

# NATIONAL MASTERS NEWS

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

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## Steely, Ryzhov Take Masters Honors in New York Marathon

By SUSANNAH BECK

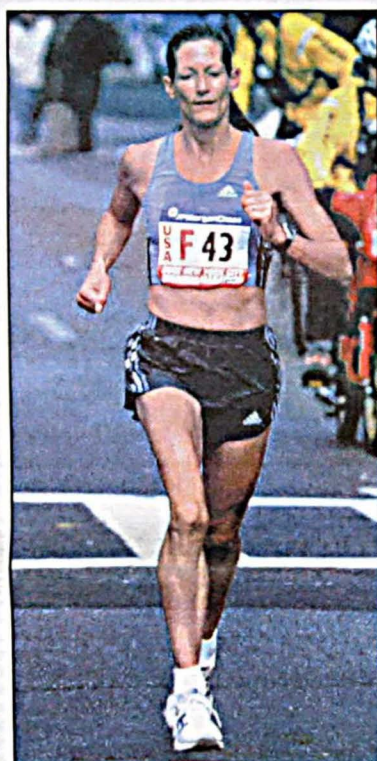
A newly expatriated Shelly Steely returned to the U.S. to win the masters title at the New York City Marathon, Nov. 3, ten days after turning 40. The '92 U.S. Olympian at 3000 ran 2:44:51 over the famous and challenging Big Apple course. The weather conditions were cold, clear and windy.

A long-time Albuquerquean, Steely moved to Australia this fall after marrying the Aussie marathoner, Shaun Creighton, who was also entered at New York. Canadian/New Yorker Alayne Adams, 41, placed second, 2:51:18. Gordon "Zoomalong" Bakoulis, 41, NYC, ran a personally pedestrian 2:54:42 for third W40+.

New Yorker Gillian Horowitz, 47, defended her W45 crown, 2:56:51. Californian Joy Johnson, 75, moved up an age group, and still came out on top, touring the five boroughs in 5:28:20, ten minutes faster than last year.

Fedor Ryzhov, 42, RUS, 2:18:46, took the M40 laurels, upping defending M40 champion Sammy Ngatia, 43, Ft. Carson, Colo., 2:24:08, by nearly six

Continued on page 8



VICTOR SAILER / PHOTO RUN

Shelly Steely, 40, first masters woman (2:44:51), NYC Marathon.

## Tulsa Run 15K Turns 25

By SUSANNAH BECK

The Tulsa Run 15K turned 25 this Oct. 26, and once again hosted the USATF National Masters 15K Championships, though not so's you'd notice. With the abolition of open prize money last year, and none for masters this year either, the Tulsa Run has become a very local celebration of running.

No more Mr. Hellebuyck. The Tulsa Run Web site does not even mention the championships. Still, it was a big day for Oklahoma running; almost 8000 runners competed in the 15K and the new 5K, and the race raised \$25,000 for its charity, Resonance, a support center for women and children.

Pete Orban, 47, Claremore, Okla., took the overall masters honors with his 52:07 clocking. Tom Lam, 41, Tulsa, 54:18, was

Continued on page 6

## Genesee Valley Harriers Upset Adirondack AC at National 8K X-C

By SUSANNAH BECK

Tom Dalton's frontrunning efforts at the USATF National 8K Cross-Country Championships couldn't get his Adirondack Athletic Club teammates back on top this year, as the hosting Genesee Valley Harriers (GVH) slipped five runners into the top 16 slots, for a five-man time of 2:19:17, led by third-placer Dave Hawes, 40, 27:11.

Two hundred runners toed the line in Black Creek Park, Rochester, NY, Nov. 3, for this strongly regional showdown of upstate racing teams.

Like last year, Dalton, 44, 25:40, won by over a minute. His closest competitor was Gordon Christie, 41, 26:58, down from Canada, who led a strong Canada team to an unofficial second place, 2:19:32, just 15 seconds slower than GVH for five runners.

Defending champions, Adirondack Athletic Club, amassed a time of 2:20:24, three minutes off last year, but still making for some exciting finish-line math as the three M40+ teams finished within one minute of each other.

Continued on page 6



DON MILLER

Dave Hawes, third M40 (27:11) led the Genesee Valley Harriers to the M40-49 team title, National Masters 8K Cross-Country Championships.

## New Age Factors Score High Louisiana Hosts Wt. Pentathlon

Months of hard work by Jeff Baty and members of the Louisiana Lightning Track Club culminated in an entertaining and efficient championships for 59 competitors in the USATF National Masters Weight Pentathlon Championships, held in St. Amant on Nov. 9.

With cooperation and support from Assistant Meet Director, Coach John Talley, St. Amant High School was transformed into a well-organized weight pentathlon venue, with two throws areas for each of the five events.

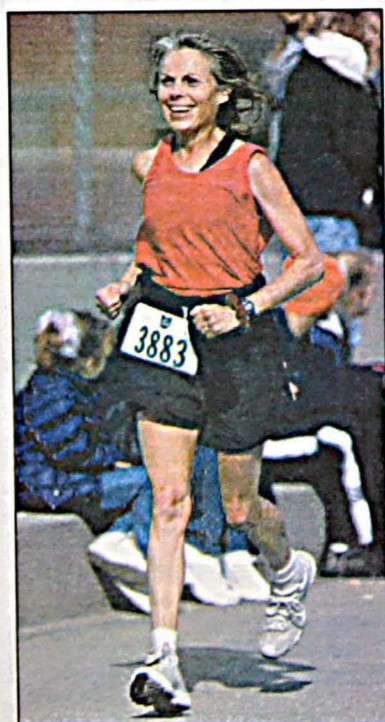
Fourteen women and 45 men made up the field, which included athletes from as far away as Arizona, Oregon, California, Rhode Island, and

Continued on page 11



SHANNON OTTLEY

Henry Syniewski, 84, won the M80 division (54:25) in his first cross-country race ever, National Masters 8K Championships. He holds the M80 world record for the mile (7:51.9).



VICTOR SAILER / PHOTO RUN

Janice Kreuz, W55, second masters woman, finishing the Columbus Marathon with a smile (see Masters Scene, page 16).



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# NATIONAL MASTERS NEWS

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**All-American Stand**  
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# The Masters Glossary

## Masters Glossary of Terms

**T**o help explain and simplify the sometimes mysterious nomenclature of masters athletics, we present, in alphabetical order, the following "Masters Glossary of Terms."

To change, correct, clarify, or inquire about any of the following masters terminology, or anything about the world or U.S. masters program, write the Masters Glossary, c/o NMN, Box 50098, Eugene, OR 97405; e-mail: natmanews@aol.com.

**Age Grading:** A method to quickly and easily compare your performances at different ages and in different events. Age-graded tables are a series of "age factors" and "age standards." They correct a person's performance, no matter what his/her age, to what it would have been in their prime years. It also provides each individual with a percentage value which enables him/her to judge their performance in any event without bias toward age or sex. It is used to score masters multi-events.

**Age Groups:** Competition is divided into 5-year age group categories for both men and women (30-34, 35-39, 40-44, etc.). One's date of birth (not year of birth, as in youth competition) determines one's age.

**Age Records:** Official world and USA indoor and outdoor five-year age-group T&F records are kept and are available through NMN (see Publications Order Form on page 13). An annual book of unofficial single-age records is also available. USA racewalk records are included in both of the above. USA LDR five-year records are published annually in NMN, usually in November. There are no official World LDR records.

**All-American Standards:** A program sponsored by the USATF Masters T&F Committee, which enables an athlete to earn an "All-American" certificate and/or patch and a patch tag by bettering the AA standard for their event. (See standards in this issue.)

**All-Comer Meets:** Open to all, young or old. Generally, low key, fun meets.

**AR:** American Record.

**Athletics:** The sports of track & field, long distance running and racewalking.

**Certified:** Generally used to mean a road-race course is "certified." It means someone has officially measured and calibrated the exact distance of the race. USATF designates the course as "certified accurate." It is encouraged that all road-races be held on certified courses. This allows athletes to know they have run (or walked) the actual distance.

**Eligibility:** There are no requirements needed to enter most masters athletics competitions, except to be at least the minimum age. (One should also be reasonably fit.) One may never compete in an older age group. The masters program operates on the honor system. Lying about one's age violates the spirit and purpose of the masters program and is not tolerated.

Violators risk banishment from USATF masters competition for a period of two years.

**Hurdles:** To allow for the decrease in speed, stamina and flexibility as one ages, the standard distances for hurdle races are shortened, and the heights of the hurdles are gradually lowered as one gets older. (See "WMA/USATF Specifications" in this issue.)

**IAAF:** International Amateur Athletic Federation, the international governing body for athletics, with more than 175 member nations. Its headquarters are in Monaco.

**Implements:** Lighter-weight implements (shot, discus, javelin, hammer, weight) are generally used by older athletes. See "WMA/USATF Specifications" in this issue.

**LDR:** Long Distance Running.

**Masters:** In the U.S., masters T&F competition begins at age 30; LDR begins at age 40. On the world level, masters T&F and LDR competition starts at age 40 for men; age 35 for women.

**Masters Clubs:** Most areas have local running clubs, some of which cater to masters athletes. A list of masters clubs is periodically printed in the *National Masters News*.

**Masters Competition:** Every event from the 100-meter dash to the pole vault to ultra running is available for both men and women. Medals are generally awarded to the first three places in each men's and women's age group. While everyone does his or her best, participation and friendship are the heart of the program. Masters help each other with advice, training tips and health suggestions. Many combine their vacations with trips to regional, national and international competitions.

**Meet/Race Director:** The person in charge of a T&F, LDR, or RW event. This individual is responsible for volunteers, pre-race preparation, meet/race management, and post-meet/race requirements such as reporting results to the official record-keepers. If a meet is run well, athletes should take time to thank the director or the officials. Most of them work for nothing.

**National Team:** Used mostly in open competition. National teams are selected by USATF for overseas competitions. There are no masters national teams.

**NGB:** National Governing Body.

**NMN:** *National Masters News* is the

Bible of the masters athletics program. An official publication of both WMA and USATF, it is published monthly. It delivers 24 to 48 pages of results, schedules, entry forms, age records, rankings, photos, articles, training tips, profiles, and all the inside scoops and information that affect the world masters athletics community. NMN welcomes contributions from readers — results, schedule info, photos, letters, opinions, etc. It is not mandatory to subscribe to NMN, but it is recommended to keep up on all the masters action. A one-year subscription (12 issues) is \$28 (2nd class), \$45 (1st class) or \$48 (overseas). Send to NMN, Box 16597, North Hollywood, CA 91615.

**Non-Stadia:** Refers to events held outside a stadium (road race, etc.).

**NSGA:** National Senior Games Association, an independent organization, which sponsors a national multi-sport competition (archery, softball, swimming, track, etc.) each odd-numbered year for men and women age 50-and-up. NSGA helps promote state and regional competitions throughout the USA, mainly in conjunction with local government recreation departments. Qualification for the nationals is generally required by competing in state meets.

**Postal Event:** Generally a championship whereby athletes may compete in various parts of the country during the year, and mail ("post") their mark to the event coordinator, who combines everyone's results to determine winners.

**PR:** Personal Record.

**PW:** Personal Worst.

**Rankings:** An annual listing of masters T&F rankings is compiled and available through NMN. LDR rankings are available through the Road Running Information Center.

**RRCA:** Road Runners Club of America is a national organization composed of hundreds of clubs devoted to road running.

**RRIC:** The Road Running Information Center is the official record-keeping arm of USATF. It compiles USA road records and some world "bests." RRIC receives race results for road races throughout the USA, and publishes the monthly newsletter *On The Roads*.

**Rules:** USATF publishes an annual "Competition Rules Book," which includes special rules for masters competition. WMA produces a biennial "WMA Handbook" with international rules. Both are available through the form on page 13.

**RW:** Racewalking.

**Sanction:** Although "sanction" has both negative and positive meanings in the general English language, in athletics it is a positive term. It generally means that USATF or WMA has "sanctioned" or "approved" a meet or race. An automatic sanction is granted by USATF to any meet or race, unless it's determined the event would be "detrimental" to the sport.

**Seniors:** A word of many meanings: 1) Unofficially used in some road events to denote runners age 60 and up; 2) Athletes 55+ (or 50+ in some cases) who compete in Senior Games throughout the USA; 3) Sometimes unofficially used by the media and others as a substitute for "masters."

**Sponsorship:** Masters events are sometimes supported by local or national sponsors. There is no single national sponsor at the moment.

**Stadia:** Refers to events held within a stadium (100-meter dash, etc.).

**Sub-Masters:** Formerly used to refer to

men and women age 30-39.

**T&F:** Track and Field.

**Uniforms:** Some masters participants compete in their club uniform, some in a T-shirt and shorts. In the World Championships, each participant competes as an individual, not as a representative of any nation, but is required to wear a singlet or T-shirt that clearly identifies the athlete's country. USA uniforms and attire are available from the designated retailer.

**USATF:** USA Track & Field is a non-profit organization chartered by the U.S. Congress. It is the official "national governing body" (NGB) for athletics in the USA. USATF is the exclusive U.S. member of the IAAF. USATF's home office is in Indianapolis, with 57 "association" offices throughout the nation. Among the numerous USATF divisions, committees, and councils are the Masters T&F Committee and the Masters LDR Committee. The committees meet each December at the USATF Convention, and their executive committees meet at other times of the year. USATF conducts annual indoor and outdoor national T&F championships, as well as national championship LDR races from one mile and longer throughout the year. It also stages dozens of regional and local meets and races, for youth, open, and masters.

**USATF Membership:** It is advantageous for a participant to become a member of USATF (\$15 per year). A person is automatically insured against injury while competing in, or travelling to, a USATF-sanctioned competition. It is necessary to become a USATF member to compete in some USATF-sanctioned events, such as national and regional championships. It is not necessary for a participant to join USATF to compete in non-sanctioned masters events. It is not necessary for a foreign competitor to become a USATF member to compete in USATF events.

**USATF Regions:** There are seven regions in the USA masters T&F program: East, Southeast, Midwest, Mid-America, Southwest, West, and Northwest. (See Schedule for a state-by-state breakdown.)

**Veterans:** Formerly the international term for "masters." (The term "veterans" is also unofficially used in some USA road races to define runners age 50-59.)

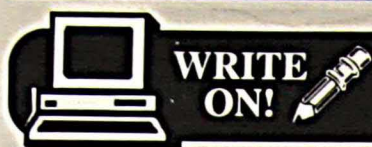
**Volunteers:** There is always a need for volunteer help in masters athletics. Meet and race directors need help in timing, officiating, and in all sorts of ways. The sport is built on volunteer help and would cease to exist without it.

**WMA:** World Masters Athletics, the official world masters governing body for athletics, recognized by the IAAF as the official organization to oversee masters activities. WMA stages a World Masters Championships each odd-numbered year for men 40+ and women 35+. It holds a World Masters Road Race Championships each even-numbered year. It has more than 110 member nations, called "affiliates," which meet every two years at the World Championships. With no central office or paid staff, its business is handled by volunteers throughout the world.

**WMA Regions:** There are six world-wide regions: Europe, Africa, North America, South America, Asia, and Oceania. WMA Regional T&F Championships are held in each region every even-numbered year. Some regions also stage LDR Championships.

**WR:** World Record.





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### NEW AGE FACTORS

Because of injuries and arthritis, this 81-year-old switched from decathlons to weight pentathlons some years ago. Several new matters have particularly interested me about our event in recent months.

The 1994 scoring system was not very different overall from the 1989 one, but the new 2002 weight pentathlon factors may cause some cries of anguish, primarily in the javelin and weight.

The new factors were used in the Rocky Mountain Games weight pentathlon this summer. The 13 male competitors averaged 745 points in the weight, and 463 in the javelin, a huge gap.

While the group as a whole may have leaned slightly toward the hammer/weight direction, this spread is ridiculous. Seven of us topped 800 in the weight, a score not reached by anyone in the javelin, including Ian Percy, a respectable M55 javelin thrower. I'm decent in the javelin, poor

in the 12# weight, yet my scores were 713 and 815, respectively.

Another point is that oldsters seem to be favored over younger men. Percy, 57, stayed virtually the same with the old factors, and I gained 200 points, despite the low javelin score. I should be delighted with my "sudden improvement," but realize that something is out of whack.

When I first took up track in 1981, there were two active 80-year-olds, Buell Crane, and 132-pound Herb Anderson, who between them held virtually all world and U.S. records. In the 2001 Rankings Book, there were 79 shot putters and 75 discus throwers listed under men age 80+. Obviously, ratings for older individuals will have to be constantly revised.

Which leads me to a real oldster, Everett Hosack, whose performance (a 6037 total) in the Norm Bower Memorial Weight Pentathlon covered in the November issue of NMN is outstanding and unprecedented. Yet can we honestly claim that it is really 800 points better than anything, say, Tom Gage or Ladislav Pataki can put up?

Does a 25-foot discus throw by an exceptional 100-year-old truly outrank Pataki's recent 168-11 effort with a much heavier disc? How then to compare an amazing centenarian with experienced, powerful younger men?

At the moment, we're a long way from finding out, but perhaps the very old men's weight pentathlon factors are far too high.

Frank Bowles  
Greeley, Colorado

### INTERNATIONAL WEIGHTS

I have competed in masters track & field in throwing events since my early 30s, and enjoyed it tremendously until age 50, when I had to move to lighter

weights. As I am now in my 60s, the weights are lighter still.

It has been difficult at times to adjust to the lighter weights, and I still throw the "old" weights, the international weights, every chance I get. I enjoy the training that is involved in throwing the international implements: the 16# shot, the 16# hammer, the 2k discus and the 800g javelin. It's a measure of where I am, regardless of my age.

In order to throw the international implements successfully, an athlete must maintain his/her speed and strength through hard training. I enjoy this heavy training very much, and I feel there are other older throwers who would enjoy competing with the heavier implements, but never have the opportunity.

I am not advocating getting rid of the WMA implements. I'm just looking at adding a national meet using international weights. Sprinters still run the 100 and 200, jumpers still jump the same, and distance runners still run the same distances, so why can't throwers use the same weights as before?

It may not be for everyone, but I bet there are many throwers who would love to see where they are with the heavier implements. Therefore, I am looking into the possibility of running a national championships for men, using the above international implements, and for women, using the 4k shot, 4k hammer, 1k discus, and 600g javelin, contestants age-50-and-up in five-year increments.

The contest would be held at Dartmouth College, Hanover, N.H., in August 2003. I look forward to hearing from anyone interested in a meet using international weights.

Carl Wallin  
58 Stoney Brook Road  
Lebanon, NH 03766

603 448-2164 (h); 603 646-2848 (w)

### HANGING UP THE SPIKES

I had really expected to participate in track & field until I was 100 years of age, or until my health no longer allowed me to compete.

When I attained the age of 80 in



MIKE POLANSKY

Happy 65-69 age-group award winners (from l): Gwen Fox, third; Mary Ann Reilly, second; Alexandra Finger, first (40:37); and Carlos Morales, second M65, Fly with the ANGELS 4 Mile, East Rockaway, NY, Oct. 12.

2000, I was fortunate to be able to compete in all the championship track meets. Unfortunately, thereafter I started to have all sorts of illnesses, which have made it necessary for me to retire and hang up my spikes.

I want to thank the many wonderful friends and competitors for the memorable 12 years that I did participate, as well as the *National Masters News* for the write-ups. I also want to thank the track coaches at the University of Arizona for the great coaching I received from them and for allowing me to be an official at all their track meets.

I shall miss you all, and would appreciate hearing from you.

Milton M. Silverstein  
12003 Meadow Branch Way  
Fredericksburg, VA 22407  
540-548-8196

### KUDOS

I highly value NMN and want to renew my subscription even though some leg pains have given me an alibi to avoid training and competition for a couple of years. With the 50th anniversary of my walking the Boston Marathon as a high-schooler coming up next April, I'd better get past the alibis and back into better health! Your fine publication - one of the world's best for its targeted topics - will help.

Recently, I visited your NMN Web site for the first time. Good work, and kudos to your Web person. The subscription discount for (re)joining USATF is another motivator to get me going.

My hearty hello to your staff and the people associated with NMN and with masters athletics. You've been making life healthier, more enjoyable, and more sociable for many people for many years.

E. Robert Premo  
Arlington, Virginia

### We Welcome Letters

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

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CZZMN

### TEN YEARS AGO

December 1992

- Swag Hartel, 41, and Marie Murleson, 43, Win National 5K X-C Titles in Columbus

- 12,000 Masters Run in 23rd NYC Marathon; Pierre Levisse (40, 2:19:42) and Judith Hine (43, 2:51:43) Capture Masters Honors

- Wilson Waigwa (43, 30:01) and Barbara Filutze (46, 35:52) Top Masters in Pittsburgh 10K



### Trac

Masters Trac is a lifetime breaking derives our base from opportunities for athletes' participation and performance.

We are particularly the support of the well as the wonderful leadership and volume make 2002 a success.

### Administrative

This is the second re-elected officers.

and working effectively committee and Masters Track & Field that communication.

look forward to defining increasing our membership.

We also believe that participation in the US Directors has made the organization and athletes to be represented.

### National Indoor

The 2002 Indoor returned to the Reg. Center in Boston for since 1997. Boston

championships again 2004. Despite some travel after the Sept.

athletes participated onships. Twenty-six pending age-group re-

ken or established.

### National Outdoor

The 35th Outdoor returned (after being 1998) to the Clarence

Track & Field University of Maine, outstanding competition.

1062 athletes, representing every state, participated.

established nine pending age-group re-

Outdoor Championships in Eugene, Ore., in 2004.

### Regional Championships

Outdoor regional were held in six of our

One indoor regional was held, in our Mid-

(Colorado State University more venues to provide

pionships in other regions.

The Championship mittee, under the firm

Sandy Pashkin, with by the championship

done a fantastic job conduct of our major

door championships.

The Awards Committee new leadership of 1

instituted new policies that have been favor-





## Track & Field Report

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

### Track & Field – A Lifetime Sport

**M**asters Track & Field continues to support the premise that track & field is a lifetime sport. In 2002, we have had centenarian Everett Hosack breaking many world records. We are a grass roots committee that derives our base from the local association level. We provide competitive opportunities for athletes at local, regional and national venues at high levels of participation and performance.

We are particularly appreciative of the support of the national office as well as the wonderful administrative leadership and volunteers who helped make 2002 a successful year.

#### Administrative Leadership

This is the second year that the current elected officers have been in place and working effectively with our executive committee and all members of Masters Track & Field. We believe that communication has improved and look forward to defining our goals and increasing our membership in 2003.

We also believe that masters participation in the USATF Board of Directors has made a contribution to the organization and allowed masters athletes to be represented.

#### National Indoor Championships

The 2002 Indoor Championships returned to the Reggie Lewis Track Center in Boston for the sixth time since 1997. Boston will host these championships again in 2003 and 2004. Despite some concerns about air travel after the Sept. 11 tragedy, 810 athletes participated in the championships. Twenty-six world and 18 U.S. pending age-group records were broken or established.

#### National Outdoor Championships

The 35th Outdoor Championships returned (after being held there in 1998) to the Clarence Beckett Family Track & Field Facility at the University of Maine, Orono, for an outstanding competition. A total of 1062 athletes, representing almost every state, participated and broke or established nine world and 25 U.S. pending age-group records. The 36th Outdoor Championships will be held in Eugene, Ore., in 2003 and Decatur, Ill., in 2004.

#### Regional Championships

Outdoor regional championships were held in six of our seven regions. One indoor regional championships was held, in our Mid-America Region (Colorado State University). We need more venues to provide indoor championships in other regions.

The Championships Games Committee, under the fine leadership of Sandy Pashkin, with funding realized by the championships surcharge, has done a fantastic job overseeing the conduct of our major indoor and outdoor championships.

The Awards Committee, under the new leadership of Phil Byrne, has instituted new policies and procedures that have been favorably received by

the membership.

#### Rankings

For many years our rankings have been prepared by Jerry Wojcik and many hard-working volunteers. We want to thank them all for the great job they have done. In 2003, Dave Clingan will take over the outdoor rankings with a dynamic internet format that will also be published in the *National Masters News*.

Thanks to all who helped make our sport thrive in 2002. □



SUZY HESS

Barbara Jordan set a W65 world record in the 300H and a U.S. record in the 80H, 35th National Masters Championships, Orono, Me.

### TWENTY YEARS AGO December 1982

- Antonio Villanueva and Cindy Dalrymple Take Masters Titles in NYC Marathon
- Dan Conway (43, 48:13) and Lolitia Bache (40, 1:00:50) Speed to National Masters 15K Victories
- Hal Higdon Sets U.S. M50 15K Record (51:05.9) in El Paso



M60-69 high jumpers, 2002 National Masters Championships, Boston, Mass. (standing from l): Jerry Sullivan, M65; Tom Langenfeld, M65 first (1.50); Jerry Counihan, M60; Bruce Mills, M60; Bert Bergen, M60; and Barry Kline, M60 first (1.55); (kneeling, front l): Emil Pawlik, M60; and Phil Byrne, M60.

### USATF to Meet in Kansas City

The 24th Annual Meeting of USA Track & Field is scheduled for Dec. 4-8 at the Hyatt Regency Crown Center, Kansas City, Mo.

