41
5 David Long	FL	45:20
6 Wilbert Griffin	MI	45:22
7 Carl Trimber	PA	45:52
8 James Lynch	NH	46:34
W50		
1 Ernie Hirschfeld	MO	43:11
2 Jim Blount	--	45:30
3 Al Treichel	--	46:07
4 Joseph Paleczny	IL	47:48
5 Foster Doty	LA	47:49
6 Don Anderson	MI	48:31
7 Anthony Diamond	DC	49:32
8 Milo Sather	CA	50:26

M75		
1 Gian Sahota	TN	52:08
2 Bart Ross	FL	54:10

Continued from previous page

M60	1 Paul Johnson	AR	28:14
	2 James McGrath	NY	28:15
	3 Ken Uecker	TX	30:06
	4 Gary Steck	CA	30:08
	5 Mark Adams	NM	30:41
	6 Jerry Lambert	IN	31:14
	7 Bill Elrod	LA	32:42
	8 Robert Graen	FL	33:49
M65	1 Ray Everson	IN	28:50
	2 Bob Barrett	NY	29:17
	3 Alfred DuBois	WI	29:51
	4 Thomas White	FL	30:58
	5 Alan Poisner	KS	31:28
	6 Joseph Armbruster	NM	31:37
	7 Theodor Sager	FL	31:37
	8 Arthur Beaudet	MA	31:54
M70	1 Vance Genzlinger	MI	32:22
	2 Marv Goldenberg	FL	32:34
	3 Hugh Acton	MI	32:39
	4 Wilson Petefish	TX	32:43
	5 Norman Piersma	FL	33:43
	6 William McCann	MA	34:50
	7 Ben Wilson	NC	34:52
	8 Ryszard Nawrocki	NM	35:13
M75	1 Masahashi Noritake	CA	35:15
	2 Charles Boyle	-	35:15
	3 Anthony Silvidi	OH	35:23
	4 Leonard Stern	TX	36:11
	5 George Caron	NM	36:23
	6 Shannon Ferguson	VA	36:24
	7 Nash Abrams	AR	37:22
	8 William O'Leary	MA	38:07
M80	1 Ray Sherman	SD	37:58
	2 Richard Fargo	PA	39:14
	3 Edward Seeger	VA	39:47
	4 D P Miller	IL	41:58
	5 Charles Mathews	PA	44:20
	6 Roy Clark	AZ	44:44
M95	1 Julius Spielberg	MI	59:45
W50	1 Emily Lee	MS	33:11
	2 Ingrid Crane	FL	33:32
	3 Ann Montgomery	MA	33:58
	4 Margaret Decotis	NH	35:31
	5 Bonnie Bledsoe	TX	36:04
	6 Jean Lusk	TX	36:22
	7 Angela Weems	TN	37:05
	8 Barbara Whipp	OH	37:11
W55	1 Nancy Dykes	MS	33:31
	2 Donna Gonzales	-	33:33
	3 Marjorie Pilla	FL	33:51
	4 Sharon Conlan	UT	37:46
	5 Charlie Aldrich	FL	38:39
	6 Annette Kaminsky	NY	38:40
	7 Vivian Hopkins	MA	38:54
	8 Elsie Kallal	AZ	39:44
W60	1 Rita Sinkovec	CO	31:20
	2 Ruth Everson	IN	32:33
	3 Susan Manson	FL	33:23
	4 Marjorie Larragoite	NM	33:44
	5 Bertha Aldrich	IA	33:53
	6 Janet Mason	OK	34:14
	7 Joan Berman	MI	34:27
	8 MaryAlice Hurley	NY	35:04
W65	1 Maurine Lia	MD	31:56
	2 JeanneShepardson	MA	33:28
	3 Rhea Snyder	LA	35:30
	4 Paulette Caron	NM	35:45
	5 Betty Allgood	NC	36:20
	6 Bonnie Vaughan	NC	37:23
	7 Millicent Prihoda	SC	37:54
	8 Trish Speers	NC	38:40
W70	1 Jane Nightingale	TX	35:49
	2 Joan Rowland	NY	35:54
	3 Olive Kendall	MS	36:13
	4 Emily Sheffield	GA	37:02
	5 Joyce Gust	CO	37:41
	6 Mary Boska	VA	39:59
	7 MaryEliz Norckauer	LA	40:27
	8 Florence Dagata	RI	41:03
W75	1 Ruth Kuhfahl	NY	39:38
	2 Marilyn Pearson	NJ	45:17
	3 Minna Charles	NY	47:08
W80	1 Jean Brunnenkant	KS	41:52
	2 Fan Benno-Caris	TX	44:09
	3 Mary Lathram	VA	44:21
W85	1 Estelle Frenberg	AZ	45:03
	2 Arda Perkins	FL	57:44

EAST

Philadelphia Masters Track & Field Association

Tim Dickens Runner's Pentathlon; Oct. 31

AGE	3000(Pts.)	800(Pts.)	200(Pts.)	1500(Pts.)	400(Pts.)	Total
M52 Dick Green	10:30.50(81.48)	2:14.30(88.33)	27.90(81.08)	4:48.60(83.26)	59.60(84.28)	418.42
M40 Jim Cuono	9:41.00(80.71)	2:10.50(83.03)	27.20(76.40)	4:36.60(79.22)	59.60(77.40)	396.75
M45 Tom Hartshorne	10:14.50(79.14)	2:18.40(81.16)	28.00(76.89)	4:51.16(78.07)	60.10(79.40)	394.67
M40 Glenn McIsaac	10:00.10(78.14)	2:13.10(81.40)	26.80(77.54)	4:34.70(79.77)	59.90(77.01)	393.86
M37 Bryan Carr	10:00.00(76.54)	2:11.90(80.45)	27.10(75.09)	4:41.90(76.10)	58.70(77.07)	385.25
M38 Dan Haney	10:13.10(75.42)	2:10.60(81.81)	26.10(78.51)	5:18.10(67.91)	57.70(78.91)	382.56
M47 Bill Krieger	11:38.10(70.73)	2:26.20(78.01)	26.50(82.38)	5:33.60(69.20)	60.70(79.75)	380.07
M48 Phil Yoder	10:19.90(80.27)	2:27.80(77.75)	30.80(71.40)	5:02.70(76.86)	68.80(70.87)	377.15
M40 Warren Brown	10:52.80(71.84)	2:22.80(75.88)	26.10(79.62)	5:08.80(70.96)	59.20(77.92)	376.21
M54 Keith Small	12:50.60(67.78)	2:33.20(78.72)	28.00(81.96)	6:28.10(62.96)	62.20(82.01)	373.44
M48 Karl Castor	12:38.40(65.61)	2:37.90(72.78)	26.60(82.67)	5:34.40(69.57)	60.80(80.20)	370.83
M56 Joel Dubow	11:36.40(76.31)	2:41.30(76.06)	31.60(73.67)	5:33.50(74.56)	74.20(69.87)	370.47
M41 Tom Yunker	11:09.90(70.50)	2:34.40(70.67)	29.60(70.71)	5:18.90(69.21)	65.60(70.79)	351.89
M54 Ron Shamwell	15:42.90(55.40)	3:00.20(66.93)	30.50(75.25)	8:01.90(50.71)	67.40(75.68)	323.96
M80 George Blyn	18:02.60(65.35)	4:23.40(61.96)	51.80(57.10)	8:56.00(61.99)	2:08.60(52.64)	299.05
M50 Phil Felton	00:00.00	2:38.20(73.78)	26.80(83.25)	0:00.00	61.10(80.97)	237.99

Philadelphia Masters Track & Field Association

Thrower's Triathlon; Oct. 31

	Total Points	Shot Put (Pts.) (meters)	Discus (Pts.) (meters)	Javelin (Pts.) (meters)
M67 Ray Feick	215.97	11.63(82.78)	37.00(67.78)	34.59(65.42)
M59 Mike Harrington	199.35	10.99(72.02)	38.94(71.88)	31.42(55.45)
M53 Terry Shuman	191.62	12.41(71.45)	47.72(77.37)	27.16(42.81)
M66 Pete Barker	183.22	9.99(69.52)	34.42(61.67)	28.04(52.02)
M59 John Lang	180.01	8.30(54.39)	31.98(59.04)	37.73(66.58)
M71 Tom Rice	169.37	8.74(60.61)	24.74(49.42)	29.11(55.34)
M68 Tom Henderson	165.81	10.25(74.55)	28.70(53.74)	19.48(37.53)
M59 Jerry Sullivan	157.65	8.91(58.39)	27.20(50.21)	27.80(49.05)
M61 Russ VanPut	142.63	8.31(51.91)	30.00(48.22)	25.18(42.51)
M37 Jim Sharp	141.41	10.79(48.60)	32.22(45.30)	40.75(47.50)
M67 Ron Noreen	139.29	8.02(57.08)	24.80(45.43)	19.45(36.77)
M51 Dan Folk	133.14	9.29(51.21)	30.18(46.83)	23.13(35.10)
M85 Bob Detweiler	117.83	5.26(52.34)	14.40(41.33)	8.66(24.15)
M61 Burt Hughes	111.49	8.83(55.15)	23.40(37.61)	11.09(18.73)
M43 Monte Makous	67.00	0.00	00.00	51.33(67.00)



MID-AMERICA

South Dakota Senior Games
Sioux Falls, Sept. 9 - 12

100m	M50 Paul Montgomery	12.39
	M55 Ray Wellman	13.4h
	M60 A Brevik	13.34
	M65 L Kempf	14.09
	M70 C Harris	16.18
	M75 D Olson	20.56
	W50 D Tollefson	17.31
	W55 H Kaufman	19.15
	W60 L Fredrickson	21.09
	W70 M Boe	16.84
	W75 G Anderson	22.81
200m	M50 D Paulson	28.23
	M55 Carl Etter	28.58
	M60 A Brevik	28.21
	M65 L Kempf	30.4h
	M70 C Harris	36.25
	M75 D Olson	46.0h
	W70 M Boe	36.56
400m	M50 L Iverson	1:11.3
	M55 C Etter	1:03.3
	M60 Hans Sinkovec	1:12.9
	M65 D Phillips	1:10.5
	M70 G Armigate	1:31.8
	M75 D Olson	1:59.8
	W70 M Boe	1:23.9
800m	M50 Nick Lumby	3:00.3
	M55 C Etter	2:37.5
	M60 H Sinkovec	2:59.2
	M65 D Phillips	2:57.6
	M70 G Armitage	3:17.2
	M75 D Olson	5:00.0
	W70 M Boe	3:45.0
1500m	M50 Rick Hanson	5:51
	M60 H Sinkovec	5:50
	M65 D Phillips	6:18
	M70 G Armitage	6:41
	W50 M Boe	9:53
High Jump	M50 D Paulson	4-8
	M55 C Etter	4-8
	M60 A Zahn	4-4
	M65 L Kempf	4-2
	M70 Harry Birath	3-6
	W55 H Kaufman	3-3
	W60 JoAnn Pedersen	3-1
	W65 J Kirsch	3
	W70 W Gatzka	2-8
Pole Vault	M60 D Rykhus	7-6

