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17,000 Runners Over Age 40 Finish ING NYC Marathon

By JERRY WOJCIK

NEW YORK CITY - "Quarantatre" was the magic number of the masters winners in the ING New York City Marathon on Nov. 7. Both the first masters man and woman were from



SUZY HESS Dorian Meyer, of New Jersey, third W40

(2:53:59), ING NYC Marathon.

Italy, and both wore No. 43.

Angelo Carosi, 40, finished 17th overall with an age-graded 92.2% 2:19:53, well ahead of his closest rival, Philippe Remond, 40, France, second M40+ in 2:23:32. Peder Troldborg, 41, Denmark, duplicated his 2003 third-place finish (2:25:51) with a slower 2:26:36.

Rosa Munerotto, 41, ran a 2:47:00, good enough for 19th-woman overall. Olena Plastinina, 41, N.Y., finished 3-1/2 minutes back in 2:50:26. Dorian Meyer, 44, New Jersey, second last year in 2:58:17, lopped almost five minutes off that time, but had to settle for third.

In this year's race, the 35th edition, runners visited NYC's five boroughs, starting in Staten Island at the foot of the Verazano Bridge, wending their way through Queens, Brooklyn, Bronx, and Manhattan, and ending near the Tavern on the Green in Central Park.

The Professional Women runners went off at 9:35 a.m.; the open field, including Professional Men, started at 10:10 a.m. The weather was sunny with 55 degrees at the start and a high of 65.

Marathon officials said that 37,257 started and that 36,513 finished. On Monday, the New York Times listed 32,798 of the finishers. Over 17,000 of the finishers were age 40-andolder.

Continued on page 4

The "City of Roses" Welcomes USA Track & Field

On Dec. 1-5, USA Track & Field will hold its 26th annual meeting in Portland, Ore., at the downtown Hilton Portland & Executive Tower.

The agenda for the Masters Track & Field and Masters LDR committees includes the selection of Athletes of the Year in track & field, long distance running, and racewalking, and the presentation of the 2004 Masters Hall of Fame inductees.

inaugural BENGAY Masters Athlete of the Year award, will be honored at the Hall of Fame Award Ceremonies on Dec. 3. Martin, of Northport, N.Y., who broke multiple W50-54 U.S. indoor and outdoor track records and

won every road and cross-country championship she entered, was selected from several LDR and T&F candidates by chairs of those committees and Bill Roe, USATF president.

The committees will act on bids for masters championships and vote on the revision and adoption of new rules.

In addition to being a "Rules" year, this is also the year for national offi-Kathryn Martin, recipient of the cer elections (President, Vice-President, Secretary, Treasurer, and LDR Division Chair); Masters T&F Committee officers (Chair, Vice-Chair, Secretary, and Treasurer); and Masters LDR Committee officers

Continued on page 14

Pope's Prayers Answered With Two National Cross-Country Wins



Brian Pope, M40, winner of the National Masters 8K XC Championships, leads the front runners early

BY SUSANNAH BECK

It was a big month for masters cross-country, with National Championships at 5K and 8K on Oct. 17 and Nov. 7, respectively. Only three weeks and one state line separated the events, both of which serve as tune-ups to the big 6K/10K National Club Championships meet in Portland, Ore., Dec. 4.

Pope Kicky at 5K

The USATF Adirondack Association and the Adirondack Athletic Club hosted the 5K run in Saratoga Spa State Park, Saratoga Springs, N.Y., on a chilly, overcast day. The race wound a flat, serpentine course through the classic monuments of the park, featuring streamside paths, gravel roads, colorful leaves, and short stretches of pavement.

Tall and leggy Brian Pope, 41, Oxford, Miss., 14:54, galloped to the overall win, putting some serious real estate between himself and a terrific field of pretenders, including several past national champions, such as Adirondack AC's Thomas Dalton, 46, Schenectady, N.Y., second in 15:12. Pope is having a helluva year, setting the M40 U.S. record for 3000 in June

Continued on page 5

INSIDE:

Syracuse 5K

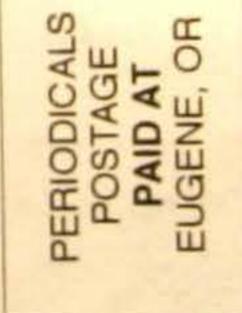
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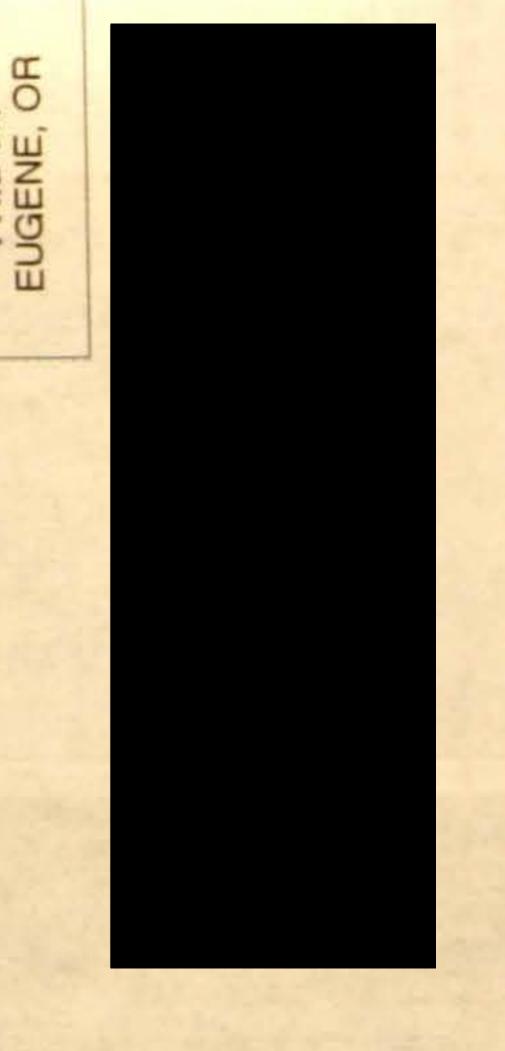
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Seniors Leave Las Vegas with Record Wins

By JERRY WOJCIK

Senior athletes age-50-and-over turned out in good numbers for the Nevada Senior Games in Las Vegas, Oct. 1-3, and left town with world and U.S. records.

Tim Walters, 53, of Ohio, ran the 100H in 13.49 to break Walt Butler's M50 world record of 13.57 set in 1991.

Canada's Olga Kotelko, 85, established an M85 world record of 0.88 in the high jump, and broke the world record of 3624 for the weight pentathlon set by Ruth Frith in 2000 with a 4262.

Tom Gage, 60, Billings, Mont., upped his M60 U.S. record of 5062 for the weight pentathlon in 2003 with a 5177. Hal Wallace, 75, Boise, Ida., totalled 4343 in the weight pentathlon. The present record is 3846 in 2000 by John Gamble.

The throws drew national championships sized fields, with the discus the largest. Larry Pratt, 63, Newark, Del., prevailed in the nine-man M60 discus contest with a 172-4. Californian Bob Humphries, 68, won the M65 discus with a 144-4 in a 10man field.

Eight competitors in the M65 shot were topped by Riley O'Neil, 65, Sandy, Utah, who won over Paul Lissy, 67, Las Vegas, Nev., by an inchand-a-half with a 38-5. Mary Hartzler,

55, Gahanna, Ohio, won the W55 shot put (35-7.75).

The meet, growing in popularity, had contestants from states as far away as Vermont, Massachusetts and Alaska, and the country of Germany.

Happy Holidays from all the staff at NMN

FIVE YEARS AGO December 1999

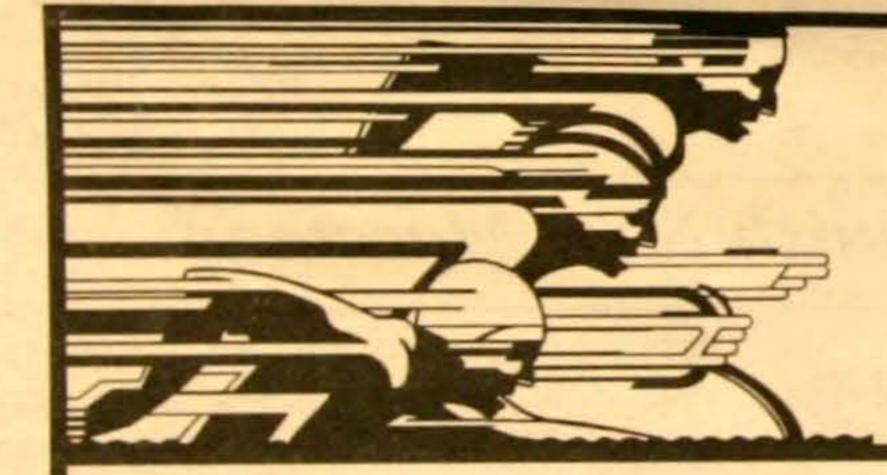
- ·Sam Ngatia (40, 2:23:52), Gillian Horovitz (44, 2:46:16) Masters Winners in NYC Marathon
- •John Tuttle (41, 46:46), Carmen Troncoso (40, 53:42) First in National Masters 15K, Tulsa, OK
- Craig Fram (42, 25:56), Jean Olash (42, 31:03) Tops in Masters 8K XC, Louisville, KY



JERRY WOJCIK The W40-49 Midwest Region 4x800 winning team (I to r): Michaeli Smith, Terry Cassel, Mary Grene, and Lorraine Jasper, in the 37th National Masters T&F Championships, Decatur, III.



Finalists in the M65 100 (I to r): Bob Lida (1st, 12.97), Ken Dennis (2nd, 13.02), Doug Smith (3rd, 13.12), Marion Harrison, and Wayne Bennett, 37th National Masters Championships, Decatur, III.



2005 USAT National Training Center Track & Field Meet Schedule Clermont, Florida

Winter Sun Series

Jan. 22—Age Group, Open, Collegiate, Masters, Seniors plus Weight Pentathlon Feb. 5—Age Group, Open, Collegiate, Masters, Seniors plus Indoor Pentathlon Feb. 19—Open, Collegiate, Masters, Seniors

USATF National 50K Race Walking Championships

Feb. 13—Open, held at Lake Louisa State Park, Clermont, FL

Spring Fling Series

March 19—Open, Collegiate, Masters, Seniors plus Pentathlon April 9—Open, Collegiate, Masters, Seniors April 23—Open, Collegiate, Masters, Seniors

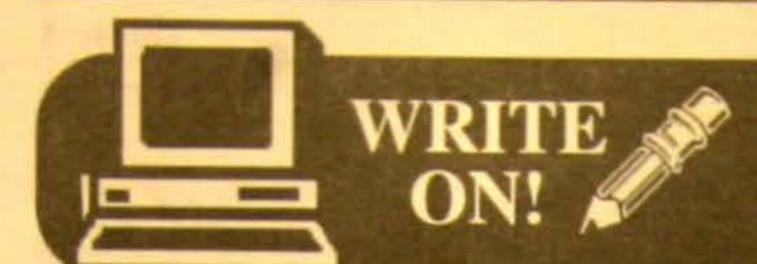
All meets USATF Sanctioned Meets—For a complete list of events, camps and clinics please visit www.usat-ntc.com

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RACING AGAINST THE CLOCK

I attended the world premiere of the great new documentary Racing Against The Clock at the Boston Film Festival and would like to spread the word that this is an absolutely "must see" film.

Phil Raschker and Pat Peterson were in attendance, seeing the film for the first time, as was everyone else. Following the film, they heard applause louder and longer than maybe they've ever heard in competition.

The filmmakers shot footage at the 2004 National Masters Indoor Championships (where a number of Massachusetts track officials made their Hollywood debuts), at the National Outdoor Championships, and climaxing at the WMA World Championships in Puerto Rico, exactingly capturing the authentic personalities of the individual athletes as we know them in competition.

The director had jaws dropping as he documented the "up close and personal" life style stories of these athletes, from Pat Peterson's battles with cancer to Leonore McDaniels' dash for freedom in East Germany.

The audience was at times laughing at the very humorous moments of the film, in tears at the many humbling moments, and cheering wildly at the truly inspirational moments. A filmmaker cannot ask for more.

I strongly recommend that anyone interested in track and field seek out this film. The Web site of the film company, where you can get information on showing schedules, is www.uncommonproductions.com.

Dave Deinnocentis by e-mail

TRACK ANNOUNCING

Regarding Sid Howard's suggestion and Charlie Wimberley's letter that Peter Taylor should be the announcer at all masters t&f championships, I've been saying for years that Taylor has never been officially recognized or acknowledged as the premier masters track announcer that he is.

Perhaps some stipend to cover his expenses would be one way to acknowledge him and let him know his knowledge, enthusiasusm and efforts are appreciated.

I am 100% in favor of this.

Jim Manno Oradell, New Jersey

HUNTSMAN GAMES

You'll no doubt hear a lot of complaints about the Huntsman Meet in St. George, Utah. I must say it was not run well. I think the problem was not enough real track & field people in charge.

For example, there were a number of M60-69 throwers using the old rules 600g javelin, not the new post-1999.

There's a big difference. I can throw the 800g farther than the new rules 600g. In the M60 discus, someone was allowed to use a 1k rubber practice discus.

The running events were a disaster.

Sustainers for December 2004

Periodically, NMN publishes a list of "sustainers," those who help the National Masters News and masters athletics by making contributions. These extra funds allow us to publish more photos, deeper results, an in-depth schedule section, and more. We are grateful for the support of masters athletes.

Special thanks this month go to:

Noel Byrne William Edwards Mike Fanelli Richard Greenberg Ralph Hall Richard Lowery Gordon Seifert

Yonkers, New York Cincinnati, Ohio San Anselmo, California Encino, California Evergreen, Colorado Spring Hill, Florida Birmingham, Alabama

using a computer system to run the meet. It took forever between events, but even the times were wrong with the electronic devices.

I, along with two others, timed the W45 400 winner at 72.6 with a stopwatch. The official time was 74.01.

I've timed track events for over 45 years. I and the others couldn't have been off by two seconds.

But, despite all of that, it was a fun meet, and that's the main thing. Some said they would not return to St. George. Not so for me. I'll be back.

Paul McGuffin Green Valley, Arizona

KUDOS

Your November issue is over the top again. The colorful front page with the inspirational picture of Ed Whitlock and his 2:54 marathon is sensational.

Inside the paper are a number of

From what I understand, they were great articles. I got the most out of Phil Campbell's discussion about stretching and am looking forward to the sequel.

> Hal Higdon's piece on carbs was amusing, if not instructive, and Nancy Clark's straightforward advice on nutrition ("eat to train, not train to eat") also puts important information on the line. I wish I could follow it more rigorously.

> Anyhow, thanks for the great issue. Keep up the good work.

> > Robert Caulk Davis, California

I enjoy your publication very much. I enjoy seeing my name in your publication, in particular when I'm fortunate to make All-American - I'm glad there's something that inspires me to continue racing at a high level.

Thanks!

Maurice Pointer Baltimore, Maryland

17,000 Masters Finish NYC Marathon

Continued from page 1

Throngs of spectators lined the course, especially along the home stretch on Central Park South from Fifth Avenue to Columbus Circle. where it turned toward the finish. A huge monitor near Columbus Circle enabled spectators to watch the race. A rock band provided rhythmic incentive, while a police officer with a bullhorn urged runners on. Jampacked stands lined both sides of the last several hundred meters.

The first masters not listed as foreign runners were Joseph McVeigh, 41, of New Jersey, and the New York AC, fourth master (2:28:42), and Plastinina. McVeigh was also fourth last year (2:28:30).

Philippe Chatelard, 47, France, won the M45 race in 2:33:41, dethroning last year's winner, who ran a faster 2:35:08 than his 2:37:18 in 2003.

The closest masters division race came in the M65 group, where Francesco Madotta, 65, Italy, took the contest with a 3:22:48 from Ben Ahmed, 66, Netherlands, who ran a 3:23:33.

Candace Schiffer, 53, NewYork, should be credited with the best masters woman's performance of the day. She won the W50 race with an agegraded 90.4% 2:56:27, 34th-woman overall.

Susan Lambert, 63, Great Britain, added seven minutes to her W60 2003 winning time, but successfully defended her title with a 3:42:46, as did Ginette Bedard, 71, New York, in the W70 race, with a 3:57:11.

The oldest division winners were John David Cahill, 80, Utah, 5:05:30, and Anne Lutz, 75, Denmark, 5:24:00.

The open winners were Hendrik Ramaala, 32, Republic of South Africa, 2:09:28, and Paula Radcliffe, 30, Great Britain.

Radcliffe, the world record holder at 2:15:25, who dropped out of the Athens Olympics Marathon, ran stride for stride with Susan Chepkemei, 29, Dominique Chauvelier, 48, France, Kenya, for much of the race until the final 200 meters when Radcliffe took the lead to win by four seconds in 2:23:10.

> One participant, in an editorial letter to the New York Times on Nov. 9, wrote, "To the City of New York and the New York Road Runners, thank you once again, not just for a road race, but for a magnificent piece of urban theatre."

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Pope's Prayers Answered in XC Wins

Continued from page 1

(8:16), and posting 14:17 for 5000 a week later.

Carlsbad 2004 winner Peter Magill, 43, South Pasadena, Calif., 15:17, and teammate Oscar Gonzales, 40, Irvine, Calif., 15:19, ran to third and fourth place, positioning Team Runner's High for the M40-49 team win.

Tony Young, 42, Redmond, Wash., 15:29, the former M40 U.S. 3000 record holder, placed fourth. Gary Griffin, 43, Rochester, N.Y., led the Genesee Valley Harriers (GVH) to second place, with his fifth placing, while 2003 Masters XC athlete of the year Bob Winn, 45, Ogunquit, Me., was sixth, 15:52.

Rochester's James Robinson, 50, GVH, 16:49, was the top M50-59 racer of the day, his sixth straight national M50 title. Roger Price, 55, Piscataway, N.J., cruised in second, 17:02. Hometowners Adirondack AC took the team title, led by John Crawford, 50, Queensbury, N.Y.

Bill Borla, 64, Torrington, Conn., running unattached, was the top 60-69er, 18:14.

The Raritan Valley Road Runners of New Jersey took home the bling bling for their M60 win, led by William Hagman, 61, Morris Plains, N.J., 19:17.

Thom Weddle, 66, came all the way from Minneapolis, to win the M65 national title, 19:50.

Bill Butler, 71, Westchester, Penn., unattached, captured the M70+ individual title, 23:01. The Finger Lakes RC, placed first of four full teams in the category, led by Donald Farley, 70, Ithaca, N.Y.

Bill Fortune, 76, Pearl River, N.Y., 23:58, barely outkicked Jack Gray, 75, Fort Worth, Tex., 24:01, for the M75 crown. Sab Koide, 80, Dobbs Ferry, N.Y., 29:26, topped the octogenarians, with Danforth Geer, Bennington, Vt., winning the M85 title.

Marisa Hanson Wins 5K

In the separate women's race, Westchester TC's Marisa Hanson, 41, Pleasant Valley, N.Y., 17:47, won a convincing victory over Sarah Kramer, 44, Ogden, Utah, 18:10. It was best time of the year and her first cross-country race since 2000.

Rebecca Heuer, 40, Orchard Park, N.Y., 18:20, flew in for third place, and, with the aid of Carolyn Smith-Hanna, 54, Pittsford, N.Y., 20:12, and Gail Geiger, 41, Caledonia, N.Y., led Genesee Valley to the W40 National 5K team title.

The stellar Kathryn Martin, 53, Northport N.Y., 18:23, placed fourth overall.

The Upstate New York based Finger Lakes RC raced unopposed to the W50 team title, led by Zofia Franck, 51, Ithaca, 21:18. Carol Kane,

58, Weston, Conn., 22:57, won the W55 age-group, while Eileen Holtzman, 60, Airmont, N.Y., 24:36, nabbed the W60.

Carrie Parsi, 65, Gloucester, Mass., 23:33, won the W65, and led the ladies of the Liberty AC to the title. W70 Ann Stockman, 72, Rensselaer, N.Y., 27:12, and Doris Schlamowitz, 75, Albany, N.Y., 33:25, won their respective divisions.

Pope Rides Again, at 8K

Three weeks later in Beantown on Nov. 7 there were familiar faces and some new ones. USATF-New England hosted the 8K National XC Championships on the now-famous Franklin Park course, with men and woman toeing the line at 10:00 a.m., on a perfect, dry fall day with temperatures in the 60s.

Brian Pope, who suffered from a runny cold in the intervening weeks, pulled away from a small pack in the final mile to score another win, 25:08, over 2003 M45 winner Thomas Dalton, 25:25. Oscar Gonzales flew east again for third, 25:33.

The new faces came from the north, as the Dirigo Running Club flexed its masters muscles, capturing the M40 team title, led by Mainer Michael Payson, 41, Falmouth, 25:41 (Dirigo, "I lead," is the Maine State motto). The Genesee Valley Harriers placed second.

Greater Lowell 50+ team member John Barbour, 50, Gloucester, Mass., 26:32, led the M50+ by more than a minute, while Greater Springfield Harriers 50+ took the M50 team honors.

Bill Dixon, 57, Brattleboro, Vt. (Greater Lowell 50+), won the M55 crown by two seconds over Roger Price, 28:50.

Bill Borla was a repeat titlist at M60, 30:24. Joe Cordero, 66, Islip Terrace, N.Y., 34:34, was two minutes ahead of the field in the M65. The Raritan Valley Roadrunners reprised their 5K M60+ team win. Bill Butler added another M70 XC title to his 5K, 38:39.

Troncoso Holds off Smyers

Cross-country contessa, Carmen Ayala Troncoso, returned to Boston for a quick run around, dominating the women's event, 29:17.

Olympic triathlete Karen Smyers, 43, Lincoln, Mass., was second master, 29:54, with Rebecca Heuer again leading Genesee Valley to the W40 team win.

Kathryn Martin successfully defended her W50 division title, 31:15. Cathy Klim, 55, Cummaquid, Mass., 35:08; Jayne Zinke, 61, Valatie, N.Y.; Carrie Parsi, W65, 38:43; and Liz Szawlowski, 71, Sugar Hill, N.H.; were all age-group champions.

Liberty AC repeated its W60+ win in the 5K.



MIKE POLANSKY

First W40+ Marlene Mignano (second r) and second W40+ Susan Murray (second I) are congratulated by Town Councilwoman Rose Walker (I) and Town Supervisor John Venditto (r), Oyster Bay Town 5K, N.Y., Oct. 16.

Schedule for Hawaii Masters Meet Set by Games Committee

The competition schedule for the 2005 National Masters Outdoor Championships in Honolulu has been set by the Masters Games Committee, chaired by Sandy Pashkin.

While the schedule of track events closely follows that of previous masters outdoor championships, significant changes have been made in the schedule for field events. A complete schedule can be seen in the Hawaii Champs advertisement on this page, and on line at www.Hawaii Champs.com.

Copies also can be obtained by e-mail at zeug@hawaii.rr.com.

TEN YEARS AGO December 1994

- Record 29,628 Finish NYC Marathon As Nick Rose, 42, Emma Scaunich, 40, Win Masters Titles
- •Wally Herrala, 50, Stars in National Masters 5K XC
- John Barbour, M40, Kathy Brown, W45, Take USA Masters 10K XC

There is Always Time to Play in Hawaii! Check the Schedule

Then book your Hawaii vacation!

Competition Schedule, 2005 National Masters Outdoor
Track & Field Championships, August 4-7, Honolulu, Hawaii.

Age group order and final time schedule to be decided in July after all entries are received.

Thursday -- Track
5000 Finals F/M
800 Prelims F/M
400 Prelims F/M
Thursday -- Field
Shot Put M50+
Javelin M30-39
Discus F30-59
Pole Vault M60+
Thursday -- Multi
Pent (M) LJ, JT, 200,
DT, 1500
Pent (F) HH, HJ, SP,
LJ, 800

Friday -- Track 5000 Racewalk F/M High Hurdle Prelims M 100 Prelims F/M Steeplechase F/M Friday Track -- Cont.
1500 Prelims M
400 Finals F/M
High Hurdle Finals F/M
Friday -- Field
Long Jump F/M
Javelin M40-49, M 70+
Discus M30-69
Shot Put F30+
Pole Vault M30-49
High Jump M50+, F30+

Saturday -- Track

10K Run F/M

100 Round 2, if needed, M

Int. Hurdle Prelims M30-64

100 Finals F/M

800 Finals F/M

200 Prelims F/M

Saturday -- Field
High Jump M30-49
Javelin M50-69
Discus M70+, F60+
Hammer F30+
Shot Put M30-49
Pole Vault M50-59, F30+

Sunday -- Road

10K RoadWalk F/M

Sunday -- Track

200 Round 2, if needed, M

1500 Finals F/M

Int. Hurdles Finals F/M

200 Finals F/M

Relays 400, 3200, 1600, F/M

Sunday -- Field

Javelin F30+

Hammer M30+

Triple Jump F/M

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SEASON'S GREETINGS!



Dr. Al Morris Talks About Health, Fitness and Competition

Americans did well, winning a silver in the men's and a bronze in the women's races, but that those two medal winners did as well as they did while wearing hats.