General sessions start on Wednesday, Dec. 4. Besides attending business meetings for track & field, racewalking, and long distance running,

masters will participate in a busy social agenda, including the Jesse Owens/Hall of Fame Awards Banquet on the 6th, and the Saturday Awards Breakfast Buffet on the 7th.

The theme for this year's meeting is "These Are the Days...to Remember." □

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## Third Wind

By MIKE TYMN

### The Ultimate Survival Test Continues

In the October issue of NMN, Lou Zamperini's Olympic experience was summarized. Last month's column told how the B-24 he occupied crashed in the Pacific Ocean and how he survived the initial 27 days on a life raft with two other survivors.

Under attack by Japanese planes from above and by sharks from below, Lou Zamperini and his two Army Air Corps companions thought they were finished. "Every time the plane passed over, I got under the raft and was trying to avoid the sharks," Zamperini continued his story. "I'd straight arm them and hit them on the snout and they'd take off."

The Japanese bomber strafed the three men for about 45 minutes. Finally, the three men decided to "play dead" by putting their arms over the raft and hanging their heads. It worked and the plane left.

Zamperini struggled back into one of the two rafts (tied together), but neither of the other two men had the strength to climb back in. It had been 27 days since their plane had crashed and the men had subsisted on a few fish, a couple of

birds, and shark livers. They were starved and dehydrated. Zamperini pulled the other two in. They counted 48 bullet holes in the two rafts. One of them had deflated and the other was barely functional.

"The next eight days were the most miserable of our lives," Zamperini went on. "We were constantly pumping (trying to inflate the raft). We took turns, pumping five minutes at a time. We got so tired that we started putting the handle of the pump to our chests and pulling the pump toward us. We had a little patch kit. We finally got the raft in fairly decent shape and had to pump it up once every 15 minutes or so."

#### Huge Waves

The tail gunner died on the 33rd day. "The most frightening part of the whole war experience was the all-night storm on the 46th day," Zamperini continued. "It was a brutal thing. The waves looked like they were 25 to 40 feet and it was like we were on a small roller coaster. I thought for sure we would be flipped over."

Although not religious, Zamperini found himself praying a number of times. "When you get to the end of your rope, you have to turn to God. Even the atheist turns to God." He recalled one seven-day stretch in which they had no water. He looked to the heavens and said, "Our Father in heaven, we are ignorant of Your ways. We are here by no choice of our own and are completely helpless. We have been days without water. Have mercy on us, Oh God." Within an hour, a cloud came over them and they feasted on water.

On the 47th day, they saw an island and began rowing toward it. Before they reached the island a Japanese patrol boat was upon them. The two survivors were pulled aboard. "We couldn't even stand up," Zamperini remembered. "Then they tied us to a post and one of them hit my pilot across the jaw with a pistol and knocked him out. He missed me, but I knocked myself out on the mast."

#### Skin and Bones

Taken to the island of Maloelap, the two men were weighed, Zamperini recalling his weight as somewhere between 60 and 66 pounds. They were then taken to the island of Kwajalein and placed in small cages measuring about six feet by three feet. "Our food was their leftovers, fish heads and rice. They'd throw in an extra rice ball now and then. It would break on the ground and we'd have to scramble for every grain."

One of the Kwajalein natives talked

to Zamperini and told him that all prior prisoners on that island had been executed by decapitation. "Every morning, we thought, today is it." But on the 42nd day, the two prisoners were put on a ship for Japan. Blindfolded, they were taken off the ship in Yokohama and put in a car to head for the prison in Ofuna. When Zamperini had trouble getting his long legs into the car, an officer broke Zamperini's nose with a blow from a flashlight.

Back in America, it was reported that Zamperini was missing and presumed dead.

#### Protein Diet

The treatment at Ofuna was not much better than that on Kwajalein. "They gave us fish with maggots. If you didn't eat it they'd put a bayonet behind your ear, so you ate it. We found out later that maggots are high in protein, so it wasn't that bad after all."

The survival story continued through two cold winters in Japan until the war ended. "People ask me if my running background helped," Zamperini offered. "Absolutely, I tell them. When you are a runner you are taught one thing - don't quit! It's drilled into you. All athletes want to win, but on a life raft, you must win. Your discipline from athletic training can be a big part of survival."

#### Turnaround

Following the war, Zamperini married and had two children, but his war experience remained with him, causing him to turn to alcohol for comfort. In 1949, he attended a Billy Graham crusade. "I experienced a 180-degree turnaround and ever since then my life has been successful," he said.

In 1950, he returned to Japan and confronted many of the guards who had beaten him. They were all prisoners now themselves, having been convicted of war crimes. Rather than lash out at them, Zamperini befriended them.

For the past half century, Zamperini has dedicated his life to teaching physical, mental, moral, and spiritual fitness to young people. He founded the Victory Boys Camp in the Los Angeles



Ken Lee  
Tony Young, 40, raises an arm in triumph after winning the Champions Run for Children Masters Mile with a 4:16.37, Kezar Stadium, San Francisco, Sept. 15.

area and now spends much of his time lecturing to high school students. His 1956 autobiography, *Devil at My Heels*, is being updated and is tentatively scheduled for release on January 21, 2003. Universal Studios is planning a movie of his life story.

"I don't care about the movie," Zamperini ended the interview. "Hollywood will never tell you the true story."

One wonders how Hollywood could possibly embellish Zamperini's story of survival. □

(Mike Tymn can be reached by e-mail at metgat@aol.com)

### National 8K X-C

Continued from page 1

Kathryn Martin, 51, 30:57, unattached, Northport, N.Y., again showed her dominance on this hilly course, repeating as women's winner.

### Tulsa Run 15K

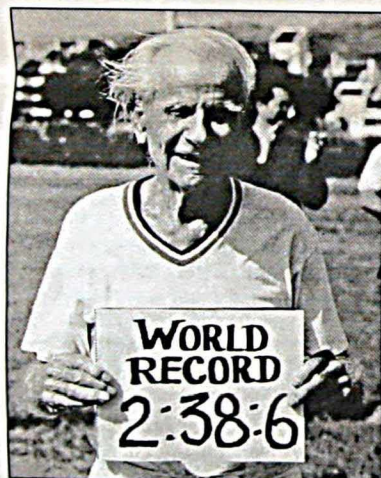
Continued from page 1

second M40+. Both Orban and Lam were featured in an *Oklahoma Runner* article about runners who race a lot. Lam competed in 40 races in 2001, Orban just a few less.

Luanne Coulter, 41, Charlotte, N.C., 56:58, ran ahead of Terri Cassel, Tulsa, Okla., 58:38, to nab the national title. Barbara Luciano, 52, came from Arlington, Texas, to collect the W50, 61:42. □

In team scoring, the Finger Lakes Running Club, composed of members of the former High Noon team, led the W40+ pretenders with Gillian Sharp's 31:38, Suzanne Myette's 31:43, and Shirley Woodford's 34:52, for a 1:38:13 total. GVH's W40+ team was a close second, 1:39:53, led by Beth DiCiantis, 32:13. The women's teams score only three runners, as do the teams for M60+.

Wolfpit Running Club, 1:41:46, repeated as the M60+ winners, led by first M60 Bill Borla, 62, 30:41, first M65 John Dugdale, 68, 32:41, and Jerry LeVasseur, 64, 38:11. The Syracuse Chargers stepped up with the M70+ team this year, displacing the ever-sympathetic Belle Watling AC, 2:08:14 to 2:16:12. M70 topper Howard Rubin, 74, 41:09, led the Syracuse Chargers' charge. □



TESH TESHIMA

Erwin Jaskulski, 100, set M100-104 world records in the 100 and 200, Hawaii Senior Olympics, Honolulu, Nov. 16.

### FIFTEEN YEARS AGO December 1987

- At Age 42, Priscilla Welch Is First Woman in NYC Marathon in 2:30:17
- 134 Compete in NMN Age-Graded Meet
- Larry Almborg (40, 33:58) and Charlotte Swanson (45, 42:42) Capture 10K X-C Titles



Alcohol and games, que stories with

Athletes are su models for health sometimes too mu sports diet taints h letes shoulder high great importance is But does this stress alcohol intake in at their non-athletic pe

One might thin effects of alcohol would make these drink alcohol. Not t ous recreational ru than their sedentary

#### The Bad News

Alcohol is a high stance and is the mo the United States. Pro tion can lead to cellu liver, heart, brain, a result in cirrhosis, pa lar heart beat, stroke. Even moderate drink risk of oral cancer, drink may have a hi cancer.

Alcohol is associ effects on safety and example, in a survey victims, 20% of the tive for alcohol.

#### The Good News

Alcohol in mode benefits. Red wine, tains health-protectiv that may reduce the ease. Wine may expl



Debi Bernardes, 49, Georgetown 10K, Washin





## Athlete's Kitchen

By NANCY CLARK, MS, RD

### Alcohol and Athletes

**A**lcohol and athletics seem to go hand-in-hand: tail-gating before football games, quenching thirst at the pub after a team workout, celebrating victories with champagne.

Athletes are supposed to be role models for health and fitness, but sometimes too much alcohol in their sports diet taints that image. Yes, athletes shoulder high expectations, and great importance is placed on sports. But does this stress justify the higher alcohol intake in athletes compared to their non-athletic peers?

One might think the detrimental effects of alcohol on performance would make these folks less likely to drink alcohol. Not the case. Even serious recreational runners drink more than their sedentary counterparts.

#### The Bad News

Alcohol is a highly addictive substance and is the most abused drug in the United States. Prolonged consumption can lead to cellular changes in the liver, heart, brain, and muscles, and result in cirrhosis, pancreatitis, irregular heart beat, stroke, and malnutrition. Even moderate drinkers have a higher risk of oral cancer, and women who drink may have a higher risk of breast cancer.

Alcohol is associated with adverse effects on safety and performance. For example, in a survey of 400 ski injury victims, 20% of the skiers tested positive for alcohol.

#### The Good News

Alcohol in moderation has health benefits. Red wine, for example, contains health-protective phytochemicals that may reduce the risk of heart disease. Wine may explain why the people in France, who have been eating a high fat diet for years, enjoy better heart-health than might be expected. Red wine is also a good source of dietary iron, a mineral that helps prevent anemia.

Beer has a few nutritional merits, such as a significant amount of B-12, a vitamin important for vegetarians.

**Alcohol for Athletes**

- Alcohol is a depressant and, apart from possibly killing pain, offers no edge for athletes. You can't be sharp, quick, and drunk.

- Late night partying that contributes to getting too little sleep before the next morning's event, creates another problem. Pre-competition, you may hanker for some alcohol to calm anxiety, but alcohol has a deleterious effect on reaction time, accuracy, balance, eye-hand coordination and endurance. It will not help you exercise faster, stronger, or longer.

- Alcohol is a poor source of carbohydrates. A 12-ounce can of beer has only 14 grams of carbs, as compared to 40 grams in a can of soft drink. You can get loaded with beer, but your muscles will not get carbo-loaded, unless you consume pretzels, thick-crust pizza or other carbo-rich foods along with the beer.

- Alcohol is absorbed directly from the stomach into the bloodstream, appearing within 5 minutes after you drink it. After a hard workout, alcohol on an empty stomach can quickly contribute to a drunken stupor. One wise runner came to realize he'd rather enjoy the natural high from exercise than get brought down by a few post-exercise beers.

- Drinks that contain congeners – red wine, cognac, whiskey – are more likely to cause hangovers than other alcoholic beverages. The best hangover remedy is to not drink excessively in the first place. But if you have a hangover, drink fruit juice or broth.

- Beer is often a significant source of post-exercise fluids; athletes commonly consume larger volumes of beer than they might of water or soft drinks. Yet, the alcohol in beer has a diuretic effect – the more you drink, the more fluids you lose. This is bad for recovery and often bad for the next exercise bout.

While low-alcohol beer allows for proper rehydration, regular beer sends athletes running to the bathroom. One study showed that athletes who drank beer eliminated about 16 ounces more urine (over the course of four hours) than those who drank low-alcohol (2%) beer or alcohol-free beer.

(Sherreffs. J Appl Physiol 83(40):1152, 1997)

For optimal rehydration, minimize alcohol intake.

- Your liver breaks down alcohol at a fixed rate – about 4 oz. wine or 1 can of beer per hour. Exercise does not hasten that process, nor does coffee. Caffeine just makes you a wide-awake drunk.

- Hot tubs, alcohol and athletes are a bad combination. The hotter your body, the drunker it may get. Alcohol impairs your ability to control your body temperature, plus the high temperature of the hot tub heightens the body's response to alcohol.

- Winter sports and alcohol are also a dangerous combination. Don't drink while skiing. Après-ski, if you choose to drink alcohol, alternate with soft drinks or juices for carbs and fluids.

- The calories in alcohol are easily fattening. People who drink moderately tend to consume alcohol calories on top of their regular caloric intake. These excess calories promote body fat accumulation, particularly in the trunk area – the well-known "spare tire."

A study with subjects who ate a standard breakfast and then an appetizer before lunch – about 350 calories of either white wine and high-fat foods, or vegetable juice and low-fat foods – showed they ate about 200 more calories at lunch following the alcohol appetizer, and did not compensate for this overfeeding at dinnertime. (Tremblay, AJCN 1996; 63:479-82)

The bottom line for dieters: it's harder to feel full when alcohol becomes a part of your diet because alcohol stimulates the appetite. If you are trying to maintain a lean machine, abstaining is preferable to imbibing.

- If you are destined to drink, drink moderately. The definition of moderate drinking is two drinks per day for men, and one for women. And have at least a glass of water for every drink.

#### Alcohol Abuse Caution

Alcoholism tends to run in families. In the general population, drinking problems occur in about 16-24% of men and 5% of women. People under 45 years of age have higher rates of alcohol problems than do older folks. Be conscious of your ability to keep alcohol consumption within socially and medically acceptable bounds. Don't start drinking if you can't easily stop.

#### Better than Beer

Many problem drinkers choose to trade their addiction to alcohol for a healthier addiction – exercise. They've

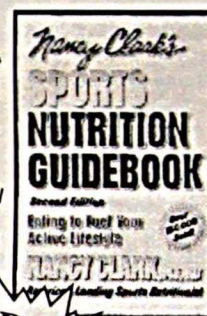
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come to appreciate this "natural high" as being better than that from beer. Let's drink to that .... Drink water, that is! □

(© Nancy Clark, Nov. 2002. Nancy Clark MS, RD, counsels casual exercisers and competitive athletes at SportsMedicine Associates in Brookline MA (617-739-2003). Her popular books, *Nancy Clark's Sports Nutrition Guidebook* (\$23) and her *Food Guide for Marathoners: Tips for Everyday Champions* (\$20) are available via [www.nancyclarkrd.com](http://www.nancyclarkrd.com) or by sending a check to Sports Nutrition Materials, 830 Boylston St. #205, Brookline MA 02467.)

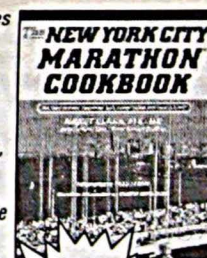
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GEORGE BANKER

Debi Bernardes, 49, fifth W40+ (40:54), Georgetown 10K, Washington, D.C., Oct. 6.





PAGLIANO'S PODIATRIC POINTERS

## The Foot Beat

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

### Pre-exercise Stretching

**W**e have been told for years that stretching prevents soreness and injury and may even enhance our athletic performance. This we have been doing since our grade school days.

However, two rather extensive studies, one with 1538 Australian military recruits, questioned the validity of pre-exercise stretching. Their study provided evidence that pre- and post-exercise stretching have no effect on delayed-onset muscle soreness. Two further studies suggested that muscle stretching before exercise does not reduce the risk of injury.

In the *British Journal of Sports Medicine*, one researcher (Shier) reports an interesting theory. He states that most injuries occur during eccentric contractions, which are within the normal range of motion. He questions why an increased range of motion (stretching) would prevent injury.

This has given rise to other interesting studies. One suggests that stretching has an analgesic effect, which appeals, especially, to the older athlete. Raising the threshold of pain just prior to exercise may lead to increased risk

of injury. Shier also states that it does not seem prudent to decrease one's tolerance to pain – possibly causing some damage at the cytoskeletal level – and then exercise the muscle.

On the other hand, stretching can provide a welcome relief to some people. A stretching program may reduce morning stiffness.

A pooled data study suggested that stretching in healthy, young adults did not produce a significant reduction in post-exercise muscle soreness.

Further pooled data information showed that, in order to reduce risk of injury by 1%, one would have to stretch for 3100 training sessions!

Now, one must remember that these are controlled studies and theories. One needs to carefully interpret all of the evidence to determine its validity. Most researchers agree that additional data need to be collected over a larger range of athletes.

Perhaps we are stretching incorrectly. Some say that stretching should be performed after a warm-up to help reduce injuries. Others say that stretching over a long period of time will strengthen muscles and prevent injury. But there do not appear to be any significant data proving that stretching can improve performance or reduce injury. □

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

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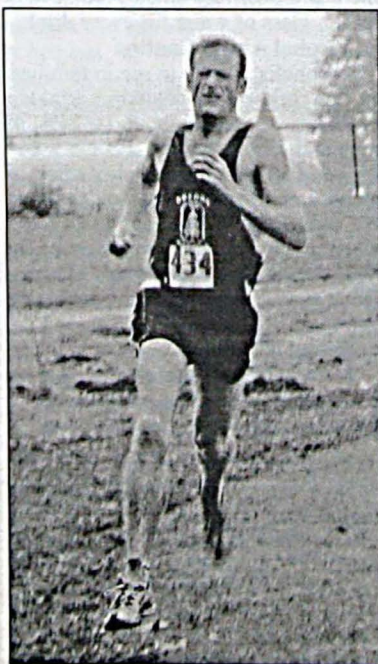
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JERRY WOJCIK

Sean Evans, 41, first master (16:26), Oregon Association Open &amp; Masters Cross-Country Championships 5K, Sandy, Nov. 9.

## How About the Boston Marathon?

By ROGER PIERCE

"Are you going to run the Boston Marathon this year?" That question inevitably comes up after someone hears I am a "runner." It doesn't matter that they just heard I am a sprinter. In fact, they apparently have no reference point whatsoever as to the difference between a marathoner and a sprinter.

To most people a runner is a runner, and if you can do one race you can do any other. Well, not exactly. I hate to get into semantics with those folks, but I do explain that I am a sprinter and if I can't see the finish line of a race, I ain't in it (and I don't like the tale of the tortoise and the hare).

Their next question usually is, "How many miles do you run in training each week?" I love this question, because my answer is, "About two to three miles a week." Now they just stare at me and can't believe that anyone who is any good could get by on such a short training schedule.

What they don't know is that those two to three miles are broken into 100s, 150s, 200s, 300s, and 400s, and that they are usually all run at close to race pace in sets with very little recovery time.

### No Distinction

Most folks think that all runners run distance and train 50 or so miles per week. Sprinters don't! Very few sprinters can, or want to, run distance of any sort. Real sprinters have a very high percent of fast twitch muscle, and their bodies abhor distance training as much as nature abhors a vacuum.

We live to run fast and for short distances, usually 400 or less, although the 800 has become a long sprint of late. Sprint training/racing is the pure joy of moving very fast across a designated distance mixed with excruciating pain, sore muscles and injuries.

## NYC Marathon

Continued from page 1

minutes. Ryzhov was considerably off his 2:13 PR set this spring at Boston, however.

Tony Mauro, 60, Pennsylvania, topped the M60 in 3:03:35, just moments behind M55 winner Guy Moreau, France, 3:03:27. John Cahill, 78, Utah, the most prolific racer of his age around, crowned an excellent year with the M75 win, 4:01:48.

This was the 33rd New York City Marathon, the crown peach of the New York Road Runners races. This year saw a record number of finishers (31,824 of 32,503 starters) amongst whom were a record number of women finishers (10,192).

As usual, New York drew a very international field, with 11 of 19 age-group titles going to athletes from distant shores. The top three masters men and women received \$3000, \$2000 and \$1000, respectively, for their winning efforts. □

Because of the physical stress placed on their bodies during sprinting, sprinters risk major injuries each training session and each competition.

Sprinting is interval training until your glutes have a near death experience, your head is spinning, stomach churning, lungs burning, and your body is loaded with lactic acid screaming for relief.

### A Different High

Forget the distance runner's high. It is nothing compared to the spiritually exhilarating experience of magnificent speed and total exhaustion in sprint training. I love it. Quality instead of quantity is our mantra. Train hard every other day and recover on your days off. Recovery days are as important as training days for all sprinters to allow for muscle and mind repair and recovery.

When I tell non-runners that I run the 400 and shorter races in competition, I take the time to explain that the 400 is once around an outdoor track, which is something they can visualize. Forget telling them a 400 time, because if they don't know how far it is, clearly the time means even less. If it is indoor track, I tell them once around is 200, and twice around is 400; again I don't bother with a time because they usually have no reference point.

I had just returned from the World Masters T&F Championships in Brisbane, Australia, in which I had been fortunate enough to win the 400, and as I basked in the glow of this victory, which I had worked at for 16 years as a masters sprinter, a friend who knew I was a sprinter asked me if I was going to run the Boston Marathon. I just smiled and said, "No, I'm still recovering from my 400 final in Australia last month!"

### Doesn't Seem Far

"So why are sprinters so little understood? Perhaps it is because good sprinters make the race look easy, even though it isn't. Perhaps it is because the race just doesn't look that far! Perhaps it is because the only serious coverage of the sprints is once every four years in the Olympics, and even then the focus of the coverage is on which sprinter dislikes which other sprinter, and the race itself takes a back seat to those "up close and personal moments."

What's a sprinter to do? I would suggest... do your best; keep sprinting, stop complaining about lack of coverage and misunderstanding of our motivation and desires. Who cares? Do we sprint for them, or do we sprint because we love to run fast? I vote for the speed route, and can't wait to get the lactic acid burn...that's enough for me.

See you on the track (and remember, once around is 400 outdoors unless you're on a 440-yard track). □

(Roger Pierce, 58, is the reigning M55 world champion in the 400, and national indoor and outdoor champion in the sprints. He can be reached by e-mail at [tamaracmusic@earthlink.net](mailto:tamaracmusic@earthlink.net))



## Will the Re

**N**ew medical natural prod research ph research was comp program that would athletic performanc However, the resea

### Landmark Rese

In a new study, pared HGH growth several ways: resti measurement), after sprint, and after a sprint. Researcher growth hormone fo to see how long HC ipants' bodies aft Time Course of th Hormone Response Cycle Ergometer Stokes.)

### Incredible Resul

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Like earlier rese stayed elevated for the sprinting progr to the researchers a Virginia, the HGH



Barbara Spannaus, 54 Classic, Eugene, Ore.





## Health & Fitness

By PHIL CAMPBELL  
M.S., M.A., FACHE

### Will the Real Fitness Hormone Please Stand Up

New medical research shows high-intensity exercise can increase the body's natural production of the fitness hormone by 530%. When I completed the research phase for a health and fitness book in 2002, the bio-medical research was complete enough to draw hard conclusions about the type of fitness program that would make your body increase anti-aging, anti-middle-aging, and athletic performance-improving HGH growth hormone – the fitness hormone. However, the research didn't specifically test high-intensity sprints – until now.

#### Landmark Research

In a new study, researchers compared HGH growth hormone levels in several ways: resting (for a baseline measurement), after a 6-second cycle sprint, and after a 30-second cycle sprint. Researchers also measured growth hormone for hours afterwards to see how long HGH stayed in participants' bodies after exercise. (The Time Course of the Human Growth Hormone Response to a 6s and a 30s Cycle Ergometer Sprint, 2002, Stokes.)

#### Incredible Results

The 6-second sprint method did move HGH some, but didn't come close to the body's potential to release this powerful hormone. The 30-second all-out effort sprint experiment increased HGH by 530% over resting baseline and 450% over the lesser intensity sprint.

Like earlier research studies, HGH stayed elevated for 1.5 to 2 hours after the sprinting program. And according to the researchers at the University of Virginia, the HGH released during

exercise targets body fat for up to two hours after training. (Impact of Acute Exercise Intensity on Pulsatile Growth Hormone Release in Men, 2000, Pritzlaff.)

This new research became the essence of my book: how to increase HGH through specific types of fitness training, and how to keep the fitness hormone in your body going after body fat for two hours after training.

The synergy fitness anaerobic sprint workout can be performed in many different ways – cycling, swimming, skiing, running, cross-country skiing, or even power walking.

It can be performed in the gym on an elliptical trainer, stationary bike, recumbent bike, or a treadmill.

Whatever the method, the goal is to reach all four critical HGH-release benchmarks during fitness training. This workout multi-tasks aerobic and anaerobic training during the same workout, and it takes about 20 minutes. (Details in Chapter 8, Accelerating Growth Hormone Release with Anaerobics, [www.readysetfitness.com](http://www.readysetfitness.com).)

#### Most Powerful Hormone

HGH may be the most powerful fitness-improving, anti-aging (and anti-middle-aging), body fat-reducing, muscle-toning, hormone in your body. And the fitness hormone can be increased by 530% with specific types of anaerobic fitness training.