Long Jump	M50 D Paulson	15-3.75
	M55 C Etter	15-10.25
	M60 S Bowles	15-5.75
	M65 L Kempf	13-5
	M75 W Lesiw	8-4.25
	W55 H Kaufman	9-2.50
	W60 J Pederson	8-7
	W70 M Boe	10-10
	W75 G Anderson	6-10
Shot Put	M50 H Alsgaard	32-2.50
	M55 R Wellman	39-4.25
	M60 A Zahn	37-8.25
	M65 R Long	37-9
	M70 K Kessinger	31-10.75
	M75 W Lesiw	26-4.50
	W55 H Kaufman	19-1.50
	W60 A Kempf	22-8.50
	W65 J Kirsch	21-10.25
	W70 L Anthony	20-6.75
	W80 M Kay	20-2.25

Discus	M50 Jerry Even	87-6
	M55 Stan Link	105-6
	M60 M Armstrong	107-5
	M65 Al Weisbecker	99-11
	M70 Ken Kessinger	88-2
	M75 Vern Anthony	84-1
	M80 R Anderson	45
	W55 H Kaufman	40
	W60 Audrey Kempf	72-7
	W65 Jeanne Kirsch	34-8
	W70 Lee Anthony	50
	W80 M Kay	41-7
400m RW	M55 D Weber	2:54.0
	M60 K Clark	2:48.9
	M65 G Freeman	2:12.6
	M70 Jerald Hargis	2:12.6
	M75 D Olson	2:46.9
	M80 Ray Sherman	2:34.1
	W55 R Sinkovec	2:03.2
	W65 C Peterson	3:30.1
	W80 Mary Kay	3:05.0

800m RW	M50 M Wiggins	3:45
	M60 George LaBelle	5:42
	M65 G Freeman	4:42
	M70 Hargis	4:50
	M75 D Olson	5:43
	M80 R Sherman	5:31
	W55 R Sinkovec	4:31
	W65 Jeanne Kirsch	5:31
	W70 L Ribbens	5:48
	W75 G Anderson	6:32
	W80 Mary Kay	6:35

1500m RW	M55 R Crawford	12:11.8
	M65 G Freeman	10:13.9
	M70 J Hargis	9:38.5
	M80 R Sherman	11:03.2
	W55 R Sinkovec	8:51.8
	W65 M Mitchell	11:43.3
5000m RW	M50 M Wiggins	37:20
	M55 Francis Drapeau	31:49
	M60 Darrell Timmerman	36:16
	M65 J Landon	38:18
	M70 J Hargis	33:53
	M80 R Sherman	37:32
	W55 R Sinkovec	30:36
	W65 M Mitchell	40:30
5K Road Race	M60 H Sinkovec	20:50
	M65 D Phillips	27:50
	M70 F Farrar	31:05
	W50 Susanne Brost	24:05

WEST

KelField Throws Meet #77	Santa Cruz, CA; Oct. 9	
Shot Put	M45 Gary Kelmenson	30-11
Discus	M40 Jim Harness	113-5
	M45 Gary Kelmenson	104-7
	M50 Ladislav Pataki	173-2
Hammer	M45 Gary Kelmenson	124-3
	M50 Ladislav Pataki	168-9
Javelin	M50 Ladislav Pataki	143-4
Weight Throw	M45 Gary Kelmenson	42-7.5
	M65 Don Hughes	33-9
Superweight	M45 Gary Kelmenson	27-6.5
	M65 Don Hughes	20-6

Nevada Senior Games
University of Nevada-Las Vegas
Oct. 9 - 10

50m	M50 William Scott	7.32
	M55 Curtis Thomas	7.13
	M60 Steve Bowles	7.33
	M65 Gordon Scheffner	8.24
	M70 Paul Bambrook	7.65
	M75 Don Barnett	9.65
	W60 DeeAnne Janne	9.60
	W65 Nina Wood	9.57
100m	M50 William Scott	13.25
	Mike Morton	13.86
	Billy Isley	13.97

M55 Curtis Thomas	13.34
Gary Isham	15.10
Paul Langley	17.84
M60 Steve Bowles	13.55
Leon Hacker	13.63
Louis Howell	15.63
M65 Gordon Scheffner	16.42
Jack Janne	16.70
Budd Hamilton	17.42
M70 Paul Bambrook	14.31
Floyd Wilcox	16.83
Alan Cohen	17.29
M75 Don Barnett	19.55
David Edwards	19.59
W50 Phil Raschker	13.46
W60 DeeAnne Janne	19.13
W65 Nina Wood	19.05

200m	M60 Steve Bowles	27.88
	Leon Hecker	28.52
	Dale Bessey	34.18
	M65 Martin Heard	33.60
	John Radocha	40.31
	Budd Hamilton	43.01
	M70 Paul Bambrook	29.73
	Alan Cohen	38.14
	Ernie Block	42.51
	W50 Phil Raschker	27.80
400m	M50 Mike Morton	61.07
	Mike Washington	67.11
	M55 Mike Liscio	75.89
	Wendell Wilson	90.20
	M60 Hans Sinkovec	71.04
	Dale Bessey	72.50
	M65 John Radocha	84.72
	M70 Ernie Block	98.14
	Alan Cohen	98.4

Continued from previous page

W40 Debbie Selby	36.0
Michelle Freeman	29.8
Kathryn Herring	33.2
W60 Marilyn Ongley	32.7
400m	
M40 Andrew Hecker	1:00.5
Chip Everage	1:04.2
M45 Burt Garavaglia	1:07.7
M55 Simeon Baldwin	58.9
M60 Roger Tsuda	1:04.7
M70 Jim Selby	1:08.0
M75 Avery Bryant	1:30.3
W40 Debbie Selby	1:25.0
W45 Kathryn Herring	1:18.3
W60 Marilyn Ongley	1:17.2
800m	
M40 Dave Cook	2:15.4
M45 Veno Riggio	3:18.9
M50 Waune Douglas	2:21.7
M60 Jon Barkman	3:01.1
M70 Jim Selby	2:37.5
M75 Avery Bryant	3:20.3
W45 Tracey Cox	3:00.9
W60 Marilyn Ongley	3:16.6
1500m	
M40 Jim Marquez	4:48.9
Dave Cook	5:10.2
M45 Veno Riggio	6:45.6
M70 Jim Selby	5:48.8
M75 Avery Bryant	7:07.8
3000m	
M40 Mark Cleary	9:37.7
Venu Riggio	13:26.1
M50 Pete Boisneau	10:58.2
Michael Blakeman	15:29.1
M55 Richard Jones	11:37.6
M60 George Decottes	12:42.7
M70 Gunnar Linde	11:58.4
M75 Avery Bryant	14:59.7
Short Hurdles	
M85 Burt Morrow	21.0
Long Hurdles	
M45 Kenneth Stone	50.0
2000m Steeplechase	
M65 Bob Culling	8:25.5
3000m Steeplechase	
M40 Jim Marquez	11:00.9
Dave Cook	11:21.4
4x100m Relay	
W40 Herring & Team	1:05.6
High Jump	
M40 Jason Meisler	1.83
M45 Mel Embree	1.63
David Perrin	1.58
M50 Charlie Rader	1.73
Stanley Dyson	1.35
M55 James Brennan	1.25
M60 Phil Fehlen	1.63
W40 Karen Vaughn	1.30
W60 Christel Miller	1.20
Pole Vault	
M40 Bill Halverson	4.73
M45 Murray Mead	3.81
Bill McNeal	3.05
David Perrin	3.05
M50 Steve Morris	4.12
M60 Terry Cannon	3.36
M75 Donald Roser	1.98
W70 Johnnye Valien	1.68
Long Jump	
M40 Mahmoud Niroumand	5.73
M45 David Perrin	5.34
M50 John Tomaschke	5.03
M60 Roger Tsuda	4.90
M75 Thomas Pico	2.92
W50 Anne Fisk	2.90
W60 Marilyn Ongley	3.41
Triple Jump	
M40 Mahmoud Niroumand	11.30
M55 Terry Towan	9.38
Shot Put	
M40 James Kerman	13.85
M45 William Gardner	13.60
David Perrin	10.56
Richard Watson	10.19
M50 Mike Deller	12.90
Angelo Rinaldo	11.80
Stanley Dyson	10.03
M55 Dennis McCraven	11.61
James Brennan	8.85
M60 Hal Smith	13.26
Alan Rosen	9.93
Fred Hunter	9.30

M65 Fred Lochner	9.94
M70 Arnie Gaynor	12.87
Don Hegberg	10.95
M75 Thomas Pico	9.54
M85 Pete Allen	5.38
W40 Karen Vaughn	9.12
W50 Latanya Glass	9.62
Mellie Clark	8.96
W55 Patricia Hunter	6.96
W60 Christel Miller	7.40
W70 Johnnye Valien	6.72
Discus	
M45 Russ Reabold	36.92
Richard Watson	32.82
David Perrin	30.44
M50 Mike Deller	44.46
Dan Bryant	39.96
Angelo Rinaldo	32.40
M55 Cornelius McCormick	37.68
David Nuttall	35.68
Dennis McCraven	35.14
M60 Hal Smith	41.10
Alan Rosen	39.30
James Coen	37.32
M65 Fred Lochner	32.06
M70 Arnie Gaynor	40.94
Don Hegberg	39.54
Kio Song	25.78
M75 Donald Roser	28.12
M85 Pete Allen	17.36
W50 Mellie Clark	23.34
Latanya Glass	17.10
Anne Fisk	16.54
W65 Ellen Brannigan	18.50
Hammer	
M45 Thomas Meyer	40.60
Richard Watson	34.16