Hats Are a Hindrance

"Wearing a hat in a marathon race when it is hot makes the runner overheat – there is no question about it," Morris told me in a recent e-mail exchange.

"The hat sits over the ears and tightly presses against the skull at that point. This is the exact point within the brain that the temperature mechanism resides. So that when the athlete covers this part of the scalp and the brain you will definitely overheat the brain and the entire system. This is the very reason we wear hats in winter running."

Morris, who now serves as Director of Health Improvement and Physical Fitness for the U.S. Border Patrol (USBP) at the Department of Homeland Security (DHS), won't go so far as to say that each of the medal winners might have moved up a spot in the standing by not wearing hats, but he feels certain that the hats didn't help the two runners.

"A runner may win or place in spite of doing a dumb thing," he explained. "They were just superior that day."

While some runners assume that a white hat helps by reflecting the sun, Morris stated that the minimal reflection does not in any way compensate for the heat that the hat will generate in hot or humid conditions.

"Any hat on the head will make the head warmer and will deter optimal performance," he continued. "The head must be bare and periodically wiped clean to get the sweat to evaporate. This evaporation is a cooling process."

Same Muscles Used

Morris also took exception to the statements by the television commentator that the runners use different muscles going downhill. "They may use the lower limb muscles slightly differently when running downhill, but they cannot use different muscles," he said.

In his present position, Morris, a 62-year-old former Marine Corps officer and Vietnam veteran, directs the health and fitness programs of some 12,000 border patrol officers. He previously directed the fitness program at the Armed Forces Staff College in Norfolk. I took advantage of the email exchange and put some additional questions to Morris:

MT: What is lacking most among

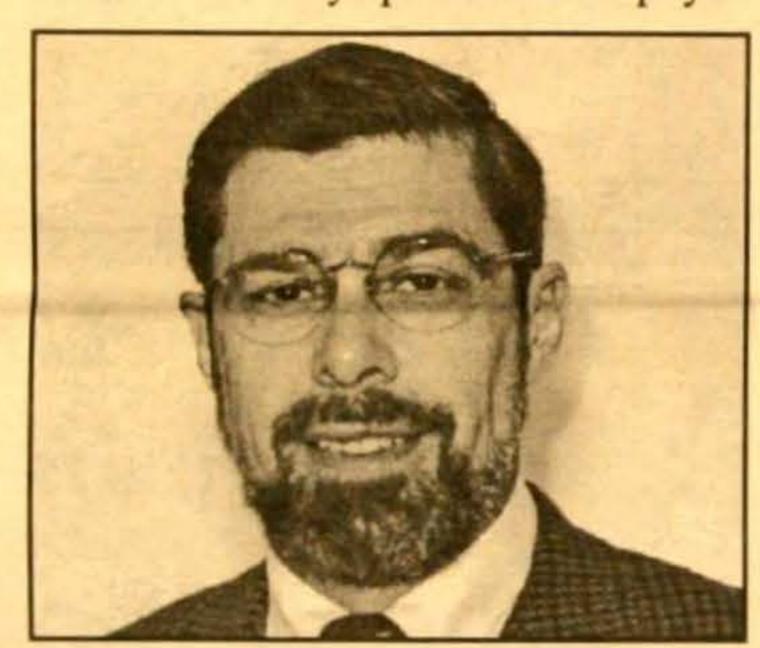
young people today, upper body strength or endurance?

AM: Sad to say that both strength and endurance are lacking in today's young men and women, but probably endurance is more lacking because so many of our young people today are simply overweight and over fat. They require remedial training in order to get ready to begin military basic training.

Border Patrol Training

MT: Can you tell me a little bit about the training program for border patrol officers?

AM: It's very specific to the physi-



Al Morris

cal task at hand. For example, many of our law enforcement officers do train checks as part of their first assignments. This train-checking for illegal aliens involves running through rail-road yards, jumping up on moving trains to climb aboard boxcars in the dead of night in very inclement weather, running along the top of boxcars to lift the top hopper doors to check inside for illegal aliens, who might be armed and dangerous and hiding inside the boxcar. This takes quite a bit of specific physical fitness.

MT: Doesn't specific training lead to an imbalance in overall fitness and a greater likelihood of injury, especially as one ages?

AM: What I have learned in my forty-four years of studying fitness is that cardio-respiratory (c-r) fitness work is the key element of true physical fitness. If one has c-r fitness then they are generally of lean body weight and low body fat. They also have sufficient muscular strength and they are flexible enough for life.

Controlling body weight and getting enough aerobic activity is the new fitness definition for me. This goes for law enforcement officers as well as general garden variety athletes, not professional athletes. I'm speaking of runners here, not throwers or jumpers. Obviously, throwers and jumpers need much more specific training relating to throwing and jumping events.

Stretching Overrated

MT: What are your thoughts on stretching?

AM: Stretching is overrated. A recent scientific study in a reputable peer-reviewed scientific and medical journal revealed that stretching did not prevent injuries and did not increase overall physical performance. It's probably not necessary unless your sport is gymnastics or ice dancing, where some subjective judge is awarding points on your flexibility.

And, it's necessary in the 110 meter high hurdles, because part of that event involves some basic flexibility in getting over the hurdles. If you examine many of the distance runners in Africa, most just go out to run naturally and only stretch as an afterthought. That's where it should be, after the most intelligent part of the workout is finished.

MT: What goes first, the endurance or the speed?

AM: The scientific research here is convincing, and that is the speed goes first. The reason is that muscle fiber types and the neurons that enervate these large (speed producing) muscle fibers drop out of existence as we age.

We are born with only a certain number of nerve cells and a certain number of skeletal muscle cells and these large neurons and the large muscle fibers are the first cells to become dysfunctional as we age.

This can be seen in the ages of Olympic 100m sprinters contrasted with the age of long-time marathoners. Having said this, however, the literature also informs us that if one trains fast – very fast – throughout his or her lifetime, that person can retain many fast twitch muscle fibers that many other individuals lose.

Marathon Training

MT: What are your thoughts on marathon training?

AM: In short, there are no shortcuts. All training must be intelligent and designed to be injury-free.

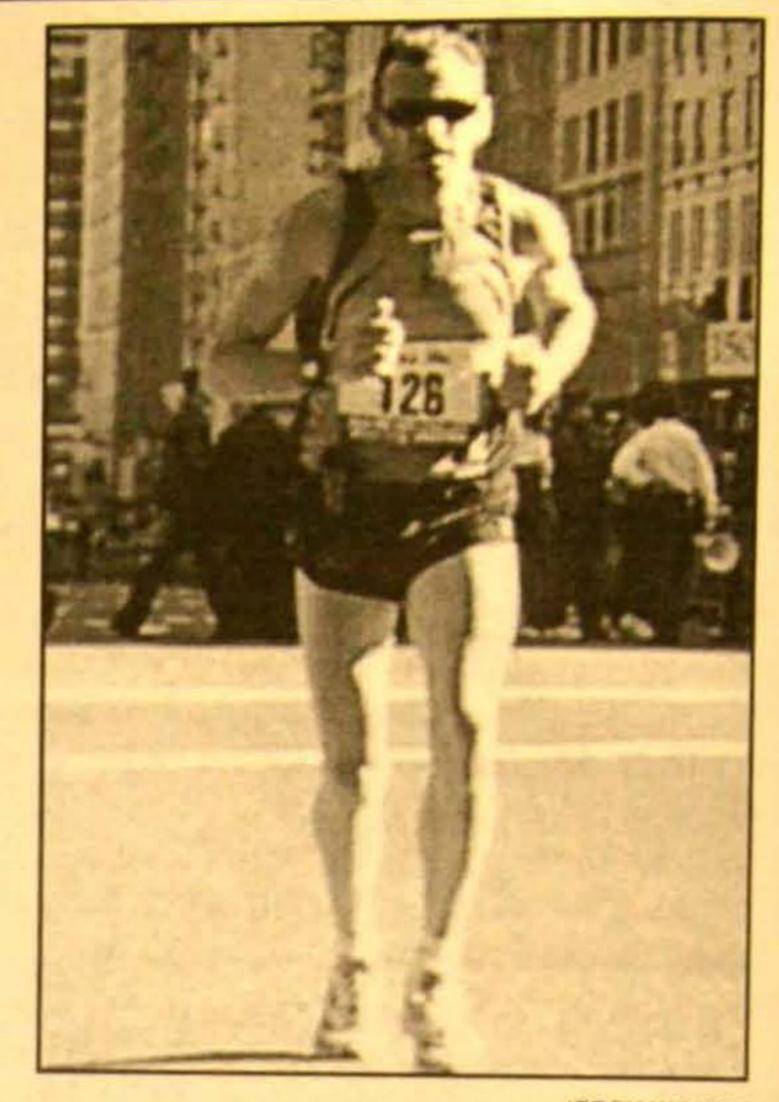
I am one for observing that many really great marathon runners do establish a very strong and long base of mileage. You simply have to put in high mileage and the long runs.

Long runs of 25 miles are better than 20 miles, and longer runs of 35 miles are better than 25 miles.

These long runs boost confidence and teach the body to handle the fluid and food replenishment that the body seeks in the marathon.

They also develop a mental toughness that you don't necessarily get when doing only 16 to 18 miles as a long training run.

To this heavy mileage base one must do many tempo or pace runs, as I call them. You have to get to where you know the exact pace that you are running for the effort that you are put-



Philippe Chatelard, France, first M45 (2:33:41),

ting out, having regard for the terrain and the environment.

Marathon Diet

ING NYC Marathon.

MT: I know you've given talks at some marathon seminars on proper foods and fluid replacement drinks for the marathon. In a nutshell, what do you tell people?

AM: My answer is typically that the food for long life is the food of the marathoner. This means lots of good varied carbohydrates, like whole grains, fresh colorful vegetables, and fresh fruits.

If you are burning lots of calories running, you may supplement these carbohydrates with lots of nuts, beans and legumes of all types.

Carbohydrates should constitute about 60-65 percent of the total calories in the diet, protein about 15 percent, and the remainder is fat. The best drinks are the fruit juices.

If calories are an issue, and they generally are, you should dilute the juices by pouring them over lots of ice and sipping them gradually over time.

Practice drinking a favorite electrolyte beverage or diluted juices during the long runs. This should be about six to eight percent carbohydrate. This might mean diluting a Coke or some favorite juice about 50 percent with water.

MT: As I recall, you did a 2:44 marathon many years ago. Do you still run?

AM: No, unfortunately, I'm not. During 1995, I had a second serious back surgery (the first one was for a ruptured disc, which I suffered on active duty in Vietnam). The M.D. thought I might be able to run recreationally, but this has not happened. At first, it was devastating and I sulked a great deal, but one moves on with life.

I have taken to swimming and some stationary biking, because I understand fully the importance of health and fitness.

However, it is certainly not the same as running free in nature.

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



Health & Fitness

By Phil Campbell M.S., M.S.A., FACHE

The Truth About Stretching - Part II

here are two main types of stretching, static (holding a stretching exercise in one position without movement) and dynamic, which means moving while stretching (arm swings, knee rotations, neck circles).

Researchers show that athletes should consider not performing extended static stretching immediately before the big game or a key practice session, because this slightly slows muscle activation for around an hour afterwards (Reduced Strength After Passive Stretch of the Human Plantar Flexors, 2000, Fowles).

Using dynamic stretching before events requiring peak performance is a wise pre-competition strategy.

Warming up prior to a high-intensity, ballistic, athletic event is an absolute rule – never to be broken – and stretching can be combined (multi-tasked) as part of the warm-up.

The goal of the warm-up is to get the blood flowing and raise body temperature (one degree) prior to athletic competition and high-intensity training.

It's desirable to allow muscle, ligaments, and joints to experience the functional range of motion required of the athletic event during the warm-up.

Static Stretching After Training
Static stretching improves flexibility like no other form of stretching.
And meaningful gains in flexibility are shown to be dependent on the "duration" of stretch-hold position.

Researchers show the best "stretchhold position" to increase flexibility is 30 seconds (The Effect of Time on Static Stretch on the Flexibility of the Hamstring Muscles, 1994, Bandy).

"Best" means optimal results for time spent. You can get positive results with two-minute stretch-holds, but 30 seconds yields equal results.

This type of stretching is positive for athletes and adults of all ages. Researchers show in one study that static stretching positions are of great benefit for adults over age 65.

Longer hold times during stretching of the hamstring muscles resulted in a greater rate of gains in range of motion (ROM) and a more sustained increase in ROM in elderly subjects (The Effect of Duration of Stretching of the Hamstring Muscle Group for Increasing Range of Motion in People Aged 65 Years or Older, 2001, Feland).

Adults age 21 to 45 with tight hamstrings also get the best results from static stretching with 30-second stretch-hold positions. Researchers report that static stretching is two times more effective than dynamic stretching for this group of non-competitive athletes.

The results of this study suggest

that, although both static stretch and DROM (dynamic stretching) will increase hamstring flexibility, a 30-second static stretch was more effective than the newer technique, DROM, for enhancing flexibility (The Effect of Static Stretch and Dynamic Range of Motion Training on the Flexibility of the Hamstring Muscles, 2001, Bandy).

While it's reasonable to conclude (as I have for training purposes) that static stretching away from practice is an effective strategy for athletes with tight hamstrings, this study doesn't specifically prove that point.

It's clearly a mistake to take the findings of one study and create an absolute fact. Look at the whole body of research about a topic before making a life-changing training decision.

In A Nutshell

1. Use dynamic stretching and static stretching at the correct times in the training plan.

2. Dynamic stretching (arm swings, hip rotations, knee rotations) will aid in the pre-competition, pre-practice warm-up process by increasing flexion in the joints and increasing body temperature. This method is preferred before athletic competition.

3. Static stretching can be used as part of a warm-up for training. However, static stretching will slightly slow down athletes for an hour, so examine training goals. Masters athletes needing extra protection from injury, may want to consider a training strategy of intentionally using static stretching before training, especially early in the season.

(Phil Campbell. M.S., M.A., FACHE, is the author of Ready, Set, Go! Synergy Fitness; www.readyset-gofitness.com)

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Conor O'Driscoll, New York, fourth M40 in the 5000 (16:22.39), 37th National Masters T&F Championships, Decatur, III.



Sean Kohles, winner of the M35 3000 (9:11.34), 2004 Hayward Classic, Eugene, Ore.

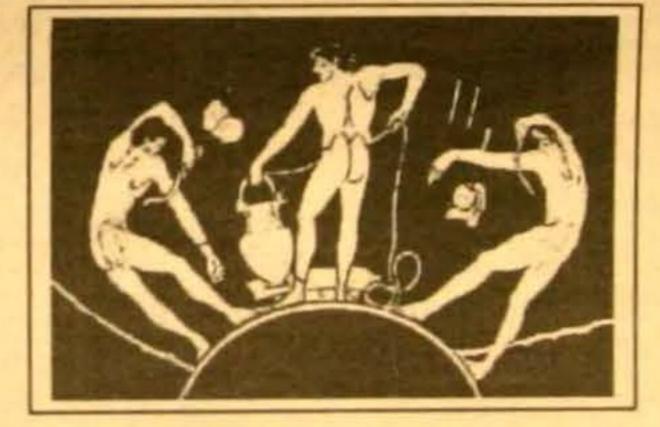


Bill Melville, Wisconsin, winning the M70 100 (14.74), 37th National Masters T&F Championships, Decatur, III.

FIFTEEN YEARS AGO December 1989

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

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Masters Scope By PETER TAYLOR

Anticipation

That? You traveled all the way to Germany just to run for nine seconds in the 60-meter hurdles? And that was in the winter? In the summer you flew from Los Angeles to St. Louis, then on to Decatur, Illinois, just to run the 110 hurdles and the 200 dash? How many seconds in total (I'll let you include warmups) did you actually run?

For those who neither participate in the shorter events in track and field nor like to watch them, figuring out what motivates the competitors is often difficult. So much time in preparation, so much money for flights and hotel (not to mention the entry fee), and so little time actually competing. The first thing these "nonbelievers" should know is that anticipation is a big part of the track athlete's life.

Take the 2005 Outdoor Nationals, to be held in August at Cooke Field in Honolulu, Hawaii. What will my flight be like? What's it like in Hawaii during the summer?

I found out that average highs in July-August-September are 87-88-88 in Honolulu (average high in January there is 80), but that doesn't give me the whole picture. What will the sun feel like? What about the winds? How late will the sun be up? What about the flora and fauna?

Dreaming On

Ideally, the track athlete will spend hundreds of hours dreaming about the meet beforehand (while simultaneously doing extremely well at job, hobby, or public service), perform brilliantly (or at least as well as expected) in her/his events, be interviewed afterwards, get written up in the local paper the next day and in the National Masters News (and maybe even in Geezerjock or Running Times) later on, obtain videos of the performances, and tell friends and colleagues for months afterwards (until it looks like they can't stand it) about how even the word "magnificent" does not do justice to what happened at the big meet.

Thus, for the track athlete, the mental life is of great importance. The endless months of anticipation, the experience itself, and then some wonderful time to look back on the experience before anticipating the next event bring countless hours of joy.

As an announcer, I also spend great time anticipating. I can't begin to imagine how many times I visualized the layout of Millikin University and its track before I actually arrived there on August 4 of this year. Now I'm looking forward to going to Boise (site of the meet hotel) and Nampa (site of the meet) in 2005.

I'd thought it was colder in Boise (normal highs and lows are 29-45 in February and 34-54 in March – the meet is March 11-13) than it actually is, but I've never been there and am already anxious to get on the plane and find out what the city is like and how the arena is set up.

Thrill of the Entry Form

One thing many athletes no doubt enjoy is looking over schedules and entry forms. I have run so many road races in my dreams – let's see, that race in Pensacola might be nice – no, I think the panhandle of Florida is a little too humid. Here's one in Vermont – no, might be too hilly.

One of the things about entry forms is that they're not only fun to look at, but they also give you a lot of information about the meet. For the outdoor nationals, for example, the straight hurdle (80/100/110m) preliminaries and finals are both on Friday, as



JERRY WOJCIK

Lesia Batiste, #208, wins the W40 100 title (13.05) with Joy Upshaw-Margerum, #347, second (13.07), 37th National Masters T&F Championships, Decatur, III.

are the 100 dash preliminaries.

Saturday has the 400 intermediatehurdle preliminaries, the 100 finals, and the 200 preliminaries. Among the Sunday events are the 400 intermediate-hurdle finals and the 200 finals. For a hurdler-sprinter, that's an awful lot in three days; seems best to pick and choose.

Something that "veteran campaigners" among the hurdling/sprinting crew know, but newcomers do not, and which many people who have been to the nationals have either forgotten or ignore (that entry form is so definitive) is that in most cases they won't be running preliminaries in the hurdles at all.

Historical Perspective

As an announcer, I must look backward as well as forward, as I must know what has taken place in the past (what did Nolan Shaheed do again? how many records did Kathy Martin break? what was the time it took M85 superstar Roderick Parker to run the 200 at Decatur?) and be able to set up the future for the audience and athletes.

Accordingly, I looked back at the last 10 National Masters Outdoor Championships (1995-2004 inclusive) to see just how often men had to run preliminaries in the 110 hurdles (M30 up through M45) and the 400 intermediate hurdles (M30 up through M55). I assumed that older men and all women would never have had to run trials. The results were very interesting:

In the 110 hurdles, with a theoretical possibility of 40 sets of trials (10 years x 4 age groups), trials were run three times: at San Jose in 1997, at Orono in 1998, and at Eugene in 2003 (one age group at each meet, of course).

At San Jose, the first nonqualifier ran 18.74 seconds; the bronze medalist in the final ran 15.63. At Orono there were nine in the trials competing for eight spots.

The ninth hurdler was disqualified for false starting, the eighth hurdler was unable to negotiate the 110-meter course, and the seventh finisher in the trials ran 18.25. The bronze medalist in the finals ran 15.41.

Trials Unnecessary

At Eugene, the first nonqualifier ran 18.62 seconds; the bronze medalist in the finals ran 14.78. Thus, in no case were the trials even remotely needed, as the primary purpose of trials is to separate closely matched competitors. Far better to split the field and run a timed final.

In the 400 intermediate hurdles, trials were run one time out of 60 (10 years x 6 age groups), in Eugene in 2000.

The differential between the first nonqualifier and the bronze medalist in the final was 9.30 seconds.

I should also mention that in Orono in 2002 there were nine men in one of the age groups but there is no record that there was a trial (Orono has an 8-lane track).

Even though I announced that one, I do not remember whether they ran a split final or ran two men in one of the lanes.

Regardless, the ninth finisher finished 7.39 seconds behind the bronze medalist. In short, trials were not required.

Proposed Wording

For athletes planning for future outdoor nationals, I propose that the entry form say "Trials are no longer used in the 80/100/110 or 300/400 hurdles. Instead, we have set aside a hurdlers' practice session on (TBA) of the meet, in which sets of four hurdles will be placed at varying heights and at various spacings (corresponding to the current requirements) for hurdlers to get their steps down before their race.

"All hurdles events will be run as timed finals, with seeding based on submitted times from the Worlds, U.S. and Canadian national outdoors and indoors, regional championships in the United States, and such other meets in the United States as the USATF Masters Committee has approved."

What a welcome sight for old and new! This meet has a formal practice session for hurdlers, and they won't make us run trials in those events but will seed us by our times in recognized meets, not just the time someone might put down on a paper. It's all good.

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Speaker's Corner By DAVE CLINGAN

Masters Track & Field Active Athletes Representative

Vision for Masters Track & Field

n December 2nd, elections will be held to choose the officers who will govern masters track and field for the next four years. What better time to reflect upon the masters program— where we've been, where we are, and where we are heading.

During the past four years, I've had the privilege of serving as the Active Athletes Representative to the Masters Executive Committee. I've been involved with and/or witness to the decisions which affect masters track and field. I've observed many dedicated volunteers working hard on behalf of the masters community.

But I have also seen and experienced an unfortunate resistance to new ideas and proposals. I've seen a reluctance to objectively evaluate our program's strengths and weaknesses and an aversion to diverse opinions. I think it is fair to say the prevailing theme has been, "Don't rock the boat." But I believe our theme should be, "We can do better."

To do better, we need a strategic plan. We need a set of goals and objectives to move our program forward. With that in mind, I respectfully offer the following suggestions as a starting point for consideration, dialog, debate, and action. All feedback, positive and negative, is welcomed.