Natural is almost always better. And increasing the fitness hormone through exercise is the natural choice. □

(A free newsletter on this topic is available at [www.readyssetfitness.com](http://www.readyssetfitness.com). Phil Campbell is the author of *Ready, Set, GO! Synergy Fitness for Time-Crunched Adults*, Pristine Publishers Inc. USA. He can be reached by e-mail at [philcampbell@charter.net](mailto:philcampbell@charter.net))

### DEADLINE

NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material, results, schedule items, and advertising is the 10th of the month before date of issue. Send to: *National Masters News*, P.O. Box 50098, Eugene OR 97405



Men finishing the first loop in the 2002 National Masters Winter 6K Cross-Country Championships, Vancouver, Wash. The National 10K Cross-Country Championships will be held in Rocklin, Calif., near Sacramento, Dec. 14.

JERRY WOJCIK

### Sustainers Play An Important Role

Since its inception, the *National Masters News* has been aided in its mission to provide information to masters athletes by the generosity of "sustainers."

Sustainers are subscribers and readers who contribute funds, from as little as \$10 to as much as \$500 or more. These funds enable us to publish more photos, deeper results, a longer schedule section, and more.

A recent substantial contribution from a Michigan resident helped us to replace an eight-year-old computer and printer in our office in Eugene.

At a national meet this year, a staff member of NMN was surprised when an athlete asked what the sustainer fund was all about and what the process was for becoming a sustainer.

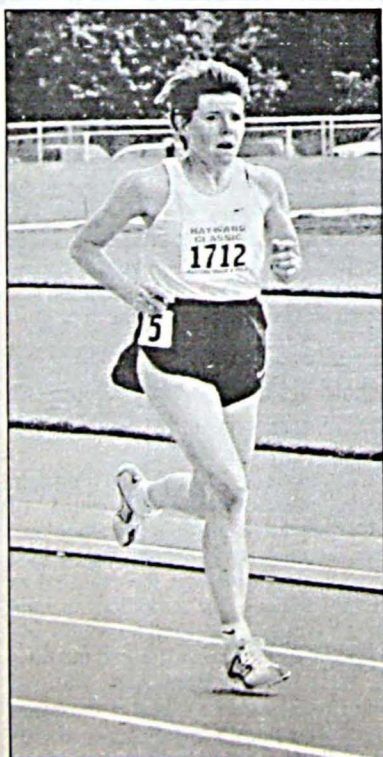
We at the NMN had assumed that the sustainers fund program was understood by athletes, but then we realized that we had not recently published an explanation of the sustainers

fund for those athletes just coming into the masters program.

One way for an athlete to become a sustainer is merely to write a check to "National Masters News" and indicate that it is for the sustainer fund. Another way is for a subscriber to add any amount to his subscription renewal cost when received, and indicate what portion is for the renewal and what is to be set aside as sustainer funds.

Several years ago, a subscriber provided us with thousands of dollars as part of a family trust, which we honored by including it in the title of the annual indoor rankings published in the NMN.

Athletes who are interested in establishing a title rights fund should contact us. Any way you do it, and in any amount, your contribution will be much appreciated by us and by masters track & field, long distance running and racewalking athletes in helping to produce a better publication. □



THOM WEDDLE

Barbara Spannaus, 54, at the 2002 Hayward Classic, Eugene, Ore.

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## Masters Racewalking

By ELAINE WARD

### Self-Massage and Muscle Care

**I**n the video and book, *Dynamic Self-Massage for Fit and Fast Walking*, Jolene Steigerwalt gives an answer to the question, how to prevent the muscle dysfunctions that compromise athletic performance and cause injury. Steigerwalt is a Registered Nurse and Certified Sports Massage Therapist with a specialty in chronic pain and muscle dysfunction. *Dynamic Self-Massage* is her personal adaptation of the pioneering work of Dr. Raymond L. Nimmo in Trigger Point Therapy, and of Lauren Berry's Corrective Massage Techniques. She is currently associated with Therapy Care-Resources, developers of the Graston Technique.

As a national racewalking champion, Steigerwalt became totally frustrated when she started to get recurring injuries. She tried everything and anything that promised to help her, including anti-inflammatories. It was



JERRY WOJCIK

Jean Tenan, W35 5000 racewalk winner (28:50.02), 35th National Masters Championships, Orono, Me.

during these trials that she began to pay attention to the hard, painful little knots in her hips and legs. She learned that these were the final consequence of various minor and major muscle tears and that they were acting like speed bumps when she was exercising. When she tried to go faster, and better her times, the knots increased the workload on her muscles and suddenly her body said, "No more!"

The following is an excerpt from the book, *Dynamic Self-Massage for Fit and Fast Walking*, by Jolene Steigerwalt with Elaine Ward.

#### Repetitive Stress Injuries

Most of the muscle problems fitness and competitive walkers have are due to "Repetitive Stress Injuries" (RSI). The structural causes of RSI are similar to what happens to the front alignment of your car when you repeatedly hit a curb. Your steering wheel may not wobble after a few hits, but on repeated bumping, a noticeable wobble develops. Finally you take your car to the repair shop to get it fixed.

Unfortunately, there aren't any handy "one-stop" repair shops for human bodies. What most of us do is go to a doctor and say, "This hurts or that hurts," or we ask other walkers for advice. Athletes often have good shop talk for ailments, and as you listen to their complaints, you soon realize, "I'm not the only one with this problem."

#### Aging Muscles

Before you think you are wearing out because of frequent aches and pains, you need to find out what is going on with your muscles, tendons and ligaments. The most important places to check are the muscle origin and insertion attachment sites. Let's stop for a bit of simplified anatomy.

Skeletal muscles attach to the bones via tendons and they have at least two attachment sites. The most proximal muscle attachments (nearest to the center of the body) are called the origin points; and the distal (distant) attachments are referred to as the insertion points. If you look at a picture of your muscles and bones, you can see their origin and insertion points.

#### Muscle Stress

Whenever you use your body in strenuous activity, you risk getting microscopic muscle tears from the repeated stress of the muscles length-

ening and contracting. These tears can also result from accidents, such as falling, sudden twisting or whip lash. If these tears are left unattended, adhesions form.

If the neglect goes on long enough, the residuals of these tears begin blocking the normal drainage channels for waste products. The remaining blocked waste starts layering and forming a soft mass, or soft knot.

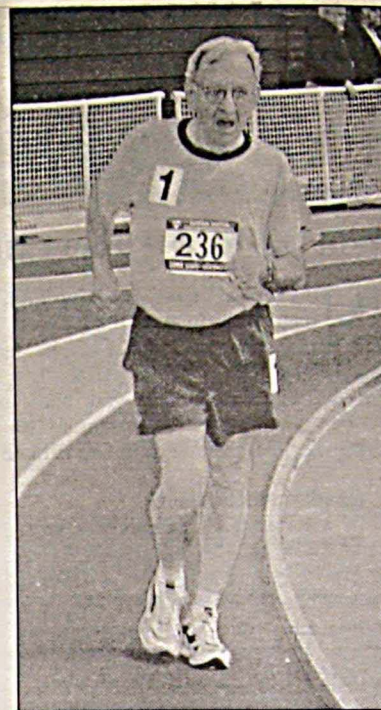
#### Calcification

Over time the soft knot calcifies into a hard knot. The process may take many years. When calcified knots develop in muscles, they interfere with their function, resulting in skeletal stress that can lead to other complications.

Because calcified muscle knots feel like bone, older men and women commonly mistake them for arthritic changes. Moreover, they may hurt when they are touched or pressed, and everyone knows that arthritis is painful.

It cannot be emphasized enough, however, that calcified muscle knots may not have anything to do with arthritis. They are as likely to be the telltale signs of unremoved, layered, and hardened waste from tissue damage. □

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



JERRY WOJCIK

Ed Gawinski, shown here in the 2002 USATF National Masters Indoor Championships, Boston, was named USATF's Athlete of the Week, Nov. 11, after his M75 U.S. record, 7th-place finish (7:07.22) on Nov. 10 in the East Regional 50K Racewalk Championships, Hauppauge, N.Y.



MIKE PARSONS

High school coach Frank Kurtz, 41, basking in the admiration of his cross-country runners and fans after winning (55:14) the Goodloe Byron 15K, Emmitsburg, Md., Sept. 7.

### Kurtz Takes Byron 15K Race Again

A near perfect September morning with sunshine and blue skies saw over 100 runners from four states take on the challenging course that loops behind Mount Saint Mary College, Emmitsburg, Md., for the 24th annual Goodloe Byron Memorial 15K, Sept. 7.

Frank Kurtz, 41, successfully defended his title on the mountainous course with a 55:14. Kurtz, a cross-country coach at Catocin High School, brought several of his young charges, including his son, Jeremy, 14, who was eighth overall.

Several masters placed high. Rebecca Strode, 47, was second female overall (71:32). Gary St. Onge,

52, finished seventh (61:51), and Jim Becker, 60, 16th (66:52).

The race is named for four-term member of the U.S. House of Representatives and avid marathon runner, Goodloe Byron. Sponsored by First Nationwide Mortgage, the event raises \$3000 annually for a scholarship fund at the college. The Congressman's son and grandson ran and finished the race.

Race Director Brent Ayer, who ran the first 21 races, made sure everyone went home with a finisher's medalion. Personalized trophies went to the first ten men and women as well as the five-year age-group winners. □

—from Jim Moreland and Brent Ayer

### Self-Massage Video and Book

The video and book, *Dynamic Self-Massage for Fit and Fast Walking*, can be purchased from the North American Racewalking Foundation, P.O. Box 50312, Pasadena, CA 91115-0312.

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## The Weight Room

By JERRY WOJCICK

### Pass The Rule Book, Please

**D**uring the M70 hammer throw at the Nationals last August in Orono, Me., one of the competitors showed up after we'd had two of our six competition throws and was allowed to "jump" in. He hadn't been competing in another event. He just arrived late. I don't recall if he was permitted any warm-up throws. Three of his four throws were into the cage netting.

Despite a general meet requirement in Orono that all entrants had to declare well before the event started in order to compete, not one official denied him entry. Several elected members of the Masters T&F Field Committee were present and said nothing. I, who helped him pin his competition number to save time, didn't object either.

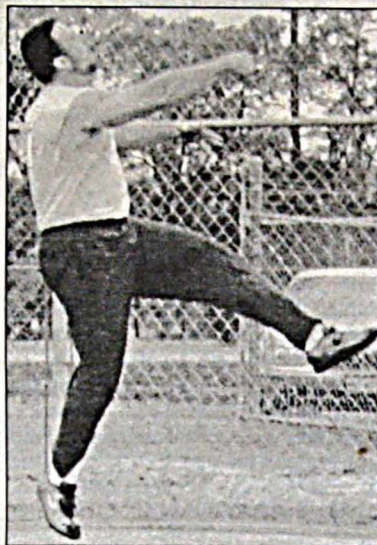
Afterward, I heard several other hammer throwers and spectators, referring to the incident, say, "That's why we need qualifying standards" or something to that effect. It didn't help that the tardy athlete competed in loafers and street clothes.

#### Reasons For and Against

There are several very good reasons for instituting qualifying standards at masters national championships, just as there are good reasons for not instituting standards, but failure to enforce rules or being inconsistent in their application is not one of the reasons.

Why didn't anybody object at the hammer throw and say, "Hey, let's enforce some rules here"? Probably for several reasons. Who wants to be a bad guy and deny an athlete - who has paid entry and USATF registration fees and laid out travel and lodging expenses - the chance to compete in a national championships?

I think another, perhaps less tangible, reason is that officials often treat masters athletes, especially those in their 60s-and-over as suffering from early dotage and somewhat incapable of fol-



FROM JEFF BATY  
Richard Stewart, of Texas, M45 winner (3870), National Masters Weight Pentathlon Championships, St. Amant, La., at the finish of a discus throw.

lowing rules and, therefore, to be shown a little leniency in the application of the rules.

One conspicuous area in which older masters are given a little leeway is in the shot put, where if the rule about the position of the hand and implement prior to the put was enforced, half of their attempts would be fouls. I know, because I'm guilty of it, as was shown in the World Veterans Championships at Gateshead and Brisbane, where I was called on it in the weight pentathlon at both meets. My shot put style has never been a shortcoming in the U.S., except that it doesn't produce any substantial result.

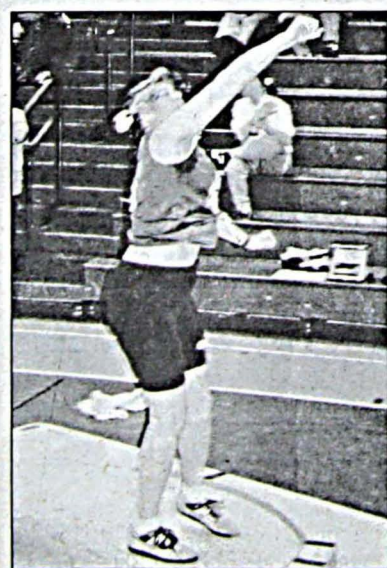
#### Taken To Task

After a column several years ago, in which I suggested that officials were too stern and nitpicky in enforcing rules regarding implement specifications and the like, I was taken to task by several readers for advocating the breaking of rules.

Now that I think about it, my critics were probably right. I should have viewed the subject of allowing little rule violations in less than major meets from a broader scope rather than looking at it from a narrow, single-incident point of view.

Too many single-incident failures to enforce rules, as happened at the hammer in Orono, make for a less than successful meet at any level.

Happy Holidays and Don't Break Those New Year's Resolutions! □



JERRY WOJCICK  
Denise Houseman, W35, in the shot put, 2002 National Masters Indoor Championships, Boston, Mass. The 2003 Championships will return to Boston on March 28-30.

## 2002 Outdoor Rankings in the Works

By JERRY WOJCICK  
USATF Masters T&F  
Rankings Coordinator

The 2002 outdoor season rankers are listed below. If your best marks have not appeared in the NMN results section by the January 2003 issue, send them with documentation or verification (name of meet, date, site, director's name with a phone number or e-mail address) to the appropriate compilers before Jan. 31. Marks sent to me for events that I am not compiling will not be forwarded.

**100, 200, 4x100, 4x400** - Larry Patz, 534 Gould Hill Rd., Contoocook, NH 03229; e-mail: B6883578@aol.com

**400** - Ruth BreMiller, 590 W. 29th Ave., Eugene, OR 97405; e-mail: brem@oregon.uoregon.edu

**800, 1500** - Erich Reed, 2359 Columbia, Eugene, OR 97403; e-mail: erichreed@yahoo.com

**Short hurdles, long hurdles, steeplechase, 5000** - David Ortman, 7043 22nd Ave. N.W., Seattle, WA

98117; e-mail: deo@foxinternet.com

**High jump, pole vault** - Joy MacDonald, 1928 Sleepy Creek Rd., Cross Junction, VA 22625; e-mail: FTLREDSKIN@aol.com

**Long jump, triple jump, shot put, discus** - James Gerhardt, 834 Thornvine Lane, Houston, TX 77079

**Mile, 3000, 10,000, hammer, javelin, weight, superweight** - Jerry Wojcik, NMN, P.O. Box 50098, Eugene, OR 97405; e-mail: jerrywoj@aol.com

**Combined events** - Alan Russell, 1713 Amherst Dr., Ames, IA 50014; e-mail: russell@iastate.edu

**Racewalks: 5000 track/5K road, 10K, 20K** - Thomas Higbie, 7851 Admirals Ct., Indianapolis, IN 46236; e-mail: thigbie@indyweb.net

#### 2002 Indoor Rankings Changes

**High Jump** - M45, Valeriy Snezhko, 1.73, moves from 7th to 2nd place.

**400** - W65, Grace Butcher, her mark changes from 78.30 to 85.81, remains in 1st place. □

## National Weight Pentathlon

Continued from page 1

Illinois. Fifty officials and volunteers were on hand, plus volunteers from the St. Amant H.S. ROTC.

The throwers were organized into five flights with starting times staggered for each flight. Despite brief rain delays, the championships were completed on schedule.

Several outstanding throwers, under the newly adopted WMA age factors, established world bests for total scores in the weight pentathlon. For new events, the World Masters Association (WMA) has a policy of collecting top marks for three years before approving age-group world records.

Trent Lane, of Louisiana, established an M90 world best with a 4354 total, broke the hammer world record with an 18.05, and set a pending U.S. record with a 9.55 in the weight throw.

Oneithea Lewis, W40, New York, finished with a world-best 5114, and set a pending U.S. record 17.60 in the weight throw. Carol Finsrud, W45, of Texas, totalled 4953, another world best. Marnie Evans, of Louisiana, broke the W90 world record for the shot put with a 4.45, and established U.S. records in the discus, hammer, javelin, weight, superweight, and weight pentathlon (3732).

Phil Brusca, Missouri, bettered the M75 U.S. record with 4256 points with the new factors. The best individual event scores were by Lane, with the 12# weight (9.55/1132), and Lewis, with the 20# weight (17.60/1413).

The closest contest was in the M60 division, where Mike Valle, of North Carolina, scored 3745 to win over Bob Osterhoudt, of Arizona, by 53 points, the title being decided in the final

event, the weight, when Valle tallied 876 with a 15.33 throw, and Osterhoudt scored 815 with a 14.40 toss.

The lunch time treat was chicken and andouille gumbo. Louisiana catfish was the fare at the evening awards banquet at the meet headquarters Holiday Inn. These culinary treats were an unexpected reward for the entire gathering and an excellent precursor to recognizing outstanding performances.

Highest male and female scorers were presented with unique plaques in the shape of the state of Louisiana. The winners were Lewis, for her 5114, and Bob Humphreys, 65, of California, with 4444 points. Those awards were followed by presentation of medals to the first three places in each gender and age group.

The medal ceremony was followed by interesting surprise awards to "Regional Teams." As promotion for his idea to include team awards in throwing events, Ray Feick, of Pennsylvania, the M70 winner, presented "Team" medals. The Team awards were unofficial but nonetheless interesting, with future possibilities.

Using Masters T&F Regions as the representation of "Teams," Feick tallied team scores using scores of the top four throwers, men and women, in each regional division.

The winning team was the Southwest Region with 16,901 points. Medals were presented to the best four scorers in the top three teams. Feick observed that WMA Championships have such team awards for various running events, but none for throwing events. □

- from Lorraine and Reed Quinni





## On The Run

By HAL HIGDON

### A Race Run Well

Once again the course twists through an open grassy area, this time with two short, sharp rises before entering a narrow wooded trail with another short uphill and downhill. This brings us to an oxbow in the river, which we cross diagonally, about thirty meters of water. If it rains, anyone under 5 feet 6 inches needs a swimming certificate.

Canadian Brian Oxley sent me that description and also a map of the course in Toronto's Sunnybrook Park used this fall for the Don Farquharson Memorial Cross-Country Race. Farquharson, now deceased, was director of the first World Masters Championships, held in Canada in 1975. That was the course we ran in the cross-country competition. Reading the description and viewing the map brought back vivid memories of a race run well.

Even though I had four inches of height to spare, that description of the cross-country course caught my attention back in 1975. Cross-country was the first event on the schedule on a Tuesday afternoon. Would competitors in that event actually be forced to wade or swim through a raging river? The description continued: "It would be to your advantage to walk or jog the course prior to the race to save any confusion."

#### Checking the Course

Well, goodness - I hope so! After arriving in Toronto several days early, I visited Sunnybrook Park to jog the course, most of which was located on a high and flat plateau containing cricket and soccer fields bordered by trees. The start and finish of the two-lap 10,000 meter course was on the plateau, but on both laps runners dropped down a tight and twisting path to reach an arm below of the Don River (more stream than river). The course first crossed the stream by bridge, then crossed back where there was no bridge, only a stone dam a foot or two wide. It was that second crossing (about 4000 meters into the race) that is described above.

During my tour of the course on Monday, the day before the race, I came to the second crossing and wondered how we might execute it. The

stone dam seemed too narrow to run safely across, particularly if a pack of runners hit it at the same time. Then it dawned on me that we were not meant to run across the dam; we were expected to plunge into the stream and run diagonally to the other bank.

#### Seeking the Depths

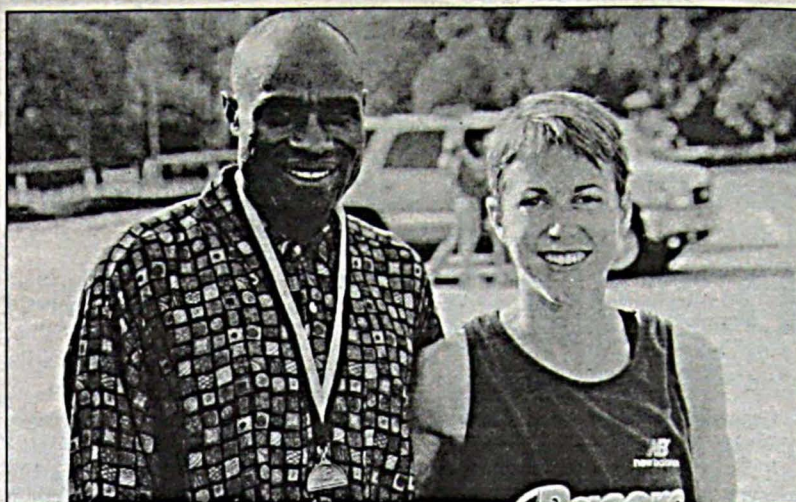
Staring into the stream, I could not immediately ascertain its depth. Sunlight reflected off the water made analysis difficult. For all I knew the stream might have been like Loch Ness with a monster at the bottom to devour any cross-country competitors who false-stepped. (Oxley told me later that Farquharson, while testing the crossing a week before the race and shortly after a rain storm, had almost been swept off the dam.)

Moving back and forth around the crossing on dam and shore, however, I realized that a sandbar existed in the middle that could be reached by right-footing the dam and left-footing into the water, then high-kneeing diagonally across the sandbar, which turned out to be only ankle deep. I tested this technique several times to ensure I could ford the river as rapidly as possible the next day.

#### Hesitation

Smart move. In the race, Roy Fowler of England surged into an early lead on the first lap trailed by John Macdonald of New Zealand. I ran in a pack battling for the bronze medal that included B. Holmroos of Finland, Mike Barratt of England, and Ray Hatton of the U.S., as we approached the stream crossing. It may have been Barratt who reached the crossing first, but he balked like a horse in a steeplechase race that decides suddenly not to leap the barrier. Obviously he, and maybe most of the others, had not taken the organizer's advice to jog the course prior to the race to save any confusion.

Without hesitation, I quick-stepped past him onto the dam, then high-kneed it through the stream with hardly a break in stride. I never looked back, but it certainly allowed me to open a gap on the trail pack. Following the crossing, there was a steep climb back to the high plateau with a log to hurdle on top as a final insult.



Masters winners, Simon Karori, 43, 15:44, and Laura Freix, 41, 19:31, PVI Funfest 5K, Fairfax, Va., Sept. 22.

#### Good for Bronze

Then we repeated the lap, forcing a second crossing of the stream. By that time, those behind certainly had learned from my technique, but by then I had enough of a lead to claim the bronze medal, 10 seconds ahead of Holmroos. Three days later, I won the 3000 meter steeplechase on the track.

Certainly, the technical training I did preparing for the steeplechase aided me on a difficult cross-country course, but I like to think I earned that bronze medal more by brains than brawn. Cross-country can be a thinking man's race. The more difficult the course, the more time you need to spend analyzing

it. That is one of the lures of cross-country.

Brian Oxley, who sent me the course map and description, also ran that race in 1975, going unplaced. Meet director Don Farquharson ran in the 50-plus division. I thank Brian for reminding me of a race run well. □

(Hal Higdon, Senior Writer for Runner's World, is writing a book about cross-country, tentatively titled "Through the Woods." He would like to hear from competitors in that 1975 race whose memories match or differ from his. You may contact him c/o P.O. Box 1034, Michigan City, IN 46360, or by e-mail at: halhigdon@attbi.com)

### Masters Cross-Country Scoring

By CAROLE LANGENBACH

Now that masters cross-country is becoming more visible and inviting with the inclusion of masters races at Fall and Winter Nationals, the question has again come up regarding why masters events are scored by time, not place, in national championships.

Before the technology of computer scoring, it was easier to take the scoring runners' times and add them together, especially since masters teams are in 10-year divisions, and all divisions run together. It was also a way of

rewarding the scoring runners for running good times, instead of giving an advantage to larger clubs which had more runners to displace the minimum number of scorers from smaller clubs.

This topic will be discussed at the upcoming USATF Annual Meeting in Kansas City, Mo., Dec. 4-8. Please contact your local masters cross-country representative to make your opinion known, or contact me directly in writing via mail or e-mail (see p. 2).

Thanks for your input into the masters cross-country program. □



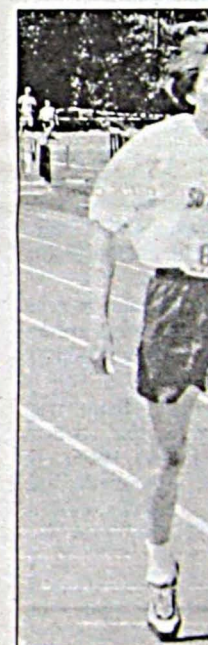
Masters women at the crest of the final hill before the finish in the 2002 National Masters Winter 6K Cross-Country Championships, Vancouver, Wash. The National 10K Cross-Country Championships are scheduled for Dec. 14 in Rocklin, Calif.