David Perrin	24.56
M50 Mike Deller	50.00
Dan Bryant	41.50
Larry Lloyd	23.74
M55 David Nuttall	30.48
M60 Fred Hunter	31.52
Fred Fate	22.62
M70 Kio Song	35.78
M75 Thomas DeVaughn	23.06
W55 Patricia Hunter	22.54
Javelin	
M45 David Perrin	46.95
Richard Watson	43.87
Vern McCarty	38.85
M50 Ron Rook	36.87
Larry Lloyd	35.90
M55 David Nuttall	34.56
James Brennan	32.54
Juan Bustamante	23.75
M60 Phil Fehlen	45.58
Fred Hunter	31.10
Leon Barette	20.00
M65 Tom Allison	32.10
M75 Donald Roser	28.24
M80 Jerry Siefert	NA
W40 Allison McCormick	25.52
W55 Patricia Hunter	19.50
W60 Christel Miller	25.12
W65 Ellen Brannigan	14.74
W70 Johnnye Valien	30.00
5000m RW	
M50 Michael Blakeman	35:12.4
M65 Carl Acosta	30:13.9
Walter De Rothney	42:02.3
W45 Florence Braun	30:26.6
W55 Joline Steigerwalt	32:29.1

Victory AC	KY2:31:49
Carolina AC	SC2:55:00
W40 Victory AC	KY1:39:46
USATF National Masters 15K	
Championships/Tulsa Run/Indy	
Life Circuit Race,	
Tulsa, OK; Oct. 30	
M40 John Tuttle	46:46
Craig Young	50:00
Steve Winchel	50:10
M45 Charlie Gray	50:26
Gary Romesser	51:30
M50 Dick Buerkle	52:19
Norman Ferris	52:34
Jeff Berven	54:41
M55 Jan Frisby	56:03
George Marchetti	61:08
Doug Braasch	64:43
M60 Jack Nelson	55:29
Fay Bradley	58:06
Thom Weddle	60:54
M65 Paul Heitzman	67:37
Bob Vernon	72:09
Sidney Hughes	78:52
M70 Jerry Johncock	67:18
Jack Gentry	67:58
Pat Devine	74:12
M75 Fisher Lewis	1:36:38
Ross Waltzer	1:58:13
M85 Dudley Healy	1:41:47
W40 Carmen Ayala Troncoso	53:42
Patty Valadka	56:36
Claudia Kasen	56:51
W45 Barbara Luciano	63:06
Donna Spencer	64:43
Joanne Jackson	71:29
W50 Gloria Jansen	62:38
Priscilla Welch	63:58
Claudia Patrick	67:01
W55 Joan Ottaway	63:36
Lydia Borges	69:42
Ellen Nitz	74:03
W60 Barbara Mille	65:33
Kay Schleusener	79:33
Sharon Sowell	80:55
W65 Barbara Vernon	1:52:38
W70 Pat Hill	1:27:51
Ruth Anderson	1:43:40

W50 Krystyna Turowska	45:35
Flora Flores	49:17
W55 Anna Thornhill	42:31
Bonnie Dietrich	48:51
W60 Naomi Vogel	55:58
Melissa Sutphen	69:42
W65 Dolly Finkelstein	71:11
W70+BerthaMcGruder	69:14
Jozi Neulinger	88:06
Finishers: 554m/373w	
Weather: 73deg/humid, cloudy	
NYRRC Marathon Tune-Up 30K	
Central Park; Aug. 29	
Overall	
Tesfaye Bekele	2:40:08
Jean Chodnicki	4:02:20
M30 Trevor Murray	3:41:10
M40 Alan Ruben	1:50:05
Jaime Palacios	1:53:04
Mohsen Mechichi	1:55:05
M45 Primitivo Garcia	1:58:14
Jan Maliniak	2:02:43
Jack McShane	2:03:16
M50 Julio Aguirre	2:05:01
Brown Yoo	2:07:19
Larry Bryant	2:14:45
M55 Sam Skinner	2:07:07
Hector Rivera	2:13:59
John Samsel	2:15:15
M60 Jose Mendez	2:29:28
Robert Mitchell	2:37:40
Joe Roche	2:41:20
M65 Alfred Finger	2:29:09
Guenter Erich	2:56:23
Larry Scharer	3:20:02
M70 Leo Schonhaut	3:10:15
David Jenkins	3:33:17
M75+Wilfredo Pios	82:42:33
W30 Tracy Biber	2:06:24
W40 J Chodnicki	2:03:20
AnactasiaStekas	2:17:55
Marie Wickham	2:18:34
Janis Hubschman	2:28:20
W45 Sandra Olivo	2:23:50
R Birch Walzer	2:28:36
Joan Baldassari	2:32:49
W50 Deborah Barchat	2:29:52
Rita LaBar	2:40:03
KrystynaTurowska	2:41:43
W55 Anna Thornhill	2:25:08
Bonnie Dietrich	2:55:56
Janell Paganelli	2:55:57
W60 Evelyn Davis	2:51:09
Naomi Vogel	3:25:37
W65 Rhoda Mar.s	4:11:39
W70 Bertha McGruder	4:01:16
Finishers: 1489m/1079w	
Weather: Mid-80s/sunny,humid	

American Heart Association	
Wall Street Run 5K	
NYC; Sept. 9	
Overall	
Tesfaye Bekele	28 15:28
Rebecca Wasner	23 18:14
M30 Alan Wells	36 16:19
M40 Skip Murphy	42 17:11
M50 Tom Murphy	57 18:47
M60+Joe Israel	67 24:06
John McManus	76 25:24
W30 Tara Frayne	33 19:36
W40 Gillian Horovitz	44 18:43
W50 Carol Gellman	50 22:13
W60+Naomi Vogel	64 27:32
Arlene Egan	61 39:41
Vivian Lowery	75 48:32
NYRRC Harry Murphy 5K	
Cross-Country, Van Cortlandt	
Park, Bronx, NY; Sept. 12	
Overall	
Tesfaye Bekele	28 16:01
Maria Ravazza	30 18:16
M30 Greg McKenzie	33 17:34
M40 Arthur Richards	47 17:49
M45 Gary Greene	19:37
M50 Bob Moritz	18:27
M55 David Kyner	22:59
M60 Ed Fedosov	22:04
M65 Erich Guenter	23:48
M70 Jack Haar	33:11
M75 John McManus	26:35
W40 Susan Katsan	31:27
W45 Mary Rosado	24:01
W50 Barbara Charles	26:10
W55 Edith Jones	31:06
W80+Althea Jureidini	81:44:38
Lightning 5K	
Edison, NJ; Sept. 12	
Overall	
Jim Cox	33 15:59
Lindsey Scherf	12 19:25
M40 Hector Diaz	18:10
M45 Chas Schneekloth	19:07
M50 J Seymore	18:05
M55 Maury Dean	18:02
M60 Raymond Bondy	21:47
M65 Don Brennan	22:35
M70 Angel Aponte	24:40
W40 Mary Badiak	25:03
W45 Laurene Jones	21:22
W50 Jo Ann Coffee	23:39
W55 Anna Thornhill	20:59
W60 Ruth Halo	44:46
America Races for Strong	
Women 5K, Washington, DC	
Sept. 18	
Overall	
Andre Williams	27 14:33
Alisa Harvey	34 17:05
M40 Harry Richards	20:22
Joshua Sheinkman	20:42
Jere Sullivan	23:54
M45 Richard Harris Jr	21:34
Kevin Smith	23:14
Joe Matyskiela	24:03
M50 Robert Weiner	20:39
Jon Palks	21:17
Lucian Acuff	27:43
M55 Mike Carberry	28:16
Bill Bivens	30:30
Arnold Blair	30:37
M60 Mario Fenyo	34:39
Eddie Mahe	49:26
M70 Hal Macomber	53:06
Al Nork	55:53
W40 Joan Nugent	21:21
Barrie Tron	25:53
Marcia Stanford	26:00
W45 Mattie Carter	24:53
Carole Grunberg	27:39
Linda Sullivan	27:44
W50 Hideko Pirie	20:48
Linda Blinde	26:16
Nita Morse	29:58
W55 Kathy Bethell	29:09
Nancy Chaney	29:23
Blair Jones	36:45
W60 Tami Graf	25:01
Rosemarie Gibson	42:05
W70 Joanne Dumene	54:10
W75 Hannah Horowitz	31:09
Mary Woods	54:11
Dutchess County Classic	
Marathon, Fishkill, NY	
Sept. 19	
Overall	
Abel Flores	30 2:41:47
Jennifer Gardner	27 3:27:29

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 / 214" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

NATIONAL

Tufts 10K for Women, USATF
National Championships
Boston, MA; Oct. 11

Overall	
Libbie Hickman	32:48
W40 Judi St. Hilaire	34:14
Kim Jones	34:29
Nancy Tinari CAN	34:30
Carmen Trancoso	34:46
Joan Samuelson	35:04
W50 Barbara Filutze	41:12
Patty Foltz	41:35
Jan Bober	43:20
Eleonora Mendonca	44:27
Geraldine Liebert	46:43
W60 Annette Swain	46:08
Florina Days	47:34
Edith Jones	55:35
Doris Beatty	57:10
Sandra Hayes	57:58
W70 Mary Seamans	63:48

USATF National Masters 8K
Cross-Country Championships
Louisville, KY; Oct. 17

M40 Craig Fram	NH 25:56
Paul Risch	IN 26:10
Mark Dively	IN 26:42
George Dewitt	IN 26:52
Stan Clark	KY 27:12
Duane Dye	IN 27:59
Elliott Drumright	CO 28:00
John Nason	KY 28:05
Dave Gardner	IN 28:20
Earhard Bell	IN 28:55
Glenn Sterchi	KY 29:05
Bill Olrich Jr	KY 29:38
Steve Adkisson	KY 29:52
Adrian Pellegrini	KY 30:00
Chuck Crowley	IN 30:14
Peter Paris	OH 30:22
Gary Warren	KY 30:37
Tom Montoya	KY 31:25
Mick McCauley	SC 33:53
M45 John Weilerding	KY 26:51
Tom Simpson	IN 27:45
Barry Ross	KY 28:33
Larry LeGrand	KY 29:00
Mike Unger	MI 29:32
Jay Sheidon	KY 30:29
Tom Wilcox	MI 30:30
Ward Wenstrup	OH 30:35
Jay Clark	IN 30:55