Leadership Steps

- · welcome and encourage new ideas and proposals
- foster an atmosphere of mutual respect and teamwork
- synthesize diverse opinions and lead by consensus
- · establish ad hoc committees to and other incentives
- explore new concepts · employ goal-oriented management techniques
- · regularly evaluate progress, success and failure of masters programs
- · lobby strongly and effectively for masters interests within USATF
- · make executive decisions more apparent to masters athletes

Communication

- · develop direct e-mail methods for the chair to reach all masters athletes simultaneously
- · utilize the USATF Web site for more frequent top-down communication
- utilize on-line surveys to measure opinions of athletes
- · participate in regular on-line discussions regarding masters issues
- empower regional coordinators with region-specific Web pages
- · empower subcommittee chairs with committee-specific Web pages
- · improve the masters section of the USATF Web site (see below)

Masters USATF Web Section

- · re-design topics and menu choices for improved navigation
- expand description of the masters program and give reasons to join · add masters regional pages and
- committee pages
- expand news coverage and results

- of masters events
- maintain current info for prospective championships site bidders
- post meeting minutes for all meetings
- include MTF organizational directory
- add links to other on-line sources of masters information

Media

- provide funding to Media Committee to cover costs of attending convention and other expenses claimed
- · maintain archives of media coverage and assess to determine market value of masters media coverage

Sponsorship

- create a masters sponsorship committee to work in conjunction with USATF
- · develop guidelines acceptable to USATF
- develop a masters sponsorship package based on masters media value
- · obtain a title sponsor for our national championships
- assist LOCs and regional organizers with sponsorship acquisition
- formulate sponsorship sharing guidelines for LOCs

Convention Reform

- increase the number of at-large athletes accepted as voting delegates at annual convention
- consider regional quotas to ensure fair distribution of expanded delega-

Election Reform

- study the viability of direct voting by masters athletes for elected offi-
- · proposal: allow direct voting to comprise 50% of the votes
- develop strategies for candidates to better communicate with voters

Championships

- · produce a detailed generic championships budget for potential bidders
- · develop a strategy for compensating meet announcers
- · conduct post-championships meet evaluation
- · score team competition at nation-

Masters Committees

- · empower committees as viable working groups
 - · list all committee members

- · define committee purpose, responsibilities, goals, and objectives
 - post regular progress reports
 - · use Web site for communication Growth and Fundraising
- set some realistic goals for membership expansion and increased participation
- · establish an ad hoc committee to develop and implement growth strate-
- · conduct outreach with National Senior Games organization
- · conduct outreach with National State Games organization
- · appeal to LDR committee, running clubs, running specialty shops, etc.
- develop strategies to transition younger athletes (30+) to masters (e.g., e-mail to USATF members who turn 30)
- develop and implement creative strategies to raise money for the Masters Committee

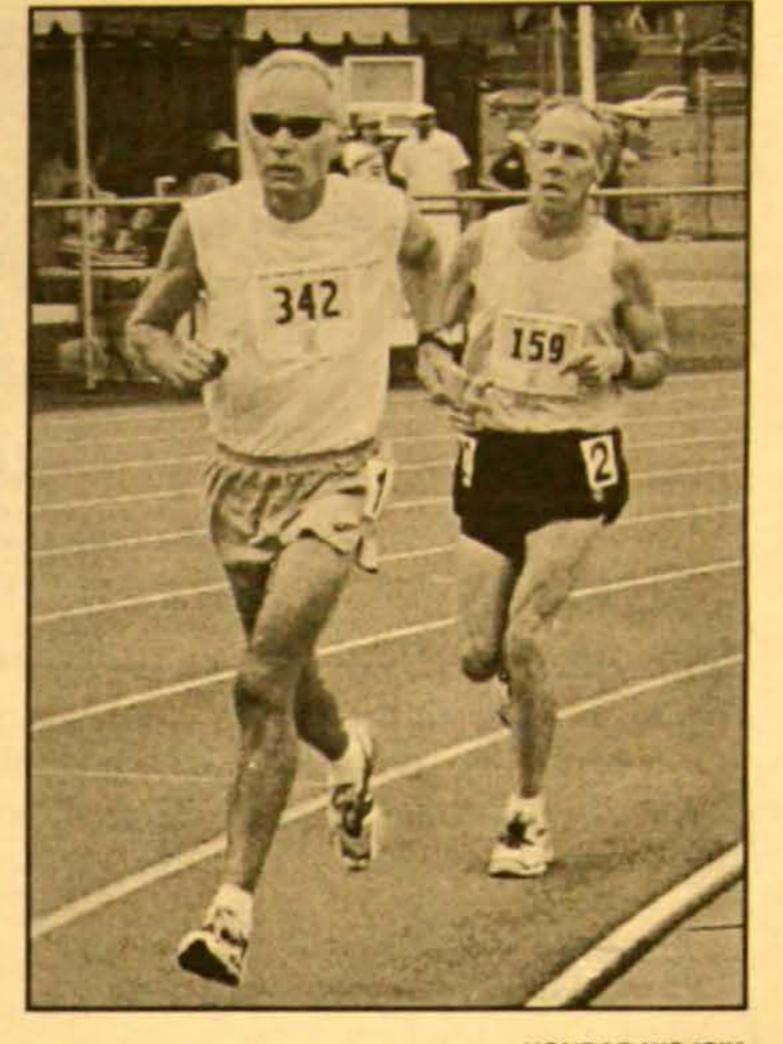
Athlete Support Programs

- develop tools to help masters athletes obtain personal sponsors
- explore ways to provide technical/training assistance for masters athletes

Hall of Fame

Entry Forms

- establish committee responsible for masters track & field Hall of Fame considerations
- obtain, organize and display MTF memorabilia at New York Armory
 - produce and post bios of HOF



KONRAD WOJCIK

Ed Cadman, #342, 59, and Donald Loewe, 56, in the 5000 at the 2004 Hayward Classic, Eugene, Ore. Loewe won in 18:16.72, with Cadman second (18:19.38).

members on the Web site

Technology

- ensure that all regions have stateof-the art (Hy-Tek) software for their championships meets
- ensure that current age-grading factors are available to all who need
- ensure that A-G data are analyzed and updated regularly to maintain a level playing field among different events and age groups.

Wes Kittley Classic & Masters Invitational

Texas Tech University (Lubbock, Texas) Saturday, January 29, 2005

\$25 initial entry fee & \$5 for each additional event Entry Fees:

TTU athletic web site (HYPERLINK "http://www.texastech.com" www.texastech.com)

Or call TTU track office (806) 742-3355, x249 Email: HYPERLINK "mailto:joe.walker@ttu.edu" joc.walker@ttu.edu

Monday, January 24, 2005 @ 12 PM Entry Deadline: FAX entries to Joe Walker at (806) 742-0365

Or mail to TTU Track Office, Box 43021, Lubbock TX 79409

(Make Checks payable to Wes Kittley) Confirmation

All entries must be confirmed by phone or FAX by Thursday, January 27, 2005 Deadline: Master's Field Events (M & W may be combined) 8:00 AM Event: Long Jump

Pole Vault

Shot Put 9:00 AM High Jump 9:30 AM

Master's Running Events (All running events start at 12:30 PM, please look at schedule closely) Event

55m H Mile Run

3000m Please print or type:

200m

First Name: Male: ____ Age (as of 1/29/05) ____

Street Address:

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



Masters Racewalking

By ELAINE WARD

Coach Jeff Salvage – Racewalk Like A Champion (Part IV)

This is the last in a four-part series of invaluable insight into Jeff Salvage's strategy for racewalking success. Following injury as a runner in high school, he turned to racewalking, later utilizing his computer expertise to produce an instructional book/video combination in 1996 called Walk Like An Athlete. For more information check out his recent book and companion DVDs, Race Walk Like A Champion, which bring instruction to a new height. – ew

Heart Rate Monitors

EW: Do you recommend using a heart rate monitor?

JS: I have had problems with masters athletes using heart rate monitors, as they get inconsistent results. Jack Starr does not get accurate results from a heart rate monitor and doesn't use one.

EW: What do you mean inaccurate results?

JS: If a walker has an irregular heart beat, the heart rate monitor may bounce all around, maybe hitting a high of 180 and a low of 40 at the same pace. Many masters over 65 have an irregular heart beat. It is not life threatening and people live into their 90s with one. But it affects a heart rate monitor and makes them inconsistent for training.

If the monitor works consistently, I definitely recommend one; if it doesn't, then I stick to perceived exertion. For myself, I go completely by heart

rate monitor.

EW: I have found that the readings of a heart rate monitor may be higher than recommended by the various formulas, without showing any excessive exertion.

JS: If the heart rate is consistently high during a race or workout, that is fine. It's when it is intermittently high that I become concerned there may be a problem. The problem with formulas is that they can be grossly inaccurate. I give a slightly complicated formula in my book, but it may be inaccurate for some, because everyone is different.

Workout Pace

EW: How do you set your walkers' workout paces?

JS: Let's say that an older walker finds a pace at a heart rate of 120 comfortable. As the walker does a threshold workout and the heart rate goes higher, you can figure what his or her race heart rate should be. It is not based on a formula, but on the kind of workouts the walker does. If you are doing repeats and your heart rate is 160 and you go to a race and your heart rate is 180, obviously you aren't going to last very long.

If you use a heart rate monitor, it is very important to take other factors into account such as: Is it really hot? Are you sweating and getting dehydrated when you don't expect it? Have you taken a lot of coffee (caffeine) before going out for your workout? Did you sleep well? Do you feel well? All these can affect your heart rate and cause inconsistencies in your heart rate monitor's readings. What might be right for you one day, may not be right for you on another.

Race Pace

EW: What is your heart rate at race pace?

JS: The last time I trained for racing was for the Philadelphia and Disney marathons. I determined my marathon heart rate was 164 and walked Philly on only six weeks of training. I kept at 164 for about 24 miles and then started to crash. Afterwards, I decided that 164 was a pretty close estimate and all I needed was a little more conditioning.

A few weeks later, I wanted to try to walk a 9-minute mile pace at the Disney marathon. To do this I had to walk at a 170 heart rate. My attitude was, "Let's see what happens." I made it 15 miles and crashed. Just those six beats per minute faster did me in.

As a coach, I knew I should be walking at 164. I was hydrated and hadn't taken any caffeine, but six beats more per minute wiped me out. Little by little, the lactate built up in my system until I couldn't sustain the pace any more.

EW: Besides problems with irregular heart beats, have you noticed any other problems using heart rate monitors?

JS: When two people wearing heart rate monitors walk side by side, their monitors interact and can give pretty strange information. Some of my walkers who tend to walk together, have put their heart rate monitors on different arms so one is on the right arm and the other on the left arm.

During a race, if two walkers are closely competing, their heart rate monitors can interact.

In my case, my heart rate monitor is a different technology from most, so there isn't a problem.

Masters Community

EW: It has seemed to me over the years that the masters community really keeps our sport alive.

JS: The volume of participants will always be masters. I do not see the sport growing at the elite level or regional level now. If anything, it is

shrinking. Though some age-group programs are strong, there is a major drop in high school/college age walkers. There are exceptions like Tom Eastler's program in Maine, but the regional championships are now just a shadow of what they were 20 years ago.

The only place the sport has a strong national sense of growing is in the masters rank, because people who have been running for 10 years are starting to get injured. Because they are health conscious, they try racewalking and get hooked. The largest numbers are in the 55 and 60 age groups on up.

EW: I am noticing more 40-yearolds coming to our club recently.

JS: From another perspective, think back ten years. How many books and videos were there then? How many web sites? You and the North American Racewalking Foundation were the main source of information. People came to you and you spread the word out across the country.

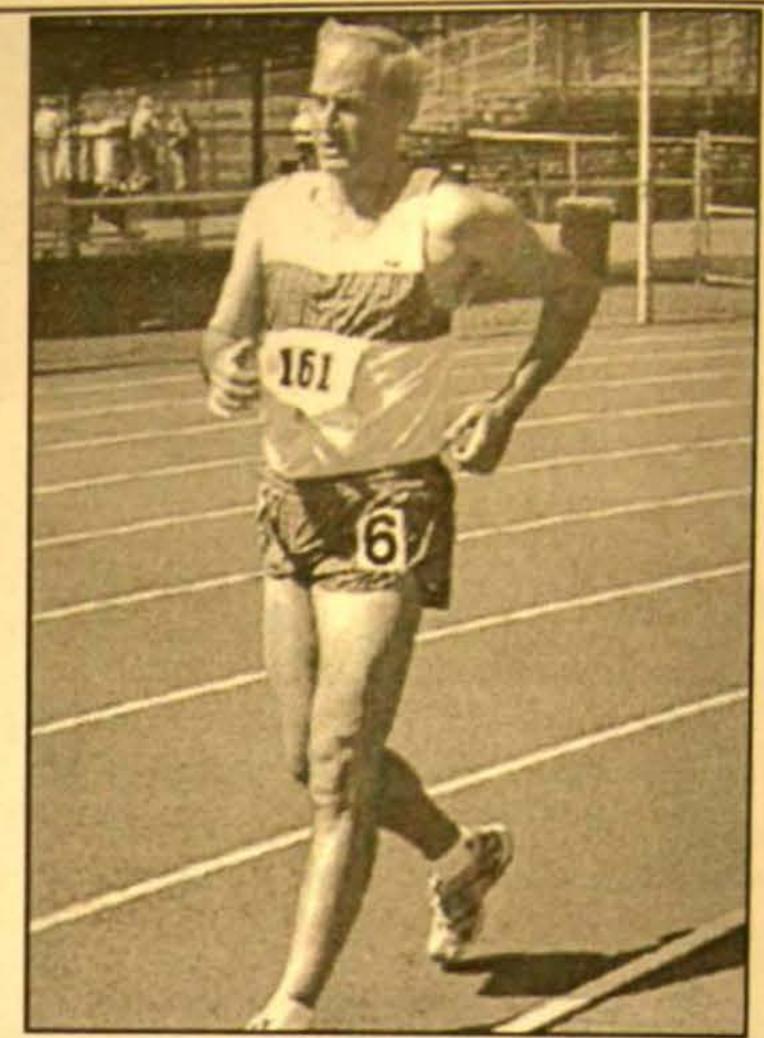
Now there is a plethora of resources. You have many people writing books and videos and multiple Web sites. If people want information, they can get it off the Internet. It is no longer a question of, "Oh, I can never find any place to learn racewalking."

EW: It is my understanding that you are considering giving clinics?

JS: I plan on traveling around and doing some racewalking clinics on weekends.

EW: How will your clinics differ from Dave McGovern's. He has been very helpful all over the country.

JS: Every coach brings a different style to their teaching methodology. I am very techcentric and will do some new things here. For instance, when I



KONRAD WOJCIK

Pat Detloff, M50 first in the 5000 racewalk (25:44.51), 2004 Hayward Classic, Eugene, Ore.

take videos of walkers at a clinic, I capture stills from the video and put them on a single page so the athlete can see his technique in detailed action using line drawings. My students are finding it is easier to study a sequence of still pictures than to study videos, even in slow motion.

EW: The hour talking with you has passed so fast and I feel that I have barely scratched the surface of what your book and DVDs offer. Do you have any sage advice to give masters in conclusion?

JS: Go out and walk and I hope to see you there sometime soon.

(For information about Jeff's clinics, for information about all aspects of racewalking, past and present, and for a racewalkers' Who's Who, visit Jeff's Web site: www.racewalk.com. Elaine Ward can be contacted at narwf@aol.com)

Betz Sets Age 68 Mark

Masai, Munson Win Titles in Syracuse 5K

By DAVE OJA

SYRACUSE, N.Y. – With ideal weather conditions on race morning, the PACE Race Men's 5K and the Women's 5K at the 12th annual Syracuse Festival of Races once again produced an array of fine times and at least one pending U.S. single-age 5K mark.

Kenyan Andrew Masai, 44, recorded the day's fastest masters time, winning the men's 5K in 15:16. Mike Pfohl, 42, Fayetteville, N.Y., was the runner-up in a personal best 16:42. Mark Rybinski, 49, Manlus, N.Y., was first M45 and third master in 17:02.

For the third consecutive year, the women's masters 5K title went to Susan Munson, 45, Orchard Park, N.Y., who finished in 17:56. Zofia Wieciorkowska, 41, Stratford, Conn., placed second in 18:11, with Kelly Dworak, 42, Carlisle Barracks, Pa., third in 19:30.

Margret Betz, 68, Conklin, N.Y., crossed the line in 22:57, twenty-one seconds under Helen Dick's listed

U.S. W68 5K mark of 23:18. If ratified, this will be the 14th U.S. 5K record established or tied on the Festival of Races course.

Betz herself currently owns the U.S. W58 and W65-69 5K marks for her previous performances on the lightning-fast, out-and-back course in Syracuse.

Other age-group winners included Carolyn Smith-Hanna, 53, Pittsford, N.Y., 19:55; Bob Giambalvo, 55, Delhi, N.Y.; Paul Halbert, 65, LaFayette, N.Y., 22:45; Nancy Auster, 78, Canton, N.Y., 36:47; and Marsha Tillson, 83, Shortsville, N.Y., 43:30.

Major sponsors of the 2004 Festival of Races were M&T Bank; the Prostate Cancer Education Council; Dick's Sporting Goods; Time Warner Cable; News 10 Now; Citadel Communications; the Syracuse New Times; Family Times; Stickley, Audi & Co.; American Airlines; Dermody, Burke & Brown; Peter's Groceries; Reebok; and the Syracuse Chargers Track Club, Inc.

Description:

USA Masters Track & Field Chair Candidates State Their Positions

hil Byrne, Chairman of the Nominating Committee for USATF Masters T&F, posed a number of questions to potential candidates for the position of Masters T&F Chair for 2005-08. Following are their responses.

HARRY BROOKS

Amherst, Massachusetts

Q. The three or four most important priorities for the Chair and how to tackle them?

Money, membership, media and mobilizing our programs - we need desperately to expand the number of people who take part in our masters program.

Given that millions of working and retired Americans now understand the importance of fitness and are out there jogging, running, lifting weights and playing sports, a far greater number should be on the track with us running, throwing and jumping.

With aggressive organization, inspired leaders, and amplified publicity, we can make our mission a movement.

Masters track & field (MTF), can be recognized by the nation as a real contributor to a healthier, longer-living, happier population; the future can be unlimited and our membership can be increased logarithmically with vision.

I'll appoint, with the advice and consent of the MTF and its executive committee, a national outreach director and will work directly with that appointee.

We need more aggressive activities promoting our meets and our programs; we must no longer allow other adult sports organizations to eclipse our national MTF mission.

Because of the demographics, we masters deserve more of a priority inside USATF, and I'll sit down with board members and CEO Craig Masback to facilitate moving in this direction.

We must dramatically expand our press outreach, specifically through increased support of the media subcommittee I helped create.

Phil Raschker, media subcommittee colleague and friend of all of ours, has said that she became interested in MTF by a press story. Good press is a good mission statement, and that's good recruiting for the MTF movement in which we all believe so strongly.

We must dramatically increase our own specific MTF fund basis through sponsorships, far beyond the current level, not just as USATF's leftovers, which now unfortunately seems the case because they have many other priorities.

I worked in the corporate world for many years as Director of Operations Research at Spaulding Sports Worldwide. We've all directed races and we, as race directors, do a better job of getting sponsors than has national masters track.

BENGAY's sponsorship of national masters is worth about \$10,000. We should be able to increase that by a factor of ten.

We need to get sponsors, systematically, on a targeted basis. MTF will have to organize our own work in this area. We can achieve much with our boomer demographics and literally millions of potential runners and athletes. The National Office has its own priorities for sponsorships and is helpful to the masters movement, but we need masters' dedicated efforts and people to do this and, when elected, I

Q. Leadership style?

"None of us is as smart as all of us." I enjoy delegating and watching great people have success in organizations. I weigh in as a catalyst with questions to them to encourage meeting their own and our objectives and maximizing what they can do. I always express a strong sense of appreciation, with deeply felt thanks, since that is really all we can give in some situations.

Even though it is free and useful, leaders too seldom take this critical step. For existing committees and appointments, as well as new ones we would generate, I will be a motivator and encouragement catalyst for maximizing people's achievements on behalf of all of us.

I'm proud of having negotiated with Craig Masback personally at the convention two years ago, and got him to say "yes" to locals having their own press to supplement national, i.e., our doing the Boston Nationals Indoor Masters press, which got six TV cameras at the finish line, wire service coverage, national papers, e.g., Christian Science Monitor, Runner's World, for two years, and name competitors like Bill Rodgers and Joan Benoit, all because of the press and excitement.

Personally, I have talked to many at all levels and achieved good results. When I was president of the host Sugarloaf Club for the National 10 Mile Championship in Amherst, we wrote, called, and got 16 Olympic Trials qualifiers including Patty Catalano, Bobby Hodge, and Johnny Halberstadt, and had Bill Rodgers do an endorsement for us.

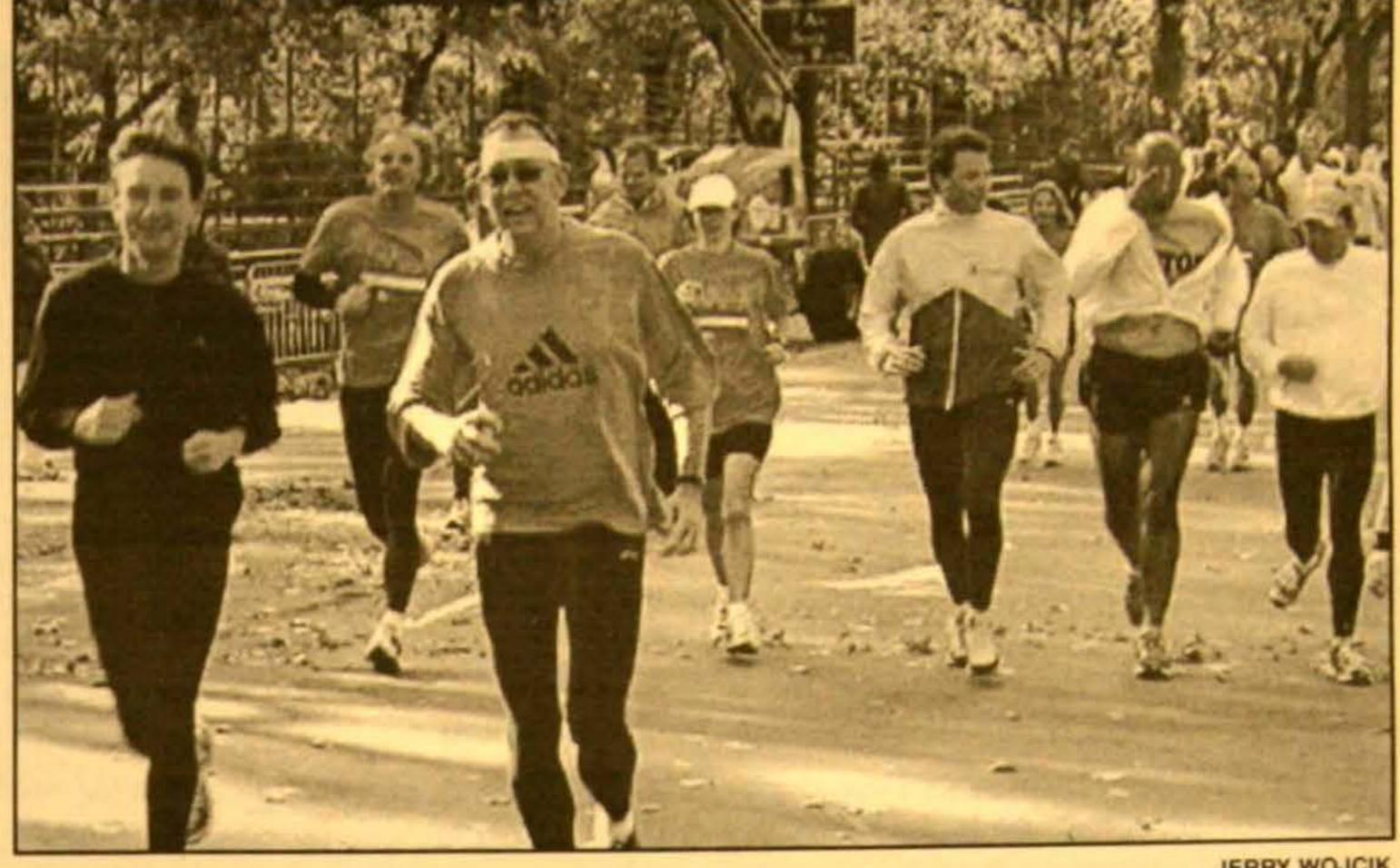
We, in fact, had the Sugarloaf Club do a four-hour run and gathering at Rodgers' house, while we got the endorsement and exclusive hour interview for the Club Magazine and press release.

I have an Ed.D and consider myself corporate professionally, with a sports bent. I was a 4:20 miler in high school.

In addition to USATF-NE V.P., I've gone to our national convention for the last eight years. I am a starter at the National Masters Indoor meets in Boston.

I'm active in local track duties: I'm president of Western Massachusetts track officials and remain a member on the Sugarloaf Mt. A.C.

Continued on page 15



Runners checking out the finish area on Saturday before the ING NYC Marathon.

NMN Photos Available

Dozens of pictures of the Hayward Classic, 2004 Eugene, Ore., and National Championships, Masters Decatur, Ill., are now on the National Masters News Web site at www. nationalmasters news.com (Photo Gallery), and are available for purchase.

Contact Jerry Wojcik by email at jerrywoj@aol.com, or at 541-343-7716.

NATIONAL MASTERS NEWS

The National Masters News takes VISA and now MasterCard for subscriptions and gift subscriptions on its Internet Web site:

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On The Run

By HAL HIGDON

Endless Autumn: Surfers Seek the Perfect Wave, We Seek the Perfect Run

trange how we recall vividly certain events, while others vanish almost as though they had not existed. One event that irrationally remains lodged in my memory is, during a visit to Southern California, having viewed The Endless Summer at the Strand Theatre in Ocean Beach.

The Endless Summer, a 1966 docu-Bruce Brown, was a half dozen years old when I first saw it, and I suspected it had been playing endlessly at the Strand and would continue to do so as long as waves rolled onto the beach.

The film follows two surfers as they embark on a journey to find "the perfect wave," starting in Southern California and moving westward around the world, chasing sun, surf and summer from Hawaii to Tahiti to New Zealand to Australia to South Africa, each stop offering both surfing-ops and photo-ops.

The Search

Eventually, the pair discover their perfect wave off a beach at Cape St. Francis, South Africa. Of course, the rationale for their trip and resulting film was not so much finding that wave, but rather the search for it.

"In surfing," says narrator Brown, "the object is to stay in the curl. All goes toward that." The "curl" is that underside of a wave where the surfer teeters between ecstasy and oblivion.

On only one occasion did I sample surfing, renting a board during a vacation to the Outer Banks in North Carolina, where the waves, admittedly, loomed much less frighteningly than those at Cape St. Francis.

After being slammed into the sand several times, I decided that running served as a safer activity for someone of my abilities.

Allegorical Impact

But in many respects The Endless

Summer existed as an allegory for my mentary directed and narrated by life as a runner - and maybe yours our journey to find the perfect run in what we hoped would be an Endless Autumn.

Different Seasons

It is true that, as runners, we move through different seasons: from spring to summer, from autumn to winter. In the spring of our lives we are children engaged in what Dr. George Sheehan referred to as "play," running from one game to another.

As adults in the greening summers of our lives, we abandon play and focus on completing our education, breaking free from our parents, obtaining good jobs, enjoying the pleasures money can bring. We settle into relationships and routines that signal the end of summer.

But moving into the autumn of our lives, at least some of us revert to childish pursuits and embrace exercise as a means of bringing quality to those lives as well as extending them.