#### FIVE YEARS AGO December 1997

- Craig Young, 41, and Jane Welzel, 42, First in National Masters 15K in Tulsa
- Antoni Niemczak (M40, 2:21:44) and Gillian Horovitz (W40, 2:43:20) Take Masters Titles in NYC Marathon
- Lloyd Higgins, 55, and Vanessa Hilliard, 56, Top Scorers in National Weight Pentathlon in Orlando



Don Di Donato, 45, finisher Oyster Festival 5K, Oyster



Lynn Naffel, W55 winner 35th National Masters Cha



One of Canada's finest Trei, 94, passed away in of 19 outdoor and 15 ind





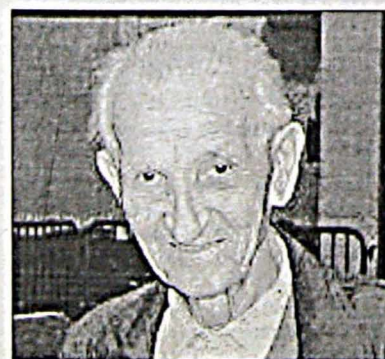
MIKE POLANSKY

Don Di Donato, 45, finishes first master (16:50), Oyster Festival 5K, Oyster Bay, N.Y., Oct. 19.



SUZY HESS

Lynn Naftel, W55 winner in the 400 and 800, 35th National Masters Championships.



FROM DOUGLAS J. SMITH

One of Canada's finest masters athletes, Karl Trei, 94, passed away in August. He was holder of 19 outdoor and 15 indoor Canadian records.

## PUBLICATIONS ORDER FORM

### Masters Age Records (2002 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, 2001. 56 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, USATF Masters T&F Records Chairman. \$6.00.

### Masters Track & Field Rankings (2001)

Men's and women's 2001 U.S. outdoor track & field 5-year age group rankings. Coordinated by Jerry Wojcik, USATF Masters T&F Rankings Chairman. All T&F events, including mile, relays, weights, racewalks, and combined events. \$8.

### McMahon Family Trust Masters Track & Field Indoor Rankings

Indoor rankings for 2002. 4 pages. \$2.00.

### 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.

### 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 Mar. 1, 2002; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, USATF Masters T&F Records Chairman. \$2.00.

### Masters 5-Year Indoor Age-Group Records

Same as above, except indoor records (M40+, W35+) as of March 1, 2002 (world) and November 30, 2001 (USA). \$2.00.

### Competition Rules for Athletics (2002 Edition)

U.S. rules of competition for men and women for track & field, long distance running and racewalking—youth, open and masters. \$12.00.

### USATF Directory (2002)

Names and addresses of national officers and staff, board of directors, sport and administrative committees, association officers and addresses, etc. \$12.00.

### New! WMA Handbook (2001-2003)

Contains 2002 WMA New Age-Factors for All Combined Events, Constitution, By-Laws, Rules of Competition, History of Masters Athletics & More.

In English, Spanish, French, German. 170 pages. \$8.00

### USATF Governance Handbook (2002)

U.S. Bylaws and operating regulations, forms for membership, race sanction, records, course measurement, etc. 152 pages. \$12.00.

### Running Encyclopedia, The Ultimate Source for Today's Runner

Twenty-six chapters from A to Z of history, facts, personalities, events, terms, and pictures of running by Joe Henderson and Richard Benyo. Chapter W, for example, starts with "waffle sole" and ends with "Wysocki, Ruth." A must for every runner's library. 417 pp. \$24.95

**How to be A Champion from 9 to 90.** Earl W. Fee, world-record-holder in the M65 and M70 300H, reveals his secrets that enabled him to achieve over 30 world records in 15 years of running. 420 pages, 25 chapters, 100s of excellent references.

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### 2002 Road Race Management Directory

Published by Road Race Management, this book combines the Guide to Prize Money & Races with the Running Industry Resource Directory – two books in one – listing elite athletes (including masters) with over 1000 addresses and phone numbers, prize money structures for 400 events, Internet services, retailers, publications, TV contacts, and more. \$75.00.

### Running Research News

Bi-monthly newsletter. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. \$35.00 per year.

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## International Scene

By TORSTEN CARLIUS

### WMA Enjoys a Year of Progress and Accomplishment

Another year has almost passed, which means it's time to sum up what 2002 has meant to our masters movement. On the world level, the even-numbered years do not usually attract as much interest as our Stadia Championships in the odd-numbered years. However, we did hold our World Championships Non-Stadia (a big success in Riccione, ITA, this year), as well as our six Regional Championships Stadia. Moreover, 2002 also saw the World Masters Games in Melbourne, AUS, representing another great success.

Looking back on the activities in 2002, I feel it was a year of great importance to us. Our six Regional Championships were all well organized, starting with the Oceania Championships in January in Geelong, AUS, and finishing with the South America Championships in Cochabamba, BOL, and the Africa Championships in Reduit, MRI, both in October.

Europe was, as usual, the biggest Championships this year with about 4500 athletes in Potsdam, GER. We were extremely happy that Africa was able to organize their Championships in Reduit, MRI, with more than 200 athletes representing seven countries. This might seem small, but for Africa and our world-wide movement it was a very big step forward, offering hope of possible future development in this region.

#### World Championships Non-Stadia

Riccione, ITA, did a wonderful job organizing our 6th World Championships Non-Stadia held the last weekend of May. The record number of athletes and countries participating, wonderful courses along the Italian east coast, and a very friendly atmosphere, ensured that these Championships will long evoke pleasant memories. The tried and true phrase, "best ever," certainly applies to this event.

Our next World Championships

Non-Stadia will be in 2004 with Manukau/Auckland, NZL, as host cities. After seeing the courses they will offer, I know we can expect another first-class Non-Stadia Championships.

#### World Masters Games

Melbourne, AUS, hosted the 5th World Masters Games in October with a record number of athletes and more than 25,000 participants. Our sport was the biggest with more than 2500 athletes and the event was a very great success. For the first time, WMA was heavily involved in the organization of the athletic events. Jim Blair, our former Vice President Stadia, served as the WMA Technical Delegate and the success was very much due to his good work together with Athletics Victoria.

It was also evident that the World Masters Games now gains attendance from masters within our ranks. I had the pleasure of presenting medals to many athletes whom I have seen compete successfully in our World Masters Championships Stadia. I expect to see this number grow as the performance level in the World Masters Games improves.

#### Development Projects

WMA has set up a number of development projects, including one in Tonga. Thanks to Jim Blair, this project came to a very successful end in 2002 and we are now looking for new projects in Oceania, Africa and South America.

For WMA, there is now a great opportunity to attract many countries in the vicinity of Puerto Rico to participate in our World Masters Championships Stadia next year. In particular, I think of Guatemala, Honduras, El Salvador, Panama and others, which we know hold masters activities. We plan to try starting a new project in Oceania, and are confident that we will finally be able to generate better interest in Africa after the successful Championships this year.

#### Future - 2003

The year 2002 has been a tremendous success, and I am convinced we have many more such years ahead. Firstly, we face our 15th World Masters Championships Stadia in Puerto Rico next year. The preparations are going well and money has been allocated for upgrading the main stadium in Carolina. We expect this to be a first-class venue so it can be the main stadium of these Championships. The Entry Booklet is printed and we hope to have at least 5000 athletes coming to Puerto Rico.

#### General Assembly in Puerto Rico

I have previously mentioned the most important issues to be discussed, but would like to repeat them again:

1. Age change for veterans/masters men from age 40 to 35 - a WMA Council proposal that we feel will be approved by the Assembly and forwarded to the IAAF Congress later the same year so that we can have this new age-group effective in 2004.

2. World Championships, Indoors - also a WMA Council proposal that we feel will be approved more or less unanimously. Two cities have announced their interest to organize these inaugural Championships: New York, USA, and Malmo, SWE.

3. New order of awarding WMA World Championships - another WMA proposal to give the Council the right to more carefully study and recommend the hosts for our World Championships. Today the decisions are made based on reasons other than

the best conditions for the Championships and the Council must be given more responsibility with these decisions.

#### Conflict in 2005

In Melbourne, the IMGA announced that the World Masters Games in 2005 will be organized in Edmonton, CAN, on July 15-24, which conflicts with our WMA World Championships Stadia in San Sebastian on July 7-16. WMA cannot accept this conflict and we have requested that IMGA shift the World Masters Games to August as our dates have been well-known for at least one year.

I do sincerely hope that by the time you read this, we will have reached a solution so that the two big competitions do not conflict in July. The decision of asking Athletics Canada not to be involved in the World Masters Games, or stating that athletes participating in Edmonton will risk being suspended, is not a good solution, but might be the only option if no agreement can be reached.

The IMGA General Assembly 2002 was held in Colorado Springs on November 23. One very important issue is that IMGA must award its World Masters Games much earlier so that future date conflicts can be avoided. The Board of Governors has expressed this intention and for the next Games in 2009 the awarding process will start next year.

#### Bids for 2006 and 2007

For our next World Championships Stadia in 2007 and the Non-Stadia in 2006 we are pleased to have two very good bidders: Vancouver, CAN (Non-Stadia 2006) and Riccione, ITA (Stadia 2007).

We will make our inspection visits in early 2003 and present the results before the General Assembly in Puerto Rico.

#### Africa

As mentioned above, there was excellent attendance at the African Championships in Reduit, MRI, in October. At the General Assembly, the

Continued on page 15

### Owen Flaherty

The British Masters Athletics Federation regrets to announce the death in September 2002 of Owen Flaherty, WAVA Secretary, January 1981-1987.

A sprinter, Owen suffered from asthma from the age of five, but his health improved after he moved from his native Edinburgh to live in Spain.

Owen channeled his considerable business acumen into laying down a solid foundation for WAVA. Together with Alistair Lynn (research) and Bob Fine (legal), they devised contractual provisions whereby WAVA would benefit financially from sanctioning the World Championships, initiating written contracts between WAVA and the Organizing Committee and the detailed Constitution and By-Laws adopted at the General Assembly in Rome in 1985.

Owen's input on the successful negotiations with IGAL and the IAAF were crucial. As Secretary, he proposed

a handbook, designed new application forms for age-group records and age-best performances, and wrote a definitive paper on the Regional Associations and the Guidance to Prospective Bidders.

He stood as a candidate for Executive Vice-President in Melbourne in 1987 but lost to Peg Smith, of Australia. He challenged Cesare Beccalli for Presidency twice.

Owen returned to Edinburgh to sort out his late mother's property. His companion spoke to him by phone from Spain on Sept. 10. On the 12th, a neighbor found him dead in his bathroom. The autopsy recorded a cardiac arrest. He was 71.

Owen, we shall miss you terribly. Masters athletes worldwide will mourn your passing. □

(Alastair Lynn, ex-WMA Treasurer/Secretary joins me in these comments.)

- Bridget Cushen  
BMAF Honorary Secretary

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### Cross-Country

By BRIDGET

The British Masters country relays, Surrey, on Nov. 135 clubs from all

Cross-country with many clubs their masters athletes. Sheila Allen division, who has in the annual British cross-country occasions, is winning a northern race open to all

Mike Boyle, Surrey County in Richmond Park. Atwell, a former M45 age group, finished over 150. The won by Sue Harris and Dee Smale. untroubled W50 v all.

Martin Girvan, men veterans 10 m 54:24 over M40 63, Fred Gibbs close to one hour finishing seventh of first three women W45, 68:17; J. and J. Cordingley

In the southern Twickenham, Oxford attracted the most brought together Eva Urlich. This v

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WMA we



## Report from Britain

### Cross-Country Relays Draw Record Numbers

By BRIDGET CUSHEN

The British Masters' six-stage cross-country relays, Lloyd Park, Croydon, Surrey, on Nov. 10, attracted a record 135 clubs from all over Britain.

Cross-country is now in full swing with many clubs heavily reliant on their masters athletes to complete a team. Sheila Allen, just into the W45 division, who has represented England in the annual British & Irish international cross-country race on numerous occasions, is currently in top form, winning a northeast three-mile league race open to all ages, in 25:31.

Mike Boyle, M40, retained his Surrey County veteran's title over 10K in Richmond Park, Oct. 19. Barry Atwell, a former winner, now in the M45 age group, finished ninth in a field of over 150. The women's race was won by Sue Harrison over Pippa Major and Dee Smale. Jane Davies had an untroubled W50 win in fifth place overall.

Martin Girvan, M45, won the northern veterans 10 mile road race in a swift 54:24 over M40 Rob Cole, 56:11. At 63, Fred Gibbs can still get perilously close to one hour for the 10 mile, finishing seventh overall in 60:18. The first three women were J. Jackson, W45, 68:17; J. Adams, W50, 73:11; and J. Cordingley, W40, 73:31.

In the southern 10 mile held in Twickenham, Oct. 20, the 60+ race attracted the most attention when it brought together again Pam Jones and Eva Urlich. This was the first time they

have clashed since their epic battle over 5000 and 10,000 in the cauldron of Potsdam Stadium during the European T&F Championships. They are both over 65.

Urlich has only recently taken up running, but she has been beating Jones, who is currently in the form of her life. Sue Lambeth, who has just moved into the W60 category and was training for the New York Marathon, was expected to give them a hard race.

Urlich, with her now familiar shuffling style and dressed from head to toe in layers of clothes, came home in an amazing 72:27, with Jones' disappointing 75:19 and Lambeth's 76:07 well out of it.

Mike Small won the M45 weight pentathlon at Epsom, Nov. 2, with 3851 points. Chris Melliush won the M55 with 2548. Gordon Hickey amassed 3703 to take the M65, and European medalist Jaroslav Hanus was untroubled in the M70 event with 3494.

An international racewalking grand prix over 3K was held in Leamington Spa. Pat Murphy, a 41-year-old Irishman, made his trip across the water worthwhile by strolling home in 13:36 over Colin Bradley, M40, 14:17, and Richard Emsley, M50, 14:19. Ann Wheeler, 46, won the women's race in 16:45.

The age-graded performances were awarded to Bobby King, Ireland, for his M55 14:34, equaling 87.4%, and Pam Horwill, 68, notching an 81.4% for her fourth-place 19:59. □

### International Scene

Continued from page 14

future of Africa was discussed and many good ideas were brought forward; so good that we might now say we see a future also for Africa. Hannes Booysen, Africa President, was very happy to be re-elected.

Together with IAAF we will discuss

a development program for Africa and we are confident this will be successful.

As this is the last issue of *National Masters News* for 2002, I take this opportunity to thank all of you for a very good year. I wish you the very best for 2003 and hope we will see each other in Puerto Rico.

MERRY CHRISTMAS and a HAPPY NEW YEAR! □

### XV WMA INTERNATIONAL CHAMPIONSHIPS CAROLINA, PUERTO RICO • July 1-14, 2003

### WMA REGIONAL CHAMPIONSHIPS DORADO, PUERTO RICO • JULY 2004

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### WMA/USATF Hurdles and Implements Specifications

#### HURDLES

##### WOMEN

Age Group	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	No. of Hurdles
30-39	100m	.840m 33"	13.00m 42'8 1/2"	8.5m 27'10 1/2"	10.5m 34'5"	10
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	8
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
60+	80m	.686m 27"	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+	300m	.686m 27"	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"	16.00m 52'6"	8.00m 26'3"	12.00m 39'4"	10
60-69	100m	.840m 33"	16.00m 52'6"	8.00m 26'3"	12.00m 39'4"	10
70-79	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.0m 62'4"	8
80+	80m	.686m 27"	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"	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+	300m	.686m 27"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7

#### IMPLEMENTS

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

Steeplechase: men 30-59: 3000m/36" (.914m); men 60+ and women: 2000m/30" (.762m)  
WMA weights are used for USATF weight pentathlons.

Note: The 55m and 60m indoor hurdle races use the same heights, distance to first hurdle, and distance between hurdles as the outdoor hurdle races for the respective age groups.  
For all age-groups indoors, 5 hurdles are run.

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WMA web site: <http://www.world-masters-athletics.org>



# Masters Scene

## NATIONAL

• **Charles Hubbard**, 41, Bloomington, MN, with a third-place 7:23.29, and **Tania Pacev**, 43, Littleton, CO, in 9:04.08, were the masters winners in the USATF National 100K Championships, Duluth, MN, Oct. 19. **Tom Perry**, 57, Pittsford, NY, was the first M50+ (10:31:27). **Susan Olsen**, 45, Burnsville, MN, was second W40+ (9:59:16).

• **Rod Craig**, M40, with a 1:49.08, and **Marianne Martino**, W50, with a 2:04:32, strode to masters firsts in the USATF National Masters 20K RW Championships, Coconut Creek, FL, Oct. 20. **Leon Jasionowski**, M55, was second M40+ (1:52:15).

• **Phil Raschker**, national W55 multi-champion, indoors and outdoors, was featured pole vaulting in the Nov. 25 *Time Magazine* in a one-page ad by the National Senior Games Association, which has also honored her by submitting her name for the prestigious 73rd Sullivan Award, given to the U.S. athlete who "by his or her performance, example, and influence as an amateur, has done the most during the year to advance the cause of sportmanship."

## EAST

• A special masters women's 4x1600 relay will be held as part of the Upstate (NY) Holiday Classic IV on Saturday, Dec. 28, at the Bristol Field House on the campus of Hobart and William Smith College, Geneva, NY. The race is being added to the meet schedule to give several masters clubs a chance at breaking the listed W40-49 U.S. indoor best of 25:06.6y set by the Finger Lakes RC. The race is tentatively scheduled to include Rochester's Genesee Valley Harriers, Syracuse Chargers, Buffalo's Checkers AC, and Ithaca's Finger Lakes RC. A W50-59 race will also be run concurrently. Interested teams should contact race director **Peter Glavin** at gvh@frontier.net.net. For more info on the Upstate Holiday Classic, which will serve as the Niagara Association Championships, go to the Genesee Valley Harriers' Web site at <http://www.gvh.net/>.

• **Conor Driscoll**, 41, captured the M40+ first by one second from **Jim Stemm**, 42, with a 26:57, NYRR Not Quite the NYC Marathon 8K, Central Park, Oct. 27. **Joe Burns**, 73, took the M70 race in 40:56. **Wilfredo Rios**, 86, finished in 69:25. **Catherine Stone**, 40, was first W40+ in 30:22, with **Gillian Horowitz**, 47, second (30:56). **Helene Bedrock**, 67, won the W65 division (38:49).

• **Jerry Macari**, 42, left the entire field behind with a first overall 17:17, NYRR Kurt Steiner 5K X-C, Van Cortlandt Park, Bronx, Oct. 20. **Volodymyr Timilov**, 45, was second M40+ (17:57). **Ann Vazquez**, 40, took the W40+ race in 22:25.

• **Martha Merz**, 40, Mystic, CT, captured the W40+ title with a second-woman overall, masters record 59.49, and **Sgt. Sammy Ngatia**, 43, Fort Carson, CO, took the M40+ race in 51:17, Army 10 Miler, Washington, DC, Oct. 20. **John Dugdale**, 67, Ridgefield, CT, won the M65 division with a 66:32. **Mark Schroeder**, Wilmington, DE, ran an 83:54, at age 82. **Betty Blank**, 49, Falls Church, VA, was fifth W40+ (69:13). **Rita Clark**, 52, Green Bay, WI, won the W50 contest by five seconds from **Sandra Adams**, 53, Winchester, VA, with a 71:48. Canceled last year because of September 11, the race, the world's largest 10 miler, had some 11,901 finishers.

• **Francis Kamau**, 41, in 15:13, and **Susan Munson**, 43, in 18:06, outlegged the masters fields in the Syracuse, NY, Festival of Races 5K, Oct. 6. **Mike Platt**, 40, was second M40+ in 15:29. **Sam Graceffo**, 66, sped to the M65 win in 20:35. **Diane Legare**, 51, led a strong W50 group to the finish with a second-W40+ 18:19. **Yvonne Tasker-Rothenberg**, 60, won the W60 title with a 23:27.

• **Kathy Martin**, 51, Northport, NY, sailed through the Oyster Bay 5K, Oyster Bay, NY, Oct. 19, with a first-woman 18:33. **Don Di Donato**, 45,

Hicksville, NY, finished sixth overall of 600 runners in 16:50. **Bert Jablon**, 75, Syosset, NY, won the M75+ contest (26:23). **Betty Horstmann**, 57, Bayport, NY, won the W55 (23:11). The race was conducted by the Greater Long Island RC, with GLIRC President **Mike Polansky** directing, as part of the Long Island KeySpan Energy Grand Prix Series.

• The Finger Lakes Indoor Meets, Cornell U., Ithaca, NY, are scheduled for Dec. 8, Jan. 12, Feb. 9, and March 9. Contact: **Tim Ingall**, 607-533-4329; [Timingall@hotmail.com](mailto:Timingall@hotmail.com)

• The HFC Road Masters M40+ team finished sixth overall (6:52:13) of 123 teams in the eight-leg Fred Brown Winnepesaukee 65.1 Mile Relay, Weirs Beach, NH, Sept. 21. The Grumpy But First Old Men M60+ squad was 17th (7:39:34). The first M50+ group was the North Bedford Club-Seniors, 22nd (7:46:47). The WCRC Women's Masters was the first W40+ team, 39th (8:09:15).

• **Russell Lauer**, 40, North Troy, NY, 2:50:26, and **Nancy Taormina**, 43, Albany, NY, 3:18:02, forged masters firsts in the 20th Mohawk-Hudson River Marathon, Schenectady-Albany, NY, Oct. 13. Masters runners-up were **Dennis Fillmore**, 50, Ballston Spa, NY, 2:57:22, and **Linda Kimmey**, 43, Clifton Park, NY, 3:18:39.

• The Ocean to Sound Relay drew 102 eight-person teams to the starting line at Jones Beach St. Park on Long Island, Sept. 29. When it was all over 50 miles later at Oyster Bay, NY, 101 teams had survived, with the Orange & Sullivan Counties men's team winning the M40+ division (4:53:42), and the I Really Can't Run women's squad taking the W40+ title (7:48:49). Top Seniors 50+ teams were the men's Taconic RR (5:18:44) and the women's Speedy Seniors of BTC (7:49:09). The Bohemia Mixed Masters (5:38:37) took the Co-ed Masters race. The race, in which each runner covers a leg between five and eight miles, was staged by the Greater Long Island RC.

## SOUTHEAST

• **Anthony Basile**, 43, 34:48, **Bruce Moroney**, 41, 35:10, and **Jeff Martin**, 43, 35:18, finished 2-3-4, Disney's 10K Classic, Orlando, Oct. 13. **Suzanne O'Malley**, 41, was fourth woman in 40:46. Other division winners included **Jim Larson**, 65, 46:46, and **Kim Showalter**, 52, 51:18.

## MIDWEST

• **John Agnew**, 40, Bellbrook, OH, 2:29:02, was the top master at the Columbus Marathon on a cool, breezy fall day, Oct. 20. **Sandy Hundley**, 42, Hilliard, OH, topped the W40+ at 3:09:52. **Janice Kreuz**, 55, Cincinnati, was the second W40+, 3:15:14. **Joel Feldman**, 60, Virginia Beach, VA, 3:08:16, shone in the M60.

## MID-AMERICA

• Six of the top seven women in the City of Lakes 25K, Minneapolis, were W40+, with **Debbie Leyden**, 41, 96:31, and **Bev Docherty**, 44, 99:25, finishing 1-2. **Suzanne Ray**, 50, 1:44:55, **Jill Anderson**, 40, 1:46:02, **Kristi Larson**, 44, 1:48:06, and **Constance Sjoquist**, 40, 1:49:43, were 4-5-6-7. **Digger Carlson**, 40, hurried to a third-place 89:28. **Doug Suker**, 51, was best M50+ in 99:32.

## SOUTHWEST

• **Carol Finsrud** continued her attack on U.S. W45 throws records begun after she turned 60 last February with a 40-8 1/2 SP and a 160-10 DT in the Lions/Waterloo Meet, Austin, TX, Oct. 12. **Joanne Grissom** holds the SP record at 39-7 1/2. **Ruth Welding** has the present DT mark at 126-2. • **Barbara Stoll**, 40, 18:40, **Sheri Keim**, 41, 18:56, and **Allison Willbom**, 41, 19:08, were 3-4-5, Komen Race for the Cure 5K, Houston, Oct. 12. **Gerl Wood**, 54, took the W50 race from **Karen**

**Bowler**, 52, by three seconds with a 21:48.

## WEST

• **Debbie Richardson**, 40, Palos Verdes Estates, CA, broke the three-hour barrier with a first-woman overall 2:59:42, Santa Clarita, CA, Marathon, Nov. 3. **Jose Luis Diaz**, 47, Los Angeles, was second overall in 2:41:45. In the half-marathon, **Robert Leonardo**, 40, Van Nuys, CA, was the winner overall by a second over **Dagoverto Perez**, 34, with a 71:08. **Mary Button**, 43, Los Angeles, zipped to the second-woman spot with an 87:14. **Julie Lister**, 55, Glendale, CA, was fifth W40+ (1:41:57).

• **Michael Baumann**, 45, Visalia, CA, with a 2:54:19, and **Rena Schumann**, 41, Folsom, CA, struck gold with overall firsts in the Sacramento Marathon, Oct. 6, as did **Kathleen Atkins**, 43, Rocklin, CA, with a first-woman 85:34 in the half-marathon. **Bob Carpenter**, 46, Rancho Cordova, CA, won the M40+ race in 85:12. **Rae Clark**, 50, Auburn, CA, took the M50 contest with an 11th-place 85:52.