Buddy Harpool	KY 31:01
John Dickey	MO 32:07
Jim Tucker	OH 32:27
David Roth	KY 32:41
Howard Abell	KY 32:48
Vernan Mabe	KY 33:25
M50 Rich Myers	NJ 28:02
Peter Hallop	MI 28:07
P Deladurantaye	MI 28:42
Thys Bax	IN 29:06
Bob Meier	IN 29:12
Terry Fremdling	KY 29:14
Buzz Wynbeek	MI 29:39
Chuck Koeppen	IN 29:55
Doug Schmidt	IN 30:23
Wayne Beaver	IN 30:38
Bob Ullrich	KY 31:12
Terry Reed	KY 31:15
Randy Bulla	MI 31:50
Jim Evans	IN 32:42
Bill Deal	IN 32:55
Bob Cross	MI 34:49
Dane Freedman	NC 35:28
M55 Wally Herrala	MI 29:02
Don Coffman	KY 29:16
Bill Delph	KY 30:52
Doug Goodhue	MI 31:05
Gerry Carner	SC 31:09
Mike Malloy	KY 31:18
John Boyle	FL 31:28
Mike Persak	MI 33:37
Arne Eversol	SC 34:55
Maxwell Hamlyn	NC 35:11
M60 Wally Brawner	KS 32:56
Adrian Craven	SC 38:17
M65 Ino Cantu	TX 32:52
Jim Hilton	WA 35:16
Bill Cocks	WV 37:41
M70 Doug Blanchard	MA 38:35
Ernie Grayson	KY 50:55
W40 Jeanne Olash	KY 31:03
Laura Clark	KY 34:17
Diana Okon	KY 36:55
W45 Jill Force	KY 34:26
W50 Peggy Hilton	WA 49:21
W60 Rose Taylor	KY 42:313
Teams	
M40 Runners Forum	IN 2:15:28
Victory AC #1	KY 2:19:41
Victory AC #	

Continued from previous page

Table with columns for race name, age, and time. Includes M40 Amador Ybariz 43 2:51:17, M50 J Marroquin 52 3:09:59, M60+ Irvin Miller 61 3:41:04, W40 Maryann Knuth 46 3:48:55.

Table with columns for race name, age, and time. Includes M55 Daniel Badalament 41:28, M60 Bob Mitchell 44:37, M70+ Roger Williams 70 48:20, W40 E BarnesCorley 39:21.

Syracuse Festival of Races 5K Syracuse, NY; Oct. 3

Table with columns for race name, age, and time. Includes M40 Bob Carroll CR15:19, M45 J J Wind 2:15:35, M50 John Thomas 2:33:51, M55 Daniel Rooney 2:38:01.

Entenmann's Great South Bay 5K, 10K, Half-Marathon Islip, NY; Oct. 2

Table with columns for race name, age, and time. Includes M40 G Hull 17:52, M45 Rob Jackson 18:54, M50 Henry Dolny 18:18, M55 Maury Dean 18:29.

Georgetown Classic 10K Washington, DC; Oct. 3

Table with columns for race name, age, and time. Includes Overall Philippe Poly 27 31:05, M40 Amit Neeman 33:10, W40 William Fodor 29 36:01.

Table with columns for race name, age, and time. Includes Mark Baldino 39:27, M50 Reuben Beauchamp 36:17, John Dix 38:52, Eric Long 39:12.

Table with columns for race name, age, and time. Includes M70 Donald McCarten 48:29, M75 Ray Blue 54:12, W40 Fiona Barton 39:06, W45 Betty Blank 43:10.

Georgia Jog 5K Easthampton, NY; Oct. 3

Table with columns for race name, age, and time. Includes Overall Richard Temerian 41 17:21, M40 R Temerian 17:21, M45 James Harmon 18:25.

Ro-Jack's Run 5 Mile USATF New England Championship Attleboro, MA; Oct. 3

Table with columns for race name, age, and time. Includes Overall Simon Rono KEN CR 22:17, M40 Simon Karori KEN 23:43, M40+ Teams (5) Central MA Str 2:12:00.

RRCA Women's 5K Series Mt. Lebanon, PA; Oct. 6

Table with columns for race name, age, and time. Includes Overall Cheryl Collins-Gatons 32 17:19, W40 Jennifer Black 22:23, Debra Witowski 22:50.

Table with columns for race name, age, and time. Includes Kathy Willming 23:07, Janet McDermott 23:20, Ingrid Stoffel 23:35, Cathe DeVito 23:55.

Chancellor Challenge 100K Boston, MA; Oct. 9

Table with columns for race name, age, and time. Includes Overall Jim Garcia 41 6:55:27, M40 Jim Garcia 6:55:27, Victor Hickey 7:02:29.

Police Officer Gary Farley Memorial 5K Wantagh, NY; Oct. 9

Table with columns for race name, age, and time. Includes Overall Robin Degirmenci 30 16:00, Kathy Martin 48 18:06, M40 Don DiDonato 16:07.

Hartford Marathon Hartford, CT; Oct. 9

Table with columns for race name, age, and time. Includes Overall Fouzi Aloui 27 2:23:49, Tatiana Titova 34 2:38:37, M40 Guy Gorton 41 2:37:52.

Table with columns for race name, age, and time. Includes Erwin Klein 60 4:25:45, David Herstine 68 4:51:50, Tom Conrad 63 5:22:43, M70 Al Becken 70 3:56:16.

Table with columns for race name, age, and time. Includes W40 M Bums-Prine 41 3:00:59, W50 Joy Hampson 52 3:19:29, Megan Goldstein 50 3:32:29.

Army Ten Miler Washington, DC; Oct. 10

Table with columns for race name, age, and time. Includes Overall Chris Graff 24 48:21, Alisa Harvey 34 57:47, M40 Sammy Ngatia 50:46.

Oyster Festival 5K Oyster Bay, NY; Oct. 16

Table with columns for race name, age, and time. Includes Overall Ross Williams 15 17:43, Kathryn Martin 48 18:40, M40 Bill McDermott 18:14.

Table with columns for race name, age, and time. Includes Pat Viola 20:42, M55 Mike Service 20:43, Tom Shay 21:20, Art Brunelle 22:51.

Table with columns for race name, age, and time. Includes M60 Joe Cordero 20:47, M65 Richard Savage 21:17, M70 Bert Jablon 26:19, M75+ John McManus 76 24:57.

Special Olympics World Gym 5K Setauket, NY; Oct. 16

Table with columns for race name, age, and time. Includes Overall Steve Walter 37 17:16, Toni Governale 29 21:53, M40 Karnik Sefarian 18:20.

Mohawk Hudson River Marathon Schenectady - Albany, NY Oct. 17

Table with columns for race name, age, and time. Includes Overall Rudy Afanador 41 2:38:27, Heather Cox 22 2:56:02, M40 R Afanador 2:38:27.

James Halverson Memorial 5K Blue Point, NY; Oct. 17

Table with columns for race name, age, and time. Includes Overall Keith Field 37 15:45, Laurie McKeough 37 21:33, M40 Gerry Cassell 18:30.



Continued from previous page

Marine Corps Marathon Washington, DC; Oct. 24

Overall

Table of marathon results for Marine Corps Marathon, including names like Mark Croasdale, Donna Moore, Francisco Lugo, Steve Payne, Ginge Gough, Steven Anderson, Steve Bremmer, Terry Pares, Lou Milliron, S Garciamirez, Mark Malander, Rob Levinsky, Bret Dattke, Bill Peeling, Robert Judson, David Andrews, Mark Sullivan, Randall Milstead, Fredrick Klausner, Mike Ziegler, Ray Workman, Uwe Guenter, Develand Campbell, John Krasniewicz, Rich Rima, Friedhelm Henze, Jay Wind, Marlin Conrad, Bill Dawson, Tony Palmero, Sal Pipitone, Jabby Young, Benoit Jadoul, Charles Creswell, Bennett Beach, Rafael Torres, Hans Vanhoefen, Ernest Tomicelli, Iman Majid, Leo Villano, Richard Paterson, William Schaeffer, Wade Clark, Kenneth Dennis Jr, Frank Russo, John Churchman, William Farrell, Reinhard Husen, Michael Rolash, Glenn Geelhoed, Keith Amrose, Jack Rafferty, Robert Ross Jr, Norman Hunt Jr, Horace Ellis, Joseph Clorety, Mel Williams, Bill Zechner, Antonio Panizza, Donald Fessman, Joseph Leader, Stanton Neumann, Duane Baltz, Richard Rock, Art Harris, Allen Montgomery, Edward Walters, Dick Green, Lee Cooper, Eugene Stevenson, Armand Zambardi, John Bethell, Perry Silverman, Robert Smith, Thomas Momiyama, Francis Gignac, W Stoepelwerth, Fay Steele 83, Harry Kirsch 76, D McCarten 70, Robert Hakes 71, Charles Stalzer 71, Carlton Mendell 78, Edward Stabins 71, F Simmons 72, Harold Cook 72, Newton Cattell 73, Deborah Barnett, Mary Malin, Ginger Spencer.

Table of marathon results for Marine Corps Marathon, categorized by age group (W45, W50, W55, W60, W65, W70+).

CompassBank CapeCod Marathon, Falmouth, MA; Oct. 31

Table of marathon results for CompassBank CapeCod Marathon, including overall and age group results.

Lovenox 5 Mile Hicksville, NY; Oct. 31

Table of 5-mile race results for Lovenox, including overall and age group results.

Table of marathon results for Marine Corps Marathon, categorized by age group (M50, M55, M60, M65, M70, M75+).

Sweetwood 5K Cross-Country Halloween Scamper (50+) Williamstown, MA; Oct. 31

Table of 5K cross-country race results for Halloween Scamper, including overall and age group results.

New York City Marathon Nov. 7

Table of marathon results for New York City Marathon, including overall and age group results.

Table of marathon results for Marine Corps Marathon, categorized by age group (M45, M50, M55, M60, M65, M70, M75+).

Sweetwood 5K Cross-Country Halloween Scamper (50+) Williamstown, MA; Oct. 31

Table of 5K cross-country race results for Halloween Scamper, including overall and age group results.

Table of marathon results for Marine Corps Marathon, categorized by age group (W40, W45, W50, W60+).

Sweetwood 5K Cross-Country Halloween Scamper (50+) Williamstown, MA; Oct. 31

Table of 5K cross-country race results for Halloween Scamper, including overall and age group results.