Coming of Winter

We seek to delay the winter of discontent. In at least its allegorical sense, winter is not fun. It is cold. It is dark. It is a prelude to the grave.

If we cannot avoid winter, we would like at least to postpone it, to redirect its harshest winds, to negate its effect on our ability to enjoy life to its fullest.

The Strand Theatre has vanished from Ocean Beach, replaced by a souvenir shop. When I tried to rent a copy of The Endless Summer at my

local video store, the salesgirl had not heard of it.

Holding on to Autumn

In becoming runners, we seek an endless autumn. And like surfers chasing the sun westward around the world, we hope our journey never will end, while knowing that some day it will.

As long as we find ourselves capable of taking one running step, we exist in an endless autumn. To move is to live. Now is not yet the time to face winter. Light the fires once more! We have many trails to tread, many races yet to run.

(Hal Higdon, Contributing Editor for Runner's World and author of Marathon: The Ultimate Training Guide, provides training advice on his Web site: www.halhigdon.com.)



Peder Troldborg, Denmark, third M40 (2:26:36), ING NYC Marathon.

Wanted: U.S. Runners for 2005 World Masters 100K Race

By THERESA DAUS-WEBER Masters Ultra Representative USATF Mountain/Ultra/Trail Running Council

If you are a U.S. masters-age ultrarunner who is interested in competing in the 2005 WMA 100K World Championships, USATF wants you to know about this opportunity.

In late September, WMA President Torsten Carlius announced that, "WMA looks forward to continued good cooperation with IAU and together we will organize the 2nd WMA World Masters Athletics Championships 100K in Lake Saroma, Japan" on June 26, 2005.

The WMA 100K Championships is held in conjunction with the IAU (International Association of Ultrarunners) 100K World Cup under the patronage of IAAF.

USATF encourages U.S. masters ultrarunners to compete for world agegroup recognition at this venue and to provide a broad U.S. masters presence at this world championships. At the last WMA 100K Championships in 2003 in Taiwan, the USATF WMA 100K Team assisted in bringing home two silver team medals and a gold age-group medal.

The USATF 100K Team will compete against runners from around the world in the IAU World Cup 100K. This event includes a race for individual masters age-group runners.

All masters who enter the World Cup race automatically race in the WMA 100K World Championships, a separate event run at the same time and location. For this event, men's five-year age-groups start at age 40 and women's at age 35.

Soliciting Sponsorship

U.S. masters ultrarunners who compete in the WMA 100K race are responsible for their own race entry, travel and lodging expenses.

Because USATF is unable to support masters ultrarunners participating in the 2005 WMA World 100K, interested masters ultrarunners are encouraged to investigate other funding sources.

Sponsorship could assist participating masters with entry fees, uniforms, travel, and lodging.

For more information, visit http://www.iau.org.tw/news/news_det ail.php?Id=175. If you want to run on the 2005 USATF WMA 100K Team, or be the team leader, or a sponsor, contact Theresa Daus-Weber at tdausweber@earthlink.net, or at 303-973-7579.

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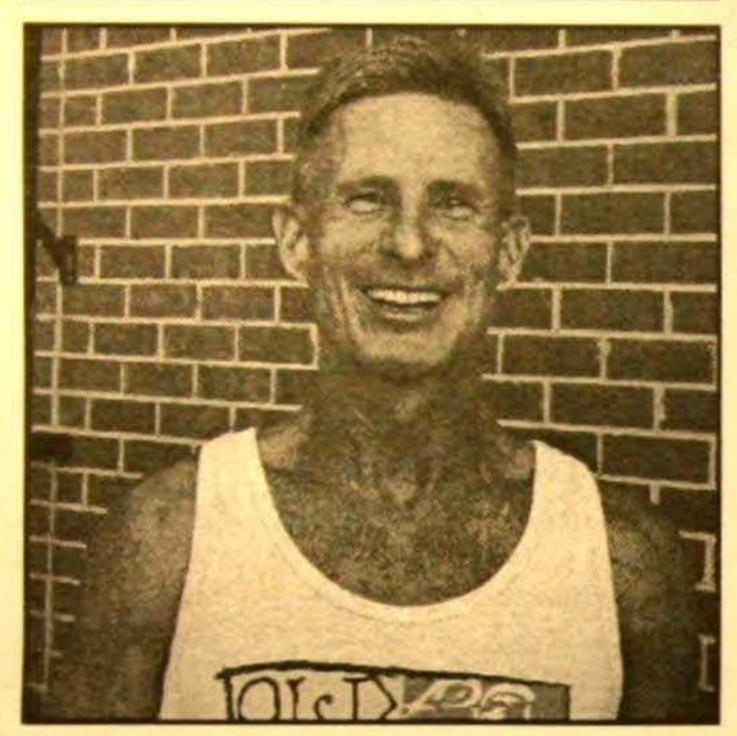
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JOHN OLIVE Joey Warner, 41, was second overall (17:16) in the Ghost Chase for Hurricane Relief 5K, Mobile, Ala.

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Masters Age Records (2003 Edition)

Men's and women's world and U.S. single age bests for all track & field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 2002. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundle. \$6.00.

Masters Track & Field Rankings Book (2002)

Men's and women's 2002 U.S. outdoor track & field 5-year age-group rankings. Coordinated by Jerry Wojcik. All T&F events, including mile, relays, weights, racewalks, and combined events. \$4.00.

Masters Track & Field Rankings (2003)

Men's and women's 2003 U.S. outdoor track & field 5-year age-group rankings (25 deep). Compiled by Dave Clingan and Larry Patz. Includes mile, weights, racewalks, and combined events. 8 pages. \$4.00.

Masters Track & Field Indoor Rankings

Indoor rankings for 2004. 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 Outdoor Age-Group Records

Men's and women's official 2003 world and U.S. outdoor 5-year age group records for all track & field and racewalking events, age 35 and up; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle. \$4.00.

Masters 5-Year Indoor Age-Group Records

Same as above; except indoor records (M40+, W35+) as of Oct. 31, 2003 (world) and Dec. 7, 2003 (USA), 4 pages. \$2.00.

Competition Rules tor Athletics (2004 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 (2003-2004)

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

WMA Handbook (2003-2005)

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 (2004)

U.S. Bylaws and operating regulations, forms for membership, race sanction, records, course measurement, etc. \$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 over 30 times in masters events from 300H to mile, describes in detail the how and why of running training. Applicable from sprinters to marathoners. 404 pages, 25 chapters, over 300 expert references. US \$19.25/CAN \$28.50, plus postage & handling.

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2004 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.

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The Weight Room

By JERRY WOJCIK

We've Always Had It Good

ver the years, masters throwers have been fortunate to have "throwers only" meets or series of meets staged by industrious, devoted meet organizers. I can't recall ever seeing a "Sprinters Only" meet or a "Jumpers Series" to parallel what throwers have available.

Pole vaulters have held events for vaulters only, and I've seen several "Runners Pentathlons," but not to the extent of those scheduled for throwers, especially if we include weight pentathlons.

To name a few of the 2004 throwsonly meets/series that come to mind, there were those staged by Carl Wallin at Dartmouth, Terry Shuman's Long & Strong Throwers Classic, Larry Pratt's Delaware Classic, Cat Spring Grunt Meet in Texas, Norm Bower Memorial WP, Ray Feick's meets in Pennsylvania, and the Colorado Master Throwers meets.

Some ten years ago, George Mathews and Ken Weinbel, who puts on the throws-only Spring Fling and the Weight & Superweight Championships in Seattle, did a good job of creating interest in the throws in that city.

About two years ago, Mathews left the Northwest drizzle for the sunny climes of the San Diego area, where he instituted the Team Thor USA Throwers Meets at UC-San Diego in La Jolla.

Broadening Interest

To develop a broader interest in the throws, the meets included youth, open, and collegiate throwers, besides masters.

Mathews has since moved to Idaho to be near his children and grandchildren. He hopes to get a similar program going there.

The Team Thor Series didn't disappear with Mathews. Tom Meyer and Scott Sargeant are maintaining the series with a new name and a new wrinkle.

Now called the Team Thor Thunder Series and with an added event – the pole vault – the nine sanctioned meets started in November and will continue through July.

The price is right, \$10 for the first event, \$5 for the second, and \$3 each for additional events. See the T&F West schedule for more information.

First Class Facility

The only time I competed at UC-San Diego was in the 22nd USA National Masters Championships in San Diego in 1989. Hammer throwers were bussed to La Jolla because the San Diego site had no hammer area.

If the present throwing area at UC-SD is the same as it was then, I remember it as a first class facility.

I also remember that hammer thrower Hans Poetsch, of Austria, one of the 400 foreign athletes who competed in San Diego on their way to the VIII World Veterans Championships in Eugene, won the M55 contest with 58+ meters, which was double my mark.



JERRY WOJCIK

Bruce Jones, M55 winner (12.18) in the shot put, 2004 Idaho Masters Classic, Boise. The 2005 USA National Masters Indoor Championships are scheduled for Boise on March 11-13.

Hall of Fame Candidates

The 25 candidates on this year's Masters Hall of Fame ballot include a generous number of 10 full- or part-time throwers: Tim Edwards, Richard Hotchkiss, Betty Jarvis, Leon Joslin, George Mathews, Mary Elizabeth Norckauer, Wendell Palmer, Armando Ricciardi, Joan Stratton, and William Walmroth. Hotchkiss and Mathews are also listed as Administrators.

The 10 candidates who receive the highest number of votes will be elected. I think that three throwers have a good chance of making it this year, and maybe even four.

The electees will be announced at the 26th meeting of USA Track & Field in Portland, Ore., Dec. 1-5, and listed in the January NMN. The Masters Hall of Fame Committee is managed by Norman M. Green, Jr.

Visit the National Masters News on our Web site at: www.nationalmastersnews.com



JERRY WOJCIK

Jerry Fasteen, M65, throwing the 20# weight, 2004 Hayward Classic, Eugene, Ore.

The National Masters

News now takes VISA and

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Internet Web site:

www.nationalmastersnews.com

This enables foreign athletes to subscribe without having to convert foreign currency to U.S. currency.



JERRY WOJCIK

Michael Resterhouse, Michigan, first M30 in the 5000 (18:11.53), 37th National Masters T&F Championshps, Decatur, III.

TWENTY YEARS AGO December 1984

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

"City of Roses" Welcomes USATF

Continued from page 1

(Chair, Vice-Chair, and Secretary).

Individuals who have announced their candidacy for Masters T&F Committee offices: Chair: George Mathews, Hayden Lake, ID; Mark Cleary, Rancho Santa Margarita, CA; and Harry Brooks, Amherst, MA; Vice-Chair: Suzy Hess, Eugene, OR; Treasurer: Joy MacDonald, Cross Junction, VA; Secretary: Lester Mount, Dallas, TX.

Current officers of the Masters LDR Committee who are standing for re-election: Chair: Norm Green, West Brandywine, PA; Vice-Chair: John Boyle, DeLand, FL; and Secretary: Lloyd Stephenson, San Francisco, CA.

Others seeking these offices can announce in Portland, and nominations from the floor will be received.

Masters who have not registered, but would like to attend meetings, are welcome. Only registered members who have been designated to vote can cast a ballot.

The agendas for the masters committees were published in the October and November issues of NMN, and are available on the USATF Web site: www.usatf.org

There has been a change in the distance that masters women will run in the USA National XC Championships in Portland, Ore., on Dec. 4. The distance is now 6K, instead of the 10K as previously scheduled, and will be run concurrently with the open women's 6K. Masters men will still run a 10K in a separate race from the open.

The course is a mostly flat, European-style 2K loop on a nine-hole golf course in the infield of Portland Meadows racetrack with a 200m segment on loose dirt on the racetrack.

Awards will be given to the top three men and women in each five-year age group and declared members of the top three teams in each age group. Team placement will be based on total times, not on a team member's place.

Candidates State Their Positions

Continued from page 11

Q. Why vote for me as opposed to the other candidates?

I have great praise for anyone who is an officer and works hard in that capacity, and for anyone who wants to be an officer. But, I do offer some unique proven skills. I want and offer action, not bureaucracy; vision with proven accomplishments, not limited objectives with reasons why more can't be done right now.

Spaulding Sports Worldwide would never accept such limiting parameters, and National Masters T&F need not either, in view of our limitless potential, for all the things we want to do in terms of money, membership, media, and mobilizing our programs.

Organization, effort, and action are the key, not just talk. We need to build our MTF movement. The time is ripe, if we get to work.

I am ready, and I hope you agree.

MARK CLEARY

Rancho Santa Margarita, California

We need to create an environment that gives all masters athletes a voice in shaping the future of our program. I think many masters t&f athletes feel disenfranchised with our organization. I feel we need to incorporate a new management style that is more inclusive of our members.

We do not have a program currently in place to facilitate an effective means of two-way communication with our membership. The current format is top-down. It is a necessity that we do a much better job in this area, and, let's face it, we do have the technology.

We need to start functioning more effectively as an organization. Basic business principles not currently being utilized need to be put into play. Right now, there is little or no accountability for tasks being completed.

I would approach every member of the Board, sit down with them and discuss goals and objectives for the year. We also would review progress toward those goals semi-annually. Currently, there is no assessment of either success or failure in these areas.

It's time our national championships have title sponsors. I am convinced that we have a very marketable product, which could command a sizable amount of money. That financial support would greatly impact our budget, which is severely underfund-

A few years ago, two major corporations expressed interest in sponsoring a masters championships that would be broadcast on cable TV and include a team championship as a device to hold audience interest during commercial breaks.

As of 2005, we will have a team championship to offer any potential sponsor. We need to take an active role in pursuing and cultivating sponsorship.

Growth of our program is essential for its survival. Solving this puzzle will be no easy task. We need to be more assertive in this area. Talking about it has not accomplished much over the past decade.

We need to design some outreach programs to meet face-to-face with members of organizations and groups to help us reach this goal. For example, a few years ago we considered forming an alliance with the Senior Olympics. That alliance was not pursued, however, because of problems within that organization.

It may be time to revisit that issue, and I feel we should be building relationships with that organization and its athletes, who could boost our membership rolls.

I would bring servant-leadership to the board, which emphasizes empowering others through encouraging their ideas and contributions. Organizationally, I would set in motion basic business principles that are currently not being utilized.

I would strive to include the general membership to a greater extent. My management style is more that of a facilitator, someone who collects ideas and suggestions, then formulates them into a plan of action.

I have been working hard this past four-year term as the West Regional Coordinator, serving on the Awards Committee, as well as chairing the Masters Invitational Program.

I have been involved in the program on all levels - as an athlete, coach, meet director, national board administrator, and chairman of the Masters Invitational Program, which has come a long way in four years.

I am passionate about track and field, and I believe my past four years of service shows my commitment level, as well as my ability to effectively manage and execute programs. This year's West Regional Championships attracted a record turnout.

Virtually every day of my life, I devote some time to advancing this sport.

GEORGE MATHEWS (Incumbent)

Hayden Lake, Idaho

Q. What do you think are among the most important priorities for the Chair in the next four years, and how would you tackle them?

Increase safe, competitive opportunities for our athletes. The key to this lies in our regional coordinators' and masters association chairs' activities.

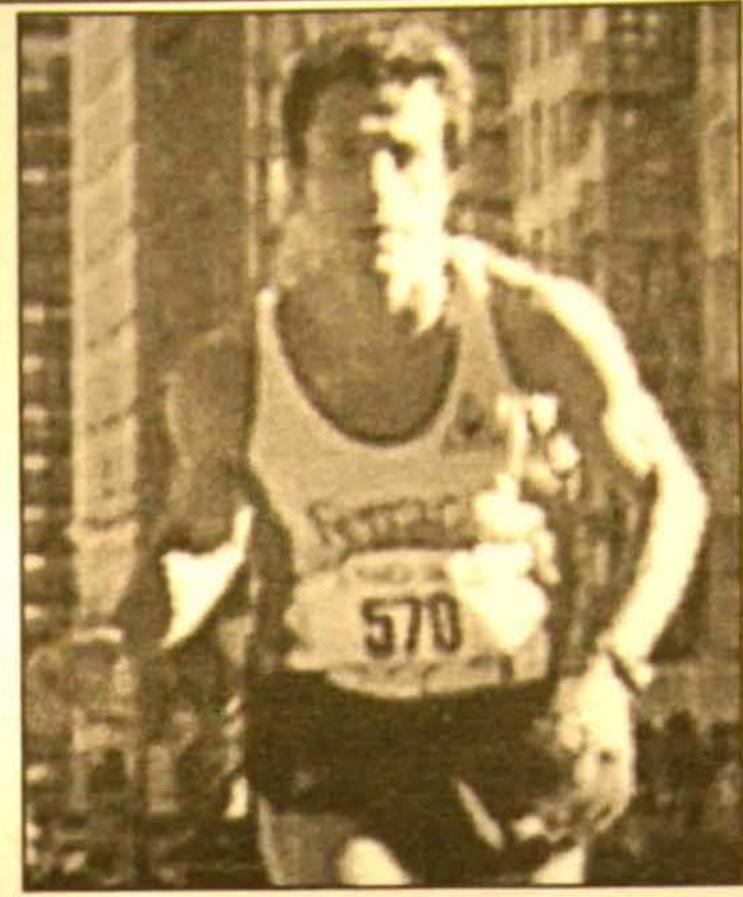
The regional coordinators are coming together at the Portland Annual Meeting to spend a day to review best practices and learn from each other how best to achieve this priority.

I will have an integral role in these meetings. I will increase my participation with the regional coordinators to

Continued on page 16



JERRY WOJCIK Leonard Hill, M50, the best age-graded master with a 35:27, in the 2002 USA 10K XC Championships, Rocklin, Calif., is expected to compete in the 2004 USA 10K XC Championships, Portland, Ore., Dec. 4.



JERRY WOJCIK

Aniello Sarno, Italy, fifth M40 (2:32:51), ING NYC Marathon.

DEADLINE

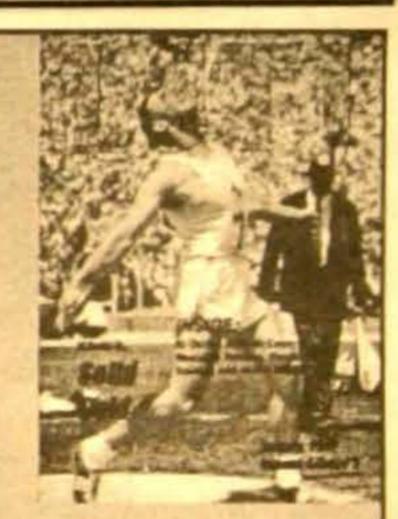
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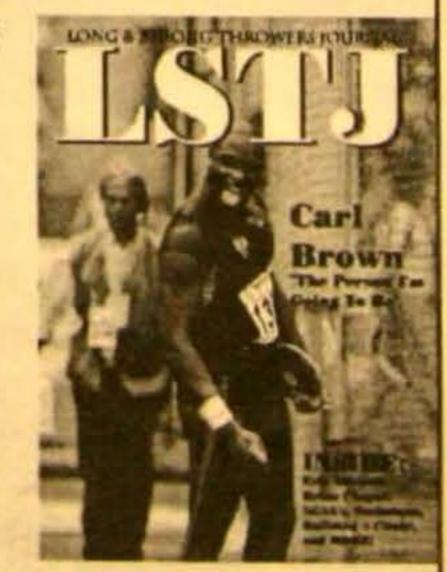


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their keys for success. LSTJ provides throws coverage and photos from major competitions that you won't find anywhere else. LSTJ touches on the issues that affect the throws community. LSTJs interviews with top throwers such as Adam Nelson, John Godina, Erin Gilreath, Aretha Hill and Breaux Greer are just what you are looking for! Let LSTJ heip you reach your potential!

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WWW.LONGANDSTRONG.COM

Candidates State Their Positions

Continued from page 15

help bring about more safe, high quality meets. The regional coordinators are our direct link to the association chairs and their activities.

2. Increasing our communication with the association chairs. Even though they are the largest part of the Masters Committee, we still don't communicate with them very well between annual meetings.

I believe one of the best communication tools we have is the Internet. We need to better capture association masters chair e-mail addresses and involve them much more during the

I will encourage the national office to require, where possible, the e-mail address as an integral part of the membership application and listing in the directory.

3. Increasing participation has always been a major goal for the chair of our organization. There are several approaches to this. One is effective media communication.

We now have a great Masters Media Committee to supplement the media activities of the national office activities. We need more funding to help them get the word out.

We also need to help the National Masters News as much as possible. That also requires additional financial

I believe the greatest way to increase participation is through the "local club." We are a grass roots organization, and need to build from the association level with local clubs. This is not something new for the rest of the world.

Those of us who have competed on an international level are clearly impressed by the great club structure we find in other parts of the world. It works for them; it should work for us.

I think most masters athletes have been missing that second association and recognition when we compete. We may have enjoyed representing a high school or college in our youth, as well as our personal achievement.

For masters, this is lacking right now, for the most part. We have started unofficial team scoring at our national championships and look to make that official at the annual meeting.

Also, I have floated an initiative to start masters club championships on a regional and national level. We have been given permission to incorporate masters events into the open club championships until we can sustain and wish to run our own club championships.

4. Funding and marketing go hand-in-hand. We have experienced some success this year in getting USATF national sponsors to fund more masters activities. We need to do more of this, and great relationships with the national office will help get this done.

We also need to take advantage of our USATF Foundation as a vehicle for funding. We need to better communicate with our members on how they can give substantial parts of their estates, while they are living, to USATF Masters and still have an appropriate amount for their heirs on passing. This could create a tremendous supplement to our operation funds.

5. Other priorities include recruiting more volunteers, increasing the masters content on the USATF Masters Web site, and creating anti-doping rules for masters and then testing. I have plans for these that we can cover in another session.

Q. What kind of leadership / organizational / managerial style would you bring to this position?

When I ran for office last time, I thought my business experience was the most important style I brought to the position. I have learned, in some ways the hard way, that even though we are conducting business of sorts, my business experience only goes so far.

My business experience had been (I have since sold my furniture business) mostly entrepreneurial.

Running one's own 60-employee business is far different from being the leader for 7500 masters athletes. I have learned the best way to chair this organization is through diplomacy and consensus building.

You probably know that, at times, I haven't necessarily been as diplomatic as I should, but I am getting much better and promise to conduct myself in this style if you see fit to re-elect me for a second term.

My new part-time occupation is helping seniors realize "a secure future" through insurance.

Q. Why should the delegates vote for you as chair, as opposed to other candidates?

I think the number one reason to reelect me is successful experience. This position isn't really what people think it is. It takes some time to figure out how it works.

I conveyed the duties in a previous National Masters News article. I realized afterwards that I probably understated the time and financial expenditures.

Just conference calls with the national office this past week have taken many hours of preparation and participation time.

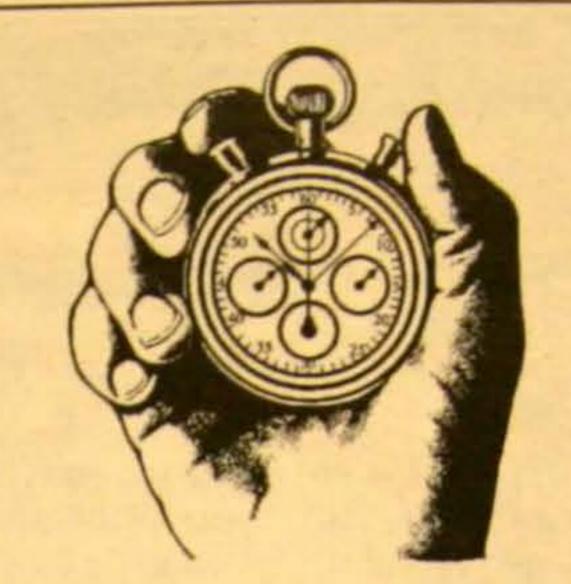
The significant relationships and trust I have developed with the national office, the USATF Board of Directors, and the International Track & Field community, have taken four years to develop. It would be a shame not to take advantage of that experience.

I would endeavor to help identify a competent successor before my second term ends and start involving that person in these relationships. I think we need to identify the best candidate for this position at least one year before the elections.

I have the time and financial stability to serve, and I do not have any commercial or organizational conflicts with the position.

Maybe, even equal to successful experience, is my passion for the position. I have a major passion for leading this organization and Masters Track & Field.

I actually love this position and think I have much more to contribute. I hope you agree!



Detroit Marathon Races Draw Record Field

A record field of 10,318 finished the 27th Detroit Free Press/Flagstar Bank Marathon, the half-marathon, a relay, and a 5K, run through the streets of Detroit on Oct. 24.

The marathon began downtown near Comerica Park, where the Tigers play, and ended on the 30-yard line at Ford Field, home of the Lions.

The route went through the Corktown district, Mexican town, over the Ambassador Bridge to Windsor, Canada, and back through the Detroit-Windsor Tunnel – giving runners a chance to run a mile under the Detroit River – to Belle Isle and the Fox Theatre District. Competitors came from 42 states and 47 countries.

First masters in the marathon were Russel Boore, 42, Hampton, Ill., four-teenth in 2:38:22, and Ann Boyd Stewart, 41, Ypsilanti, Mich., fifth female in 3:02:18. Lynn Kobayashi, 49, Toronto, Ont., was seventh female (3:11:51).