• **Maria Trujillo de Rios**, 42, Los Gatos, CA, posted a third-woman 45:19, and **Thom Trimble**, 43, logged an M40+ first with a 41:36, KNBR Bridge to Bridge 12K, San Francisco, Oct. 6. **Donald Ardell**, 64, traveled from Tampa, FL, to win the M60-69 race in 48:17. Nearly 6000 finished. In the 7K, **Dave Standcliffe**, 51, San Rafael, CA, with a fourth-place 25:18, and **Jennifer Bille Flaherty**, 45, Corte Madera, CA, with a 30:42, cruised to masters wins. **Jon Tannehill**, 42, Danville, CA, was fifth (25:45). **Charles Grant**, 60, San Francisco, took the 14th spot (27:11). Over 2500 finished the 7K.

• Masters were monstrous winners in the Dinosaur Dash 5K & 10K, Tustin, CA, Nov. 3, with **Kevin Broady**, 40, winning the 5K overall in 15:18, and **Paul Cook**, 50, finishing first in the 10K with a 36:01. First W40+s were **Anet Coopermeyer**, W40, 5K (19:22), and **Denise Ripley**, W40, 10K (41:16). **Mary Story**, 78, ran the 5K in 32:18. **Bob Koch**, 75, won the M75 10K race in 51:16.

• A "Javelin School" on Dec. 13-14, at Occidental College in Los Angeles, staged by USATF Men's Javelin Development Chair **Jeff Gorski** will make a special effort to cater to masters, according to **Dr. Sy Silverstein**, who helped bring Gorski to the L.A. area. "As masters, it is very difficult to find quality coaching and training. Most masters throwers are left to their own resources to 'piece together' throwing and training information," says Silverstein. "This javelin school will pay special attention to the questions and needs of the masters in attendance." Joining Gorski will be **Kate Schmidt**, two-time Olympian and U.S. record holder, **Duncan Atwood**, three-time Olympian, and **Breaux Greer**, Olympian and three-time U.S. champion. The javelin schools are sponsored by Klub Keihlas, an IRS-recognized tax-exempt sport organization. For more information, contact Gorski at [gokeihlas@intrex.net](mailto:gokeihlas@intrex.net), or Silverstein at [sydds@aol.com](mailto:sydds@aol.com)

• Masters hotties went one-two overall at the Clarksburg 30K, Clarksburg, CA, Nov. 10. **Maria Trujillo de Rios**, 42, Los Gatos, CA, finished first in 1:59:10, and **Diana Nelson-Fitzpatrick**, 44, finished second in 2:00:15. Rainy, windy conditions couldn't stop the speedsters though: several U.S. records were set. **Myra Rhodes**, 70, Sacramento, lowered the W70 record by more than 12 minutes with her 2:47:08 run (old record 2:59:22/**Ellen McCoy**/1991). **Barbara Miller** lowered the age-63 record to 2:29:32 (old record **Myra Rhodes**/2:30:42/1995). **Nelson-Fitzpatrick** set a new age-44 best, slicing more than two minutes off the old record of 2:02:45 (old record **Joan Coleman**/1998). And **Lynette Lucess**, 75, Sacramento, set a new age-75 record of 4:04:18 (old record **Po Adams**/4:24:03/1999). **Adams**, 78, Carmichael, CA, pulled off a 3:27:33 this year, knocking 10 minutes off the old record by **Gerry Davidson**/3:37:52/1998.

• **Erwin Jaskulski**, 100, set WRs for the 100 and 200, running 36.49 (wind -0.2 meters per sec) and 87.85 (w -2.6 mps) in the Hawaii Senior Olympics, Kaiser HS, Honolulu, Nov. 16. All precautions were taken to ensure approval of the record - certified USATF officials, three other senior runners to run with Jaskulski, Accutrack

system, track measurement, etc. Jaskulski, a citizen of Austria, became a centenarian on Sept. 24. He already owns the M95 WRs in the 100 (24.01), 200 (57.58), and 400 (2:38.64).

## NORTHWEST

• **Tony Young**, M40, churned out a second-place 31:57, Issaquah, WA, Rotary Run 10K, Oct. 6. **Jim Gaul** won the M60-69 race in 39:29. **Win Van Pelt**, W40, took the W40+ race with a 41:25. In the 5K, **Julie Sullivan**, W40, was first woman in 19:12. **Michael Smith**, M40, nabbed the M40 title with a second-place 16:34. **Patricia Budzias**, W60, ran a 25:41.

## CANADA

• **James Earl**, 43, in 30:00, and **Linda Findley**, 54, in 36:30, chalked up age-40+ firsts in the Ontario Masters T&F Association 8K X-C Championships, Nov. 10. **George Aitkin**, 50, was the top performer with a 30:55. **Nancy Wells**, 56, ran a 39:05.

• **Cindy Keeler**, W40, Clermont, FL, was la première femme at the Casino Niagara International Marathon, Niagara Falls, ONT, Oct. 27, winning overall in 2:50:18. **Michael Lavoie**, 2:31:59, M40, was fourth overall pour les hommes.

## INTERNATIONAL

• WMA announced that the International Association of Ultrarunners (IAU) will stage the first World Masters Championships 100K on Nov. 16, 2003. **Ron Bell**, WMA Vice-President Non-Stadia, worked out a relationship between WMA and IAU to offer masters athletes an ultra-distance championships as decided by the WMA General Assembly in Brisbane in 2001. The Championships will be held in Zan-wen Dam, Nan-si of Tainan County, Taipei. Entry fee is USD 50.00. Awards will be in five-year age groups. Full details will appear later on the WMA Web site: [www.world-masters-athletics.org](http://www.world-masters-athletics.org).

## OBITUARIES

**Dick Lee** died Nov. 11 of a heart attack. He was 66. A resident of Eugene, Ore., Lee, in addition to being a successful masters competitor since 1987, was a prominent figure on Eugene's track & field and sports scenes as an athlete and official. He had participated in many national masters competitions, had won several national titles, and was a U.S. record-holder in the shot put in 1992 and 1993. He was the head discus official for U. of Oregon track & field, and the field event referee at the state high school championships, the Hayward Classic meets, and National Masters Championships in Eugene in 1994, and head discus official for the 1989 World Veterans Championships. He was a past president of the Oregon TC. Born in Richmond, Calif., Lee had lived in the Eugene area for 43 years. He had served in the military as a police officer, and worked as a loan officer. He enjoyed fishing, photography, and spending time with his family. Survivors include his five sons, two brothers, and three grandchildren.

• **Ben Plucknett**, who set a world discus record of 237-4 in Stockholm in 1981, died of a brain aneurysm, Nov. 17, at his home in Essex, Mo. He was 48. The throw still stands as a U.S. mark. The career of the 6-7 Plucknett, who weighed 300 pounds when competing, was marred by allegations of steroid use. In 1981, he was banned for life by the IAAF. The ban was later cut to 18 months, and he finished fourth in the 1988 Olympic Trials.

## CORRECTIONS

• **Jim Dolezel's** marks in the M50 LJ (first, 10.54) and LJ (first, 5.58, a lifetime best) were omitted from the USATF Southwest Regional Masters Championships results, September, p.29.

• **Charles Kirkby**, M65, was incorrectly listed in the results (September 2002) given to us by meet management as **Charles Kirken**, 35th National Masters Championships, Orono, ME. He competed in the steeplechase (9:22.39) and javelin (30:04).

USA track and 30 unless otherwise Long distance even national masters c age 40. International over 35. Entry bla printed in the new or corrections to N

## TRACK

### NATI

December 4-8. U Meeting, Hyatt Reg Kansas City, Mo. US Suite 140, Indianapo 0500; fax: 261-0481. March 8-9. USA Indoor Heptathl Kenosha, Wisc. Jeff Paddock Lake, WI (h); [jwatry@gillathle](mailto:jwatry@gillathle) March 28-30. US Indoor Champions Center, Boston, Mas Steve Vaitones, US 617-566-7600; [www.usatfne.org](http://www.usatfne.org); em

May 27-June 9. Su Games/Senior Olym Va. Must have quali Qualifying Games. I Association, PO Bo LA 70884-2059. 22 [www.nationalseniorg](http://www.nationalseniorg)

August 7-10. 36th A Masters Champions Eugene, Ore. North ment, PO Box 1082 541-687-1989; fax: nem@nwevent.com; 2003); [www.eugeneo](http://www.eugeneo) August 23-24. US Weight Pentathl Colorado State U. Bookin-Weiner, 19 Collins, CO 800 jbbw@lamar.colostat

Connecticut, Dela Maryland, Minn New Jersey, New Pennsylvania, Rh

December 13. M Indoor Meet, Armo Roz Katz, 718-35 Eastern time); [www.mactrack.org](http://www.mactrack.org)

December 15. I Indoor Meet, Haverford, Pa. 8:30 shoes that can hol Phillymasters@con lenborg, 215-393-1

December 15, 2 Indoor Meet, Suffo 516-349-9157; offi

December 15. George's Sports Landover, Md. F Melvin Field KEY8824@aol.co



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

## TRACK & FIELD

### NATIONAL

**December 4-8.** USATF 24th Annual Meeting, Hyatt Regency Crown Center, Kansas City, Mo. USATF, One RCA Dome, Suite 140, Indianapolis, IN 46225. 317-261-0500; fax: 261-0481; www.usatf.org

**March 8-9.** USATF National Masters Indoor Heptathlon Championships, Kenosha, Wisc. Jeff Watry, 24302 77th St., Paddock Lake, WI 53168. 262-843-3367 (h); jwatry@gillathletics

**March 28-30.** USATF National Masters Indoor Championships, Reggie Lewis Center, Boston, Mass. Pentathlon on 28th. Steve Vaitones, USATF NE Association, 617-566-7600; fax: 734-6322; www.usatfne.org; email: office@usatfne.org

**May 27-June 9.** Summer National Senior Games/Senior Olympics, Hampton Roads, Va. Must have qualified at an NSGA State Qualifying Games. National Senior Games Association, PO Box 82059, Baton Rouge, LA 70884-2059. 225-766-6316; nsga.com; www.nationalseniorgames.org

**August 7-10.** 36th Annual USATF National Masters Championships, Hayward Field, Eugene, Ore. Northwest Event Management, PO Box 10825, Eugene, OR 97440. 541-687-1989; fax: 687-1016; email: nem@nwevent.com; Web site (after Jan. 5, 2003): www.eugenechamps.com

**August 23-24.** USATF National Masters Weight Pentathlon Championships, Colorado State U., Fort Collins. Jerry Bookin-Weiner, 1920 Navajo Dr., Fort Collins, CO 80525. 970-482-0616. jbbw@lamar.colostate.edu

### EAST

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

**December 13.** MAC Season Opener Indoor Meet, Armory T&F Center, NYC. Roz Katz, 718-358-6233 (before 9 pm, Eastern time); throwercfa@aol.com; www.mactrack.org

**December 15.** Philadelphia Masters Indoor Meet, Haverford College, Haverford, Pa. 8:30 am. No PV/no spikes/shoes that can hold spikes. Tom Yunker, Phillymasters@comcast.net; Kyle Mecklenborg, 215-393-1382

**December 15, 29.** Long Island T&F Indoor Meet, Suffolk Community College. 516-349-9157; office@litf.org

**December 15.** Indoor Meet, Prince George's Sports & Learning Complex, Landover, Md. Registration: 7:30 am. Melvin Fields, 301-583-2661; KEY8824@aol.com; Larry Colbert, 301-

773-7769.

**December 28.** MAC Masters & Open Holiday Indoor Classic, Armory T&F Center, NYC. See Dec. 13.

**December 28.** USATF Niagara Indoor Championships, Geneva, N.Y. Peter Glavin, 585-720-9252; gvh@frontiernet.net

**January 5.** Philadelphia Masters Indoor Meet, Swarthmore College, Swarthmore, Pa. Tom Yunker, Phillymasters@comcast.net; Kyle Mecklenborg, 215-393-1382.

**January 5.** Long Island Indoor Meet, Suffolk Community College. 516-349-9157; office@litf.org

**January 5, 19.** Indoor Meets, Prince George's Sports & Learning Complex, Landover, Md. Registration: 7:30 am. Melvin Fields, 301-583-2661; KEY8824@aol.com; Larry Colbert, 301-773-7769.

**January 10.** MAC Y/O/M Indoor Relay Carnival, Armory T&F Center, NYC. Roz Katz, 718-358-6233 (before 9 pm, Eastern time); throwercfa@aol.com; www.mactrack.org

**January 10-13.** Dartmouth Relays, Leverone Field House, Hanover, N.H. Carl Wallin, Dartmouth College Ath. Dept., 6083 Alumni Gym, Hanover, NH 03755-3512. 603-646-3821.

**January 12.** New England Masters Championships, Brown U., Providence, R.I. Bob Rothenberg, 401-863-1041; office@usatfne.org; www.usatfne.org

**January 12, 26.** PVA Indoor Meets, Jefferson Community Center, Arlington, Va. Potomac Valley TC, 703-671-2520; http://pvtc.org

**January 19.** GBTC Invitational, Harvard U., Cambridge, Mass. M&W40+. Dash/200/400/800/mile/SP/WT. Jim O'Brien, GBTC, PO Box 380182, Cambridge, MA 02238-0182. 617-282-5537; www.gbtc.org; e-mail: j.g.obrien@att.net

**January 25.** 36th annual Hartshorne Memorial Masters Mile, Cornell U., Ithaca, N.Y. W30+; M40+; prize purse for men and women's elite mile; bonus for M&W40+ record. 10:00 am. Rick Hoebeke, 2706 Agard Rd., Trumansburg, NY 14886. 607-255-6530(d); 387-6431(eve).

**February 1.** adidas Boston Indoor Games, Masters Mile, Reggie Lewis Center, Boston. 617-353-2911; 617-566-7600; usatfne@ix.netcom.com

**February 1.** Millrose Games Masters Relays, MSG, NYC. Frank Schiro, 524 E. 5th St., #1, New York, NY 10009. 212-260-3141; email: DMargeta@aol.com

**February 2.** Indoor Meet, Prince George's Sports & Learning Complex, Landover, Md. Registration: 7:30 am. Melvin Fields, 301-583-2661; KEY8824@aol.com; Larry Colbert, 301-773-7769.

**February 9.** New Jersey Masters Indoor Championships, Fairleigh Dickinson U., Hackensack. M&W30+. Out-of-state wel-

come. SASE to Jim Manno, 792 Schaefer Ave., Oradell, NJ 07649-2429. 201-261-7756.

**February 9.** PVA Indoor Meet, Jefferson Community Center, Arlington, Va. PVTC, 703-671-2520; http://pvtc.org

**February 9.** Long Island Indoor Meet, Nassau CC. Field events at Suffolk CC. 516-349-9157; office@litf.org

**February 21.** MAC Y/O/M Indoor Meet, Armory T&F Center, NYC. Roz Katz, 718-358-6233 (before 9 pm, Eastern time); throwercfa@aol.com; www.mactrack.org

**March 2.** USATF Indoor Championships, Reggie Lewis Center, Boston. Masters men-3000 (entry standard 9:00)/women-200 (entry standard 28.5). Mark Cleary, 949-589-0242; runnermark@cox.net; www.xro.com/Cleary.html

**March 8.** Philadelphia Masters Indoor Championships, Haverford College. 3:30 pm. 55H, 55, mile, 400, RW, 800, 200, 3000, LJ, HJ, TJ, SP. No PV. No spikes or shoes that can hold spikes. Age-group awards. Tom Yunker, Phillymasters@comcast.net; Kyle Mecklenborg, 215-393-1382.

**March 8 (tent.).** MAC & LITF O/M Indoor Meet, Armory T&F Center, NYC. 516-349-9157; www.litf.org

**March 9.** MAC O/M Championships, Armory T&F Center, NYC. Roz Katz, 718-358-6233 (before 9 pm, Eastern time); throwercfa@aol.com; www.mactrack.org

### SOUTHEAST

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

**December 6-15.** Florida Senior Games State Championships, Lakeland. 850-488-8347; www.flasports.com

**December 7.** Clearwater Throwers Classic/ Weight Pentathlon/Superweight, Clearwater, Fla. John Selleh, 727-725-8139; Jselleh@aol.com

**January 19.** Cingular Wireless Indoor Meet, Jackson Coliseum, Jackson, Miss. Masters run with college athletes (separate heats). \$10 unlimited events. Emil Pawlik, 11 Avery Circle, Jackson, MS 39211. 601-957-9435; www.dallasmasters.com

**February 22-March 9.** Polk Senior Games, Bartow, Fla. PSG, 515 East Boulevard St., Bartow, FL 33830. 863-533-0055.

**March 1.** Virginia Indoor Masters Championships, VMI Field House, Lexington. SASE to John Tucker, Director, Dept. of Athletics, Washington & Lee U., Lexington, VA 24450. 540-458-8667; http://home.wlu.edu/~tuckerj/

### MIDWEST

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

**December 6, 10.** Indoor Meets, U. of Wisconsin, Milwaukee. 414-229-2567; schustrnr@milwaukee.tec.wi.us

**January 26.** Michigan Masters & Open Indoor Championships, Grand Valley St. U., Allendale. Jerry Baltes, GVSU, Office 97, Field House, Allendale, MI 49401. 616-895-3360. No phone or fax entries.

### MID-AMERICA

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

**February 8-9.** USATF Mid-America Regional Masters Indoor Championships, Colorado State U., Fort Collins. SP/WT/SW/HJ on 8th. jbbw@lamar.colostate.edu

## ON TAP FOR DECEMBER

### TRACK AND FIELD

The Hyatt Regency Crown Center, Kansas City, Mo., hosts the USATF 24th annual meeting, 4th-8th, with track & field, long distance running, and racewalking masters in attendance. Early season indoor meets can be had in NYC and Philadelphia. The Niagara Indoor Championships are set for Geneva, N.Y., on the 28th. The Sunshine State offers the Florida Senior Games, Lakeland, on the 6th-15th, and the Clearwater Throwers Classic on the 7th.

### LONG DISTANCE RUNNING

The National Masters 10K X-C Championships take place in Rocklin, Calif., near Sacramento, on the 14th. Other action includes the Western Hemisphere Marathon, Culver City, Calif., the Run to the Far Side 10K, San Francisco, and the Seattle Marathon on the 1st; the California International Marathon, Sacramento, and Tucson Marathon, on the 8th; the Huntsville Times Rocket City Marathon on the 14th; the New Jersey 10 Mile Championships, South Orange, on the 15th; and ends with the NYRR Runner's World Midnight 4 Mile in Central Park on the 31st.

### RACEWALKING

Road races and indoor meets often include a racewalking category. □

**March 2.** USATF Colorado Indoor Championships, USAF Academy Field House, Colorado Springs. M&W30+ in 5-yr. age groups. Jerry Donley, 2354 Wood Ave., Colorado Springs, CO 80907-6775. 719-635-1264; fax: 471-1663. Jim Weed, 303-469-5607; Jerry Bookin-Weiner, 970-491-5917.

### SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**February 22.** Waterloo Throwers Meet, Austin, Texas. lionswaterloo@earthlink.net

### WEST

Arizona, California, Hawaii, Nevada, New Mexico

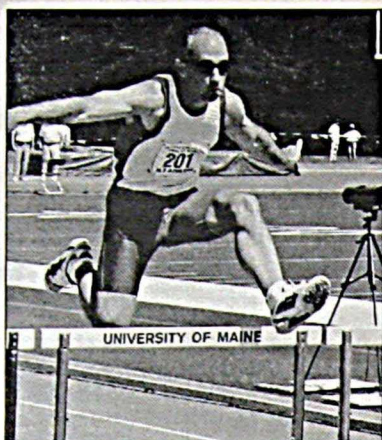
**December 13-14.** Javelin School, Occidental College, Los Angeles. Masters welcome. Jeff Gorski, gokeihas@intrex.net; Dr. Sy Sylvester, syDDS@aol.com

**January 10-19.** Sierra Vista Senior Games, Ariz. Danny Frasier, 520-417-6980.

**January 10-February 26.** Yuma Senior Games, Yuma, Ariz. Joe Cox, 928-343-

Continued on page 18





JERRY WOJCIK

Steve Cummings, M45 hurdler, 35th National Masters Championships, Orono, Me.

Continued from page 17

8685.

**January 18.** King Weekend Weight Pentathlon, Citrus College, Glendora, Calif. Lloyd Higgins, 323-254-5473; throwfarcoach@cox.net

**January 25.** Arizona Developmental Meet, Phoenix. Bob Flint, USATF AZ, 480-949-1991; Pat Fahy, jpatfahy@aol.com

**January 25-February 2.** Tucson Senior Olympics, Tucson, Ariz. Patsy Sparks, 520-791-5915.

**February 1.** USATF Arizona Regulation meet (indoor), site TBA. Jpatfahy@aol.com

**February 15-16.** Arizona Senior Olympic State Games, ASU-Tempe. T-15th/F-16th. 602-261-8765.

**February 16.** Arizona Indoor Classic, Northern Arizona U., Flagstaff. Jpatfahy@aol.com

### NORTHWEST

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

**January 25.** Great Northwest Indoor Classic, Portland Expo Center. Masters in evening. www.usatforegon.org

**February 1-2.** Northwest Pole Vault Festival, Clackamas Community College, Oregon. www.racestats.net/wstc/events.htm

**June 21-22.** Hayward Masters Classic, Eugene, Ore.

**June 28-29.** Portland Masters Classic, Mt. Hood CC, Gresham, Ore. Paul Stepan, 3011 NE Linden, Gresham, OR. 503-666-8950; lstepan@yahoo.com

**July 19.** Inland Northwest Masters Classic, Pullman, Wash. Jeff Schaller, 435 SW State St., Pullman, WA 99163. 509-332-3148(h); jeffschaller@turbonet.com

**July 25-26.** Seattle Masters Classic, West Seattle Stadium. Ken Weinbel, 206-932-3923; kweinbel@attbi.com

### INTERNATIONAL

**February 15-16.** BMAF National Indoor Championships, Glasgow, Scotland. www.bvaf.org.uk

**March 6-9.** European Veterans Indoor Championships, San Sebastian, Spain.

**June 7-8.** BMAF National Championships, Derby, England. www.bvaf.org.uk

**July 2-13.** 15th World Masters Athletics Championships, Carolina, Puerto Rico. www.puertorico2003.org

**July 26-August 3.** Pan Pacific Masters

Games, Sacramento, Calif. www.panpacmastersgames.com

## LONG DISTANCE RUNNING

### NATIONAL

**December 14.** USATF National Masters 10K Cross-Country Championships, Rocklin, Calif. Joe Rubio, Venue Sports, 4035 S. Higuera, San Luis Obispo, CA 93401. joe@venuesports.com; www.venuesports1.com/xcnatl

### EAST

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

**December 1.** LITF Cross-Country series/Rob's Run 5K, Stillwell Woods, L.I., N.Y. 517-349-9157; www.litf.org

**December 7.** NYRR Hot Chocolate 5K, Central Park. 212-860-4455; www.nyrrc.org

**December 8.** Brian's Day 10K, West Chester, Pa. 610-399-0709.

**December 14.** Wantagh Snowball 5K/KEYSPAN Grand Prix Series, Wantagh, N.Y. 516-349-9157; www.litf.org

**December 15.** Bill Rodgers Jingle Bell Run, Boston, Mass. www.billrogers.com

**December 15.** USATF New Jersey 10 Mile Championships, South Orange. 732-296-0006; usatfnj.org

**December 21.** Ho Ho Ho Holiday 5K, Bethpage, N.Y. 516-349-7646; www.glirc.org

**December 31.** NYRR Runner's World Midnight Run 4 Mile, Central Park, N.Y. 212-860-4455; www.nyrrc.org

**February 23.** Hyannis Marathon, Half-Marathon & 10K, Hyannis, Mass. 508-775-0413; BAEvents@aol.com

### SOUTHEAST

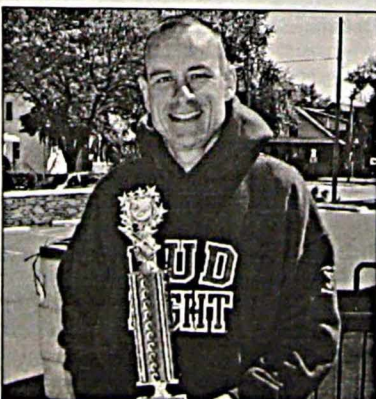
Alabama, Florida, Georgia, N. Carolina, S. Carolina, Tennessee, Virginia

**December 7.** St. Jude Memphis Marathon & Half-Marathon. 888-401-7252; www.stjude-marathon.org

**December 7.** OUC Orlando Half-Marathon & 5K, Orlando, Fla. www.orlandohalf.com

**December 7.** Paris Mt. 20K/RRCA 20K State Championships & 5K, Greenville, S.C. 828-883-9278; www.greenvilletrackclub.com

**December 13.** Florida Gulf Beaches



Tim Emmett, 46, first M40+ (35:27), Ferndale, Mich., Foot Frolic 10K.