Table of marathon results for Marine Corps Marathon, categorized by age group (W40, W45, W50, W60+).

MIDWEST

Frank Lloyd Wright 5K/USATF Illinois Championships Chicago; Oct. 10

Table of 5K race results for Frank Lloyd Wright Championships, including overall and age group results.

SOUTHEAST

Dart For The Art 5K Hollywood, FL; Sept. 12

Table of 5K race results for Dart For The Art, including overall and age group results.

Continued on next page

Continued from previous page
Beth Robinson 32:55
Harriet Mulcahy 36:20
Mary Leonard 50:21
W65 Doris Mizerka 32:26
Maxine Montes 55:18
W70 Audrey Angst 53:44

Detroit International Marathon & Old Navy 5K
Detroit, MI; Oct. 17

Overall
Fred Kieser 2:18:27
Irina Khramova 2:43:58
M40 Steve Wilson 2:39:45
M45 Dennis Kurtis 2:46:40
M50 Victor Barkoski 2:56:19
M55 Gerard Malaczynski 3:00:27
M60 Peter Polidori 3:09:56
M65 Tom Briggs 3:41:23
M70 Jerry Johncock 3:36:37
M75 Charles Brown 4:43:24
W40 Cindy Keeler 2:59:44
W45 Brenda Lynch 3:10:38
W50 Renee Vettorello 3:52:29
W55 Carol Swaney 3:55:11
W60 Merion Knight 4:20:24
W65 Jean Schlichte 5:30:53
W70 Kathy Galen 5:52:44
--Old Navy 5K--
Overall
Buck Jones 15:15
Theresa Farah 19:42
M40 Dave Furey 16:23
M45 Tim Jones 19:14
M50 Richard Adonita 18:32
M55 Jim Kruse 20:40
M60 Lee Burch 21:56
M65 Glen Larsen 24:52
M70 Jim Forshue 21:59
M75 Trevor Oseland 25:59
W40 Marcy Kossak 20:20
W45 Steph Wroblewski 25:52
W50 Vickie Putnam 21:27
W55 Marilyn Morehead 25:26
W60 Sharon Pullis 35:27
W65 Claudia Novitsky 38:38
W75 Mary Maas 57:33

Chicago Marathon
Chicago, IL; Oct. 24

Overall
Khalid Knannouchi 27 2:05:42*
Joyce Chepchumba 28 2:25:59
M40 Steve Plascencia 2:17:04
Paul Pilkington 2:17:05
Jim Howard 2:26:37
Juan Hernandez 2:27:02
Walter Sargent 2:28:53
D Chauvelier 2:33:54
Christopher Penny 2:34:01
Dan Martin 2:35:14
Vincent Bernard 2:36:59
David Dobkowski 2:38:08
Jean-Marc Seguy 2:38:42
Eric Stich 2:40:15
Tony Estes 2:40:47
Christopher Glowach 2:41:24
Tom Zimmerman 2:41:30
Christopher Trost 2:42:23
Marshal Randall 2:42:40
Amit Ne'Eman 2:43:31
J Ramirez-Nunez 2:43:58
Mark Tensing 2:44:15
M45 A Marcos-Hernandez 2:29:08
David Matthews 2:35:30
Jan Russell 2:37:12
Bill Piechowski 2:42:22
James Rasch 2:44:36
Gustavo Figueroa 2:44:44
Josef Schaefer 2:45:15
Rick Ironside 2:46:09
D Guiguen 2:47:01
Daniel Tantino 2:48:33
Dermot Holwell 2:49:11
Roy Flesher 2:49:17
Phil McNamee 2:49:20
John DiCarlo 2:50:14
Yvan Gomez 2:51:03
Nick Merucci 2:51:04
Martin McCarthy 2:51:58
Robert Leichti 2:52:04
M50 Bernard Guay 2:35:59
Arthur Johns 2:39:53
Terry McCluskey 2:47:24
Mike Erith 2:48:45
Frank Hughes 2:49:43
Julio Aguirre 2:51:41

Johnny Halberstadt 2:53:47
Robert Manasse 2:53:50
Robert Meier 2:54:56
Peter Gill 2:55:43
Parvis Ojagh 2:55:50
Ruvarcava-Ramirez 2:56:08
Ken Sparks 2:56:16
Tom Blomqvist 2:57:51
Andrew Suozzo 2:57:55
Norm Goulo 2:58:09

M55 Wally Herral 2:51:17
Joachim Bechtle 2:55:11
Michael Mahler 2:58:35
Gary Alexander 2:59:03
Ben Preece 2:59:06
Donald Van Dell 3:03:00
Merrill Oster 3:03:22
Sylvan Addink 3:05:49
Budd Bettler 3:07:59
Peter Wadsack 3:09:48
Jack Bianchi 3:12:27
Charlie Viers 3:12:33
Douglas Saari 3:12:51
Lloyd Simmons 3:14:18

M60 Edmond Van Ranst 3:12:05
Gottfried Schaefers 3:15:02
Franz Albers 3:16:05
Larry Barrett 3:17:31
W C Roehm 3:18:42
Benito Vazquez 3:27:42
James Fahrback 3:29:38
Jack Carson 3:30:01
Jim Dickert 3:30:59
Don Saari 3:33:35
Don Potter 3:34:08
James Schneider 3:34:13

M65 Jim Smedema 3:14:35
Walt Wozniak 3:33:54
Alberto Chavez 3:34:27
David Greer 3:43:36
Ronald Patton 3:45:11
Gerd Papcke 3:49:10
Charles Pfeifer 3:54:16
David Sullivan 3:55:04
Joseph Dileonardi 4:00:08
Edward Abramic 4:04:16
M70 Phillip Martin 3:31:27
Bob Stanvic 3:52:49
Mario Lopez 4:02:07
Bill Hoffman 4:04:31
A Cesare Manetti 4:06:19
Franklin Mason 4:07:44
Geoff Johnson 4:12:40
Herbert Kremser 4:43:29

W40 Gitte Karlshoj 2:35:16
Lee Dipietro 2:47:11
Valerie Hollenbeck 2:50:03
Sharon Vos 2:59:15
Honor Fetherston 3:02:00
Nancy Hipp 3:02:16
Becky Backstrom 3:05:58
Jan Guenther 3:06:52
Kathy Waldron 3:09:37
Diane Gallagher 3:10:13
A Forshee-Crane 3:10:36
Barb Muise 3:11:48
Monica Joyce 3:12:27
Susan Gold 3:12:28
Amy Barrow 3:13:59
Maria Figueroa 3:13:52

W45 Cheryl McGinnis 3:09:37
Monika Staggl 3:10:42
Mary Hanley 3:11:04
Karen Bernardino 3:12:23
Mary Jane Mills 3:14:09
Julie Virkis 3:14:26
Huda Melky 3:19:07
Gail Ford 3:26:51
Kathy Heffron 3:26:57
Janet Shillington 3:26:45
Marnie Harden 3:29:11
Anita Shelton 3:30:45
Deb Pawielski 3:32:36
Maggy Zidar 3:33:08

W50 J Kruger-Williams 3:11:24
Nancy Rollins 3:16:41
Susan Croll 3:21:11
C Hochleitner 3:26:35
Mike Newbitt 3:29:27
Patricia Lerch 3:32:42
Margaret Feige 3:36:14
Barbara Lies 3:38:18
Christl Heine 3:38:40
Isola Metz 3:43:56

Rachel Votruba 3:44:36
Yvonne Bedford 3:45:15
W55 Karen Bestul 3:25:01
Dorothy Tanner 3:26:43
Erma Tranter 3:36:05
Norma Bonham 3:56:47
Joyce Connell 3:56:49
Sandy Jepson 3:57:55
Laveme Forrest 3:59:45
Eileen Pue 4:00:02
Betty Duteau 4:00:16
Christie Edinger 4:04:22

W60 Ada Letinsky 3:42:26
Diane Palmason 3:44:16
J Alexander-May 4:14:43
Mary Dermody 4:25:26
Irene Barnard 4:26:28
Astrio Georges 4:27:19
Gail Duncan 4:31:03
Kurt Haney 4:32:42
W65 Katherine Pye 4:02:33
Thelma Wilson 4:21:59
Eleanor Claus 4:24:30
Betty Beveridge 4:47:24
Barbara Kummerer 4:52:10
Audrey Hauth 5:04:43
W70 Bertha McGruder 5:34:20
Gloria Schiffler 5:57:38
Teresa Ramirez 6:16:47
Barbara Barnawell 7:05:53

*World Record

MID-AMERICA

MDRA Victory 10K & 5K
Minneapolis, MN; Sept. 6

--10K--
Overall
David Marcus 29 30:48
Kelly Keeler 37 34:07
M40 Kevin Haas 31:36
M45 Dan Morse 34:35
M50 John Cretzmeyer 37:34
M55 Norm Purington 37:54
M60 Nick Rogers 38:00
M65 Greg Prom 44:15
M70 Rogers Anderson 48:34
M75 Lloyd Young 47:15
W40 Janice Ettle 36:51
W45 Lynae Larson 40:05
W50 Gloria Jansen 39:28
W55 Judy Cronen 45:32
W60 Sandra Sheldon 55:52
W65 Mae Horns 56:22
W70 Marcy Cahow 56:57

--5K--
Overall
Brian Pelletier 37 16:26
Jean Mundahl 25 19:20
M40 Mike Sabre 17:41
M45 Stephen Maupin 18:33
M50 Dick Ruhland 17:06
M55 Dave Griffiths 18:10
M60 Gary Hedstrom 23:07
M65 Bill Fraser 22:55
M70 Jim Waterman 29:32
W40 Vicki Heagerty 19:27
W45 Nancy Camp 20:54
W50 Marien Bradsher 22:52
W55 Judy Kaitenhauer 23:06
W60 Dorothy Marden 29:15
W70 Diane Goulett 29:54

Duke City Marathon & Half-Marathon, Albuquerque
NM; Sept. 26

Marathon
Overall
Haffis Banire 27 2:42:08
Sheryl Doyle 26 3:10:54
M40 Stupor Gargoyle 2:47:59
Eric Pierson 2:56:14
Mark Nolan 2:58:29
Michael Valdois 3:01:33
Farrell Kallestewa 3:04:11
Gene Kersh 3:06:24
R Muehlenweg 3:07:02
David Pierce 3:10:41
Abner Lupee 3:17:26
Gordon Quam 3:18:22
James Magnan 3:18:58
Carl Gable 3:20:57
Chris Chavez 3:26:12
Larry Hogue 3:26:34
Tom Scott 3:27:18
M45 Jerry Martinez 3:00:06
James Mohamed 3:05:02
Kelly Vin 3:06:36
Herb Yazzie 3:09:11