David Minier, Wyoming, Mich., broke the 3:00:00 barrier with a 2:59:15 to win the M55 race. Rosemary Wedlake, London, Ont., won the W50 contest with a 3:17:26.

In the half-marathon, Dave Furey, M45, Ann Arbor, Mich., in 78:13, and Deb Deren, W45, White Lake, Mich., in 93:31, took masters honors. Notable division winners were Doug Goodhue, M60, Milford, Mich., 87:13,

and Janice Spodarek, W50, Okemos, Mich., 93:50.

The half-marathon introduced this year helped boost total registration to break the old record of 6478 set in 2003.

Older runners set the pace for masters runners in the 5K. Ben Bondren, M50, Detroit, was the first M40+, with an 18:23. Carol Johnston, W55, Farmington Hills, Mich., took the W40+ race in 22:07.

Among the marathon finishers was Dan Mulhern, 46, Michigan's First Gentleman, the husband of Governor Jennifer Granholm, who finished his first marathon in 4:00:49. Governor Granholm joined her husband for the last two miles to the finish line.

John Kolmetz, 75, the oldest of eight runners who have run in every Free Press Marathon, finished in just under five hours, despite having broken his right hip last May.

After the event, Doug Kurtis, who holds the record for running the highest number of sub-2:20 marathons, wrote in his Free Press column, "The Detroit Free Press/Flagstar Bank Marathon became one of the superstars of marathon events last weekend. The organizers and supporting crew have been working for six years to get to this level, and the glass slipper finally arrived."

- from the Detroit Free Press

Report from Britain

Fast 10 Miles and Half-Marathon

By BRIDGET CUSHEN

European M40 1500 and 5000 champion and record holder Dave Taylor continues to dominate 10K road running and cross-country in the South of England. He raced away from a first-class field to win the BMAF 10K in Portsmouth in September in 31:04 into the teeth of a strong wind blowing in off the harbor. A few weeks later, he covered 10 miles over virtually the same course in 49:14 to rank 4th on the British all-time M40 list.

Eileen Quinton was the first W75 in the BMAF 10K in 54:13. A few weeks later, she ran a world best halfmarathon over the challenging Barnes Green course in 2:02:50.

Distances covered by athletes in the

ever-popular Exeter One-hour Race include a great performance by Steve Mottershead, 54, covering 13,956m, and Keith Reed, 47, who ran 14,445m. However, the most notable performances came from Bernard McCarthy, 78, covering 9176m, and the remarkable Jose Waller, running 6853m at 82, a few years after major cardiac surgery.

At the final track meet of the year, Andy Turner, M40, threw the discus out to 40.65 and won the shot with a 14.18. Fresh after their medal-winning spree at the European Veterans Championships in July, Steven Peters, Viv Oliver, and Wally Franklyn clashed again over the M50 100 and 200, both won by Peters in 11.8 and 23.03.

Masters Scene

NATIONAL

 On Nov. 8, USA Track & Field announced the inductees for the "Class of 2004" for the National Track & Field Hall of Fame. The inductees are modern athletes Jackie Joyner-Kersee, Michael Johnson, Joan Benoit-Samuelson and Michael Conley; veteran athletes Jack Davis, Otis Davis, Gerry Lindgren and John Pennel; contributor Dr. Evie Dennis; and coach Stan Huntsman. The Class of 2004 will be inducted Friday, Dec. 3, at the Jesse Owens Awards and Xerox Hall of Fame Induction Ceremony. Held in conjunction with USATF's 2004 Annual Meeting in Portland, OR, the inductions will be held at the Tiger Woods Center on the Nike World Campus in Beaverton, OR.

EAST

- Sab Koide, 81, 51:10, and John McManus, 51:26, kicked it out for the division win at the Poland Spring Marathon Kickoff 8K, Central Park, NYC, Oct. 31.
 Masters winners were Conor O'Driscoll, 43, 27:02, and Zofia Wieciorkowska, 41, 30:26.
- Leading the masters pack at the NYRR Kurt Steiner Cross-Country 5K, Van Cortlandt Park, NYC, Oct. 17, were Michael Henschel, 42, 17:37, and Susan Maack, 40, 22:59. A close battle in the M65 division was waged by Roger Robinson, 65, 22:09, and Sid Howard, 65, 22:35.
- Sammy Ngatia, 45, Fort Carson, CO, led his Fort Carson team to the Active (Duty) masters men's team title at the Army 10 Miler, Oct. 24. Ngatia placed 16th, 52:46.
- * Ken Bohan, 42, Sound Beach, NY, in 16:45, and Don Di Donato, 46, Central Islip, NY, 17:00, took fourth and fifth overall, Oyster Festival 5K, Oyster Bay, NY, Oct. 16, but W40+ runners were even better with Marlene Mignano, 43, Merrick, NY, 19:52, Susan Murray, 40, Hauppauge, NY, 20:24, and Michele Labiento, 40, Floral Park, NY, 20:39, finishing second, third and fourth women overall. Melissa Kennedy, 55, Amityville, NY, ran a scary 21:49 to win the W55 race. Joe Cordero, 66, Islip Terrace, NY, won the M65 contest (21:13).
- Mike Kohlbrenner, M45, with a 27:56, and Madelyn Noe-Schlentz, W40, with a 32:30, posted masters wins in the USATF-NJ 8K XC Championships, Readington, NJ, Oct. 31. Chuck Shields, M45, was second M40+ (28:01). Roger Price, M55, ran a 29:19. Janice Morra won the W45 race in 33:24. Anna Thornhill, W60, chalked up a 37:28.

MID-AMERICA

 Ralph Maxwell, M85, rewrote the record books in the 200 at the Kansas Senior Olympics, Topeka, Sept. 25-26. His 35.10 erased Kizo Kimura's (JPN) world record of 35.82 set in 1996 and Frank Finger's US record of 37.40 set in 2000.

 Suzanne Ray, 52, Vadnais Heights, MN, set a new Minnesota state record for 52-year-olds at the City of Lakes 25K, in Minneapolis, Sept. 12, posting a 1:52:55 (7:16/mile pace).

 Dick Wilson, 72, Lawrence, KS, with an age-graded 20:57 (actual time 29:11) and Norma Weiser, 50, Topeka, KS, with an A-G 27:47 (31:48), were top A-G masters in the Run for Success 4 Mile. Lawrence, KS, Oct. 10. In the Mediacom Des Moines Half-Marathon, IA, Oct. 7, Wilson was 91st of 1391 finishers, with a 1:36:39. First masters were Sandy Stefanski, 42, Crown Point, IN, first female overall (91:41), and Digger Carlson, 43, White Bear Lake, MN, sixth in 72:12.

SOUTHWEST

 Roderick Parker, M85, sped to a 1:22.40 in the 400 to set world and US records at the Arkansas Senior Olympics, Hot Springs, Sept. 24-26. Previous titles were held by Herbert Liedtke (SWE), 1:27:11, 2001, and Russell Randall, 1:33:59, 1993.

WEST

- Mark Murray, 41, Sacramento, CA,
 1:20:57, and Kathleen Aragon, 45,
 Billings, MT, 1:26:53, were winners overall
 at the Sacramento Marathon, Oct. 3.
- Helen Klein, 81, Rancho Cordova,
 CA, ran the Triple Tahoe Marathon (three marathons in three days around Lake Tahoe), in an aggregate 18:05, Oct. 7-9.
 Colin Solomon, M40, was third overall and top master at the event.
- Al Casagrande, 40, in 37:46, and Jane Thompson, 49, in 46:24, were first overall in the Bean Fiesta 10K, Moriarty, NM, Oct. 9. Cece Niemczyk, 52, was second female (47:39). In the 5K, Aja James, 44, took the women's race in 21:23, and Jerry Johnson, 61, was first M40+ in 20:41.
- Emil Pawlik equalled Jack Greenwood's M65 AR of 16.30 set in 1991 for the 100H, in the 14th annual Self-Transcendence Masters Games, Long Beach, CA, Oct. 17. Robert Bowen, M50, was the sprint star with meet's bests in the 100 (12.15) and 200 (24.45). Larry Barnum, M60, was the quickest in the 400 (56.24). Linda Cohn, W50, hurled the javelin 33.32. John Little, M50, topped all high jumpers with a 1.63.

NORTHWEST

- Brenda Graham-Gray, 42, Rock Springs, WY, won her first marathon ever at the St. George Marathon, St. George, UT, Oct. 2, in 2:44:55. She was third in 2003. Suzy Schumacher, 35, Phoenix, AZ, 2:45:16, was a close second.
- Marcial Soto, M50, with a first-place 61:41, and Phyllis Dean, W40, 73:46, logged masters wins in the McDonald Forest 15K XC in the Oregon St. U. Research Forest in Corvallis, Oct. 31. Jeanette Groesz, W55, 83:40, and Suzi MacLeod, W70, 99:08, hewed course records on the challenging course with approximately 1500 feet of elevation gain on single track trails or dirt roads. Proceeds benefitted local HS cross-country teams.

CANADA

- Brian Keaveney was elected President of the Canadian Masters Athletic Association at its annual meeting on Oct. 29. Keaveney is also the NCCWMA Regional President, with a seat on the WMA Council, and the WMA Records Chairman, and sits on the WMA Non-Stadia Committee.
- Herb Phillips, 64, Vancouver, BC, broke the Canadian M60+1 marathon

record with a 2:47:02, an age-graded 94.3%, in the Royal Victoria Marathon, Victoria, BC, Oct. 10. Ed Whitlock holds the present record at 2:50:22 set in 1994.



TESH TESHIMA

Joan Benoit-Samuelson, #17, at the start of the Nike Half-Marathon, San Francisco, Oct. 24, where she finishd seventh (85:41).

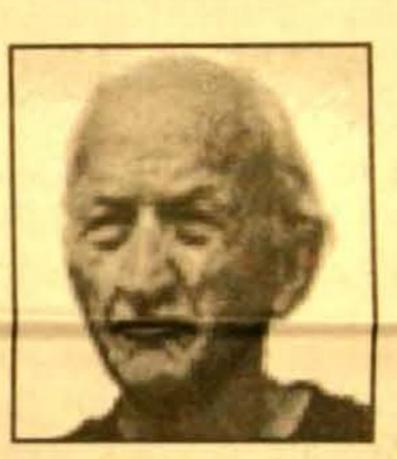
• First age-40+ runners in the Ontario Masters 5K Team XC Championships were Lynn Kobayashi, Longboat RR, in 20:22, and Ron DaSilva-Jardine, East Toronto Striders, in 16:31. Jack Geddes, M65, covered the course in a fine 20:23. The Merry Moms of Oakville won two team titles, the W40-49 and W60-69. The East Toronto Striders took the M40-49 trophy.

OBITUARIES

 William "Bill" Henry Tallmadge passed away Oct. 8 at his home in Berea, KY. He was 88. He started racewalking competitively in 1983, winning US championships and world masters titles in Finland in 1991 and South Africa in 1998. He still holds the M80 US record of 72:25 for the 10K RW, set in 1996. He grew up in Flandreau, SD, the youngest of five children. His mother, the local piano teacher, recognized that Tallmadge had perfect pitch and began his musical studies. After attending Grinnell College, Iowa, on a basketball scholarship for two years, he transferred to Oberlin College, Ohio, where he earned two music degrees, and met his wife, Miriam Lemmon. They eloped in 1940 and had four children. Miriam, "Mim," passed away in 1997. Tallmadge remarried in 1999 to Betty Winslow McLain. He was professor of music at Buffalo State College from 1949 to 1976, and was widely published in the area of jazz and blues, as well as African-American and European-American religious music. His African-American music course was the first credit course on the history of jazz ever taught in the US. Since 1994, he volunteered for Hospice, the long-term care center at Berea Hospital. He became an associate thanatologist after studying at The Learning Center for Supportive Care in Boston, MA. He studied death and dying issues for over 15 years.

 Robert "Mac" MacTarnahan passed away on Oct. 25. He was 89. Born in Missoula, MT, he was a longtime resident of Portland, OR. He graduated from Jefferson HS in Portland and attended college in New York. At age 60, he began amassing athletic victories. He was a fivetime national masters AAU wrestling champion and several-time masters steeplechase champion. He was honored as the first master to be inducted into the Oregon Sports Hall of Fame at age 84 in 1998. He was one of the original investors in the Portland Brewing Company in 1985, and was the namesake for its popular, major beer brands with the MacTarnahan label.

 Paul Reese, a standout runner during his 50s and 60s died on Nov. 4. He was 87. A retired Marine Corps officer who served in the Pacific theater during WWII, Reese lived in Auburn, CA, where he



Paul Reese

retired from his second career as a school admininstrator. "I muddled into distance running in 1963 when my son, then in grade seven, became interested," he explained in a 1986 interview for NMN. Reese's best times, includ-

ing a 2:39:28 marathon, were made in 1972 at ages 54 and 55. That year, he won national championships in his age division at 5K (17:49), 10K (36:33) and the marathon (2:56:33). He held numerous age records and was the first 60+ runner to break 30 hours in the Western States 100 Mile. In 1990, at age 73, he spent 124 days running across the US from Jennerby-the-Sea, California, to Hilton Head Island, South Carolina, a distance of 3192 miles. Having crossed 12 states, he set out to run all 50. In December 1997, Reese, than 80, dipped his toe into the ocean at Waipio, Hawaii, completing his 7644-mile odyssey that also called for 60,000 miles in his motorhome. - Mike

Happy Holidays from National Masters News

2004 USATF COMPETITION RULES Run your event by the rules

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Send \$12 + \$2(s/h) to National Masters News Order Dept., P.O.Box 50098, Eugene, OR 97405

Schedule

USA track and field events feature competition for men and women over age 30 unless otherwise noted. Senior Games are usually limited to age 50 and over. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. International T&F meets are open to men and women over age 35. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 50098, Eugene, OR 97405.

TRACK & FIELD

NATIONAL

December 1-5. 2004 USATF Annual Meeting, Portland Hilton, Portland, Ore. One RCA Dome, Suite 140, Indianapolis, IN 46225. 317-261-0500; fax: 261-0481; www. usatf.org

March 11-13, 2005. USA National Masters Indoor Championships, Nampa (Boise), Idaho. Mark Murdock, 6127 Portsmouth Ave., Boise, ID 83714. 208-859-9219. email: master schamps@earthlink.net; www.masterstrackand field.com

June 3-18, 2005. National Senior Games, Pittsburgh, PA. National Senior Games Association, PO Box 82059, Baton Rouge, LA 70884-2059; www.nsga.com

August 4-7, 2005. 38th Annual USA National Masters Championships, Honolulu, HI. Hawaii LOC, 2005 Hawaii Masters Championships, 1493 Halekoa Dr., Honolulu, HI 968221. www.hawaiichamps.com; 808-732-8805; zeug @hawaii.rr.com

September 10, 2005. USA National Masters Weight & Superweight Championships, Seattle, WA. Hammer, Sept. 9, 5:00 pm. Ken Weinbel, 4103 Hillcrest Ave. SW, Seattle, WA 98116. 206-938-3895; kweinbel@comcast.net

EAST

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

December 12. Philadelphia Masters Indoor Meet. (s) Haverford, PA. Kyle Mecklenborg, 215-393-1382; krmeck@erols.com

December 19. Prince George's Sports & Learning Complex All-Comers Meet, Landover, MD. 7:30 am. 301-583-2661.

December 26. Upstate Holiday Classic Indoor Meet, Rochester, NY. Peter Glavin, 585-720-9252; www.gvh.net

January 7-9. 36th Dartmouth Relays, Leverone Field House, Hanover, NH. Carl Wallin, Meet Director, Dartmouth College, Alumni Gym, Hanover, NH 03755. www. lancertiming.com

January 9. Philadelphia Masters Indoor Meet. Swarthmore, PA. (s) Kyle Mecklenborg, 215-393-1382; krmeck@erols.com

January 9 & 23. PVTC/DCRRC Indoor Meets, Jefferson Community Center, Arlington, VA. 703-218-2726; www.PVTC.org

January 16 & 30. Prince George's Sports & Learning Complex All-Comers Meets, Landover, MD. 7:30 am. 301-583-2661.

January 22. 38th annual Hartshorne Memorial Masters Mile, Cornell U., Ithaca, NY. W30+; M40+. Prize purse for M&W Elite Mile; bonus for new record (M&W40+). 10 am. Rick Hoebeke, 2706 Agard Rd., Trumansburg, NY 14886. 607-255-6530 (d); 387-6431 (e).

January 23. Greater Boston TC Invitational, Harvard U. (s) 617-282-5537; www.gbtc.org January 30. Philadelphia Masters Meet, Reading, PA. Kyle Mecklenborg, 215-393-1382; krmeck@erols.com

February 6. PVTC/DCRRC Indoor Meet, Jefferson Community Center, Arlington, VA. 703-218-2726; www.PVTC.org

February 13. Philadelphia Masters Meet, Reading, PA. Kyle Mecklenborg, 215-393-1382; krmeck@erols.com

February 20. Prince George's Sports & Learning Complex All-Comers Meet,

Landover, MD. Masters only. 7:30 am. 301-583-2661.

February 26. Mid-Atlantic USATF Masters & Open Indoor Championships. (s) Collegeville, PA. Kyle Mecklenborg, 215-393-1382; krmeck@erols.com

February 27. Prince George's Sports & Learning Complex All-Comers Meet, Landover, MD. 7:30 am. 301-583-2661.

SOUTHEAST

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

December 4-12. Florida Senior Games State Championships, The Villages. 850-488-8347; e-mail: games@flasports.com; www.flas ports.com

January 22. USAT-NTC Winter Sun Meet #1, Clermont, FL. (s) Also WP. 352-241-7144; www.usat-ntc.com; e-mail: noonwalk_99@ yahoo.com

February 5. USAT-NTC Winter Sun Meet #2, Clermont, FL. (s) Also indoor pentathlon. 352-241-7144; www.usat-ntc.com; e-mail: noonwalk_99@yahoo.com

February 19. USAT-NTC Winter Sun Meet #3, Clermont, FL. (s) See Feb. 5.

February 26-March 13. Polk Senior Games, Polk Co., FL. 863-533-0055; email: polkse niorgames@juno.com

March 19. USAT-NTC Spring Fling #1, Clermont, FL. (s) 352-241-7144; www.usatntc.com; e-mail: noonwalk_99@yahoo.com

April 9. USAT-NTC Spring Fling #2, Clermont, FL. (s) 352-241-7144; www.usat-ntc.com; e-mail: noonwalk_99@yahoo.com
April 23. USAT-NTC Spring Fling #3, Clermont, FL. (s) See April 9.

May 14. USAT-NTC Spring Fling #4, Clermont, FL. (s) 352-241-7144; www.usatntc.com; e-mail: noonwalk_99@yahoo.com

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

January 29. Wes Kittley Classic & Masters Invitational, Texas Tech U., Lubbock, TX. Joe Walker, TTU Track Office, Box 43021, Lubbock TX 79409. 806-742-3355 X249; e-mail: joe.walker@ttu.edu; www.texastech.com

WEST

Arizona, California, Hawaii, Nevada, New Mexico

December 11. Team Thor Thunder Series Throws & PV Meet, UC-San Diego, La Jolla, CA. (s) Tom Meyer, 10323 Ridgewater Ln., San Diego, CA 92131. 858-566-6273; fax: 530-1444; cybertgm@juno.com

December 12. Masters' Sprint Clinics, Occidental College, Glendale, CA. 9am-3:30pm. Eugene Driver, PO Box 62009, Los Angeles, CA 90062. e-mail: thetrackunkie @aol.com; http://www.thetrackjunkie.com

January 22. Team Thor Thunder Series Throws & PV Meet, UC-San Diego, La Jolla, CA. (s) Tom Meyer, 10323 Ridgewater Ln., San Diego, CA 92131. 858-566-6273; fax: 530-1444; cybertgm@juno.com

February 19-20. Arizona Senior Olympics State Games, ASU-Tempe. 19th-track/20th-field. 602-534-3500; www.seniorgames.org

February 26. Team Thor Thunder Series Throws & PV Meet, UC-San Diego, La Jolla, CA. (s) Tom Meyer, 10323 Ridgewater Ln.,

San Diego, CA 92131. 858-566-6273; fax: 530-1444; cybertgm@juno.com

March 19. Santa Barbara Easter Relays, Santa Barbara CC track. Y/O/M Kevin Young, 805-564-3400; kyoung@sbre.com; www.easterre lays.org

March 20. Team Thor Thunder Series Throws & PV Meet, UC-San Diego, La Jolla, CA. (s) Tom Meyer, 10323 Ridgewater Ln., San Diego, CA 92131. 858-566-6273; fax: 530-1444; cybertgm@juno.com

April 2. Team Thor Thunder Series Throws & PV Meet, UC-San Diego, La Jolla, CA. (s) Tom Meyer, 10323 Ridgewater Ln., San Diego, CA 92131. 858-566-6273; fax: 530-1444; cybertgm@juno.com

May 7. Team Thor Thunder Series Throws & PV Meet, UC-San Diego, La Jolla, CA. (s) Tom Meyer, 10323 Ridgewater Ln., San Diego, CA 92131. 858-566-6273; fax: 530-1444; cybertgm@juno.com

June 18. Team Thor Thunder Series Throws & PV Meet, UC-San Diego, La Jolla, CA. (s) Tom Meyer, 10323 Ridgewater Ln., San Diego, CA 92131. 858-566-6273; fax: 530-1444; cybertgm@juno.com

July 16. Team Thor Thunder Series Throws & PV Meet, UC-San Diego, La Jolla, CA. (s) Tom Meyer, 10323 Ridgewater Ln., San Diego, CA 92131. 858-566-6273; fax: 530-1444; cybertgm@juno.com

NORTHWEST

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

June 18-19. Hayward Classic/OR Association Masters Championships, Eugene.

June 25-26. Portland Masters Classic/USATF NW Regional Masters Championships, Mt. Hood CC, Gresham, OR.



TESH TESHIMA

Yoshihisa Hosaka, 55, running a course record 1:13:5 in the Ichinoseki International Marathon, Ichinoseki, Japan, Sept. 26. In August, Hosaka won the M55 1500 in 4:24 at the Tokyo International Masters Meet.

INTERNATIONAL

December 3-5. South Island Masters Championships, Christchurch, New Zealand. (03) 980-2457; email: bkjago@paradise.net.nz

February 10-13. New Zealand Masters Games, Wanganui. nzmathletics@xtra.co.nz March 4-7. New Zealand Masters Association Championships, Dunedin. nzmathletics@xtra.co.nz .co.nz

July 22-31. World Masters Games, Edmonton, Alberta, Canada. +1 780 822 2005; www.2005 worldmasters.com

August 22-September 3. 16th World Masters Athletics Championships, San Sebastian, Spain. www.wma-2005.com

LONG DISTANCE RUNNING

NATIONAL

December 1-5. 2004 USATF Annual Meeting, Portland, Ore. One RCA Dome, Suite 140, Indianapolis, IN 46225. 317-261-0500; fax: 261-0481; www. usatf.org December 4. USA National Masters XC

ON TAP FOR DECEMBER

TRACK AND FIELD

The indoor season starts in Philly on the 12th; Landover, MD, on the 19th; and Rochester, NY, on the 26th. La Jolla, CA, hosts a throwers meet on the 11th, and the Florida Senior Games State Championships are set for the 4th-12th.

LONG DISTANCE RUNNING

On the 4th, Portland, OR, hosts the USA National Club XC Championships, with women running a 6K, and the men a 10K. The USA National Masters Championships will be contested at the HUFF 50K Trail Run. The profuse list of Jingle Bell and New Year's Resolution Runs includes the California International Marathon, Sacramento, the OC Marathon, Newport Beach, CA, & Tucson Marathon on the 5th; the Rocket City Marathon, Huntsville, AL, on the 11th; the Bill Rodgers 2.5 Mile, Boston, MA, Larry Fuselier State Championships, Belle Chase, LA, Dallas White Rock Marathon & Lasse Viren 20K Pt. Mugu, CA, on the 12th; the Jacksonville, FL, Bank Marathon, on the 19th; and the Polar Bear 5 Mile, Asbury Park, NJ, on the 26th.

RACEWALKING

The Gran Prix Racewalk #3 starts at the Tavern on the Green, Central Park, NYC, on the 5th. Most indoor and outdoor meets and road races offer a racewalk.

Championships, Portland, OR. W6K/M10K. 2000m loop, mostly flat. www.usatf.org

December 18. USA National Masters
Championships/HUFF 50K Trail Run, Huntington, Ind. www.huff50k.com

EAST

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

December 4. NYRR Hot Chocolate 15K, Central Park. 212-860-4455; www.nyrrc.org December 12. Bill Rodgers Jingle Bell Run 2.5 Mile, Boston, MA. 5 pm. 617-723-5612; www.billrodgers.com

December 12. DC Road Runners Club Bread Run 10K, Glen Echo, MD. 703-241-0395; www.dcroadrunners.org

December 12. NYRR Joe Kleinerman10K, Central Park. See Dec. 4.