Halfathon, Madeira Beach. 727-347-4440; www.floridahalf.com

**December 14.** Holiday Half-Marathon, Point Clear, Ala. Port City Pacers, Box 6427, Mobile, AL 36660. 251-473-7223.

**December 14.** Huntsville Times Rocket City Marathon/RRCA Southern Regional Championships, Huntsville, Ala. 256-828-6207; www.huntsvilletrackclub.org

**December 15.** Jacksonville Marathon & Half-Marathon, Jacksonville, Fla. 904-739-1917; www.lspacesports.com

**December 29.** DeLeon Springs Half-Marathon & 5K, DeLeon Springs, Fla. John Boyle, DLS Half, PO Box 1700, DeLand, FL 32721.

**January 4.** Bank of America Gasparilla 15K & 5K, Tampa, Fla. 813-229-7866; www.Tampabayrun.com

**January 5.** Hops Marathon by Tampa Bay, Tampa, Fla. 813-229-7866; www.Tampabayrun.com

**January 18.** Charlotte Observer Marathon & 10K, Charlotte, N.C. 704-333-3688; www.runforpeace.active.com

**January 25.** Panther Pride 5K, Mobile, Ala. Port City Pacers, PO Box 6427, Mobile, AL



DON PREVEN

Earl Fee (l), winner (5:39) of the M70-79 division in the 2002 Sheehan Invitational Fifth Ave. Mile, New York City, with Bernard Cooper, Chairman of the New York Road Runners.

36660. 251-473-7223.

**January 25.** Matanzas 5000, St. Augustine, Fla. 904-797-7575.

**January 26.** Naples Half-Marathon, Naples, Fla. Perry Silverman, 239-262-5653; email: PSilverman@aol.com; Naplesnews.com

**February 1.** IMC-Peace River 5K Cross-Country, Barlow, Fla. 653-534-4340.

**February 2.** Miami Tropical Marathon, Miami, Fla. 305-278-8668; www.miami-tropicalmarathon.com

**February 9.** Mercedes Marathon & Half-Marathon, Birmingham, Ala. 800-266-5426; www.mercedesmarathon.com

**February 16.** Florida Gulf Beaches Marathon, Relay & 5K, Clearwater. 727-347-4440; www.floridamarathon.com

**February 22.** Myrtle Beach Marathon & Half-Marathon, Myrtle Beach, SC 29578-8780. 843-293-7223; www.DoltSports.com

**February 23.** Blue Angel Marathon, Naval AS, Pensacola, Fla. 850-452-3806, x313/340; www.mwpcola.navy.mil

### SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**December 8.** Houston Press Dome Run 10K, Houston, Texas. houstonpress.com/domerun/2002

**December 14.** Sunmart Texas Trail 50K & 50 Mile, Huntsville, Texas. 210-366-3701; www.sunmart-pwi.com

**December 15.** Larry Fuselier 25K State Championships, New Orleans, La. 504-482-6682; www.runNOTC.org

**December 15.** Dallas White Rock Marathon. www.RunTheRock.com

**January 19.** hp Houston Marathon & Half-Marathon, Houston, Texas. 713-957-3453; www.hphoustonmarathon.com

**February 16.** Mardi Gras Marathon, Half-Marathon & 5K, New Orleans. 504-454-8687; www.mardigrasmarathon.com

**February 16.** Motorola Marathon & Half-Marathon, Austin, Texas. 1-877-601-6686; www.MotorolaMarathon.com

### WEST

Arizona, California, Hawaii, Nevada, New Mexico

**December 1.** Western Hemisphere Marathon & Ekiden Relay, Culver City, Calif. 310-246-1418; www.whmarathon.active.com

**December 1.** Run to the Far Side 10K, San Francisco. 415-759-2690; rhodyco.com.

**December 8.** California International Marathon, Sacramento. 808-734-7200; www.honolulu-marathon.org

**December 8.** Tucson Marathon & Half-Marathon, Tucson, Ariz. 520-320-0667; www.tucsonmarathon.com

**December 8.** 25th annual Lasse Viren 20K, Pt. Mugu St. Park, Calif., 8 miles s. of Oxnard on PCH. Steve Blum, 805-652-1744; blumper@pacbell.net

**January 11.** Paramount 10K, Paramount, Calif. (L.A. suburb). Finish Line International, 714-841-5417; www.nealand.com/finishline

**January 19.** San Diego Marathon & Half-Marathon, Carlsbad, Calif. 888-792-2900; www.inmotionevents.com

**February 2.** Las Vegas Marathon & Half-Marathon. Phone/fax: 702-876-3870; www.lvmarathon.com

**February 8.** Great American Adventure Run 2.8 & 4.8 Mile Cross-Country, Huntington Beach, Calif. Finish Line International, 714-841-5417; www.nealand.com/finishline

### NORTHWEST

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

**December 1.** Seattle Marathon & Half-Marathon. 206-729-3660; www.seattle-marathon.org

**December 1.** Winter Cross-Country Series 5K, Eugene, Ore. Scott Nivek, 503-497-4080; www.bigredlizard.com

### INTERNATIONAL

**December 8.** Cross-Country Endurance Race 31K Mountain & 10K Trek, Caviahue, Patagonia, Argentina. 0299 447 2347; www.patagoniaeventos.com/Caviahue.htm

**January 17-19.** Bermuda International Marathon, Half-Marathon, 10K, & Invitational Mile. 441-236-6086; www.bermuda-tracknfield.com

**February 23.** World's Best 10K, San Juan, Puerto Rico. 787-767-2000; fax: 763-2000; www.worldbest10k.com

### RACEWALKING

**January 19.** WCLA 42nd annual 10 Mile Handicap & Richard Oliver Memorial 5K RW, Rose Bowl, Pasadena, Calif. Carol Ferris, 818-243-8818; caferis@earthlink.net

M30-34  
Brad Dittmar

Marek Wensel

M40-44  
Bob Jones

M45-49  
John Lewandowski  
Valery Snehko  
Gregg Horner

M50-54  
Johnny Hollier

### U.S. M

Event	30-34	35-39
55	6.8	
60	7.4	
100	11.0	
200	22.4	
400	51.5	
800	2:02	
1500	4:20	
1 Mile	4:40	
3000	9:25	
5000	15:45	
10000	32:30	
55H	8.6	
60H	9.0	
110H	15.4	
100H		
80H		
400H	58.0	
300H		
3K-SC	10:10	
2K-SC		
HJ	1.90	
6-2 1/4		
PV	4.40	
14-5 1/2		
LJ	6.50	
21-4		
TJ	13.20	
43-3 1/2		
Shot	14.50	
47-7		
Discus	44.80	
147-0		
Hammer	47.24	
155-0		
Javelin	62.00	
203-5		
35#WT	15.00	
49-2 1/2		
25#WT		
56#WT	9.50	
31-2		
Pent.	2800	
Decath.	5500	
Wt. Pent.	2800	

Notes: 1) 100 stand  
2) Short hur  
3) Long hur  
4) Shot put  
5) Discus th  
6) Hammer  
7) Javelin  
8) Metric hel  
9) Pen/Dec

### U.S. MASTERS

	1.5K	Mile
W30	7:13	7:47
W35	7:22	8:03
W40	7:37	8:21
W45	8:03	8:41
W50	8:25	9:05
W55	8:55	9:31
W60	9:17	10:01
W65	9:48	10:35
W70	10:26	11:15
W75	11:10	12:01
W80	12:03	12:58
W85	13:13	14:15
W90	14:56	16:06
M30	6:31	7:01
M35	6:43	7:14
M40	6:58	7:29
M45	7:13	7:46
M50	7:33	8:05
M55	7:50	8:26
M60	8:13	8:51
M65	8:38	9:19
M70	9:08	9:50
M75	9:43	10:28
M80	10:26	11:14
M85	11:21	12:13
M90	12:41	13:39
Age-graded time/8		



# RECIPIENTS OF ALL-AMERICAN AWARDS

<b>M30-34</b>					
Brad Dittmar	110 hh	15.40	7-22-02		
	800m	2:00.35	8-10-02		
	400 hh	55.35	8-11-02		
Marek Wensel	60m	7.23	8-7-10-02		
	100	10.8	6-9-02		
	200	21.90	4-24-02		
	400	49.76	8-7, 10-02		
<b>M40-44</b>					
Bob Jones	D	40.28	9-01-02		
<b>M45-49</b>					
John Lewandowski	5K	16.52	9-29-02		
Valeriy Snezhko	HJ	5-8	3-9-02		
Gregg Horner	10K	33.59	8-18-02		
<b>M50-54</b>					
Johnny Hollier	100	12.2	9-21-02		
	200	25.2	9-21-02		
	400m	57.5	9-21-02		

Gene Iwen	Pent. I	2823	3-22-02		
	55 hh	9.27	2-16-02		
	60 hh	9.92	2-3-02		
Jerry Scriver	400	54.96	8-31, 9-1, 02		
Mike Shlaras	SP	16.01	7-7-02		
<b>M55-59</b>					
Cary Carter	LJ	16-4 1/2	6-1-02		
	PV	10-1-7	6-1-02		
Bob Lupinacci	WP	3016	7-17-02		
Carl Schulhof	10K	37.01	8-18-02		
<b>M60-64</b>					
Dick Cunningham	PV	3.05	9-21-02		
Richard Imperiale	LJ	4.57	9-21-01		
<b>M65-69</b>					
Paul Beckman	55m	8.34	9-20-02		
	60m	9.06	2-3-02		
	D	41.27	6-8-02		
	SP	39-7 3/4	5-5-02		
	LJ	14-9	5-11-02		
	LJ	15-4 1/4	7-15-01		

Ronald Brown	200	29.44	7-13, 14-02		
George Cairns	J	36.27	8-31-02		
John Hurley	2K SC	10:25:98	8-9-02		
Richard McKisson	200	28.93	9-1-02		
	100	13.53	6-8-02		
Phil Shipp	Dec	6122	6-22, 23-02		
	LJ	4.39	8-8, 11-02		
	Pent	3573	8-8, 11-02		
	D	41.32	8-8, 11-02		
	J	38.36	8-8, 11-02		
	PV	2.43	6-14, 15-02		
	HJ	1.39	7-13, 14-02		
	SP	12.05	7-13, 14-02		
<b>M70-74</b>					
Robert Kahn	Mile	6:12.7	9-28-02		
<b>M75-79</b>					
Jack Meeks	400	85.5	8-3-02		
Edmund Wians	J	83.7	7-23-02		
<b>M80-84</b>					
Brian Power-Waters	SP	26-6 1/2	7-13-02		
	D	102-11	7-13-02		
	J	62.4	6-16-02		

<b>W40-44</b>					
Helen Cox	10K	43:58	8-18-02		
Kathy Holland	5K	21:08	8-18-02		
Liz North	10K	43:17	8-18-02		
Leslie Oliver	10K	43:59	8-18-02		
<b>W45-49</b>					
Deborah Flores	10K	44:30	8-18-02		
Maggie Mason	10K	44:27	8-18-02		
Cheri Topper	10K	46:48	8-18-02		
<b>W50-54</b>					
Diane Sardes	10K	42:41	10-12-02		
Gail Ward	10K	49:06	8-18-02		
<b>W55-59</b>					
Mary Baglin	5K RW	30:35	10-5-02		
	1500 RW	8:39	10-5-02		
<b>W60-64</b>					
Pauline Freeland	10K	52:36	8-18-02		

## 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	9:25	9:40	10:00	10:25	10:45	11:15	11:50	12:45	13:40	15:50	19:10	23:00	26:00
5000	15:45	16:00	16:15	16:45	17:30	18:25	19:30	21:00	23:30	26:00	29:00	32:30	
10000	32:30	32:50	33:30	36:00	38:00	39:00	40:30	44:00	48:30	54:30	61:15	68:30	
55H	8.6	8.7	9.0	9.5	10.0	10.3	10.6	10.9	11.2	11.6	12.5		
60H	9.0	9.3	9.4	9.8	10.3	10.6	10.9	11.1	11.4	12.0	13.6		
110H	15.4	16.5	17.8	18.8									
100H					18.0	19.0	20.0	21.0					
80H									18.0	21.0	25.0	30.0	
400H	58.0	60.0	62.0	64.0	68.0	71.0							
300H					48.0	51.0	55.0	60.0	67.0	75.0	85.0	95.0	
3K-SC	10:10	10:30	11:45	12:40	13:30	14:00							
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30	
HJ	1.90	1.85	1.76	1.68	1.60	1.50	1.45	1.38	1.25	1.15	1.00	0.80	
	6-2 1/4	6-1/4	5-9/4	5-6	4-11	4-9	4-6 1/4	4-1 1/4	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 1/4	13-5 1/4	12-1 1/4	12-1 1/4	11-7 1/4	10-8	10-10 1/4	7-6 1/4	6-6 1/4	5-10 1/4	4-3 1/4		
LJ	6.50	6.10	5.85	5.60	5.40	4.90	4.50	4.20	3.80	3.35	2.85	2.20	
	21-4	20-1/4	19-2 1/4	18-4 1/4	17-8 1/4	16-7 1/4	14-9	13-9 1/4	12-5 1/4	10-11 1/4	9-4 1/4	7-2 1/4	
TJ	13.20	12.60	11.50	10.80	10.40	9.50	8.90	8.20	6.96	6.50	5.94	5.51	
	43-3 1/4	41-4 1/4	37-8 1/4	35-5 1/4	34-1 1/4	31-2	29-2 1/4	26-11	22-10	21-4	19-6	19-5 1/4	
Shot	14.50	14.02	13.41	12.62	13.10	12.00	12.80	11.50	11.00	9.00	8.00	6.00	
	47-7	46-0	44-0	41-5	42-11 1/4	39-4 1/4	42-0	37-8 1/4	36-1 1/4	29-6 1/4	26-3	19-8 1/4	
Discus	44.80	42.80	39.50	37.50	42.00	41.00	42.00	39.00	34.00	26.00	22.00	15.24	
	147-0	140-5	129-7	123-0	137-9	134-6	127-11	111-6	85-4	72-2 1/4	50-0		
Hammer	47.24	44.20	40.00	39.00	39.00	36.00	36.00	32.00	30.00	24.00	20.00	17.07	
	155-0	145-0	131-3	127-11	127-11	118-1	118-1	105-0	98-5	78-9	65-7 1/4	56-0	
Javelin	62.00	56.00	48.76	47.00	43.00	41.00	39.00	35.00	31.00	24.00	19.00	14.02	
	203-5	183-9	160-0	154-2	141-1	134-6	127-11	114-10	101-8	78-9	62-4	46-0	
35#WL	15.00	14.00	13.00	12.00	10.00	9.00			6.00	5.00	4.00	3.00	
	49-2 1/4	45-1 1/4	42-8	39-4 1/4	32-9 1/4	29-6 1/4			19-8 1/4	16-4 1/4	13-1 1/4	9-10	
25#WL							11.50	10.00	9.00	7.30	5.30	4.50	
							37-8 1/4	32-9 1/4	29-6 1/4	23-11 1/4	17-4 1/4	14-9	
56#WL	9.50	9.00	8.50	8.00	6.00	5.50	5.00	4.50	3.50	3.00	2.50	2.00	
	31-2	29-6 1/4	27-10 1/4	26-3	19-8 1/4	18-1/4	16-4 1/4	14-9	11-5 1/4	9-10	8-2 1/4	6-6 1/4	
Pent.	2800	2600	2600	2600	2600	2600	2600	2600	2600	2400	2200	2000	
Decath.	5500	5250	5250	5000	5200	5000	5000	4800	4500	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: 30-39: 33"; 40-49: 30"; 50-59: 27"  
 3) Long hurdles: 30-39: 36"; 40-49: 33"; 50-59: 30"; 60-69: 27"  
 4) Shot put: 30-39: 7.25k (16#); 40-49: 5k; 50-59: 5k; 60-69: 5k; 70-79: 27"  
 5) Discus throw: 30-39: 2kg; 40-49: 1.5kg; 50-59: 1.5kg; 60-69: 1.0kg; 70-79: 4k  
 6) Hammer: 30-39: 7.25k (16#); 40-49: 6k; 50-59: 6k; 60-69: 5k; 70-79: 4k  
 7) Javelin: 30-39: 800g; 40-49: 600g; 50-59: 700g; 60-69: 600g; 70-79: 500g 80-89: 400g  
 8) Metric heights and distances are the standard; feet and inches listed for convenience.  
 9) Pen/Dec/Wt. Pen: 30-39 IAAF pts.; 40+ WAVA factoring (new WAVA).

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

### WOMEN

	1.5K	Mile	3K	5K	8K	10K	15K	20K	25K	30K	40K	50K
W30	7:13	7:47	14:50	25:38	42:04	52:43	1:21:56	1:52:06	2:24:43	2:59:15	4:08:45	5:37:30
W35	7:22	8:03	15:18	26:27	43:11	53:56	1:23:29	1:53:32	2:26:51	3:01:53	4:12:21	5:42:23
W40	7:37	8:21	15:53	27:26	44:47	55:56	1:26:37	1:58:06	2:32:33	3:08:56	4:22:13	5:55:48
W45	8:03	8:41	16:32	28:33	46:35	58:10	1:30:08	2:03:00	2:38:56	3:17:00	4:33:31	6:11:25
W50	8:25	9:05	17:15	29:49	48:36	1:00:41	1:34:08	2:08:30	2:46:11	3:26:08	4:46:23	6:29:09
W55	8:55	9:31	18:05	31:14	50:54	1:03:33	1:38:40	2:14:48	2:54:26	3:36:33	5:01:03	6:49:24
W60	9:17	10:01	19:01	32:51	53:32	1:06:50	1:43:51	2:21:54	3:03:54	3:48:29	5:17:54	7:12:43
W65	9:48	10:35	20:06	34:43	56:33	1:10:37	1:49:50	2:30:12	3:14:51	4:02:20	5:37:25	7:39:46
W70	10:26	11:15	21:22	36:54	1:00:02	1:15:01	1:56:49	2:39:54	3:27:38	4:18:30	6:00:18	8:11:30
W75	11:10	12:01	22:51	39:28	1:04:10	1:20:14	2:05:05	2:51:18	3:42:50	4:37:46	6:27:35	8:49:28
W80	12:03	12:58	24:41	42:37	1:09:13	1:26:38	2:15:15	3:05:24	4:01:36	5:01:39	7:01:26	9:47:35
W85	13:13	14:15	27:05	46:45	1:15:50	1:35:01	2:28:37	3:24:00	4:26:20	5:33:10	7:46:16	10:39:15
W90	14:56	16:06	30:36	42:14	1:25:30	1:47:18	2:48:13	3:51:12				
MEN												
M30	6:31	7:01	13:21	23:05	37:57	47:49	1:13:10	1:38:18	2:05:12	2:32:17	3:27:30	4:31:00
M35	6:43	7:14	13:47	23:46	38:55	48:53	1:14:28	1:39:43	2:06:56	2:34:14	3:30:17	4:34:53
M40	6:58	7:29	14:16	24:24	40:15	50:32	1:17:03	1:43:13	2:11:29	2:39:47	3:37:53	4:44:49
M45	7:13	7:46	14:47	25:31	41:44	52:25	1:19:58	1:47:10	2:16:35	2:46:05	3:46:36	4:56:24
M50	7:33	8:05	15:23	26:33	43:25	54:32	1:23:14	1:51:37	2:22:20	2:53:13	3:56:29	5:09:29
M55	7:50	8:26	16:04	27:43	45:19	56:55	1:26:56	1:56:38	2:28:52	3:01:19	4:07:41	5:24:22
M60	8:13	8:51	16:50	29:02	47:28	59:38	1:31:10	2:02:23	2:36:20	3:10:33	4:20:30	5:41:23
M65	8:38	9:19	17:43	30:33	49:56	1:02:45	1:36:01	2:08:58	2:44:53	3:21:11	4:35:15	6:01:01
M70	9:08	9:50	18:44	32:18	52:46	1:06:21	1:41:37	2:16:35	2:53:56	3:33:31	4:52:23	6:23:51
M75	9:43	10:28	19:55	34:20	56:04	1:10:35	1:48:13	2:25:34	3:05:02	3:48:05	5:12:40	6:50:54
M80	10:26	11:14	21:22	36:50	60:06	1:15:44	1:56:15	2:36:31	3:20:50	4:05:57	5:37:34	7:24:11
M85	11:21	12:13	23:14	40:04	65:20	1:22:26	2:06:43	2:50:48	3:39:31	4:29:18	6:10:11	8:07:50
M90	12:41	13:39	25:58	44:45	72:52	1:32:08	2:21:52	3:11:28	4:06:38	5:03:17	6:57:43	9:11:37
Age—graded time, 8 for mid-point of each 5-year interval (e.g., age 32, 37, 42, 47, etc.).												



## 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 / 21/4" wide) in metric in our format receive preference. Deadline is the 10th of the month prior to issue date.

### NATIONAL

#### USATF National Masters Weight Pentathlon Championships St. Amant, LA; Nov. 9

Name	HT	SP	DT	JT	WT	Points
<b>W35-39</b>						
Sabine Pope, LA	22.50/399	7.31/381	18.75/265	13.04/161	6.31/374	1580
<b>W40-44</b>						
Oneitha Lewis, NY	51.22/1305	14.43/989	45.28/854	31.08/553	17.60/1413	5114
<b>W 45-49</b>						
Carol Finsrud, TX	40.27/1180	11.66/884	47.04/979	33.63/702	13.67/1196	4941
Ruth Welding, IL	32.02/900	9.72/714	36.25/721	24.26/480	10.37/871	3686
Sue Hallen, IL	28.16/771	7.45/517	22.81/412	18.75/351	8.18/660	2711
Cheryl Mellenthin, TX	18.77/460	5.75/372	16.67/321	13.60/232	6.89/536	1921
<b>W 55-59</b>						
Georgia Cutler, OR	32.77/822	7.55/625	20.55/453	21.73/544	9.60/680	3124
<b>W 60-64</b>						
Roslyn Katz, NY	25.19/676	7.11/656	20.98/527	16.96/469	11.22/757	3085
<b>W 65-69</b>						
Erika Messner, FL	26.17/818	8.81/962	22.91/672	27.73/942	11.65/905	4299
<b>W 70-74</b>						
Lillian Snaden, SC	14.65/464	5.69/666	10.82/315	11.01/372	7.73/652	2469
<b>W 75-79</b>						
Mary Norckauer, LA	15.10/588	5.30/725	13.75/511	14.85/633	6.23/604	3061
Johnnie Vallien, CA	12.06/438	5.90/823	9.81/337	16.29/705	6.78/668	2971
<b>W 80-84</b>						
Margaret Hinton, TX	12.00/551	5.96/1010	13.01/593	12.39/627	5.95/707	3488
<b>W 85-89</b>						
Marnie Evans, LA	6.97/520	4.45/1204	8.25/620	6.76/536	4.28/857	3737
<b>M 35-39</b>						
Dave Rothenbury, TX-CAN	41.12/531	11.98/605	39.81/661	39.58/461	13.57/673	2931
<b>M 40-44</b>						
Kyong Song, CA	49.19/663	10.31/504	33.33/530	40.44/474	13.47/667	2636
<b>M 45-49</b>						
Richard Stewart, TX	47.83/787	13.60/798	43.36/778	40.37/582	15.61/925	3870
Jeff Baly, LA	38.43/603	11.44/651	34.58/590	39.37/564	12.51/716	3124
Scott Medlin, NC	23.51/316	11.43/650	28.98/473	24.05/293	8.24/433	2165
<b>M 50-54</b>						
Craig Shumaker, PN	37.38/571	13.29/804	45.21/771	42.45/652	13.46/733	3531
Roger Conboy, TX	37.94/581	11.54/681	35.69/578	43.66/675	15.70/876	3391
Carl Reichard, CT	45.66/730	11.04/647	32.49/514	31.62/448	15.12/839	3178
Richard Watson, AZ	37.52/573	11.51/679	28.96/444	43.65/675	12.85/694	3065
Harold Bourgeois, LA	31.50/459	11.62/687	23.71/342	35.93/529	12.08/645	2662
Jack Romanic, IL	45.66/730	DNS	DNS	DNS	DNS	730
<b>M 55-59</b>						
Tan Percy, CO-GBR	42.32/759	11.74/787	41.00/767	38.70/654	15.27/935	3902
Vince Breaux, LA	34.10/583	11.24/747	35.23/638	42.29/730	12.78/762	3460
Jerry Bookin-Weiner, CO	37.92/664	10.91/722	37.50/689	30.29/480	13.05/780	3335
Mark Chapman, TX	25.70/405	10.62/699	29.67/515	31.99/515	9.80/557	2691
<b>M 60-64</b>						
Mike Valle, NC	39.60/770	11.93/799	39.51/754	31.82/546	15.33/876	3745
Bob Osterhoudt, AZ	43.10/852	11.70/781	37.34/704	31.56/540	14.40/815	3692
Bob Cahners, FL	47.92/966	11.36/755	30.98/599	19.01/273	18.07/1057	3610
Jack Kuhns, CA	32.84/613	11.68/779	36.93/694	32.04/551	12.30/678	3315
Don North, LA	30.82/567	10.91/719	36.53/686	34.74/610	11.81/647	3229
Charles Cannon, LA	29.24/530	10.11/657	33.17/609	42.34/778	10.81/582	3156
Harold Crater, TX	29.34/532	10.92/720	35.16/654	24.34/385	11.01/595	2886
<b>M 65-69</b>						
Bob Humphreys, CA	39.09/875	12.24/976	43.37/960	29.73/574	16.35/1059	4444
Bob Ward, TX	DNS	12.10/963	41.30/905	33.53/668	16.68/1084	3620
Robin Herron, CO	33.81/736	10.34/803	32.96/690	23.98/436	12.15/753	3418
Charlie Richard, LA	21.35/412	8.23/613	28.72/583	32.97/654	9.54/566	2828
David Bower, AR	21.22/409	10.62/828	22.62/431	DNS	7.07/391	2059
Ward Landry, LA	19.40/362	7.31/531	20.14/371	16.12/252	6.70/366	1882
<b>M 70-74</b>						
Roy Feick, PA	38.38/873	11.97/825	32.40/783	32.32/684	15.90/1057	4222
William Garrahan, RI	34.38/766	10.33/694	32.62/789	31.77/670	13.83/902	3821
Len Olson, FL	34.88/779	10.89/739	32.73/792	28.49/585	14.13/924	3819
Reed Quinn, FL	31.76/696	9.32/614	31.85/767	23.59/459	13.03/842	3378
Jim Gerhardt, TX	23.12/467	11.18/762	36.29/897	29.45/610	10.28/638	3374
Joe Quartano, LA	25.57/532	9.65/640	26.75/620	23.09/447	10.14/628	2867
Jack Haller, LA	21.90/436	8.84/576	21.83/481	23.40/454	8.78/528	2475
<b>M 75-79</b>						
Phillip Brusca, MO	33.45/888	11.57/938	29.94/840	26.47/636	12.77/954	4256
Vince Sempronio, OR	24.65/614	10.75/862	26.92/739	24.35/573	12.92/967	3755
Kia Song, CA	DNS	7.55/567	24.90/672	15.55/317	9.82/704	2260
Jacob Stein, KY	22.86/559	6.24/448	19.38/492	12.86/241	7.46/508	2248
Bill Snaden, SC	16.54/367	7.10/527	16.80/410	14.37/283	7.58/517	2104
Robert Dew, LA	14.44/304	5.44/377	9.57/189	5.99/58	5.70/362	1290
<b>M 80-84</b>						
A.U. Ricciardi, NV	22.54/685	6.88/622	19.04/588	14.24/290	9.12/697	2882
Donald Dreyer, LA	15.93/442	6.38/568	18.13/554	19.04/431	8.28/622	2617
<b>M 90-94</b>						
Trent Lane, LA	18.05/951	6.17/938	13.03/624	16.21/708	9.55/1132	4353