Joe de la Rosa 3:18:31
Jerrold Hogue 3:23:15
David Moyea 3:23:45
Gary Johnson 3:24:19
Larry McCabe 3:28:15
Pat Scott 3:32:18
Edward Arnold 3:34:04
John Channell 3:43:37
Al Rockwell 3:44:29
Lawrence Cawthon 2:59:27
Miguel Herrera 3:18:17
John Helm 3:23:59
Glenn Pastella 3:31:40
Ron Hamelink 3:35:26
Rudy Alvarez 3:37:43
James Cox 3:40:33
Bobby Keogh 3:49:05
Ron Harding 3:51:50
Clifford Tenpenny 3:53:10

M55 Paul Jensen 3:03:02
Verne Loose 3:43:01
Jose Loya 1:31:14
Fred Carey 1:31:31
Jimmy Carl 1:32:27
Juan Urbina 1:33:13
Mark Crowley 1:33:42
Karl Jurisson 1:34:51
Ernest Garcia 1:36:17
Joseph Butner 1:36:52
M45 John Stermer 1:24:20
Tom Besson 1:26:15
Jesse Garves 1:27:23
Franklin Smith 1:28:31
Oliver Enjady 1:28:42
Jon Brown 1:29:12
B A Toler 1:31:30
S Cheykaychi 1:32:10
Freddy Mora 1:33:29
Daniel Roanhorse 1:33:43
Joe Kieyoomia 1:33:46
Owen Hedges 1:33:58
Willie Waquie 1:34:39

M50 Franklin Ruona 1:21:45
Steve Mahieu 1:25:54
Jim Canuthers 1:30:01
Rober Wrolstad 1:31:46
Bill Baldwin 1:32:05
Ted Freedman 1:34:31
Laurence Ruggles 1:34:38
Douglas Barber 1:35:09
Manuel Palacios 1:37:09
Lee Pattison 1:41:00
Benjamin Wakashige 1:41:34
M55 Tony Anaya 1:29:37
Art Gardenswartz 1:32:57
Ray Garduno 1:37:39
Robert Werner 1:39:24
Robert Rieden 1:40:40
Dennis Muirhead 1:43:08
Jerry Shere 1:43:48
Donald Karl 1:44:14
M60 Ed Hernandez 1:33:27
Thomas Truskas 1:42:54
Bert Grapin 1:45:59
David Northrop 1:59:48
Jon Schlosser 2:00:30
Gary Goetz 2:06:29
M65 James Coffield 1:53:28
Richard Traeger 2:08:55
Georgia West 2:09:49
Phillip Bueno 2:10:14
M70 Robert Ingalls 2:02:57
Kent Jones 2:10:09
Samuel Gutierrez 2:25:32
M75 Larry Johnson 2:12:35
Edward Harley 3:04:53
W40 Jean Herbert 1:33:53
Debbie Werenko 1:38:09
Mary Gregori 1:38:32
Lori Peterkin 1:42:20
D Coady-Ramsay 1:43:10
May Marchese 1:43:18
Marcia Gallegos 1:49:10
Cathie Stephens 1:50:49
Kathy Mastora 1:50:54
Julie Depree 1:51:36
Diana Blair 1:51:39
Eileen D'Orazio 1:52:11
W45 Cecelia Niemczyk 1:40:28
Holland Shepherd 1:42:59
Lucia Palacios 1:50:06
Carol Schelling 1:52:04
Chalouy Jernance 1:52:58
Laura Sanchez 1:54:01
Sally Machacek 1:56:11

Ann Stevenson 1:56:14
W50 Kathleen Abbott 1:41:58
Kathy Kirsling 1:47:48
Julia Gamer 1:56:30
Ann Gateley 1:58:32
Sandra O'Neal 1:59:54
Beverly Wilson 2:00:44
W55 Pat Vigil 2:01:19
Monika Frampton 2:06:32
Ellen Grapin 2:09:31
Michele Minnis 2:56:05
W60 Kay Duplichan 2:12:10
Jo Sawyers 2:33:48
Neva Merrick 3:05:44
W65 Ruth Parker 2:29:44
Esther Felipe 2:50:48
W75 Mary Kirsling 3:25:42

Omaha Marathon/Half-Marathon
Omaha, NE; Oct. 17

Marathon
Overall
Lee Geizentanner 29 2:39:50
Maria Rhoden 44 3:09:28
M40 Steve Wilson 2:42:57
Joe Hildebrand 3:08:34
Octavio Martinez 3:10:50
M45 Brad Rhoden 3:05:45
Fred Galata 3:10:41
Stan Shirk 3:15:18
M50 Gary Julin 3:03:11
Dan Hurlburt 3:33:02
Harvey Kunz 3:37:24
M55 Galen Youngsma 3:50:50
Dale Channel 4:03:56
Gary Barko 4:12:30
M60 Stanton Neumann 3:43:48
Eddie Ramon 3:57:21
Paul Saggau 3:59:36
M65 Jim Schleisman 3:39:12
Carl Pegels 3:53:22
John Mordeson 4:28:15
M70 Jesse Delgado 5:23:27
M80 Ed Burnham 6:15:20
W40 Maria Rhoden 3:09:28
Christine Sebesta 3:39:43
W45 Sina Linman 3:46:36
Lydia Phillips 4:43:05
W50 Mary Durow 3:54:34
Debbie Delong 4:51:36
W55 Janet Newburgh 4:29:35
Alice Moses 5:42:21

Half-Marathon
Overall

James McGowen 25 1:11:12
Christy Nielsen 24 1:24:05
M40 Dave Johnson 1:18:37
Randy Jarzynka 1:21:29
Keith Baumert 1:31:11
Mark Yokley 1:34:52
Stuart Hughes 1:36:32
M45 Rick Ironside 1:21:40
Paul Braunschneider 1:29:20
Michael Hoffman 1:32:32
Cletus Roth 1:36:21
Michael Romberg 1:37:08
M50 Mike Manna 1:34:39
Keith Wilmot 1:36:19
Kevin Gallagher 1:36:34
Hendrik Vandenberg 1:38:16
M55 Bill Monahan 1:36:00
Tim Glover 1:50:55
M60 Jose Badillo 1:46:18
Ken Deman 1:50:24
Jerry Nelson 1:55:59
M65 Alvin Uecker 1:47:34
Leonard Fuxa Jr 1:52:18
M70 George Johnson 2:26:27
Richard Orr 2:53:05
W40 Andriette Wickstrom 1:34:02
Debra Martucci 1:38:02
W45 Maureen Bilek 1:47:37
Marj Ahrenholtz 1:49:10
W50 Diane Johnson 2:02:19
Polly Madson 2:07:24
W55 Mariana Phipps 1:45:13
Linda Breen 2:00:28
W75 Doris Chandler 2:32:03

SOUTHWEST
Walk of Fame Marathon
Lubbock, TX; Sept. 5

Overall
Haffis Banire 27 2:44:31
Sonja Engeli 26 3:29:52

M40 Garry Ryon 3:38:50
M45 Ken Ashby 3:24:38
M50 John Trompier 3:26:43
M55 Bob Williams 4:03:44
M60 Cliff Burgess 4:37:30
W40 Marjory Stewart 3:40:54
W45 Jeniece Burns 4:26:39
W50 P J Mitchell 4:27:46

Waterloo Relays
Round Rock, TX; Oct. 16

100m
M35 Jay Kelso 12.6
M40 Fred Porter Jr 10.9
M45 Sergio Angulo 12.7
M50 Clint Harris 13.0
M55 Tom Fisher 12.6
M60 Wayne Bennett 13.1
M70 Lee Gadsion 14.8
W35 Shana Judge 14.2
W40 Desma Walkes 15.9
W60 Sue Gillar 14.5
W70 Lillie Doss 26.9
200m
W35 Shana Judge 31.9
W70 Lillie Doss 65.5
M30 Neil Eisenbach 30.1
M35 Jay Kelso 27.0
M40 Fred Porter Jr 23.9
M50 Clint Harris 28.2
M55 Tom Fisher 26.1
M60 Wayne Bennett 27.0
400m
M30 Neil Eisenbach 70.5
M35 Tim Doss 87.7
M45 Rick Easley 53.7
M50 Clint Harris 67.4
M55 Tom Fisher 57.8
M60 Roy Eisenbach 69.9
M80 Paul Galloway 1:49.9
W70 Lillie Doss 2:32.4
800m
M35 Tim Doss 3:30.6
M50 Bobby Clemons 2:27.2
M55 Gerald Roy 2:25.5
W70 Lillie Doss 5:22.5
1500m
M35 Travis Russell 4:45.1
M40 Vince O'Sullivan 4:50.8
M80 Paul Galloway 10:32.4
Short Hurdles
M45 Sergio Angulo 17.9
300m Hurdles
M45 Sergio Angulo 47.1
4x100m Relay
M30 Blazers 51.4
(Pointer/Haynes/Gilmor/Moore)
M40 Team Dallas 46.2
(Brown/Mayfield/Gilmor/Moore)
M50 Infinity 50.8
(Wilson/Bennett/Harris/Fisher)
W30 Gongora Express 50.8
(Gongora/Bell/Scott/Moryl)
4x200m Relay
M40 Team Dallas 2:10.6
(Turner/Mayfield/Bolwar/Brown)
High Jump
M50 Brian Sullivan 5-5
M60 David Melber 4-6
W60 Loretta Swanson 3-6
W75 Ruth Seeger 3-2
Pole Vault
M30 Bobby Dehollander 12-0
M40 James Fountain 13-6
M45 Mike Vick 11-6
M50 Dennis Schmitt 11-0
M65 R Paul Adams 7-0
Long Jump
M30 Richard Haynes 17-6
M40 Jerry Moore 20-8
Monzell Baker 20-7
M45 Sergio Angulo 15-3
M50 Dennis Schmitt 16-6
M65 R Paul Adams 10-6
W60 Loretta Watson 8-3
W75 Ruth Seeger 8-6
Triple Jump
M40 Monzell Baker 43-9
M45 Sergio Angulo 31-6
M50 Dennis Schmitt 27-1
Shot Put
M40 Army Ferrando 32-6
M50 Jimmy Salazar 39-5
M55 Tom Gage 44-6
M60 Harold Crater 39-6
M65 R Paul Adams 28-10
W60 Loretta Watson 26-3
W65 Phyllis Provost 17-7
W75 Ruth Seeger 22-2
Discus
M30 Stefan Blomqvist 171-9
M40 Army Ferrando 87-10
M45 Brad Reid 138-11