December 18. Ho Ho Ho Holiday 5K, Bethpage, NY. Mike Polansky, 101-24 Dupont St., Plainview, NY 11803. 516-349-7646.

December 26. Polar Bear Races 5 Mile, Asbury Park, NJ. 732-222-9080; www.shore-

December 31. NYRR Midnight Run 4 Mile, Central Park. Midnight. See Dec. 4.

December 31. First Night Saratoga 5K, Skidmore College, Saratoga Springs, NY. 5:30 pm. 518-584-8262; www.firstnightsaratoga.org December 31. Last Run 5K, Shelburne, VT. 3

pm. 802-985-2229.

December 31. First Night Albany Last Run

5K, Albany, NY. 6:30 pm. 518-434-2032. December 31. First Night Main Street Mile, Worcester, MA. 4:10 pm. 508-757-2268; ww.firstnightworcester.org

December 31. New Year's Eve Midnight 4 Mile, Long Branch, NJ. 12 midnight. 732-578-1771; www.njrrc.org

SOUTHEAST

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

December 4. St. June Memphis Marathon & Half-Marathon, Memphis, TN. 800-565-5112; www.stjudemarathon.org

December 4. Festival of Lights 5K, Jacksonville, FL. 6 pm. 904-731-1900; www.1st placesports.com

December 4. Jingle & Jog 5K, Sarasota, FL. Amy Jo Wittman, 941-355-8808, x203.

December 11. Holiday Half-Marathon & 8K, Point Clear, AL. 251-473-7223; www.pcpac ers.org

December 11. Tallahassee Ultra Distance Classic 50K & 50 Mile, Tallahasee, FL. 850-893-9739; www.gulfwinds.org

December 11. Rocket City Marathon, Huntsville, AL. Malcolm Gillis, M.E.Gillis@ att.net; www.HuntsvilleTrackClub.org

December 19. Jacksonville Bank Marathon & Half-Marathon, FL. 904-731-1900; www.1st placesports.com

January 7-9. Walt Disney World Marathon, Half-Marathon & 5K, Lake Buena Vista, FL. 407-896-1160; disneyworldsports.com

January 8. Charlotte Observer Marathon, Charlotte, NC. www.runcharlotte.com; email: marathoninfo@runforyourlife.com

January 15. Murphy HS Panther Pride 5K, Mobile, AL. 251-473-7223; www.pcpacers.

January 16. St. Pete Beach Classic 10k & 5K, St.. Petersburg, FL. 727-367-RACE; stpete beachclassic.com

January 23. Naples Daily News Half-Marathon, Naples, FL. 239-434-9786; naples news.com

January 30. Miami Tropical Marathon. 305-278-8668; www.miamitropicalmarathon.com

February 5-6. Gasparilla Marathon, Half-Marathon, 15K, & 5K, Tampa, FL. 813-254-7866; www.tampabayrun.com

February 6. Bank of America Marathon & Marisa Hanson, W40 women's winner (17:47). Half-Marathon, Tampa, FL. 813-254-7866; www.tampabayrun.com

February 13. Mercedes Marathon & Half-Marathon, Birmingham, AL 205-870-7771; mercdesmarathon.com

February 18-20. Myrtle Beach Marathon & Half-Marathon, Myrtle Beach, SC. 843-293-RACE; www.MBMarathon.com

February 26. Blue Angel Marathon, Half-Marathon & 5K, Pensacola, FL. 850-452-3805, x315/340/320; www.naspensacola.navy. mil/mwr/nas.html

MIDWEST

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

December 4. 29th Stevens Point YMCA Frostbite 5 Mile & 10 Mile, Steven Point, WI. Jackie Meyers, 715-342-2980, x334.

December 4. XC Challenge 8K, Elgin, IL. Jim Brimm, 773-878-3838.

December 12. New Baltimore Jingle Bell 5K,419-537-0888; www. arthritis.org

December 31. New Year's Eve Resolution 5K, Beavercreek, OH. Mike Storage, 937-426-5934.

MID-AMERICA

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

February 5. St. Paul Winter Carnival Frozen Half-Marathon, St. Paul, MN. hermansrun @aol.com; www.winter-carnival.com

December 31 First Night Albury Lest Run

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

December 12. Dallas White Rock Marathon, Half-Marathon & Relay, Dallas, TX. www.runtherock.com

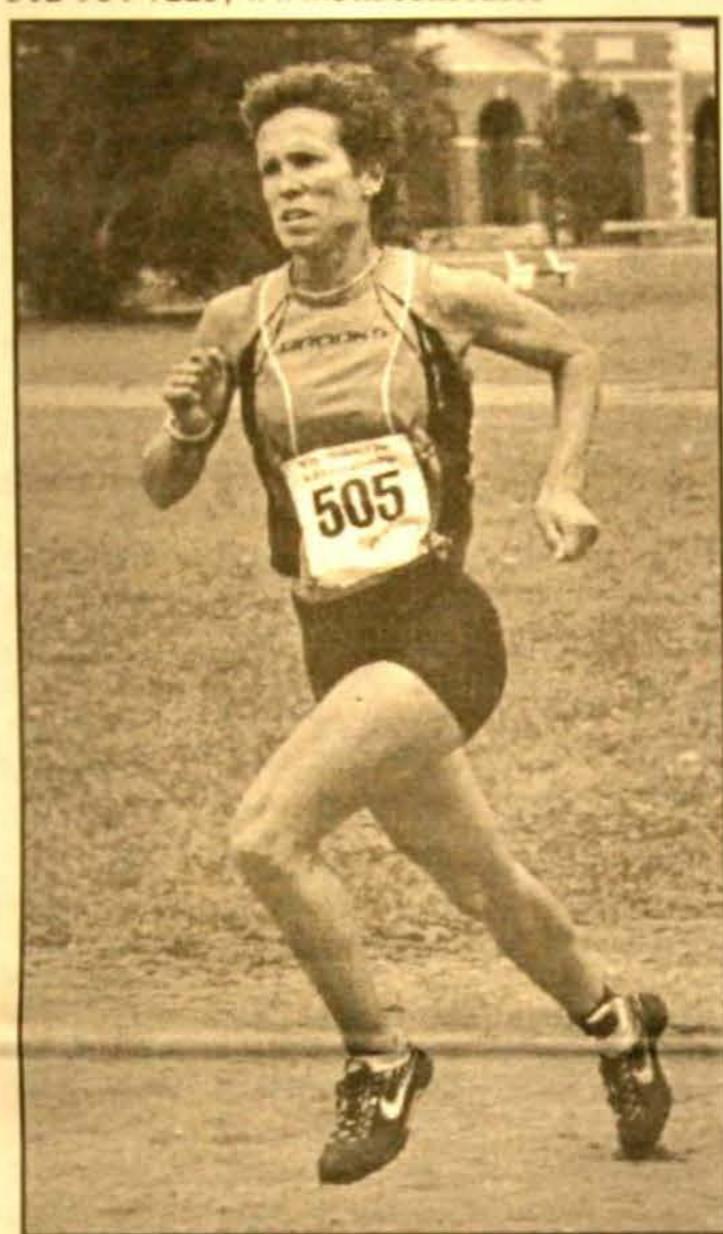
December 12. 29th Larry Fuselier State Championships, Belle Chase, LA. 504-482-6682; www.runnotc..org

December 19. Great Mississippi River 50K, New Orleans. See Dec. 12.

January 1. Run for Your Life 8K, Tulsa, OK. 888-580-5680, x123; signmeupsports.com

January 16. HP Houston Marathon & Half-Marathon, Houston, TX. 713-957-3453; www.hphoustonmarathon.com

January 30. 3M Half-Marathon, Austin, TX. 512-984-7223; www.3m.com/races



THOM WEDDLE

USA National Masters 5K XC Championships.

February 13. Freescale Marathon & Half-Marathon, Austin, TX. www.freescaleaustinmarathon.com

February 27. Mardi Gras Marathon, Half-Marathon & 5K, New Orleans. 800-886-5534; www.mardigrasmarathon.com

WEST

Arizona, California, Hawaii, Nevada, New Mexico

December 4. Fiesta of Light 5K, Phoeniz, AZ. 5 pm. 480-345-5752; www.runningmasters.net December 5. California International Marathon, Folsom to Sacramento. CIM, 120 Ponderosa Court, Folsom, CA 95630. www.RUNCIM.org

December 5. Orange County Marathon, Newport Beach, CA. 949-476-7076; www.oc marathon.com

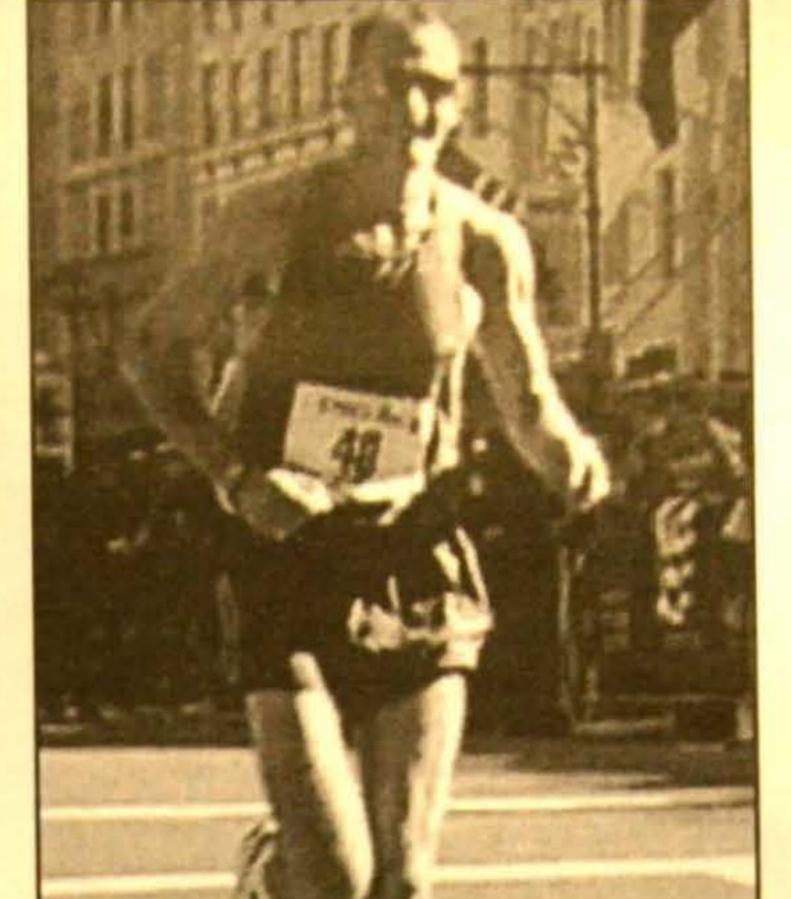
December 5. Tucson Marathon, Tucson, AZ. 520-320-0667; tucsonmarathon.com

December 12. Lasse Viren 20K, Pt. Mugu St. Park, CA. Steve Blum, 805-652-1744; blumper@pacbell.net

January 8. P.F Chang's Rock 'n' Roll Marathon & Half-Marathon, Phoenix, AZ. 800-311-1255; www.rnraz.com

January 16. Carlsbad Marathon & Half-Marathon, Carlsbad, CA. 858-792-2900; www.carlsbadmarathon.com

January 16. Highland Family YMCA Half-Marathon, Highland, CA. 909-864-8297;



JERRY WOJCIK

Michael Fitch, of Virginia, seventh M40 (2:37:15), ING NYC Marathon.

www.ymcaofeastvalley.org

January 16. Maui Surf & Sand Half-Marathon, Maui, HI. 530-544-7095; MauiSurf SandHalf.com

January 30. Las Vegas Marathon/Relay & Half-Marathon, Las Vegas, NV. www.lvmara thon.com

February 6. Davis Stampede Half-Marathon, Davis, CA. 530-757-2012; www.marathon run.com

February 6. San Francisco Half-Marathon. 415-333-4780; www.pamakids.org

NORTHWEST

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

December 11. Jingle Bell Run 8K & 5K, Eugene, OR. The Step Beyond, 541-686-4494; www.thestepbeyond.com

December 12. Ho-Ho 5K, Tigard, OR. 503-497-4080; www.bigredlizard.com

December 31. First Run 5K, Portland, OR. Midnight start. www.racecenter.com

January 15. St. George Half-Marathon, St. George, UT. 435-634-5860; bpeckham@info west.com

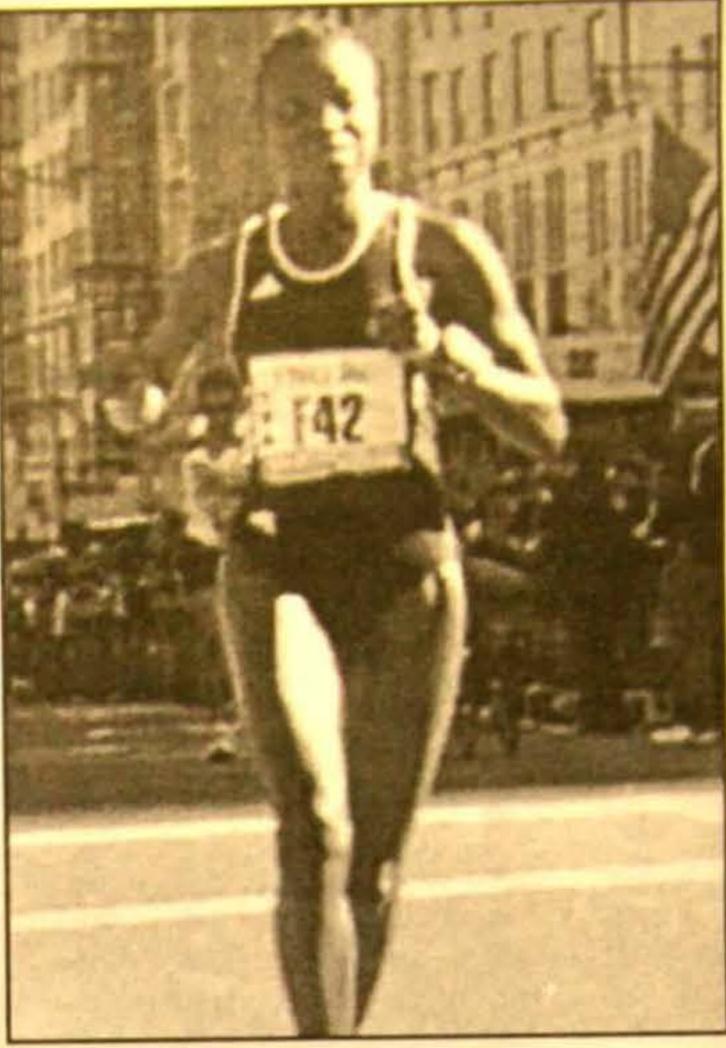
CANADA

December 4. Canadian XC Championships, Sunnybrook Park, Toronto. douglasj.smith @sympatico.ca

INTERNATIONAL

November 28. San Sebastian Marathon, Spain. www.athlima.com

February 12. British Masters XC Relay



JERRY WOJCIK

Monique Maddy, of Massachusetts, fourth W40 (2:58:32), ING NYC Marathon.

Championships, Norwich, East Anglia. BMAF Relays, 6 Hare Close Mulbarton, Norwich, NR14 8QQ, UK. www.bmaf.org.uk

February 27. World's Best 10K, San Juan, Puerto Rico. 787-767-2000; www.wb10k.com March 12. British Masters XC Championships, Bangorm Co. Down, Northern Ireland. BMAF XC/co 1 Wilmont Park, Dunmurray, Belfast, BT17 9JW, UK. www.bmaf.org.uk

RACEWALKING

December 5. Gran Prix Racewalk #3, Tavern on the Green, Central Park, NYC. Stella Cashman, 212-628-1317; FranciCash@ aol.com

February 13. USA National Masters 50K RW Championships, Clermont, FL. Don DeNoon, 352-241-7144; www.usat-ntc.com; e-mail: noonwalk_99@yahoo.com

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

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December 4. USA National Masters XC

www.nationalmastersnews.com

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M35-39 Nick Damalas Bob Walters M45-49 Fred Kitzrow	LJ 60m Mile 800m	6.40 7.47 4:45 2:06.5	6/22/04 3/7/04 6/8/04 6/15/04	M55-59 Grady Cash M60-64 Fred Dillemuth Allen McDaniel Terry Simons	60m 400m 800m Discus	2:19.3 8.73 1:04.61 2:28.12 143-11	8/5-8/04 1/31/04 6/12/04 6/12/04 7/17/04	M80-84 Fred Hirsimaki	200m 80h 300h HJ TJ	36.3 18.6 1:18.74 1.18 7.37	9/4-5/04 9/4-5/04 9/4-5/04 9/4-5/04 9/4-5/04	W50-54 Catherine Nicoletti Lynn Tracy	Mile 5K rw 3K rw 10K rw	6:07.8 26:29.20 15:32 59:20	7/15/04 6/20/04 6/27/04 8/8/04
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	50	7.4			4 4 4 4 4	- Contract	8.5					11.2	12.8	14.8
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20		22.4				25.5	27.0				35.0	40.2	52.0	
40		51.5					62.0	1000			88.0	98.0	120.0	
150		2:02				2:16	2:25	2:35			3:35	3:55 8:10	4:30 9:20	
Mil		4:40			40735	4:45 5:10	5:10 5:30	5:20 6:00		Fa Yara	7:20 8:20	8:45	10:15	
300		9:25				10:45	11:15	11:50			15:50	19:10	23:00	26:00
500		15:45			16:45	17:30	18:25	19:30			26:00	29:00	32:30	
1000		32:30				38:00	39:00	40:30			54:30	61:15	68:30	
551		8.6			9.5	10.0	10.3	10.6	10.9		11.6	12.5		
608	Н	9.0	9.3	9.4	9.8	10.3	10.6	10.9	11.1	11.4	12.0	13.6		
110	Н	15.4	16.5	17.8	18.8									
1001	Н					18.0	19.0	20.0	21.0					
108	Н									18.0	21.0	25.0	30.0	
400H		58.0	60.0	62.0	64.0	68.0	71.0							
300H			and the same of			48.0	51.0	55.0	60.0	67.0	75.0	85.0	95.0	
3K-S0		10:10	10:30	11:45	12:40	13:30	14:00							
2K-SC		4.00	4.05	. 70			4.50	9:30	10:30	12:00	14:00	16:30	19:30	
HJ	,	1.90		1.76	1.68	1.60	1.50	1.45	1.38	1.25	1.15	1.00	0.80	
PV	,	6-21/4	6-1/4 4.10	5-9% 3.95	5-6 3.70	5-3 3.55	4-11 3.05	2.70	2.40	2.30	2.00	3-31/4	2-7½ 1.30	
		14-51/4		12-111/2	12-11/2	11-71/4	10-0	8-101/4	7-101/2	7-61/2	6-61/4	5-10%	4-31/4	
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			18-41/2		16-1/4			12-51/2		9-41/4	7-21/2	
TJ		13.20	12.60	11.50	10.80	10.40	9.50	8.90	8.20	6.96	6.50	5.94	5.51	
		43-31/4	41-41/4	37-81/4	35-51/4	34-11/2	31-2	29-21/2	26-11	22-10	21-4	19-6	18-1	
Shot		14.50	14.02	13.41	12.62	13.10	12.00	12.80	11.50	11.00	9.00	8.00	6.00	
		47-7	46-0	44-0	41-5	42-11%	39-41/2	42-0	37-81/4	36-11/4	29-61/2	26-3	19-81/4	
Discus		44.80	42.80	39.50	37.50	42.00	41.00	42.00	39.00	34.00	26.00	22.00	15.24	
		147-0	140-5	129-7	123-0	137-9	134-6	137-9	127-11	111-6	85-4	72-21/4	50-0	
Hammer		47.24 155-0	44.20 145-0	40.00	39.00	39.00	36.00	36.00	32.00	30.00 98-5	24.00 78-9	20.00 65-7%	17.07 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			114-10	101-8	78-9	62-4	46-0	
35#Wt.		15.00	14.00	13.00	12.00	10.00	9.00			6.00	5.00	4.00	3.00	
	4	19-21/2	45-111/4	42-8	39-41/2	32-91/4	29-61/2			19-81/4	16-4%	13-11/2	9-10	
Weight		15.00	14.00	13.25	12.50	14.25	13.25	14.00	13.25	13.50	11.75	10.00	8.75	6.00
	4	19-21/2	45-111/4	43-5%	41-0%	46-9		45-11%	43-51/4	44-31/2		32-93/4	28-81/2	19-81/4
56#Wt.		9.50	9.00	8.50	8.00	6.00	5.50	5.00	4.50	3.50	3.00	2.50	2.00	
Dest		31-2	29-61/2 2		26-3	19-8%	18-1/2	16-4%	14-9	11-5%	9-10	8-21/2	6-63/4	
Pent.		2800	2600 5250	2600 5250	2600 5000	2600	2600	2600 4500	2600	2600	2400	2200	2000	
Decath. Wt. Pent.		5500 2800	2700	2800	3000	5200 3000	5000 3000	3000	5000 3000	4800 2600	4200 2700	3000	2500 3000	
2015	6								211			3000	3000	
Notes:	1)		tandards hurdles:		49: 39"		se stand					9 30";	80+:	27"
	3)	-	hurdles:		49: 36"		50-5					- manual P		
	4)	Shot	Output			6k (16#);	50-5			The state of the s		27"		
	5)		s throw:		49: 2kg	the subsection	50-5		- 207	n- Tillan	-	20		
	6) 7)	Hami	The same of the sa	1,000	49: 7.2 49: 800	6k (16#);		59: 6k; 59: 700		The state of the s		4k 9: 500g	20	400g
	8)	Weig			49: 354			59: 25#	60-			9: 16#	80+:	
	9)		Dec/Wt.Pe			AF pts.; 4								
S	10)	Metri	c heights	and dis	tances a	10) Metric heights and distances are the standard; feet and inches listed for convenience.								