\*Non U.S. citizens

### EAST

#### Dartmouth Weight Meet Hanover, NH; Oct. 5

<b>Shot Put</b>		
Bob Mead 58 6k	44-10.5	
Don Filkins 48 16#	39-4.5	
Carl Reichard 50 6k	38-6	
Jeff Fleury 32 16#	38-2	
Packy Fusco 59 6k	31-9	
<b>Discus</b>		
Jeff Fleury 31 2k	116-8	
Don Filkins 48 2k	114-0	
<b>Hammer</b>		
Eric Probstfield 31 16#	177-7	
Carl Reichard 50 6k	154-3	
Bob Mead 58 6k	148-1	
Ed Acaro 54 6k	144-7	
Bob Cedrone 48 16#	141-10	
Don Filkins 48 16#	130-0	

### SOUTHWEST

#### Lions/Waterloo Meet Austin, TX; Oct. 12

<b>100m</b>		
W45 Virginia Rohlich	16.97	
W50 Oneala O'Brian	15.31	
M30 James Enecio	11.33	
M40 Randy Wright	12.31	
M45 Mark Chaplin	12.87	
M50 Sergio Angulo	13.05	
M60 Ben Nowotny	15.89	
<b>200m</b>		
W45 Virginia Rohlich	35.63	
W50 Oneala O'Brian	32.62	
M30 James Enecio	23.69	
M40 Randy Wright	26.64	
M45 Mark Chaplin	26.83	
<b>400m</b>		
W50 Oneala O'Brian	78.4	
M45 Mark Chaplin	61.14	
M50 Joe Goetz	73.61	
<b>800m</b>		
W30 Norma O'Connell	3:08.44	
W45 Maria Angulo	4:26.48	
<b>1500m</b>		
W30 Norma O'Connell	6:45.91	
W35 Lea Schrader	5:21.06	
W45 Maria Angulo	8:56.00	
M45 Mac Allen	4:32.09	
<b>3000m</b>		
W30 Elizabeth Reid	13:22.1	
M30 Greg Birch	16:41.1	
<b>Short Hurdles</b>		
W30 Ellen Ward	22.62	
M45 Paul Nelson	16.66	
M50 Sergio Angulo	16.28	
M60 George LaBelle	19.08	
<b>Long Hurdles</b>		
M40 Jeff Brower	62.19	
M60 George LaBelle	63.58	
<b>High Jump</b>		
W30 Ellen Ward	3-10	
M45 Coy Akers	5-0	
M50 Joe Goetz	4-8	
M55 Mark Chapman	4-4	
M60 George LaBelle	3-10	
<b>Pole Vault</b>		
M40 Willie Ruiz	11-0	
M45 Coy Akers	12-0	
M60 James Tinelli	9-6	
<b>Long Jump</b>		
M30 Sam Smith	17-11.5	
M40 Vince Morris	13-1	
M50 Joe Goetz	13-3.5	
M60 Ray Kozusko	15-8	
<b>Triple Jump</b>		
W30 Ellen Ward	23-5.5	
M60 George LaBelle	25-5	
<b>Shot Put</b>		
W45 Carol Finsrud	AR40-8.5	
(Grissom/39-7.5/1984)		
W50 Oneala O'Brian	30-4	
W55 Diana Schultz	24-6.5	
M35 Brian Suter	46-6.5	
M45 David Bolles	32-6	
M50 Roger Conboy	42-0	
M55 Mark Chapman	35-11.5	
M60 John Conniff	42-8.5	
M75 Fred Adams	20-9	
<b>Discus</b>		
W45 Carol Finsrud	AR160-10	
(Welding/126-2/2001)		
W50 Rickie Wright	48-1	
W55 Diana Schultz	54-11	
M35 Dave Rothenbury	131-4	
M45 Arny Ferrando	99-9	
M50 Roger Conboy	132-1	
M55 Mark Chapman	110-6	
M60 John Conniff	157-8	
M75 Fred Adams	56-11	
<b>Hammer</b>		
W45 Carol Finsrud	124-9	
W55 Diana Schultz	65-4	

M35 Dave Rothenbury	132-7
M45 Arny Ferrando	88-7
M50 Roger Conboy	112-10
M55 Mark Chapman	90-7
M65 Howard Zingg	107-0
M75 Fred Adams	63-10
<b>Javelin</b>	
W45 Carol Finsrud	102-8
W50 Rickie Wright	32-0
W55 Diana Schultz	61-9
M45 Arny Ferrando	156-3
M50 Roger Conboy	140-7
M55 Mark Chapman	106-10
M60 James Tinelli	132-8
M75 Fred Adams	48-6
<b>Weight</b>	
W45 Carol Finsrud	43-7.5
W55 Diana Schultz	20-5.5
M35 Dave Rothenbury	15-5.5
M45 David Bolles	38-9.5
M50 Roger Conboy	49-7
M55 Mark Chapman	32-3
M60 Howard Zingg	40-9
John Conniff	40-7
M75 Fred Adams	25-6.5

## LONG DISTANCE RESULTS

### NATIONAL

#### USATF National Masters Championships/Edmund Fitzgerald 100K Duluth, MN; Oct. 19

<b>Overall</b>		
Chad Ricklefs 35	7:09.29	
Connie Gardner 38	8:30.32	
M40 Charles Hubbard	7:23.29	
David Dehart	7:43.37	
Dirk Reif	9:47.17	
John Friday	10:55.57	
Robert Barden	10:59.35	
Mike Evans	11:14.10	
Michael Cloutier	11:32.14	
M45 Eric Bindner	8:33.18	
Jeff Bostow	9:50.42	
Dave Eirtheim	10:52.03	
Dan Meyers	11:27.06	
Brian Sandness	11:49.23	
M50 Dan Calef	10:35.09	
Mick Justin	10:46.22	
Stuart McNabb	10:55.58	
Johnny Gooch	10:57.44	
Neil Robinson	11:14.10	
S Schroeder/Dav	11:32.14	
Greg Kleindl	11:48.58	
Moe White	11:55.17	
Rick Kucinski	12:09.28	
Don Clark	13:09.18	
John King	14:09.33	
M55 Tom Perry	10:31.27	
David Jones	12:11.27	
M60 Ed Rousseau	11:31.07	
W40 Tania Pacev	9:04.08	
M Meshbesh	11:14.08	
Kim Karioja	12:10.35	
W45 Susan Olsen	9:59.16	
W50 Jo Ann Fallis	12:09.28	
Bonnie Riley	13:09.17	

#### USATF Masters Championships Tulsa Run 15K Tulsa, OK; Oct. 26

<b>Overall</b>	
Gary Hamer 31	48:34
Farrell Burns 26	56:44
M40 Tom Lam	54:18
Scott Gove	54:46
Bruce Geise	56:23
M45 Pete Orban	52:07
Mike Kelly	54:24
Norman Roper	55:15
M50 Randy Mendat	57:18
Darryl Scroggins	58:00
Peter Mayo	58:19
M55 Michael Dove	55:59
Bill Dunn	57:37
Gary Madison	59:14
M60 Bill Blackburn	1:05:14
Richard Martin	1:06:32
Andy Hogan	1:06:43
M65 George Templeton 1	12:59
James Hague	1:14:52
Richard O'Neil	1:16:26
M70 Jack Gentry	1:10:11
Laddie Ondracek	1:23:55
Paul Woollett	1:28:33
M75 Bob Mahoney	1:22:32
Ted Hine	1:24:06
Jack Rector	1:31:20
W40 Luanne Coulter	56:58
Terri Cassel	58:38
Joann Patterson	1:06:08
W45 Debra Dunn	1:04:25
Becky Lawrence	1:05:03



Continued from previous page

W55 Carolyn Kriesen	40:19
Cathy Schrage	43:06
W60 Mary Shaver	39:13
Joan Christensen	44:27
Madeline Bost	50:55
Joan Rosati	52:05
W65 Edna Hyer	52:54

**Team Scores**

M40+ (5 Runners)	
Genesee Valley Harriers	2:19:17
Adirondack AC	2:20:24
Syracuse Chargers	2:21:53

M50+	
Adirondack AC	2:31:42
Checkers AC	2:33:50
Ranitan Valley RR	2:39:17

M60+ (3 Runners)	
Wolfpit Running	1:41:46
GVH	1:48:54
Syracuse Chargers	1:48:58

M70+	
Syracuse Chargers	2:08:14
Belle Watling AC	2:16:12

W40+ (3 Runners)	
Finger Lakes RC	1:38:13
GVH	1:39:53
Ozaukee TC	1:43:35

W50+	
GVH-a	1:55:57
GVH-b	2:15:45

**EAST****Goodloe Byron Memorial 15K**  
Emmitsburg, MD; Sept. 7**Overall**

Frank Kurtz	41	55:14
Ellett George	17	70:22
M40 F Kurtz		55:14
Mark Casteel		58:06
M45 Tim O'Keefe		63:58
Paul Christiansen		67:02
M50 Gary St Onge		61:51
M55 Tim Wehrkamp		65:38
M60 Jim Becker		66:52
M65 Leon Bierbower		73:06
M70 George Waxter		87:52
W40 Beverly Black		80:12
W45 Rebecca Strode		71:32
Cindy Clark		78:02
W50 Colleen Clancy		98:26
W55 Peggy Waxter		1:44:39

**Frankford Hospital 5K Run for Wellness**  
Philadelphia, PA; Sept. 8**Overall**

Joseph Haughey	17	17:00
Erin Slocum	22	20:29
M40 Kevin Lumpkin	41	18:01
Neil Rosen	49	19:08
M50 Miguel Lopez	54	19:42
Dennis O'Rourke	50	20:33
M60 John Kline	60	25:03
Louis Danzeisen	64	26:52
M70 John Agger	74	29:05
S Oppenheimer	77	33:04
W40 Kim Smith	40	25:00
Deb Kelly	45	25:18
W50 Diane Budd	50	24:04
W60 Sue Levy	61	31:39
W70+M Oppenheimer	74	33:53

**Syracuse Festival of Races 5K**  
Syracuse, NY; Oct. 6**Overall**

John Itati	28	13:27
Eyerusalem Kuma	20	15:38
M40 Frances Kamau		15:13
Mike Platt		15:29
J Vandermolen		16:07
M45 Bob Carroll		15:44
Mark Rybinski		16:49
Gary Radford		16:55
M50 Tom Carter		16:54
David Bowen		18:44
David Delfayero		19:07
M55 Jim Selmser		20:28
James Clark		21:01
Michael Defio		21:17
M60 John Allen		20:02
Paul Halbert		21:13
Bob Steves		24:58
M65 Sam Graceffo		20:35
Martin Harms		23:26
Martin Rothenberg		25:53
M70 Wally McRae		24:18
Jerry Bisson		24:51
Jim Blount		25:00
M80 L Russell More		38:29
W40 Susan Munson		18:06
Ruth Yanai		19:24
Elizabeth Barnack		21:32
W45 Patti Depaulis		20:59
Carol Dodge		21:54
Suzanne Leone		22:12

W50 Diane Legare	18:19
Coreen Steinbach	20:11
Diane Sardes	20:32
W55 Ruth Ripley	24:35
Karen Donegan	26:42
Donna M-McCarten	27:15
W60 Yve T-Rothenberg	23:27
Lenis Tucker	24:02
Linda Eberly	25:04
W75 Nancy Auster	35:08

**Fly With the ANGELS 4 Mile**  
East Rockaway, NY; Oct. 12**Overall**

Vinko Markovina	31	21:47
Ellen Brach	36	24:25
M40 Bruce Weber		22:24
Paul Bonanni		24:54
M45 John Delmaestro		22:58
John Dicamillo		24:29
M50 Ted Truet		23:47
Alan Oman		24:34
M55 Julio Aguirre		24:38
Jorge Aguilera		25:18
M60 Michael Service		26:08
M65 Geza Feld		30:34
M70 Guy Froehlig		31:53
M75 Bert Jablon	75	33:55
M80 Bill Benson		47:45
W40 Elizabeth Ratner		24:26
Kellie Stamm		26:59
W45 Linda Ottaviano		27:17
Cathy Oehlein		28:00
W50 Melissa Kennedy		29:39
W55 Mary Trotto		31:58
W60 Nike Mizelle		36:17
W65 Alexandra Finger		40:37
W70 Dolly Finkelstein		43:56

**Masters Walkers**

1 Robert Hytton	71	45:10
1 Joan Murray	43	45:50

**20th Mohawk-Hudson River**  
Marathon**Schenectady-Albany, NY; Oct. 13****Overall**

Eric Cagnina	32	2:41:58
Jennifer Fazio	35	3:05:06
M40 Russell Lauer		2:50:28
Ed Buckley		2:58:36
David Stoddard		3:00:32
M45 Bob Gramling		2:59:46
Jean-N Pellerin		3:00:59
Vincent Di Canio		3:08:18
M50 Dennis Fillmore		2:57:22
Andre Gamache		3:02:22
M55 John Doebrich		3:24:58
Claude Letourneau		3:28:39
M60 Roger Goulet		3:31:32
Dave Gross		3:55:38
M65 Conrad Cormier		3:52:17
M70+Joe Corrigan	71	4:38:58
W40 Nancy Taormina		3:18:02
Uda Kimney		3:18:39
W45 Lisa Spence		3:38:58
Marl Krum		3:40:11
W50 Jill Pederson		4:00:58
Judy Phelps		4:17:02
W55 Karen Davies		3:45:12

**Oyster Bay 5K**  
Oyster Bay, NY; Oct. 19**Overall**

Will Fettig	29	16:18
Kathy Martin	51	18:33
M40 Bruce Weber		17:01
Robert Cipriano		17:05
John McKim		17:10
M45 Don Di Donato		16:50
Pete McNeil		16:58
John McLaughlin		17:13
M50 Ted Truet		18:13
Rudolph Pekarek		18:34
Alan Oman		19:01
M55 Julio Aguirre		19:38
Steve Conroy		19:44
Dan Badalament		19:57
M60 Michael Service		20:36
Gary Muhrckle		21:22
M65 David Kenney		23:23
Abe Bernstein		23:59
M70 John Kilkelly		28:10
Alfred Givens		28:11
M75 Bert Jablon		26:23
John McManus		28:16
M80 Bill Benson		35:05
W40 Elizabeth Ratner		19:03
E BarnesCorley		19:35
Berna Cunningham		21:37
W45 L HarfenesMelnik		19:47
Kim Solomine		21:24
Cathy Oehlein		22:07
W50 K Martin		18:33
Melissa Kennedy		22:37
W55 Betty Horstmann		23:11

Mary Trotto	24:42
W60 Nike Mizelle	28:20
W65 Alexandra Finger	33:57
W70 Dolly Finkelstein	34:20

**Masters Walkers**

1 Robert Hytton	71	35:22
1 Suzanne Shkolnik	43	47:26

**Army 10 Miler**  
Washington, DC; Oct. 20**Overall**

Ryan Kirkpatrick	24	48:35
Casey Smith	23	58:21
M40 Sammy Ngatia		51:17
Gaetano DiMarzo		54:26
Bill McCormack		54:41
M45 Dan Lawson		55:33
Steven Anderson		57:01
Michael Adams		57:04
M50 Timothy Morgan		1:00:22
Jay Wind		1:00:41
Alan Oman		1:01:09
M55 Rick Stetson		1:00:27
Patrick Griffith		1:01:39
Dick Paterson		1:05:50
M60 Bob Spearing		1:10:25
Ed Ayres		1:10:45
Malcolm O'Hagen		1:16:07
M65 John Dugdale		1:06:32
Tom Ray		1:11:53
Richard Williams		1:18:14
M70 Epifanio Agosto		1:20:58
Gerry Hopkins		1:23:34
Mark Schroeder		1:23:54
W40 Martha Mertz		59:49
Jacqueline Chan		1:01:53
Renee Pickard		1:08:32
W45 Betty Blank		1:09:13
Donna Lewis		1:13:06
Karen Keefer		1:13:24
W50 Rita Clark		1:11:48
Sandra Adams		1:11:53
Karen Erb		1:13:45
W55 Hideko Pine		1:16:47
Dee Nelson		1:22:21
Lynne Hays		1:22:33
W60 Amelia Wallace		1:18:02
Jane Metzler		1:27:47
Marcelle Gallucci		1:32:14
W65 Anne Vella		1:32:44
Barbara Inge		2:00:38
Hiroko Hunt		2:03:01
W70 Shirley Simmers		2:16:33
W75 C Kirschbaum		1:39:45

**NYRR Kurt Steiner 5K Cross-Country**  
Van Cortlandt Park  
Bronx; Oct. 20**Overall**

Jerry Macari	42	17:17
Angie Saterstad	17	19:17
M40 J Macari		17:17
M45 Volodymyr Timilow		17:57
M50 Bob Holliday		20:00
M55 Frank Handelman		20:03
M60 Sid Howard		20:42
M65 Jim Williamson		23:35
M70 Robert Kahn		25:27
W40 Ann Vazquez		22:25
W45 Regina Cahill		23:41
W55 Irene Jackson		24:10
W60 Caroly Tyler		27:53
W65 Billie Moten		34:15

**NYRR Not Quite the NYC**  
Marathon 8K  
Central Park; Oct. 27**Overall**

Jorge Real	32	26:04
Carol Howe	36	27:16
M40 Conor O'Driscoll		26:57
Jim Stemm		26:58
M45 Amador Ybanez		27:07
M50 Ted Truet		29:34
M55 John Samsel		31:47
M60 Sid Howard		32:06
M65 Frank Dudley		41:25
M70 Joseph Burns		40:56
M75 John McManus		44:19
M80 Mel Freidel		65:34
W40 Cathy Stone		30:22
W45 Gillian Horovitz		30:56
W50 Kathy Horton		36:32
W55 Chuang Chang		39:56
W60 Sue Lambert		39:25
W65 Helene Bedrock		38:49
W70 Toshiko d'Elia		45:26
W75 Muriel Merl		46:56

**Marine Corps Marathon**  
Washington, DC; Oct. 27**Overall**

Christopher Juarez	32	2:25:01
Liz Scanlon	31	2:57:27
M40 Bryan Smith		2:35:54

Francisco Lugo	2:42:01
Loren Masuoka	2:42:23
Richard	2:42:28
Gregory Milslick	2:44:10
M45 Steve Payne	2:33:35
Wayne Lundy	2:51:47
John Crockford	2:53:55
Rudy Estrada	2:55:02
David Tappe	2:55:38
M50 Luiz Ribeiro	2:55:01
Jay Jacob Wind	2:55:04
Mike Zeigle	2:55:58
Jerry Young	2:59:09
Ron Erhardt	2:59:28
M55 Hector Urincho	2:57:09
Ronnie Wong	3:09:11
John Morton	3:10:03
Dwight Edris	3:11:14
Arthur Burger	3:12:32
M60 Mel Williams	3:11:33
David Wilds	3:24:45
Helmut Linzbichler	3:30:35
Jim Benson	3:33:29
Maurice Davidson	3:35:48
George Wiebe	3:33:02
Jack Meegan	3:48:03
Duane Lougee	4:01:24
Rodney Higgins	4:02:00
Henry Hatch	4:00:22
M70 Lee Cooper	3:52:03
Bob Dolphin	4:06:08
John Sadlouskos	4:43:16
Thomas	4:43:46
M75 Harry Kirsch	5:45:26
W Van	6:00:55
John Cox Jr	6:18:37
Domenick Irrera	6:30:25
M80 Walt Washburn	4:36:14
Carlton Mendell	6:26:10
W40 Jacqueline Chen	3:00:53
Sherry Thompson	3:06:39
Pam Reed	3:11:10
Christa Koot	3:18:18
Genevieve May	3:21:15
W45 Cheryl Buhr	3:09:54
Michelle Lybarger	3:26:30
Nancy Smith	3:27:35
Janet Green	3:29:19
Sally Brooking	3:29:54
W50 Judy Shannon	3:34:55
Jane Metzler	3:37:00
Sandra Adams	3:42:19
Georgeanne	3:43:05
Susan Love	3:52:21
Barbara Lipska	3:52:21
W55 J Kruger-Williams	3:32:26
Jan Daker	3:43:19
Aida Mort	3:53:31
Christine Hoigaard	4:01:25
annette macmillan	4:05:07
W60 Jean Marmoreo	4:23:17
Ruth Fairbrother	4:17:18
Jo Ann Daacan	4:34:48
Rose Mary	4:36:53
Brenda Murray	4:40:36
M65 Dolores Scott	5:29:28
Carol Cain	6:14:52
A M McDonald	6:31:35
Tere Madnd	7:13:59
W70 Barbara Dougan	6:06:47
Ins Vinegar	6:38:47
Lorraine Cephus	6:34:25

**Volodymyr Tomilov**

Dom. Chauvelier	FRA	2:46:04
Marian Czeraski	POL	2:47:23
Juan Hernandez	MEX	2:47:26
Victor Lopez	CRC	2:49:01
M50 Peter Camenzind	SUI	2:36:37
Daniel Braga	FRA	2:41:37
Evan A Cook	GBR	2:43:16
Thomas G Hall		2:50:03
Edoardo Romani	ITA	2:50:48
Jack P McShane		2:53:50
Ivan Vanmoortel	BEL	2:54:23
Paul E Myles	IRL	2:55:16
M55 Guy Moreau	FRA	3:03:27
Feliciano M. Pereira		3:04:04
Bernard Guellet	FRA	3:04:53
Michael P Hudick		3:04:55
Joao N Caeiro	POR	3:06:35
Julio A Aguirre		3:10:36
Otto Zimmer	GER	3:11:17
Peter Mozzi	SUI	3:13:09
M60 Tony Mauro		3:03:35
Luis-Antonio Flores	ECU	3:11:02
Gerard Malaczynski		3:



Continued from previous page

M50 Fred Crook	39.29
Rick Walton	40.09
M55 Reuben B Dias	37.59
Don Wright	38.35
M60 Leon Mattics	43.02
John Calver	44.40
M65 Will Wright	43.51
Joe McReynolds	46.17
M70 Wallace Hoffman	60.49
Pablo Sequio	62.22
W40 Lynn Pittman	42.55
Melanie Baker	42.58
W45 Jean Lankford	40.24
Alesia Ryals	44.56
W50 Terry Mahr	39.30
Anne Wall	48.33
W55 Marian Loftin	49.14
Cecilia Walker	53.23
W60 Sharon McPherron	50.57
Martha Harris	63.29
W65 Judy Kirchoffer	66.22
Luse Mitchell	66.39
W75 Daphne Dvorak	93.01