Continued on next page

Continued from previous page

M50 Tim Edwards	148-8
M55 Tom Gage	153-6
M60 Harold Crater	126-4
M65 Larry Marsh	108-11
W60 Loretta Watson	63-10
W65 Phyllis Provost	47-10
W75 Ruth Seeger	55-11
Hammer	
M30 Paul Albers	148-7
M50 Tim Edwards	157-10
M55 Tom Gage	182-3
M60 Howard Zingg	104-7
M65 R Paul Adams	75-4
W30 Cyndi Figaro	136-1
W60 Loretta Watson	80-7
Javelin	
M40 Army Ferrando	154-11
M50 Warren Wilke	152-6
M55 John Conniff	112-4
M60 Harold Crater	95-10
M65 R Paul Adams	82-9
M70 Fred Adams	77-2
W60 Loretta Watson	71-11
W65 Phyllis Provost	40-3
Weight Throw	
M30 Paul Adams	40-8
M50 Tim Edwards	47-11
M55 Tom Gage	46-11
M60 Howard Zingg	31-8
M65 R Paul Adams	21-9
W60 Loretta Watson	33-10
Superweight	
M30 Paul Albers	21-6
M50 Tim Edwards	31-5
M55 Tom Gage	30-4
M60 Howard Zingg	16-7
M65 R Paul Adams	12-1
W60 Loretta Watson	19-4

WEST

**Race for the Cure 5K
Newport Beach, CA; Sept. 26**

Overall	
Ruth Wysocki	16:52
W40 Yayoi Liu	19:39
Colleen Alton	19:58
Kim Meggison	20:37
Elaine Rutkowski	21:38
W45 Karen Yelsey	22:03
Linda Stennes	22:45
Anna Knowles	23:29
Tracey Cox	23:58
W50 Judith Fischer	21:54
Sandi Carter	23:09
Carolyn Slade	24:28
Margaret Nevill	24:30
W55 Sally Adam	20:56
Nancy Ten Berge	24:30
Ann Tack	25:00
Margaret Waldron	26:09
W60 Lorraine Seidmeyer	26:31
R Rockenback	27:46
Pat Herr	29:07
Maria Russillo	31:53
W65 Wilma Maddock	27:20
Jane Virgilio	28:00
Dorie Smith	29:00
Amy Goldstein	30:47
W70 Margaret Baney	40:27
Susan Meader	45:40
Wilma Richardson	52:39
Maria Violette	53:25
W75 Mary Storey	29:36
Lois Eads	33:49
G Marie Dietz	34:00
Soula Thomas	44:11
W80+ Gertrude Kirts	33:59
Edith Allen	48:35
Mary Tatreau	55:33
Marcella McCaffrey	1:02:53

Sacramento Marathon/Half-Marathon, Sacramento, CA; Oct. 3

Overall	
Brad Lael	34 2:44:50
Rena Schumann	38 3:11:37
M40 Chuck Olson	3:35:31
Robert Brown	3:36:50
Dan Cox	3:37:35
Peter Hollenback	3:40:39
James Raia	3:42:56
M45 Joe Schieffer	2:56:24
Jim Sauve	3:33:04
J Hieronymus	3:44:28
Jeff Padilla	3:44:40
Wayne Beahm	3:45:01

M50 Ernest Takahashi	3:12:23
Gary Sisson	3:41:43
David Kamp	3:46:08
Ed Walsh	3:52:07
M55 Ken Gaal	3:25:59
Paul Kim	3:31:29
Bill Knierim	3:47:51
Mike Haviland	3:59:08
M60 Philo Short	3:53:24
Bruce Horwitz	4:06:20
Richard Daly	4:07:51
M65 Manuel Loverde	4:41:34
Moses Christian	5:39:35
M70 Jon Borset	4:38:16
W40 Joan Daugherty	4:05:18
Debbi Reynolds	4:18:20
Jeanne Smith	4:19:30
W45 Sherie Cartinella	4:17:04
Suzanne Krantz	4:46:13
Cindie Wilding	5:26:26
W50 Judith Cherie	4:14:00
Maxine Chong	4:20:32
W55 Joan Bumpus	4:55:11
Janet Turner	4:57:44
W60 Marge Dunlap	3:57:04
Maxine Tomisser	4:57:52
W70 Etta Palmer	5:34:40

Half-Marathon

Overall	
Ken Brown	30 1:14:27
Niamh Nicholas	26 1:16:42
M40 Ed Casey	1:19:17
AJ Michel	1:21:14
Ronald Giannone	1:24:21
Bruce Fujimoto	1:26:07
Doug Riggie	1:28:46
M45 John Kennedy	1:21:08
Jim King	1:21:24
Brian Peterson	1:25:52
William Bennett	1:29:46
Barry Turner	1:30:59
M50 Dick Ratliff	1:25:22
Terry Hedemark	1:34:01
Lon Monroe	1:35:19
Max Elbaum	1:36:23
Ron Parrett	1:36:54
M55 Robert Gormley	1:27:22
Jack Bianchi	1:29:37
Howard Ferris	1:33:10
Alfred Murillo	1:40:02
Lynn Griffith	1:41:47
M60 Walt Schafer	1:33:28
Ricardo Guidolin	1:36:42
Steve Galvan	1:41:16
Fred Small	1:46:55
Edward Reilly	1:51:22
M65 Dick Ramirez	1:59:46
Mack Martinez	2:02:25
John Soubier	2:03:12
Jack Bray	2:07:13
Dar Addassi	2:10:52
M70 Franco Cunningham	1:54:30
Chris Brodehl	2:16:43
George Billingsley	2:18:10
Peter Corona	2:29:54
W40 Honor Fetherston	1:25:28
Kathy Atkins	1:25:45
J Rendon-Atkins	1:34:54
W45 Angie Williams	1:44:23
Patricia Johnson	1:49:31
Tracy Achelis	1:49:42
W50 Dee Dee Grafius	1:29:24
Sarah Allday	1:56:06
Mary Ellen Murillo	1:56:08
W55 Judy Shipman	1:51:47
Joan Kramer	1:54:26
Mattie Jones	1:57:01
W60 Chiyo Shingu	2:12:31
Arlene Ann Bidwell	2:30:00
Doris Cassels	2:31:53
W70 Peggy Ewing	2:08:08
Po Adams	2:44:15

Overall

M45 James Washington	2:41:41
Michael Duncan	3:05:21
Alan Gelman	3:07:28
Bob Davis	3:10:22
Franz Wicklein	3:20:06
M50 Brian Koo	3:13:40
Jerry Jackson	3:24:45
Laurin Beckhusen	3:27:46
Mark Rindflesh	3:40:36
Hj Kreutzberg	3:40:46
M55 Robert Honer	3:16:33
Kenneth Bonner	3:30:57
George Linton	3:37:51
Craig Tempey	3:40:22
Andrew Jensen	3:54:46
M60 Ron Dunlap	3:35:15
Tom Jensen	3:36:01
Robert Hudson	3:41:05
Philo Short	3:48:56
Ricardo Guidolin	3:52:29
M65 George Flier	3:54:04
Frank Nolte	5:36:23
M70 Harry Daniell	4:35:35
W40 Terry Richard	3:29:41
Lanore Bergenske	3:40:45
Chris Miller	3:52:44
Diana Radavero	3:54:57
Peggy Davidson	3:57:05
W45 Susan Troeger	3:36:41
Gail Rasanen	3:57:16
Susan Marshall	4:23:01
Deborah Durkee	4:35:08
Shellie Hatfield	4:43:29
W50 Kare Homschuch	3:55:20
Margaret Simpson	3:58:43
Joanne Sidwell	4:06:48
Robin Alkin	4:07:25
Mitsuye Morrissey	4:15:28
W55 Marilyn Modafferi	4:01:06
Jindra Goodman	4:09:59
Millie Hamilton	4:55:30
Mary Ann Curry	5:02:05
Linda Middlesworth	5:44:36
W60 Elaine Carlson	4:44:48
Margaret Roberts	6:19:49

Half-Marathon

Overall	
Mike Dudley	29 1:06:02
Katy Spink	25 1:19:50
M40 Brad Hawthorne	1:09:20
Jeff Teeters	1:11:40
Dennis Rinde	1:13:15
J Herbrechtsmeier	1:13:20
Brian Davis	1:13:41
M45 Don Paul	1:13:49
Iloyd Stevenson	1:14:27
Dan Sawyers	1:15:22
Todd Hayes	1:23:16
John Catts	1:23:48
M50 Frank Ruona	1:17:38
Greg Jewett	1:19:07
Jim Gorman	1:19:39
Don Porteous	1:19:56
Robert Darling	1:20:23
M55 Jim Williams	1:25:09
Jim Reitz	1:26:23
Ken Young	1:26:54
Tom Jones	1:33:51
Bill Clark	1:34:09
M60 Richard Leutinger	1:29:31
Ralph Poole	1:32:00
Bernie Hollander	1:34:48
David Norlander	1:40:43
David Ragsdale	1:40:57
M65 Gard Leighton	1:28:25
William Flodberg	1:43:48
Ed Reyna	1:49:49
Phil Phythian	1:54:10
Dick Reynolds	2:02:06
M70 Howard Powers	2:01:21
Wallace Rapozo	2:41:00
Paul Jensen	2:55:28
John MacDonald	3:52:53
Robert Johnson	3:55:23
M75 Stan Demartinis	2:07:56
D Wichelman	2:22:05
Lowell Russell	2:50:39
Stanley Greenberg	2:54:25
W40 Diana Fitzpatrick	1:20:59
Sarat Freitas	1:25:55
Donna Collignon	1:27:15
Kim Roberts	1:27:53
Theresa McCourt	1:28:14
W45 Kathy Ward	1:27:37