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	- 2/1/18/51	The second second	The second second	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				4:44:49
M45	7:13	7:46	14:47	25:31	41:44	52:25	1:19:58	The second secon	2:16:35			4:56:24
M50	7:33	8:05	15:23	26:33	43:25	54:32		1:51:37			THE SECTION OF THE PARTY OF THE	5:09:29
M55	7:50	8:26	16:04	27:43	45:19	56:55			2:28:52			5:24:22
M60	8:13	8:51	16:50	29:02	47:28	59:38		2:02:23	The second second			5:41:23
M65	8:38	9:19	17:43	30:33	49:56	1:02:45	1:36:01		2:44:53	The second second second		6:01:01
M70	9:08	9:50	18:44	32:18	52:46	1:06:21		2:16:35				
M75	AND SHOULD IN	10:28		34:20	56:04	1000	Course States	2:25:34				6:50:54
Editoria .			21:22			1:15:44		2:36:31				
Contract (Contract)	Maria Cara Cara Cara	12:13	23:14	40:04		1:22:26		2:50:48	A STATE OF THE STA		6:10:11	8:07:50
			25:58 for mid		The second second second	1:32:08	2:21:52	3:11:28			6:57:43	9:11:37

						_		_		_	_	_	
	U.S.	. MA	AST	ERS	Al	LL-A	ME	RIC	CAN	STA	NDA	RD	S
1000							WOM						
Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
55	8.0	8.20	8.50	8.80	9.10	9.40	9.80	10.30	10.80	11.50	12.30	13.40	14.80
60	8.60	8.80	9.10	9.50	9.90	10.20	10.60	11.10	11.70	12.40	13.40	14.40	15.90
100	13.8	14.1	14.4	15.0	15.5	16.4	16.8	18.6	19.8	22.0	25.0		
200	28.0	28.8	30.0	31.6	33.0	35.0	37.0	39.0	42.0	48.0	52.0		
400	63.5	65.5	68.0	70.0	78.6	80.0	83.0	84.0	86.0	98.0	104.0		
800	2:33	2:35	2:40	2:46	2:54	3:10	3:20	3:36	3:56	4:30	5:40		
1500	5:10	5:20	5:30	5:40	6:00	6:20	6:45	7:30	8:00	8:50	10:10		
Mile	5:40	5:50	6:10	6:30	6:50	7:00	7:40	8:10	8:50	9:40	10:45		
3000	11:30	11:50	12:00	12:30	14:00	14:30	15:00	16:00	18:30	20:00	23:00		
5000	19:45	20:15	21:00	22:00	23:30	24:50	26:00	28:00	30:00	34:00	36:00		
10000	41:30	42:40	44:00	48:00	50:00	52:00	56:00	60:00	66:00	76:00	85:00		
100H	17.2	18.2											
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0		
400H	75.0	79.0	84.0	88.0									
300H					66.0	72.0	79.0	87.0	96.0	110.0	120.0		
2K-SC	8:20	8:35	9:00	9:30	10:00	10:25	11:00	11:55	12:50				
HJ	1.40	1.35	1.27	1.22	1.12	1.07	1.02	0.97	0.92	0.89	0.84		
	4-7	4-5	4-2	4-0	3-8	3-6	3-4	3-21/4	3-01/4	2-11	2-9		
PV	2.70	2.40	2.10	1.80	1.50	1.20	1.10	1.00	0.90	0.80	0.70		
	8-101/4	7-101/2	6-10%	5-10%	4-11	3-111/4	3-71/4	3-31/4	2-111/2	2-71/2	2-31/2		
W	4.60	4.42	4.04	3.81	3.40	3.20	3.10	2.60	2.30	2.10	1.50		
	15-1	14-6	13-3	12-6	11-1%	10-6	10-2	8-61/4	7-61/2	6-10%	4-11		
TJ	9.50	9.09	8.43	7.49	7.01	6.40	6.20	6.00	5.50	4.50	3.89		
	31-2	29-10	27-8	24-7	23-0	21-0	20-41/4	19-81/4	18-1/2	14-9	12-9		
Shot	10.30	9.32	8.51	8.40	8.00	7.77	7.50	6.60	6.00	5.20	4.30		FINE
	33-91/2	30-7	27-11	27-61/4	26-3	25-6	24-7/4	21-8	19-81/4	17-3/4	14-11/4		
Javelin	35.00	33.50	28.00	25.00	23.00	The second second	20.00	17.00	16.00	15.00	12.00		
	114-10	111	91-10	82-0	75-51/2	72-8	65-71/2	55-91/4	52-6	49-21/2	39-41/2		7,570
Discus	32.00 105-0	30.00	25.00	24.00 78-9	72-21/4	21.00	18.00	16.00	14.00	13.00	11.00		
Hammer	35.00	32.50	30.00	25.00	23.00	22.00	21.00	18.00	45-111/4	12.00	9.00		TIN CHAT
	114-10	Total Control Control	98-5	82-0	75-51h		68-10%	59-1/4	45-111/4	39-41/h	29-61/2		
Weight	10.00	10.00	9.00	8.00	9.00	8.00	9.50	8.75	7.75	6.50	5.50	4.25	3.50
	32-9%	32-9%	29-61/2	26-3	29-61/2	26-3	31-2	28-81/2	25-51/4	21-4	18-01/2	15-7	11-5%
Sup.Wt.	6.50	6.00	5.50	5.00	5.25	5.00	4.75	4.50	4.00	3.50	3.00		
	21-4	Same allow	18-1/2	16-4%	17-2%	16-4%	15-7	14-9	13-11/2	11-5%	9-10		E
Wt.Pent.	2600	2500	2500	2500	2800	2600	2600	2500	2500	2400	2300		
Notes	: 1)										ersion fo	or hand	time.
		Short				33";	40-5		0"	60+:			
		Long I	hurdle	s: 30	-59:	30";	60+		7"				
		Shot p				4k;	50+		k				
		Javeli		1000	100000	600g;	50-5		00g;	60+:	400g		
		Hamm			-49:		50+		k e#.	60	10#		
		Weigh Super			-49: 2 -49:		50-5		6#;	60+:	12#		
						35-lb;	50+:		5-lb	and in	nches li	sted to	,
		conve			uista	nices a	e uie s	railua	id, iee	and ii	iciics iii	sted 10	THE R
				**									

APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

AGE-G	ROUP
	_SEX: MF
	STATEZIP
DA	TE OF MEET
MARK	
WEIGHT OF	IMPLEMENT
1 PATCH	1 PATCH TAG
	DA

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

TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene, OR 97405; e-mail: natmanews@aol.com. To keep information current, we generally do not publish results more than 3 months old. Results typed and measuring 2-1/4" wide in metric in our format receive preference. Deadline is the 10th of the month prior to issue date.

EAST

Maine Senior Games Portland, ME; Sept. 11

100m	1		1
M50	David Westover	12.7	
M55	Roger Pierce	12.5	-
M60	James Comeau	14.3	
M65	Dick Camp	13.6	
M70	John Polevy	14.5	
M75	Keith Curtis	16.1	
M80	Joseph Sciaraffa	18.0	
W55	Beatrice Kearney	16.5	
W70	Dolores Hufnagel	22.2	
W75	Virginia O'Connor	25.7	- 1
200m			-
M50	David Westover	26.6	1
M55	Roger Pierce	25.6	
M60	James Comeau	29.7	
M65	Dick Camp	28.7	В
M70	John Polevy	32.0	
M75	Keith Curtis	32.5	
M80	Earl Sweeney	40.1	1
M80	Bob Matteson	49.3	
W55	Beatrice Kearney	36.2	
W60	Linda Taylor	47.6	-
W80	Ann McGowan	53.3	1
400m			1
M50	Carroll Blake	1:00.5	
	Roger Pierce	1:00.8	
	Jeff Evans	1:07.0	
A CONTRACTOR OF THE PARTY OF TH	Keith Curtis	1:21.5	
1000	Bob Matteson	1:57.1	1
	Beatrice Kearney	1:20.0	
W60	Patricia Matulaitis	1:40.0	-
	Lorelei Ruben	2:34.0	
800m			
- 1	Carroll Blake	2:31.4	
	Jonathan Tetherly	2:40.1	
	Jerry Brown	3:13.8 2:55.0	1
M65	Jerry LeVasseur	2.35.0	N

3:13.8 2:55.0 3:26.3 ML70 Jerry Bisson M85 John Woods 6:10.0 W60 Patricia Matulaitis 3:49.2 1500m M50 Dennis Smith 5:24.1 M55 Jonathan Tetherly 5:40.0 M60 Jerry Brown 6:30.8 M65 Jerry LeVasseur 5:56.0

M70 Jerry Bisson

W60	Diane York	7:14.0	
3000	m		
M50	Dennis Smith	11:56.1	
M55	David Ashcroft	13:10.0	
M65	Jerry LeVasseur	12:42.0	
W60	Patricia Matulaitis	16:32.0	
Long	Jump		
M50	AND DESCRIPTION OF THE PROPERTY OF THE PROPERT	14-41/2	
M55		10-11	
M60	James Comeau	13-4	
M65	Joel Stinson	11-1	
M70	John Polevy	13-5	
M75	Frank Brako	10-91/2	
M80	Vern Niattson	5-2	
W55	Beatrice Kearney	9-6	
W60	Patricia Matulaitis	7-3	
W80	Ann McGowan	6-9	
Shot	Put		
M50	Louis Sandmaier	34-11	
M55	Jon Dubois	29-10	
M60	Albert Lothrop	22 21/2	

MOU	Albert Lothrop	22 212								
M65	Joe Carlozzi	34-11								
M70	John Polevy	32-0								
M75	Jusitn Rinfret	23-6								
M80	Earl Sweeney	21-0								
W60	Patricia Matulaitis	18-5								
W70	Harriet Patch	23-21/2								
W75	Virginia O'Connor	15-91/2								
W80	Ann McGowan	14-5								
Discus										
M50	Louis Sandmaier	130-2								
M55	John Maley	102-10								
M60	David MacMillian	145-1								
M65	Dick Camp	115-2								
M70	William Johnson	79-11								
M75	Frank Brako	51-10								
M80	Vern Mattson	38-8								
W70	Harriet Patch	39-8								
W75	Virginia O'Connor	37-1								
and the second	Ann McGowan	27-111/2								

WOU MINI WILCOWAN 1500m Racewalk M50 David Young 12:22 M55 Tim Noonan 11:19 7:57 M60 David Baldwin W50 Janet Ritchie 10:24 W60 Dianne York

Dartmouth Weight Meet\

Hanover, NH; Oct	. 9
Shot Put	
Bob Mead 60 5k	49-4.5
Carl Walllin 63 5k	48-10
(US single-age record	100000000000000000000000000000000000000
Packy Fusco 61 5k	36-1
Sam Messiter 76 4k	32-7.25
16# Shot	
Mead	42-3.25
Wallin	40-2
Don Filkins 50	39-10
Don Wallace 48	39-2.5
Mark Putnam 46	32-6
6k Shot	
Wallin	42-7
Filkins	42-2.75
Bob Cedrone 50	36-0
Discus Mead 1k	120 1
Fillkins 1.5k	138-1 126-5
Fusco 1k	124-0
Wallace 2k	116-11
Jim Chamberas 1k	104-9
Putnam 2k	82-11
Messiter 1k	79-5
Hammer	
Eric Probsfield 33 164	178-3
Mead 5k	145-0
Wallace 16#	126-7
Cedrone 6k	122-5
Chamberas 5k	106-8
Putnam 16#	91-3
The same of the sa	

MIDWEST

Wisconsin Senior Olympics Milwaukee; Sept. 18

	milwaukee; Sep	1. 18
100m		40.00
M50	Robert Zahn	13.23
M55 M60	Gene Gerrara Dan Hansman*	13.72
14100	Paul Milewski	18.82
M65	Pete Stopoulos*	14.58
William .	Albert Matheis	15.41
M70	William Jankovich	15.37
M75	Howard Byers*	15.93
	Frank Giaimo	15.94
M80	Jack Hipple*	18.68
200m	the state of the s	
M50	Robert Zahn	27.18
M55	Gene Ferrara	27.68
M60	Paul Milewski	28.13
M65	Rodger Goodwin	38.95
M75	Frank Giaimo	33.14 43.56
M80 W50	Jack Hipple* Gail Kantak*	33.03
W55	Rosemary Poetzel	1:35.56
W60	Fern Dains	57.32
W70	Doris Forbes	1:01.34
W75	Agnes Reinhard	53.76
W80	Carol Peebles	59.53
W50	Gail Kantak	15.34
W60	Joan Hawelow	19.47
W70	Doris Forbes	24.30
W75	Agnes Reinhard	22.69
W80	Carol Beebles	26.26
400m		
M50	Michael Berndt	1:02.73
M55	Marvin Ripp	1:08.95
M60	Paul Milewski	1:06.73
M65	Rodger Goodwin	1:27.54
M70	William Jankovich	1:14.77
M75	Howard Byers*	1:23.50
M80	Hugh Evans	1:46.62
W50	Gail Kantak	1:20.46 3:39.16
W55 W60	Rosemary Poetzel Marcia Balthazor	2:02.03
W75	Agnes Reinhard	1:58.66
W80	Carol Peebles	2:39.48
800m	The same that the same to the	2.00.10
M50	Chuck Hull	2:18.32
M55	Stanley Mathes	2:21.14
M60	Joseph Ales	2:51.75
M65		3:10.98
M70		3:16.93
W60	Marcia Balthazor	4:27.72
W75	Agnes Reinhard	4:19.62
W80	Carol Peebles	6:21.21
1500	The second secon	4.00.00
M50	Chuck Hull	4:39.93
	Stanley Mathes	5:07.02
M60		6:18.14 6:21.28
M65	Rodger Goodwin	6:56.60
M70	Alfred DuBois	8:05.64
MISC	Hugh Evans Rosemary Poetzel	14:28.98
WEO	Marcia Balthazor	8:45.26
W75	Agnes Reinhard	8:43.14
W80	Carol Peebles	12:18.37
100000000000000000000000000000000000000	Jump	
	Robert Zahn	5-2
	David Knott	4-3
	Thomas Casper	4-4
M65	Albert Matheis*	4-1
-		

ı	M70	Clarence Trinkner	4-3
ı	W50	Gail Kantak	3-6
۱	W70	Nora Schulze	3-4
ı	Long		
ı	M50	Michael Berndt	16-0.75
ı	M55	Fred Gilbert	15-4.50
۱	M60	Dan Hansman*	13-8
١	MOT	James Dummert	13-6
١	M65	Pete Stopoulos*	14-6
ı		Albert Matheis*	12-2
ı	M70	Walter Largen Paul Lehmkuhl	6-10
ı	M75	Frank Giaimo	13-0.75
ı	M80	Jack Hipple*	7-10.50
۱	W70	Doris Forbes	5-10.50
ı	W75	Agnes Reinhard	5-3.75
۱			5.0.75
۱	Shot		10 1 50
ı	M50	Michael Matteson	42-1.50
ı	M55	Jerry Amundson	41-7.50
ı	M60	Ronald Wheeler*	33-0.50
I	M65	Dirk Wichgers Stephen Cohen*	28-4.75 37-9
ı	IVIOS	Arthur Zabierek	31-8
I	M70	Thomas Phillips*	36-5
ı	1417.67	William Jankovich	32-8.75
ı	M75	Albert Udovich	20-10.50
ı	M80		21-7
ı	W50	The state of the s	29-9
ı	W55	Nancy Cornwall	22-4
ı	W70	Nora Schulze	20-4
ı	W75	Carol Udovich	16-11
ı	Discu	Washington and the second seco	
ı	M50	Michael Matteson	129-7
ı	M55	David Knott*	112-1
ı	Men	Fred Gilbert	111-1
ı	M60	Terry Simons*	138-1
١	M65	Ronald Sheeler	110-5
ı	COIVI	Stephen Cohen* Arthur Zabierek	126-6 117-6
ı	M70	Thomas Phillips*	107-11
ı	11110	William Jankovich	103-5
ı	M75		72-7
١	M80	Jack Hipple*	53-2
١		Robert Bliemeister	53-2
		Alice Filter	64-6
١	W55		57-3
ı	W70	Doris Forbes	51-10
١	W75	Agnes Reinhard	32-9
١	The second second	oad Race	47.00
١	M50	Chuck Hull	17:08
	M55 M60	Dennis Spars Joseph Ales	19:44 24:51
		Thomas Chvala	28:16
	M70	William Baxter	45:06
		Hugh Evans	29:22
		Rosemary Poetzel	56:50
		Fern Dains	34:22
	W75	Agnes Reinhard	33:18
	*Out	of state	
			101
1		MID-AMER	ICA

Kansas Senior Olympics						
Topeka; Sept. 25-26						
50m						
M50 Daryl Regier 6.9	1					
M55 Joe Hoover 6.7						
M60 James Snook 7.7						
Donald Woodard 7.7 M65 Deloyn Huffman 8.3						
M70 Ronald Kolbe IA 12.7						
M75 L Anderson NM 8.2						
Kelly Green 8.7						
M80 Edgar Curtis MO 11.00						
Harley Holladay 12.65 W50 Sandra Carter 8.65	200					
W55 Ruby Brumley 12.2						
W60 Char Lane 9.1						
W80 Lavina Haefele 9.5	7					
100m						
M50 William Sellers 12.60						
M55 Tom Bassett NE 12.94 Joe Hoover 13.4						
M60 Don Denson TX 13.09						
Les Lane IA 13.46						
James Snook 14.53						
M65 Bob Lida 12.40						
M70 James Leggitt TX 14.22						
Roger Weidman 15.68 M75 L Anderson NM 15.68						
Bob Palmer 15.75						
M80 Edgar Curtis MO 21.57						
Harley Holladay 24.79						
M85 Ralph Maxwell MN 17.8						
W50 Janet Johnsen 15.37 W60 Anna Smith FL 26.87						
W65 Char Lane 18.09						
W75 Mary Eva Taylor 29.75						
W80 Lavina Haefele 18.63	3					
200m						
M50 William Sellers 25.60						
M55 Tom Bassett NE 27.00 M60 Don Denson TX 27.31						
James Snook 30.41						
M65 Bob Lida 25.97						
M70 James Leggitt TX 29.12						
John Watson MO 33.66	3					
M75 L Anderson NM 34.65						
M80 Edgar Curtis MO 50.62	2.1					
Ruben Taylor 55.12 M85 Ralph Maxwell NM *35.10						
*WR-35.82/Kizo Kimura JPN/1996;						
AR-37.40/Frank Finger/2000						
W50 Kay Glenn IA 30.19						
W60 Anna Smith FL 1:11.94						
W65 Char Lane 39.19 W75 Mary Eva Taylor 1:17.37						
W75 Mary Eva Taylor 1:17.37 W80 Lavina Haefele 44.60						
400m						
M50 William Sellers 1:00.7						
M55 Larry Law 1:04.6						
M60 Donald Woodard 1:28.7	0					

	M65	Bob Lida	59.91
ı	M70	James Leggitt TX	1:09.60
ı	1475	Ronald Kolbe IA	2:50.37
۱	M75 M80	Darwin Michaud Ruben Taylor	1:34.16 2:18.25
ı	W60	Shirley Seminoff	1:44.91
١	W65	Char Lane	1:43.12
ı	W75	Mary Eva Taylor	3:44.63
ı	W80 800m	Maxine Anderson	2:40.66
ı	M50	Gayle van Durme	2:21.72
	M55	Tim Wigger	2:21.81
	M60	Don Woodard	4:14.84 2:53.06
	M65	Ross Greathouse NE Fay Bradley	2:56.72
	M70	Bill Perich	3:18.27
	M75	Darwin Michaud	4:28.47
	W60	Ruben Taylor Carol Kuhlmann MO	6:22.94 4:00.31
	*****	Anna Smith FL	7:06.28
	W65	Char Lane	4:36.72
	W75 1500r	Mary Eva Taylor	7:16.53
	M50	Gayle van Durme	4:53.22
	M55	James Moore	6:16.80
		Fay Bradley	5:26.81
	M75	Darwin Michaud Ruben Taylor	8:50.54 11:06.85
	W60		7:45.62
		Shirley Seminoff	7:53.00
	W65		12:43.53 13:19.72
		Mary Eva Taylor Jump	13.19.12
	M50	Bob Kortmann CT	5-0
		David Hansen	4-6
	M55 M60	Joe Hoover Les Lane IA	4-10 4-8
	IVIOO	Ken Winders	4-8
	M65	Jerrol Springer	4-0
	M70	James Leggitt TX	4-2 4-0
	M75	Charles Newman Frank Bollinger MO	3-10
		Kelly Green	3-10
	M80		3-2
	M85	Ralh Maxwell MN Scott Herrman	3-8 3-6
	W65	Eileen Schmidt	3-2
	The second second	Vault	
	M55 M60	John Charles Dennis Stempel CA	9-4 8-4
	IVIOU	Donald Woodard	5-4
	M70	C L Bruce MO	5-10
	M75	Jose Cesteros	4-4 5-4
		R G Wolf TN Kay Glenn IA	8-10
	Long	Jump	
	M50		15-3
	M55	John Ellison Joe Hoover	14-11.50 15-5
	M60	Les Lane IA	14-6
	M65	Daniel Peters Jerrol Springer	12.8.25
	M70	James Leggitt TX	13-2.25
	M75	Charles Newman	11-3.50
	IM175	Brank Bollinger MO Kelly Green	12-1.75 10-4.50
	M80	Harley Holladay	8-4.75
	M85	Ralph Maxwell MN	10-5
	W50	Bill Trimmell Frances Sharon	3-3.50 7-1.75
	W65	Char Lane	9-1
	W70	Kathleen Ramonda	3-0
		Lavina Haefele	6-0.75
		John Ellison	29-11.50
	Mark Contraction	Joe Hoover	32-11.50
	M60	Ken Winters	32-6
	M65	Jerrol Springer	22-10.75

- 10	1817.00	barries Leggitt 17	10 6 60
		Charles Newman	11-3.50
Н	M75	Brank Bollinger MO	12-1.75
Н		Kelly Green	10-4.50
	M80	Harley Holladay	8-4.75
	M85		10-5
Н		Bill Trimmell	3-3.50
	W50	Frances Sharon	7-1.75
Н		Char Lane	9-1
	W70	Kathleen Ramonda	3-0
	W80	Lavina Haefele	6-0.75
	Triple	e Jump	
		John Ellison	29-11.50
	M55	Joe Hoover	32-11.50
۱	M60	Ken Winters	32-6
	M65	Jerrol Springer	22-10.75
		Bill Butterworth	21-9
		Frank Bollinger MO	21-3
		Kelly Green	19.2.50
	MAGE	D-1-6 14 II 1411	

and the second second	e Jump	
M50	John Ellison	29-11.50
M55	Joe Hoover	32-11.50
M60	Ken Winters	32-6
M65	Jerrol Springer	22-10.75
M70	Bill Butterworth	21-9
M75	Frank Bollinger MO	
INITO		
MOC	Kelly Green	19.2.50
M85	Ralph Maxwell MN	20-11.75
Shot	Carrier Carrier and Carrier Control of the Carrier Car	
M50	Rick Weissbeck	44-8.75
M55	Bob Peters MO	43-4.75
	Richard Talavera	27-8.75
M60	Mark Chapman TX	40-8.75
1211200	Ken Winters	39-5.50
M65	Al Salmon MO	36-10.25
14100	Jerrol Springer	33-8
M70	Bill Butterworth	32-10.50
M75	Kelly Green	29-4.50
M80		23-11.75
M85	William Trimmell	25-10
W50	Janet Johnsen	33-1
W55	Diana Schultz	26-4.25
W60	Carolyn Weinhold	19-11.50
W65	Eileen Schmidt	19-10
W70	Kathleen Ramonda	15-8.50
W75	Leola Hover	10-0
Disci		
M50	Dennis Baranski	182-3
M55	V Martinez MO	147-3
INIDO	John Charles	98-3
M60	Mark Chapman TX	131-8
IVIOU	The state of the s	
	Ralph Check NE	115-2
	Alex Meyer NE	114-3
1405	Jim Shoemaker	99-2
M65	Richard Cochran M	a salar ca
	Ron Anderson	141-4
M70	Bill Butterworth	107-6
M75	Frank Bollinger NE	81-10
	Kelly Green	80-10
M80	Edgar Curtis MO	71-1
	Jack Haefele	70-0
M85	Scott Herrmann	69-11
W50	Janice Crummey	73-6
W55	and the same of th	52-1
W60	Sharon Springer	39-0
W65	Eileen Schmidt	46-6
WZO	Kathleen Ramonda	20.5

W70 Kathleen Ramonda

M50 John Ellison

M55 Richard Talavera

M60 Jim Shoemaker

126-8 107-2

114-2

Javelin

M65	Ken Ohm	111-7
M70	James Leggitt TX	92-10
	Lyle Phaff	85-10
M75	Carried Control of the Control of th	66-9
INI/O		1000
1400	Dale Hearon	61-6
M80		72-10
W50		84-3
	Diana Schultz	66-6
W65	The state of the s	37-11
W70	Kathleen Ramonda	23-9
5K R	oad Race	
M50	Gayle van Durme	19:10
M55	Tim Wigger	19:44
M65		20:31
M70	Dan Klimek NE	27:50
M75	Glenn Opie	30:45
M80	Jim Hamilton NC	29:25
MICO	Ruben Taylor	42:25
W50		23:10
	Lana Best	26:19
	Norma Shipman	29:27
W65	1 TO A TOTAL CONTROL OF THE PARTY OF THE PAR	34:55
W75	Mary Taylor	48:27
W80	Elizabeth Gerhardt	54.5h
	Road Race	
M50	John Oyler	40:17
M55		41:34
	Ron Grauer	46:03
	Jose Badillo	The same of the sa
		42:28
M70		56:28
M75	The state of the s	1:00:05
	Ruben Taylor	1:19:13
W50		56:41
W55	Lana Best	53:25
W75	Mary Taylor	1:35:34
WRO	Elizabeth Gerhardt	
	m RW	No. allocation
M50	Robert Shires IA	8:05.68
M70	Alan Poisner	9:01.69
M80		10:24.06
	George Jones	12:57.90
M85	Thomas Young	
W50	Cynthia Snider	13:47.75
W60	Roberta Colthrum	13:07.02
W65	Eileen Schmidt	12:52.10
W70	Bobbie Thrutchley	12:22.37
W75	Martha Lykens	13:03.02
W85	Jean Brunnenkant	13:51.31
5000	m RW	
M70	Alan Poisner	32:32
M85	Thomas Young	46:38
W60	Roberta Cothrum O	
W65	Eileen Schmidt	47:17
		45:05
W70	Bobbie Thrutchley	
W75	Martha Lykens	47:52
	COLUMN	202
-	\sim SOUTHWE	