**MIDWEST**Columbus Marathon  
Columbus, OH; Oct. 20

<b>Overall</b>	
Sergey Fedotov	2:18.05
Lyudmya Pushkina	2:28.23
M40 John Agnew	2:28.59
Russell Sears	2:31.55
Jerry Nevius	2:41.06
M45 Dave Lalapombara	2:46.20
Steve Webster	2:51.19
Dermot Howell	2:54.39
M50 Stephen Arndt	2:56.22
Raymond Battistini	2:56.26
John Austin	2:58.07
M55 William M. Clews	3:02.14
Frederick Martone	3:13.45
Bob Blaszkiewicz	3:21.17
M60 Joel Feldman	3:08.16
Walter McGreevy	3:21.55
William Ronney	3:30.59
M65 Richard Weidner	3:46.05
Ben Sherman	3:54.10
Bill Shaffstall	4:09.52
M70 Arnold Turin	3:50.40
Matt Noms	4:14.10
Edward Kreh	4:19.14
W40 Sandy M Hundley	3:09.52
Mladen Herceg	3:17.46
Pattie Lucking	3:19.02
W45 Laurel Cihak	3:18.40
Wendy Manella	3:22.40
Shelley Ralston	3:26.19
W50 Diana Foster Jones	3:26.37
Maggie Zidar	3:27.59
Deborah Compton	3:30.45
W55 Janice Kreuz	3:15.14
Velma Matuszewski	3:54.05
Theresa Coomes	3:56.52
W60 Marti Stephan	4:19.05
Sally Goshorn	4:23.29
Beatrice Downey	4:47.08
W65 Virginia Fameman	5:02.24
Joan Berman	5:21.03
Ann Fleck	5:31.13
W70+ Sarann Mock	5:04.56

**SOUTHWEST**Komen Houston  
Race For The Cure 5K  
Houston, TX; Oct. 12

<b>Overall</b>	
Stacy Chaston 32	17.37
W40 Barbara Stoll	18.40
Sherrie Keim	18.56
W45 Kathleen Liebert	20.31
Suzanne Say	21.01
W50 Geri Wood	21.48
Karen Bowler	21.51
W55 Nancy Prejean	21.17
Susan Waldau	23.38
W60 Carol Baker	25.17
Sandra Baldwin	27.53

**WEST**Sacramento Marathon &  
Half Marathon  
Sacramento, CA; Oct. 6

<b>Overall</b>	
Michael Baumann 45	2:54.19
Rena Schumann 41	3:29.34
M40 Dan Cox	3:59.00
M45 M. Baumann	2:54.19
M50 Daniel Desenclos	3:05.44
M55 Ernest Takahashi	3:18.53
M60 Philo Short	3:57.57
M65 Ron Vertrees	5:14.05

W40 R. Schumann	3:29.34
W45 Amy Daley	4:15.57
W50 Barbara Evans	6:10.49
W55 Therese Grenchik	5:22.43
W60 Jane Cutting	6:31.16
<b>Half Marathon</b>	
<b>Overall</b>	
Chad Worthen 29	1:10.17
Kathleen Atkins	1:25.34
M40 James Atkins	1:25.35
Tom Arnez	1:27.26
M45 Bob Carpenter	1:25.12
Jim Peterson	1:25.45
M50 Rae Clark	1:25.52
Steve Hall	1:26.14
M55 Joel Contreras	1:40.29
Phillip Davies	1:41.51
M60 Ricardo Quidolin	1:29.03
Web Chadwick	1:44.45
M65 Robert Swindell	2:07.05
Tony Alvarez	2:07.38
M70 Mack Martinez	2:06.48
Bill Anthony	3:05.51
M75 Gordon Robinson	3:43.44
M80 George Billingsley	2:48.15
W40 K. Atkins	1:25.34
Nuvit foster	1:34.07
W45 Sharell Katibah	1:40.04
J. Hernandez	1:47.02
W50 Janet Josephsen	1:56.49
Karin Quinn	1:57.49
W55 Nancy March	1:45.13
Gloria Takagishi	2:11.17
W60 Judy Shipman	1:56.26
Doris Cassels	2:28.02
W65 Linda Burnett	2:43.47
W70 Charlotte Williams	2:54.37
W75 Po Adams	2:59.36

KNBR Bridge to Bridge  
12K & 7K  
San Francisco, CA; Oct. 6

<b>Overall</b>	
Mbarak Hussein	36.39
Sara Day 23	43.36
M40 Thom Trimble	41.36
Shawn Gallagher	44.08
David Perlman	44.23
Luis Sanchez	45.15
David Piazza	46.09
M50 John Hirschberger	46.22
Jim Freid	46.50
Alex Rodriguez	49.45
Art Mitchum	50.02
Bill Marlow	50.16
M60 Donald Ardell	48.17
Bo Bochantin	49.49
Jim Girand	59.01
Mike Park	1:00.20
Fred Cornea	1:01.11
M70+Simon Herlaar	54.24
Richard Couvillion	1:20.24
Tom Jow	1:25.45
Basilio Gromik	1:31.25
Kartar Sidhu-Brar	1:40.57
W40 Maria Trujillo	45.19
Christine Kennedy	47.57
Diane Swick	53.28
Karen Kasses	54.43
Alison Adams	54.58
W50 Lynn Taylor	1:05.16
Jeanne Yee	1:05.55
Mami Kawai	1:06.44
Clementine Jones	1:07.26
Sue Halverson	1:07.46
W60 Ursula Rains	1:04.33
Heather Teowell	1:08.04
Carma Rodriguez	1:10.58
R. Korpershoek	1:11.56
Shirley Fee	1:14.21
W70+M. Ette Bergerca	2:06.10
Yvet Reyes	2:08.29

-7K-

<b>Overall</b>	
John Collin 24	22.17
Katie Evans 30	28.46
M40 Jon Tannehill	25.45
Roberto Donaire	27.11
Michael Gama	27.52
M50 Dave Standcliffe	25.18
Dennis Tracy	26.31
Kevon Cottrell	27.33
M60 Charles Grant	27.11
Robert Gormly	28.05
Mitchell Sollod	34.20
M70+Bence Horomoply	37.48
Jess Chavez	40.17
Camilo Geronimo	41.13
W40 J. Biller Flaherty	30.42
Saam Judi	33.10
Rebecca Johnson	35.19

W50 Monica Mccool	35.26
Joan Smith	38.59
Sharyn Delano	40.00
W60 Peggy Kang	39.42
Chalice Fong	46.48
Betty Martinez	47.33
W70+Nancy Wallace	44.45
Lenore Hilson	1:04.11
Charlotte Davis	1:04.15

Komen Inland Empire  
Race For The Cure 5K  
Temecula, CA; Oct. 12

<b>Overall</b>	
Ursula Kremer 32	17.47
W40 Debbie Woodruff	23.06
Kim Hock	24.21
W45 Denise Priefer	24.22
Jolene Pastoor	24.30
W50 Charlie Cabling	23.05
Penny Urbach	26.37
W55 Carolyn Greywood	26.46
Marrie English	27.18
W60 Wendy Harp	29.40
Sandra Reed	31.11
W65 Billie Berger	32.08
Renate Dugan	33.44
W70 Ginny Beck	34.52
Better Lowery	43.18
W75 Mary Storey	33.00
Dorothy Jooy	44.38
W80 Fran Threlkeld	45.35
Nancy Lee Vaughn	59.24

Halloween Runs 5K/10K  
Studio City, CA; Oct. 26

<b>-10K- Overall</b>	
Samuel Marquez 22	33.49
Kiran Verma 28	39.50
M40 Henry Burkhardt	37.17
Tuong Ha	43.12
Dave Tagaglio	43.30
M45 Rigoberta Vega	36.05
Marc Morriss	41.58
Bill Workman	42.49
M50 Brad Davidson	43.47
Joe Ogata	44.05
Terry Seeman	46.21
M55 J. P. Farrell	48.55
M60 Marshall Pura 60	46.58
W40 Nobuko Peterson	43.21
W45 Susan Kirch	58.01
Phyllis Spivey	61.25
Pam Bisson	62.23
W50 Deborah Hathaway	46.07
W55 Kathy Vigil 58	65.32

<b>-5K- Overall</b>	
Julius Gidabuday 26	14.49
Jessica White 26	18.13
M40 Arturo Gomez	18.14
Nick Trozzi	20.26
David Shapiro	21.43
M45 Jeff Snyder	17.26
Toshihide Tsugama	21.40
Greg Bowden	22.24
M50 Rusty Millar	18.57
Allan Fletcher	18.58
Rick Joly	21.26
M55 Jorge Birnbaum	25.54
Michael Aucoin	28.24
Joseph King	31.58
M60 Andrew Morrison	35.04
Cregan Marmont	42.43
William Fong	57.48
Gordon Uppman	32.41
Ave Butansky	37.27
Irv Chemo	41.23
M75 Bob Koch 75	25.22
Milo Sather 75	25.48
W40 Caren Ware	24.34
Patricia Schewe	29.13
Mary Kerin	31.19
W45 Marianne Fullove	21.52
Jeanne Thompson	23.53
Kristen Barefoot	31.02
W50 Kathy Joly	29.06
Linda Dinneny	31.32
Allison Flashberg	32.38
W55 Mary Williams	27.03
Alice Enriquez	36.50
Lynn Gill	39.29
W60 Marge Golf	34.36
Jan Duffy	36.20
Nancy Woods	48.05
W65 Yaeko Busic	35.34
Ruth Cole	36.12
Vida Slawson	39.33
W75 Karina Vasquez 77	37.39

Silicon Valley Marathon  
San Jose, CA; Oct. 27

<b>Overall</b>	
Greg Menegat 35	2:33.25
Megan Daly	2:53.05
M40 Nestor Ayala	2:36.52

M45 Michael Baumann	3:00.21
M50 Todd Hayes	3:04.26
M55 Brian Koo	3:25.27
M60 Keith Wilson	3:28.34
M65 Len Gerald	3:55.45
M70 E. Romesberg	4:27.34
W40 Jeanine P-Atkins	3:15.52
W50 Angela Jerman	3:42.00
W45 Pauline Rogers	3:33.56
W55 Manlyn Arguelles	3:47.42
W60 Dotty Scheller	4:36.37
W75 Etta Palmer	6:28.55

Arturo Barrios 10K  
Chula Vista, CA; Oct. 27

<b>Overall</b>	
Nazario Romero 28	30.28
Kathy Kasischke 26	36.26
M40 Salvador Rodriguez	32.44
Luis Camarillo	33.59
M45 Terry Mattoon	35.44
Kim McDonald	36.09
M50 Hank Sullivan	37.32
Robert Boyce	39.26
M55 Hal Goforth	38.38
Jan Kafka	41.10
M60 Enrique Roldan	44.39
Heinz Linser	47.28
M65 Manuel Amezola	46.34
Manuel Ibarra	58.01
M70 Antonio Gil	49.13
Dick Robinson	50.08
M80 Jim McCown	56.43
M90 Walt Kuetzing	77.24
W40 Sandy Pelkey	39.28
Cheryl Sheremeta	40.11
W45 Mariat Fernandez	41.18
Sophie Howarth	44.47
W50 Lama Pham	53.11
Kelly Hahn	55.25
W55 Joni Shirley	44.21
Juana Villalobos	51.34
W60 Ursula Rains	52.38
Virginia Lopez	56.45
W70 Muel Berger	86.43

Dinosaur Dash 2002  
Tustin, CA; Nov. 3

<b>-5K- Overall</b>	
Kevin Broady 40	15:18
Sita Jones 31	18:09
M40 Kevin Broady	15:18
Mark Hulme	16:19
Chris Jagers	17:33
M45 Angelo DeCollibus	16:59
Russ Jones	17:49
Larry Herschler	20:38
M50 Gary Shapiro	17:54
Stan Cotkosky	21:10
Hsien Chen	22:19
M55 Ron Salupo	18:48
Jim Gulaski	21:02
Chuck Hartmann	22:29
M60 Stan Baker	21:32
George Carey	23:52
Gary Frost	25:25
M65 Mike Ishikawa	22:20
Howard Kugel	26:52
Artie Fishel	28:11
M70 Bart Stryker 70	27:53
Patrick Rice 72	38:12
Jack Wallace 70	38:34
W40 Anet Coopmeyer	19:22
Kelly Babcock	19:53
Helen Moreno	21:59
W45 Matti Bell	21:58
Janet Rosenberg	23:22
Victoria Cerna	24:57
W50 Linda Meier	24:08
Daphne McCree	26:36
Irma Meind	28:19
W55 Sue Reinhardt	22:44
Christine Kreun	31:58
Barbara Hill	38:32
W60 Shari Smith	28:06
Karen Hansen	52:28
Jane McCracken	52:57
W65 Jane Tolley	35:53
W70 Marlene Frederickson	35:21
Marilyn Hart	53:57
W75 Mary Storey 78	32:18

<b>-10K- Overall</b>	
Paul Cook 50	36:01
Juliane Masciana	39:43
M40 Kevin McCarthy	36:16
John McCormack	37:13
Luis Campos	37:28
M45 Rafael Maldonado	40:33
Ismael Fabela	40:54
Kirk Mader	43:15
M50 Paul Cook	36:01
Roberto Perez	40:34
David Gates	42:04
M55 Mauro Sanchez	42:09
Gary Burton	42:27
Gregory Henk	48:59
M60 John Thomas	50:23

Dave Smith	56:16
Thomas Dodge	68:38
M65 John Strand	52:00
Donald Glasgow	60:30
Pablo Prietto	68:10
M70 Bart Strycker	67:05
M75 Bob Koch 75	51:16
Chuck Leisberg 75	62:22
W40 Denise Ripley	41:16
Jackie Bielefeld	45:28
Sharilyn McKibben	48:03
W45 Christina Talley	49:43
Candace Flint	50:51
Sandra Smithlin	57:16
W50 Emily Carbone	51:59
Hannelore Behlis	54:45
Elizabeth Abettwagner	55:52
W55 Margaret Manson	63:57
W60 Dorothy Strand 60	60:47

Santa Clarita Marathon & Half-  
Marathon  
Santa Clarita, CA; Nov. 3

<b>Overall</b>	
Hector Lopez 35	2:32.00
Debbie Richardson 40	2:59.42
M40 Chuck Teixeira	2:50.56
Dennis Olsen	3:06.37
M45 Jose Luis Diaz	2:41.45
Takashi Yagisawa	2:59.59
M50 Don Spencer	3:28.18
M55 David Large	3:23.00
M60 Trini Espinoza	3:42.04
M65 Gordon Watson	3:52.45
M70+Ken Butts 78	5:23.45
W40 D Richardson	2:59.42
Leslie Oliver	3:33.40
W45 Berith Velasquez	3:47.45
W50 Martha Castruita	4:54.54
W55 Diane Thomas	5:06.43
W60 Sharon Kerson	5:54.37
W65 Joan Maxwell	5:00.48
W70+Kathy Callaway	5:47.15
<b>Half-Marathon</b>	
<b>Overall</b>	
Robert Leonardo 40	71:08
Verma Kiran 28	84:29
M40 R Leonardo	71:08
Jeff Vannini	83:16
Al Valverde	83:28
M45 Gary Cohen	79:20



Continued from previous page

M50 Bryant Moeckel	3:02.53
Emie Richmann	3:04.49
M55 Bryan Fischer	3:02.43
Michael Willis	3:03.59
M60 Nobuo Sasaki	3:33.15
Gian Carlo Mangano	3:42.48
M65 Steffen Kamte	3:36.08
Göte Ivarsson	3:48.56
W40 Cindy Keeler	2:50.18
Nancy Schubring	3:08.07
W45 Joanne Debruyne	3:26.01
Helen Scissons	3:38.59
W50 Christine Dirks	3:33.00
Robin Boyd	3:46.43
W55 Muffet Chatterton	4:13.00
Sandra Kurtenbach	4:17.25
W60 Nancy Moulton	4:31.16
W65 Helen Fraser	5:47.52

## Half-Marathon

Overall  
Joseph Nderitu KEN 1:05:10

Imma Heeren HOL	1:14.28
M40 Jim Burrows	1:14.24
Stan Trudeau	1:15.13
M45 Rob Reid	1:17.06
Tom Moran	1:24.51
M50 Fred Lew	1:25.26
Brian Low	1:30.01
M55 Jim Clarke	1:30.12
Brian Campbell	1:33.31
M60 R Zimmermann	1:31.26
Jerry Bergman	1:38.10
M65 Michael Ellis	1:35.48
David Bailey	2:11.03
M70+ Ron Riuli	2:17.56
Clifford Hall	2:26.12
W40 Cindy White	1:25.50
Nancy Morrison	1:26.39
W45 Maureen Griffith	1:31.29
Leslie Jones	1:36.52
W50 Diane Legare	1:22.49
Geordie Farrell	1:32.40
W55 C Younghusband	1:54.12
Barbara Bartwitz	2:02.17

W60 Takako Suzuki	2:12.40
Agnes Keenan	2:56.17
W65 Wendi Hanger	2:36.57
Sheila Noonan	3:08.40

### Ontario Masters T&F Association Cross-Country 8K Championships

Sunnybrook Park, ONT	
Overall	
Vince Friel 39	29:13
Missy Fiorino 32	30:29
M40 James Earl	30:00
Dave Deubelbeiss	30:10
M45 Joe Lehmann	31:24
Jim VanBurskirk	31:42
M50 George Aitkin	30:55
John DeFinney	32:05
M55 David Sheridan	34:27
Mike Bedley	35:07
M60 Chris Mackie	36:24
M65 Jack Geddes	37:02
M70 Bob Wild	40:47

W35 Kim Webb	30:43
W40 Cynthia Rothschild	39:25
Gillian Salter	39:53
W45 Nanci Sweazey	38:08
Clara Northcott	40:01
W50 Linda Findley	36:30
W55 Nancy Wells	39:05
W60 Joan Christensen	47:16
W65 Molly Turner	43:38

M50 John Fredericks	2:05.49
M55 Leon Jasionowski	1:52.15
Richard McGuire	1:57.45
Dan Koch	2:21.27
M60 Bernie Finch	2:36.42
M65 Paul Johnson	2:03.21
Bob Cella	2:07.03
Neal Donahue	2:27.26
M70 Alfred Dubois	2:17.29
Bob Fine	2:22.51
George Solis	2:52.07
M75 Robert Mimm	2:38.04
W30 Sarah Perry	2:02.44
W35 Kelly O'Neill	2:19.24
W45 Debbie Topham	2:11.21
W50 Marianne Martino	2:04.32
Sherry Brosnam	2:08.32
Joan Venslavsky	2:31.33
Cathy Mayfield	2:38.04

W60 Janet Higbie	2:19.26
W65 Joanne Elliott	2:25.59

### USATF Florida Championships Alan Ranofsky 20K RW Coconut Creek, FL; Oct. 20

M40 Steve Renard	2:01.50
M45 Mike Felling	1:58.15
M50 Juan Yates	1:56.23
John Fredericks	2:05.49
M55 Dan Koch	2:21.27
M65 Paul Johnson	2:03.21
Bob Cella	2:07.03
Neal Donahue	2:27.26
M70 Bob Fine	2:22.51
W30 Sarah Perry	2:02.44
W35 Kelly O'Neill	2:19.24
W65 Joanne Elliott	2:25.59

## RACEWALKING

USATF National Masters Racewalk Championships/ Alan Ranofsky 20K Coconut Creek, FL; Oct. 20

M40 Rod Craig	1:49.08
Steve Renard	2:01.50
M45 Mike Felling	1:58.15

## ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, DEC. 2002

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
LISA KEALY (TRABUCO CANYON, CA)	12-13-62	40-44
LAURA SCHWARTZ (TIGARD, OR)	12-15-57	45-49
HOWARD MOSCROP (GBR)	12-16-57	45-49
JOAN STERRETT (E. MEADOW, NY)	12-17-57	45-49
DIANA HEIL (LAGUNA BEACH, CA)	12-28-57	45-49
DEBORAH HOWARD (GBR)	12-31-57	45-49
MARY ANN BERG (LAKE OSWEGO, OR)	12- 5-52	50-54
LIDA BERKHOUT (NED)	12-21-52	50-54
EVA-MARIA MICHAEL (GER)	12-22-52	50-54
INA BLAUW (NED)	12- 1-47	55-59
ANTIONETTE SHAW (AUS)	12- 1-47	55-59
JOHN VON ROHR (ROCKY MT, NC)	12- 8-47	55-59
SUSARAH J. DUTOIT (RSA)	12-10-47	55-59
RANDY TAYLOR (LITTLE ROCK, AR)	12-13-47	55-59
LYNNE WILLIAMS (AUS)	12-14-47	55-59
CAROLANN CASTEL (KIRKLAND, WA)	12-21-47	55-59
BILL ROGERS (SHERBORN, MA)	12-23-47	55-59
CHRIS JOHNSTON (HOOPER, US)	12-25-47	55-59
BRUCE HEDENDALL (US)	12-26-47	55-59
KEITH PETERMAN (US)	12-27-47	55-59
GINGER SMITH-PARKS (DE)	12-28-47	55-59
SUSAN HINZ (PULLMAN, WA)	12-30-47	55-59
ELAINE KIRCHEN (NEW YORK CITY, NY)	12- 1-42	60-64
HAROLINE WALTERS (EL TORO, CA)	12- 5-42	60-64
NAOKO ARASHI (JPN)	12- 7-42	60-64
MICKEY BITSKO (DAYTON, OH)	12-15-42	60-64
BETTY POPPERS (DENVER, CO)	12-17-42	60-64
MARYLIN MITCHELL (NYC, NY)	12-23-42	60-64
MARIANE MAIER (AUT)	12-25-42	60-64
STEPHEN LESTER (VT)	12-29-42	60-64
PHYLLIS SMITH (SAN DIEGO, CA)	12- 4-37	65-69
IVAN IVANCIC (YUG)	12- 6-37	65-69
KLAUS HEIDINGER (GER)	12- 7-37	65-69
KIMIKO NAKAMURA (JPN)	12- 7-37	65-69
GARY SIMMS (US)	12- 9-37	65-69
HAROLD TOLSON (SAN DIEGO, CA)	12-15-37	65-69
EVAUN B. WILLIAMS (GBR)	12-19-37	65-69
SAMMY WHITE (EAST POINT, GA)	12-23-37	65-69
BILL MITCHELL (HUNT, TX)	12-25-37	65-69
HELLMUTH KLIMMER (GER)	12-30-37	65-69
DOUGLASS MCFETTERS (PLEASANT VAL, AZ)	12- 1-32	70-74
NORMAN LLOYD (PALO ALTO, CA)	12- 3-32	70-74
LEONHARD JANSEN (GER)	12- 7-32	70-74
RAE WENMOTH (NZL)	12- 7-32	70-74
MAXIMIL WONG MORAN (MEX)	12-10-32	70-74
AMY HICKS (US)	12-12-32	70-74
JAMES VAN MANNEN (CA)	12-15-32	70-74
HAROLD HITT (PORTLAND, OR)	12-23-32	70-74
ANTONINA IVANOVA (URS)	12-25-32	70-74
DENNY MEYER (SEATTLE, WA)	12-27-32	70-74
PRIYADARSHINI KANWAR (IND)	12-29-32	70-74
BARBARA DURAND (THOUSAND OAKS, CA)	12-30-32	70-74
JAY WALLACE (RICHMOND, VA)	12- 8-27	75-79
ROSS SMITH (RENO, NV)	12-11-27	75-79
JEANNE GRUT (DEN)	12-13-27	75-79
HAROLD WALLACE (ANAHEIM, CA)	12-17-27	75-79
ROGER RUTH (US-VICTORIA, CAN)	12-23-27	75-79
TORSTEN VON WACHENFELDT (SWE)	12-24-27	75-79
CHRISTIANE WIPPERSTEG (GER)	12-25-27	75-79
MARY JANE MILLER (ST. LOUIS, MO)	12-28-27	75-79
STEFAN LUPFERT (GER)	12-29-27	75-79
STANLEY DEMARTINS (SARATOGA, CA)	12- 1-22	80-84
ELIGIO GALICIA (MEX)	12- 1-22	80-84
JACK PENNINGTON (AUS)	12-11-22	80-84
POLLY BAILEY (ST. LOUIS, MO)	12-15-22	80-84
VALTO MAKELA (FIN)	12-21-22	80-84
DAVID BROWN (WHITTIER, CA)	12-22-22	80-84
FRANCES BRADFORD (MILL VALLEY, CA)	12-22-22	80-84
EVA KARL (US)	12-26-22	80-84
JEAN MITCHELL (VANCOUVER, WA)	12-29-22	80-84
EDNA VALENCIA (US)	12-30-22	80-84
ROBERT DELLMO (SPOKANE, WA)	12-10-17	85-89
BRUD CLEVELAND (US)	12-10-17	85-89
PIERO NASE (ITA)	12-11-17	85-89
MAX PICKL (CANADA)	12-24-17	85-89
JAMES OLESON (SANTA MONICA, CA)	12-29-17	85-89
MARY PARSONS (GARLAND, TX)	12-11-12	90-94
FRAN PATTERSON (ST. JAMES, MO)	12-15-12	90-94
ELSE HUMMER (GER)	12-16-12	90-94
ARLEY NICHOLLS (AUS)	12-19-12	90-94
VEALLON HIXSON (SUN CITY, AZ)	12- 2- 7	95-99
GUNTHER STOLZENBURG (GER)	12-13- 7	95-99
ALEX CORPACIOUS (HONOLULU, HI)	12-25- 7	95-99

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every day at dawn, the ocean asks,  
"you wanna race?"