**Humboldt Redwoods
Marathon/Half-Marathon
Weott, CA; Oct. 17**

Marathon	
Overall	
Billy Morris	34 2:40:13
Christine Gramlich	31 3:14:44
M40 Lawrence Berg	2:51:52
Keith Levy	2:58:57
Jack Torrey	2:59:39
Charles Duerig	3:01:09
Kevin Caffey	3:10:37

Pam Masterson	1:19:27
Jeanette Woodcock	1:32:27
Maggie Fillmore	1:38:24
Laurie Arnold	1:39:09
W50 Jessie Stratton	1:39:26
Judi Walsh	1:43:13
Irene Herman	1:47:53
Sandra Stanley	1:48:30
Emily Toy	1:49:51
W55 Louise Walters	1:44:04
Edda Stickle	1:45:15
Pamela Horton	1:47:35
Susan Killfoil	1:49:01
Suzanne Franco	1:49:26
W60 Barbara Miller	1:29:49
Marge Dunlap	1:47:46
Carol Mikkelsen	1:50:47
J Reinhardt-Reiss	1:57:05
Khartoon Brown	2:01:17
W65 Nyra Rhodes	1:47:23
Yukie Mochida	2:05:57
Mary Welz	2:11:30
Barbara Callison	2:25:55
Irene Johnson	3:12:12
W70 Inge Handron	2:10:37
Joy Johnson	2:11:53
Peggy Hansen	2:17:29
Eloise Danto	2:38:13
Liese Rapozo	2:51:00
W75 Dawn Russell	2:28:17

**Champions Run for Children
5K/Masters Mile/Invitational
Masters Mile
San Francisco, CA; Oct. 24**

5K

Overall	
Jason Castro	16:04
Polly St Geme	17:53
M40 David Piazza	17:14
Clemente Sanchez	17:53
Mike Fanelli	18:53
Bob Akka	19:49
Bob Mullen	20:05
M45 Chris Darby	17:41
Ken Gnos	23:06
Ed Lawee	23:55
Harry Jeong	26:12
M50 Ron Kiyono	18:48
Hermann Wackler	21:06
Mark Schleur	22:22
M55 Ron Modafferi	23:50
Alfred Lee	27:52
M60 Ron Iriyama	25:40
M65 Jess Chavez	25:34
Lee Jones	26:13
M70 Eugene Kodani	31:43
M80 Fred Ullner	40:24
M85 Ralph Jago	38:41
W40 Mary Regan	23:11
Georgia Sanchez	25:29
Barbara McQuinn	26:28
W45 Melinda Morse	20:06
Peri Smith	26:13
Sally Cancelmo	29:20
W50 Miriam Kasdan	31:05
Cher Mendoza	32:41
W55 Marilyn Modafferi	24:26
W60 Peggy Kang	24:58
W65 Pat Fortine	38:36

Masters Mile

Men	
1. Dave Clingan	45 4:43
2. Charlie Brucker	49 5:24
3. Bruce Mendle	49 5:35
4. Ken Kiyono	51 5:35
5. Stan Yasuhara	49 5:38
6. Michael Edelstein	41 5:44
7. Luis Varvas	42 5:45
8. Gary Anderson	43 6:09
9. Hermann Wackler	54 6:16
10. David Van Order	51 6:19
11. David Dibner	45 7:12
12. Alfred Lee	57 7:45

Masters Women

Men	
1. Melinda Morse	47 6:25
2. Kit Pickles	74 10:19
3. Brenda Shoa	51 15:00
4. Denise Woo	52 15:01

Invitational Masters Mile

Men	
1. Graeme Fell	4:17.96
2. Steve Scott	4:19.99
3. Steve Haase	4:26.61

4. Jamin Aasum	4:30.37
5. Dave Reed	4:31.58
6. Kelly Britz	4:40.91
7. Brian Davis	4:45.04
8. Guy Gadomski	4:55.25
Women	
1. Ruth Wysocki	4:49.14
2. Nancy Tinari	4:56.12
3. Rose Monday	5:08.55
4. Maria Trujillo	5:14.57
5. Liz Baker	5:21.97

NORTHWEST

**Women's Race for the Cure 5K
Seattle, WA; Sept. 12**

Overall	
Lyuda Vasilyeva	16:08
W40 Kimball Bender	17:47
Regina Joyce	18:25
Theresa Caspell	19:40
Barb Blumenthal	21:12
Donna Jomlin	21:16
W45 Mary Rogers-Crum	20:25
Bobbie Busch	22:42
Cathy Holmes	22:51
Lee Crooks	23:05
Kathy Gundel	23:13
W50 Meg Gordon-Miller	21:44
Laune Johnson	23:25
Linda Barton	23:31
Barbara Travis	23:32
W55 Dorie Quam	21:23
Ricki Vadset	23:26
Rosemary Vasquez	24:57
Monica Lindholm	27:02
W60 Sue Stipe	24:11
Carolyn Hitter	28:04
Sara Hoppin	28:34
W65 Pat Johnson	24:23
Peggy Ainsie	24:56
Suzi MacLeod	25:34
W70+Virginia Hawkins	35:17
Norma Sand	35:49

INTERNATIONAL

**Dutch Marathon
Championships
Etten-Leur; Oct. 31**

M40 Hans Verbaandert	2:32:36
Ger Kragten	2:35:18
Cor de Jongh	2:42:47
M45 Cees de Munck	2:36:55
Peter van Koppen	2:40:09
Jan Zegers	2:40:13
M50 Hans Smeets	2:49:30
Gene Janssen	2:54:09
Cor van der Steen	2:59:17
M55 Leo Dam	3:03:53
Giel Koom	3:50:50
Ger van Hoek	3:08:52
M60 Karel Leeuwangh	2:59:30
Ben Ahmed	3:06:50
M65 Cor Kroon	3:38:33
Piet Adriaansen	3:41:49
M70 Wil van der Lee	3:03:18
W35 Anja van Geel	3:09:38
Thea Winnips	3:35:34
W40 Marlies Verheijden	3:33:36
Manoli Hopmans	3:39:18
W45 Grietje Overmars	3:35:00
Gerda Vergeer	3:43:26
W50 Els Boomaars	3:30:49
Jan van Oosterhout	3:53:20

Overall	
Janos Szelas	44 6:795

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1. Publication Title NATIONAL MASTERS NEWS	2. Publication Number 0744-2416	3. Filing Date 10-28-99
4. Issue Frequency MONTHLY	5. Number of Issues Published Annually 12	6. Annual Subscription Price \$ 26
7. Complete Mailing Address of Known Office of Publication (Not printer) (Street, city, county, state, and ZIP+4) PO Box 50098 EUGENE OR 97405		Contact Person Suzy Hess Telephone 541-343-7716
8. Complete Mailing Address of Headquarters or General Business Office of Publisher (Not printer) 1455 MAGNOLIA BLVD. #338 SHERMAN OAKS CA 91423		
9. Full Names and Complete Mailing Addresses of Publisher, Editor, and Managing Editor (Do not leave blank) Publisher (Name and complete mailing address) AL SHEAHEN PO Box 2372 VAN NUYS CA 91404 Editor (Name and complete mailing address) AL SHEAHEN PO Box 2372 VAN NUYS CA 91404		
10. Owner (Do not leave blank. If the publication is owned by a corporation, give the name and address of the corporation immediately followed by the names and addresses of all stockholders owning or holding 1 percent or more of the total amount of stock. If not owned by a corporation, give the names and addresses of the individual owners. If owned by a partnership or other unincorporated firm, give its name and address as well as those of each individual owner. If the publication is published by a nonprofit organization, give its name and address.) Full Name RODALE PRESS, INC Complete Mailing Address 33 E. MINOR ST. EMMAUS PA 18098		
11. Known Bondholders, Mortgagees, and Other Security Holders Owning or Holding 1 Percent or More of Total Amount of Bonds, Mortgages, or Other Securities. If none, check box <input checked="" type="checkbox"/> None		
13. Publication Title NATIONAL MASTERS NEWS	14. Issue Date for Circulation Data Below 11-99	
15. Extent and Nature of Circulation		
a. Total Number of Copies (Net press run)	7925	7900
(1) Funded/Unfunded Outside County Mail Subscriptions Shaded on Form 3541. (Include advertiser's proof and exchange copies)	6286	6335
b. Paid and/or Requested Circulation	278	284
(1) Sales Through Dealers and Carriers, Street Vendors, Counter Sales, and Other Non-USPS Paid Distribution	245	245
(2) Other Classes Mailed Through the USPS	477	484
c. Total Paid and/or Requested Circulation (Sum of 15b(1), (2), (3), and (4))	7286	7348
d. Free Distribution Outside the Mail (Carriers or other means)	460	500
e. Total Free Distribution (Sum of 15d and 15e)	460	500
f. Total Distribution (Sum of 15c and 15f)	7746	7848
g. Copies not Distributed	179	52
h. Total (Sum of 15g and h)	7925	7900
i. Percent Paid and/or Requested Circulation (15c divided by 15g times 100)	94	94
16. Publication of Statement of Ownership (15c. divided by 15g. times 100) ES, Publication required. Will be printed in the 12-99 issue of this publication. <input type="checkbox"/> Publication not required.		
17. Signature and Title of Editor, Publisher, Business Manager, or Owner Al Sheahan Publisher Date 11-9-99		

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- 8:00 am 5K Run
- 8:05 am 5K Walk
- 9:05 am Mile, Men 19-39
- 9:20 am Mile, Women-all ages
- 9:35 am Mile, Men's Masters 40 and up
- 9:50 am Mile, Boys & Girls 15-18

- 10:05 am Mile, Boys & Girls 11-14
- 10:20 am Mile, Boys & Girls 7-10
- 10:35 am 1/2 Mile, Boys & Girls 5-6
- 10:40 am Women's Invitational Mile
- 11:00 am Men's Invitational Mile



ENTRY FORM

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Phone M F Age on Race Day

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Male	Female
<input type="checkbox"/>	5
<input type="checkbox"/>	6
<input type="checkbox"/>	7
<input type="checkbox"/>	8
<input type="checkbox"/>	9
<input type="checkbox"/>	10
<input type="checkbox"/>	11 - 12
<input type="checkbox"/>	13 - 14
<input type="checkbox"/>	15 - 18
<input type="checkbox"/>	19 - 24
<input type="checkbox"/>	25 - 29
<input type="checkbox"/>	30 - 34
<input type="checkbox"/>	35 - 39
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<input type="checkbox"/>	55 - 59
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