SOUTHWEST

Arkansas Senior Olympics Hot Springs; Sept. 24-26

ł		ot springs, sept	
1	100r M50		12.34
ı	IVIOU	Robert Hahn	13.03
ı		Emmett Gibbs	13.84
ı	M55		12.25
ı	11100	Dan Usery	13.32
ı		Antonio Cooper	13.84
ı	M60		13.96
ı		Johnnie Hopgood	14.71
1		David Hood	14.90
ľ	M65	Control of the Contro	13.98
ł		Charlie Richard	15.12
ı		Spence Flowers	16.71
ı	M70	Frank Dicus	14.97
ı		James Williams	18.55
ı		Cecil Earp	21.68
ı	M75		15.84
ı	MOC	Richard Soller	17.34
ı	MOD	Rudy Loeffler	28.00
ı	200m		
1	M50	Mike Trexler	26.03
1		Robert Hahn	27.80
-		Emmett Gibbs	28.87
ı	M55		23.33
ı		Lester Mount	27.59
ı		Dan Usery	28.09
ı	M60	Leonard Hill	39.53
ı		Johnnie Hopgood	30.03
L		Ed Balthrop	36.87
ı	M65	Roy Davis	28.56
L		Charlie Richard	31.60
L	1470	Spence Flowers	35.90
ı	M70	Frank Dicus	32.19
ı	M75	Cecil Earp Bob Alexander	52.85 33.13
ı	WI/5	Richard Soller	38.47
ı		Foster Doty	42.46
ı	M85		1:01.28
ı	W50		32.00
ı		Angie Orelland	41.37
ı	W55	Normimah Arthur	41.03
ı	W60	Mary Gilbert	45.25
ı		Joan Scarlata	1:00.90
ı	W70	Jean Schooler	38.78
ı		Carlotta Barnhill	48.31
L	14150	Frances Barger	52.21
ı		Eleanor Gipson	15.35
ı	W55		16.50
ı	W60	Carol Stricklin Mary Gilbert	19.12 19.18
ı		Joan Scarlata	26.81
ı	W70		17.81
ı	****	Carlotta Barnhill	21.21
		Frances Barger	22.15
	W75		21.87
		Sarah Overton	23.66
	400m	Service of the servic	
	M50	Bob Maseratti	1:07.06
	MISO	Norman Gillespie	1:08.16
	M55	The state of the s	59.72
		Antonio Cooper	1:04.25
		Golden Fletcher	1:09.06
	M60	Leonard Hill	1:10.00
-	THE PARTY OF THE P	THE TRANSPORT OF THE PARTY OF T	All

		page ZI
4	John Roleson	1:33.19
M65	Wendell Wilson Roy Davis	1:43.21
M70	Cecil Earp	1:32.80
M75	Ken Blanchard Foster Doty	1:27.56
M85	Roderick Parker	*1:22.40
2001:	1:27.11/Herbert Liedt AR-1:33.59/Russell F	Randall
1993		1:30.00
W50 W55	Angie Orelland Normimah Arthur	2:05.75
W60 W65	Joan Scarlata Mary Kaplan	1:52.90 1:58.15
W70	Jean Schooler	1:39.65
	Carlotta Barnhill Frances Barger	1:49.71
800m		
M50	William Ramey Norman Dodson	2:23.00 2:28.37
MEE	Norman Gillespie Richard Morgan	2:54.62 2:27.38
M55	Robert Barber	2:33.09
M60	Don Erwin Wallace Nichols	2:40.87 2:55.08
14100	Damien Durbin	3:08.00
M65	David Samuel Henry Hawk	3:09.78 2:37.00
M70	Sunao Yamanaka Cecil Earp	3:49.53 4:11.90
M75	Jack Gentry	3:10.62
	Ken Blanchard Foster Doty	3:20.28 3:37.68
W50	Angie Orelland	3:16.00
W60 W65	Joan Scarlata Mary Kaplan	4:05.87 4:10.96
	Jean Schooler	4:01.55 4:24.50
1500	TATAL SALVANIA SALVAN	
M50	William Ramey Norman Dodson	4:46.00 5:08.00
M55	Richard Morgan	4:55.90
M60	Robert Barber Wallace Nichols	5:06.43 6:05.22
	Bedford Joyner	6:12.62
M65	David Samuel Henry Hawk	6:34.28 5:42.00
M70	Sunao Yamanaka	7:00.00 7:51.21
M75	Jack Gentry	6:21.10
	Ken Blanchard Foster Doty	6:37.06 7:33.44
W50	Angie Orelland	6:16.00
W55 W60	Sherry Snavely Joan Scarlata	8:16.98 7:30.20
W65	Mary Kaplan	8:05.18 9:26.00
W70	Sandra Jansen Jean Schooler	8:19.72
	Jump Garry Pirch	5-2
14100	Emmett Gibbs	5-2
M55	Steve Cox Antonio Cooper	4-10 4-6
	Golden Fletcher Michael Walker	4-4
M60	Johnston Ewing	4-8
	Jerry McBride George Gaines	4-6 4-4
M65	Charles Lanza Louis Vodopya	4-6 4-4
	Jerry Rouse	4-0
M70	Paul Beckman Glen Bremenkamp	4-0
	Sonny Oliphant Frank Dicus	3-10 3-10
M75	Gordon Seifert	3-10
	Roy Morgan Richard Soller	3-10 3-10
and the second s	Carlotta Barnhill	3-8
The second secon	Ruth Overcast Vault	3-4
	Golden Fletcher	8-0
M60		4-0 11-6
	Johnston Ewing Jerry McBride	10-0
M65	Jerry Rouse	8-0
M70	J Strayer Glen Bremenkamp	7-2 7-0
	Walter Diggs	6-8
The state of the s	Gordon Seifert Sarah Overton	8-0 3-0
Long	Jump	14-9
M50	Emmett Gibbs Garry Pirch	14-8
M55	Manuel Jones Dan Ursery	12-9 15-6
55	David Cotner	14-7
M60	Richard Comer Ben Lane	13-0.50 13-6
-	David Hood Johnnie Hopgood	10-0 9-5.50
M65	Charlie Richard	13-6
	Spence Flowers Jerry Rouse	10-0 9-5.50
M70	Frank Dicus	11-4.50
	Glen Bremenkamp Dominick Greco	9-1.50
M75	Richard Soller Lloyd Smith	10-5 5-3
M85	Evereft Bolton	3-11
W50	Julie Bonds Susan Clower-Smith	7-5
W55	Normimah Arthur	9-5
1	Sherry Snavely Joyce Hopgood	7-7.50
W60	Carolyn Wallace	7-0
W65	Carol Stricklin Margaret Burge	6-11 4-11
W70	Jean Schooler	7-9
	Carlotta Barnhill Susan Schlemmer	5-8 6-10
W75	Reba Bolinger Ruth Overcast	4-11 4-5
W85		1-8

pa	age 22				Nati	onal M	Iasters News				Decembe	er 2004
Sh	ot Put		Jim Yamanaka	26:13.03		1:02.58		2.44	Doreen McLeod-Smith	12.19	M 60 BARNUM, Larry	00:25.96
	50 Jed Jackson	38-10	Ron Teetu	29:41.06	Jim Madonna	1:11.14	The second secon	1.22	Hammer		NAYLOR, David BUSTAMANTE, Juan	00:27:39
	Garry Pirch Edward Horvath	34-2 33-11	M75 Jack Gentry Ken Blanchard	23:07.58 24:46.91	DO ISMIIII	1:23.82	The state of the s	5.38	M55 Dennis Cameron M60 Thomas Gage	33.90 60.08	M 70 FLORY, Sam	00:30.62
M5		38-0 32-9	Bill Bright	29:06.34	M75 Ford Foo	2:00.11 1:05.92	M50 Tim Walters Maure Wiegel	4.83	Joe Beard	22.29	M 75 ESCOBOSA, AI	00:31.91
	Dan Usery	30-8	W50 Angie Orelland	32:17.89 22:54.04	Gus Salazar	1:29.12	Wayne Renner	4.49	M65 Richard Hotchkiss Bob Humphrey	41.77 35.34	SELBY, Jim	00:32.88
Me	Herb Stein 30 Harold Landry	30-8 37-10	Karen Mowry	26:56.04	James Hinton M80 Frank Lackey	1:30.73	TO THE RESERVE OF THE PARTY OF	4.25 3.86	Jerry Fasteen	23.93	M 80 DAVIDSON, Robert	00:39.65
****	George Gaines	33-9	Sheila Morris	30:53.39 32:44.28	W60 Mary Robinson	1:15.14		3.74	M70 Doug Tomlinson	34.39	400 m SPRINT	
M6	Julius Cassels John Messer	33-9 35-4	W60 Kathleen Hoffman Rachel Snider	26:20.28 38:32.79	Marg Radcliffe	1:25.21	M60 John Davis	4.38 3.40	Tom Allison Thomas Buck	29.07 24.14	F 40 JOSEPH, Beth F 45 SELBY, Debbie	01:30.62
	Don North	34-7	W65 Mary Kaplan	31:43.57	Diane Hall W65 Louise Reed	1:37.88	Joe Beard M65 David Servis	4.04	M75 Hal Wallace	28.29	F 50 BAUMAN, Jeanne	01:13.88
M7	Fred Watson O David Bower	34-3 42-0	The second secon	44:25.25	W70 Audrey Lary	1:32.15	William Edwards	3.45	M80 Hugh Hackett M85 Roy Hollingsworth	20.23	F 65 ONGLEY, Marilyn M 45 LEWIS, Mark	01:30.83
3 1	Glen Bremenkamp	34-0	W70 Jean Schooler Francis Barger	30:23.85 34:20.89	W75 Helen Schley 800 Meters	1:59.91	John Edwards M70 Doug Spainhower	3.45	W60 Patti Palmer	13.39	BRADLEY, David	00:57.01
M7	5 Jim Gerhardt	31-11 34-9	10K Road Race	47:03.31	M50 Jim Fallen	2:24.30	The second secon	4.21	W65 Evelyn Wright	26.61	JOHNSON, Rodney	01:04.26
	Gordon Seifert	29-0	M50 William Ramey	37:27.73	Tom Poulson	2:46.39	Loren Monroe	3.76	W75 Doreen McLeod-Smith Javelin	12.84	M 50 BOWEN, Robert	01:06.70 00:56.43
W5	Tom Moxley Susan Clower-Smitt	19-7 h 24-2	The second secon	45:29.60 40:31.69	M55 Searcy Barnett Michael Carter	2:46.15	M75 Gus Salazar Horst Langer	3.33 2.98	M50 Tim Walters	34.45	FITZPATRICK, Bill	01:02.03
Ws	Peggy Trail 55 Glenda Byrd	18-4 22-3	M60 Milan Martinec	50:40.29	Ralph Buechler	2:49.80	M80 Hugh Hackett	2.38	Wayne Renner	29.45	M 55 MUTH, Rich	01:06.25
***	Joyce Hopgood	20-2		57:27.06 :12:59.24	M60 Jim Madonna M70 Ray Archibald	2:51.75 4:49.09	W50 Deb Vestal	2.25	M55 Jerry Ransdell James McEvoy	42.68 41.38	M 60 BARNUM, Larry	00:56.24
We	Shirley Frost Mary Gilbert	19-1 22-6	M70 Ethan Busby	52:03.86	M75 James Hinton	2 45 00	W55 Janice Spainhower W60 Kathy Jager	3.61	John Wittington	36.58	M 70 SIMMS, Louis M 75 SELBY, Jim	01:33.00
***	Naomi Smith	21-7	The state of the s	53:28.84	Horst Langer	4:41.74	Marg Radcliffe	3.40	M60 ? McDaniels	33.20	M SATHER, Milo	01:36.85
We	Sarah Wood 5 Madeline Smith	18-11	M75 Jack Gentry	48:26.13	W55 Mary Hertzler	5:19.15	W65 Evelyn Wright	3.42	Kenneth Baker Joe Beard	28.61 24.87	F 55 EICHEL, Yoko	03-03-30
	Carlotta Barnhill	20-3		58:14.30 45:51.84	W60 Diane Hall	4:10.81	Barbara Jordan Ingeborg Siegers	2.96	M65 Jerry Fasteen	29.54	F 80 DAVIDSON, Gerry	03:03:39
W7	5 Mary Lewis	14-1 17-2	W60 Kathleen Hoffman	54:33.22	Patti Palmer W65 Ingeborg Siegers	4:17.39 3:59.85	W70 Audrey Lary	3.50	M70 Tom Allison	28.64 28.51	M 45 LEWIS, Mark JARGO, James	02:14.78
	Ruth Overcast	17-0	W65 Mary Kaplan 1	:20:40.12	W70 Mary Alice Stookey	4.57.00	W75 Louise Martin W85 Olga Kotelko	2.69 1.84	Doug Tomlinson	26.01	M 50 FITZPATRICK, Bill	02:42.71
Was	Wilma Whorton 5 Ethel Peters	16-5 38-10	W70 Jean Schooler 1	:04:59.38	1500 Meters		Triple Jump		Jack Janne	23.68	ALL CONTRACTOR OF THE PARTY OF	02:30:22
Dis	cus		W80 Mary Brundle 1:	:39:55.67	M50 Tom Poulson M55 Searcy Barnett	5:26.16 5:18.61	M50 Maure Wiegel	10.44	M75 Hal Wallace Arthur Brandt	28.34 15.46	M 70 SIMMS, Louis	03:19.84
M50	O Roy Wood Steve Cox	112-11	WEST	-	Michael Carter	6:00.42	M55 Dennis Cameron John Perkins	8.93 7.72	M80 Hugh Hackett	17.45	M 75 SELBY, Jim	02:51.56
1400	Phil Campbell	108-9			M60 Len Zane	5:32.11	Melvin Hernandez	7.30	Roger Hall	7.98	M 50 LASSEGARD, Steve	05.40.01
M55	Vincent Breaux	117-0 116-8	Nevada Senior Gam		M65 Jim Madonna Ken Ogden	6:00.81 6:31.18	M60 Joe Beard	6.97	M85 Roy Hollingsworth John Polish	12.76 9.93	M 70 SELBY, Jim	05:19.04 06:25.80
Moo	Golden Fletcher	90-4	Las Vegas; Oct. 1- 50 Meters	-3	M70 George Moss	6:52.06	John Edwards M70 Doug Spainhower	6.42 8.96	W50 Linda Cohn	33.88	SIMMS, Louis	07:37.16
Mou	Harold Landry	118-3 109-5	M50 Marvin Caperton	6.75	Loren Monroe	8:01.69	James Stookey	8.07	W55 Myrle Mensey	17.14	M 75 SATHER, Milo 3000 m RUN	07:39.87
Mes	James Raynor	105-0	M55 Bill Oberding	6.93	John Radocha M75 James Hinton	8:14.19 8:02.91	Loren Monroe	7.39	W60 Mary Radcliffe	10.69 26.32	F 50 JANNACK, Denise	12:10.00
MOS	Fred Watson Don North	118-3 109-5	M60 John Davis M65 Steve Bowles	6.72 6.77	M80 Frank Lackey	11:34.18	W50 Deb Vestal W65 Evelyn Wright	5.18 7.27	Tammy Jensen	15.77	F 80 DAVIDSON, Gerry	20:41.04
M70	Jerry Rouse	105-9	M70 Robert Reid	7.13	W50 Naomi Tuite	6:31.60	Barbara Jordan	7.20	Patti Palmer	13.36	M 50 RIGGIO, Venu M 55 BLAKEMAN, Michael	14:15.66
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T Parce	Milton Brady	91-0	W50 Beverly Meteger W60 Kathy Jager	9.08 7.56	W65 Ingeborg Siegers	8:17.67	Shot Put M50 Wayne Renner	11.16	Dee Anne Janne Claranell Covington	18.75 12.53	M 65 PAWLIK, Emil	00:16:30
M75	Jim Gerhardt Roland Clement	121-8 101-0	W65 Barbara Jordan	7.69	W75 Helen Schley	9:51.61	Tim Walters	10.92	W75 Barbara Brandt	20.82	110 m HURDLES	00.10.30
	Robert Hewitt	90-1	W70 Audrey Lary	8.01	5K Road Race M50 Tom Poulson	19:36	Tim Fuerhrer	9.83	Doreen McLeod-Smith Weight	10.17	M 40 SCHWARTZ, Donald	00:20:98
M80	Richard Bledsoe Lloyd Smith	68-0 47-2	W75 Doreen McLeod-Smith 100 Meters	10.44	James Burch	22:47	M55 Melvin Hernandez Dennis Cameron	10.29		14.45	M 40 MARQUEZ, James	10:57.95
W50	Susan Clower-Smith	65-9	M50 Marvin Caperton	12.69	M55 Bruce Sullivan	26:36	James Schroeder	9.29	Jerry Fasteen	10.26	M 45 COOK, Dave	11.20.89
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W55	Joyce Hopgood	57-1	Martin Spencer M55 Lloyd Hathcock	13.47 13.02	James Nichols	34:27	George Soule Joe Beard	11.46 9.57	Myrle Mensey	9.25	F 55 STEEKELENBURG, Annel	lies 1.45
	Glenda Byrd Sherry Snavely	49-4 49-2	Bill Oberding	14.09	M65 Jim Madonna Ken Ogden	23:03	M65 Riley O'Neil	11.71	W65 Evelyn Wright Weight Pentathlon	9.73	M 40 SCHWARTZ, Donald M 50 LITTLE, John	1.58
W60	Carol Stricklin Naomi Smith	57-1 56-2	M60 John Davis Larry Armstrong	13.95 14.76	Ralph Reiche	31:51	Paul Lissy Bob Lawson	11.67 11.25	M55 Dennis Cameron	3093	M 55 GOODREAU, James	1.47
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10 10 10 10 10 10 10 10 10 10 10 10 10 1	Eleanor Gipson	70-7	M70 Robert Reid	30.41	Melvin Hernandez	1.33	Conrad Sundhorn	42.38	WARMERDAM, Barry 00:13	Control of the Contro	M 75 GAYNOR, Amie	10.05
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Myrle Mensey

Pauline Timm

Dee Anne Janne

Claranell Covington

W60 Kathy Jager Mary Robinson

W65 Evelyn Wright

W70 Audrey Lary W75 Barbara Brandt

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2.59 3.05 2.74

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17.30

F 55 NAYLOR, Avril

F 85 ONGLEY, Marilyn

M 45 JOHNSON, Rodney

ALFORD, Robert

MURRAY, Mead

BEATTY, Jerry

HAHN, Robert

M 50 BOWEN, Robert

MIKE, T.

F 70 KUEHNE, Magdalena 00:41.53

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F 55 STEKEELENBURG, Annelies

WARMERDAM, Barry

F 50 COHN, Linda

F 65 ABREU, Ann

M 40 BARBA, Steve

M 45 HANSEN, John

M- 55 ROOK, Ron

M 50 WATSON, Richard

TIPPING, Mike

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00:36.23

00:27.67

00:24.45

00 25 23

00:26.30

00:26.70

00:27.28

00.26.62

33.32

22.40

22.05

18.49

51.34

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46.44

45.65

44.85

36.63

52.01

1:03.25

1:09.70

1:12.64

1:00.98

1:03.35

1:16.87

1:51.96

W85 Olga Kotelko

M50 Tim Walters

M55 Searcy Barnett

M60 Brian Nelson

Chuck Malito

Tom Poulson

Michael Carter

Lloyd Hathcock

400 Meters

17:59.82 21:24.62 21:31.47

19:34.58 25:40.93 23:19.45 27:44.15 33:18.38 25:14.39

W85 Olga Kotelko

M50 Maure Wiegel

M55 John Perkins

M65 Armand Zahn

M60 Mardon Connelly

Cordon Price

Pole Vault

M50 William Ramey Jerry Rephan Scott Warrior

M55 Robert Barber

M60 Milan Martinec

M70 Ethan Busby

Thomas Mowry

Walter Stafford

Pete Blakeslee

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W65 Barbara Rondine 20.9	Magdalena Kuehne 7.73	W70 Edna Hyer 1:40.70	M80 Herb Wilkinson 4-0		Gary Steck 8:40.0
200m	W75 Marge Fitzgerald 9.48	Gloria Santarpia 1:43.02	M85 Donald Pellman 3-10	Douglas Richardson 32-0.75	Ed Lane 9:17.3 M70 Alan Poisner 8:54.4
M50 Steve Smith 33.4	Frances Styles10.06 10.06	Barbara Robben 1:46.01	Cleon Tucker 3-0	M80 Herb Wilkinson 29-9	M70 Alan Poisner 8:54.4 Jack Bray 9:15.0
M55 Tim Doran 35.8	D McLeod-Smith 10.77	W75 Helen Schley 2:01.75	George Ryffel 2-8	John Jensen 24-7.25 Guy Sievert 11-1.75	Presley Donaldson 9:42.5
M65 Jim Madonna 34.1	W80 Gladys Miller-Sajwaj 13.18	Lillie Doss 2:43.08	M90 Leland McPhie 3-0	Guy Sievert 11-1.75 M85 Donald Pellman 31-5.25	M75 Boyd Rollins 10:23.7
M70 Dave Devoe 39.1	W85 Velma Jacobs 13.07	800m	W50 Kathleen Corwell 4-2.50	Roy Hollingsworth 22-9.25	W55 Kathleen Frable 8:29.3
M75 Jack Townshend 47.1	100m	M50 David Salazar 2:11.66	W55 Janet Blair 4-0	T Christensen 21-11.50	W60 Jolene Steigerwalt 8:47.0
W50 Ginny McDowell 44.2	M50 Jim Ross 11.64	Jim Jones 2:18.46	Liz McBlain 3-6	M90 Leland McPhee 20-0	Kathleen Balser 9:21.0
W55 Charlotte Berdahl 49.8	Bill Cook 12.87	Jim Fallen 2:23.88	W60 Marg Radcliffe 4-0 W65 Evelyn Wright 4-0	11/00 LL L O L	Kerstin Meyers 10:47.8
W65 Barbara Rondine 47.2	Martin Spencer 13.49	M55 Aurelio Herrera 2:35.99	1100 2101111111111111111111111111111111	100 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	W65 Rita Sinkovec 9:06.0
400m	M55 Lloyd Hathcock 12.77	Malcolm Carter 2:49.46	Barbara Jordan 3-8 Essie Kea 3-8		Doris Cassels 9:17.1
M50 Rich Boone 1:06.5	Paul Martin 13.03	Dominic Varacalle 3:23.95	W70 Ellen Brannigan 3-2	05 475	Susanne Keefer 9.49.2
M55 Tim Doran 1:28.8	Marlowe Goble 13.04	M60 Kent Blair 2:24.66	Harriet Bloemker 3-0	01075	W70 Shirley Dockstader 9:47.3
M65 Jim Madonna 1:14.0 W65 Barbara Rondine 1:45.7	M60 Gerald Rose 13.69 Thomas Draper 14.14	Barry Adams 2:29.30 Leonard Davies 2:40.58	W75 Ethel Lehmann 3-2		Julie Johnson 11:32.3
W70 Ruth Knapman 2:15.3	Andy Pitas 14.43	M65 Ken Mohica 2:45.76	Georgia Goggin 2-10	11111 11 11 11 11 11 11 11 11	Rita Hildreth 11:54.1
800m	M65 Steve Bowles 13.50	Jim Madonna 2:55.26	Frances Styles 2-10	Connie Sarver 28-0	W75 Eva Vogelsang 10:56.8
M50 Rich Boone 2:40.8	Larry Beck 14.45	Bob Baker 3:20.64	W85 Olga Kotelko 2-8	The second secon	Miriam Gordon 11:37.9
M55 John Walsh 3:03.4	Darrel Short 15.10	M70 Richard Strinni 3:09.48	Pole Vault	W65 Cherrie Sherrard 30-0	Lois Anderson 12:50.1
M65 Jim Madonna 2:52.2	M70 Robert Reid 14.85	Paul Flanagan 3:14.72	M50 Ralph Haynie 11-6		W85 Fan Bello-Caris 12:47.9
M70 Dave Devoe 3:33.6	Claude Long 15.61	Howard Miles 3:19.78	Carl Cody 10-6	A S SAN DE LA SECONO DEL SECONO DE LA SECONO DEL SECONO DE LA SECONO DEL SECONO DE LA SECONO DE	Velma Jacobs 12:57.4
M75 Jack Townshend 4:05.3	Jack Fischer 16.59	M75 Bob Holmes 3:37.30	Jeff Tidwell 7-0		5K RW
W50 Ginny McDowell 4:42.5	M75 Norm Lesage 14.78	Richard Mandell 4:02.16	M55 Jerry Cash 11-6		M50 Robert Shires 27:36.2
W55 Charlotte Berdahl 4:24.4	Bill Melville 15.00	Bill Bogdan 5:03.05	Steve Morris 11-6	The same and the s	Brent Marsden 31:04.0
W65 Carol Devoe 5:36.1	Bill Platts 15.13	M80 Thomas McDonald 3:55.28	Bruce Perkins 10-0		Tom Gerhardt 32:54.3
1500m	M80 Marien McWilliams 17.22	M85 Daniel Bulkley 4:46.98	M60 Mardon Connelly 9-6	The state of the s	M55 Norman Frable 27:21.9
M50 Rich Boone 5:28.0		W50 Ainsley Lovell 2:54.79	Tom Imming 7-6	W85 Olga Kotelko 18-11.75	Rick Campbell 29:32.8
M55 John Walsh 5:46.0	The state of the s	Susan Lim 4:21.09	Larry Armstrong 7-0 M65 Dave Servis 8-0		Steve Hedges 30:21.4 M60 Z Gonsiorovsk 29:15.6
M65 John Madonna 6:00.7	M85 Donald Pellman 17.81	W55 Candy Puterbaugh 2:45.88	M70 Dennis DeWitt 7-0		John Backlund 29:22.8
M75 Jack Townshend 7:54.1	Milton Silverstein 19.04		Ralph Reiche 5-0	The second secon	Bob Weeks 29:42.5
W50 Ginny McDowell 7:24.4		W60 Patti Palmer 3:58.95	M70 Donald Gray 8-6		M65 Paul Johnson 27:10.0
W55 Susan Amundsen 6:58.8	The state of the s	Diane Hall 3:59.89	Allen Morris 8-6		Gary Steck 30:16.5
3000m	Linda Cohn 15.40	Pamela Ong 4:06.57	Douglas McFetters 8-6		Ed Lane 33:14.4
M50 Rocky Reifenstuhl 11:35.0		W65 Charlotte Ambrose 5:50.58	M75 Bob Holmes 6-6		M70 Alan Poisner 31:16.0
M55 John Walsh 12:31.1		W70 Barbara Robben 3:52.05	John Goggin 6-6		Jack Bray 31:40.4
M65 Jim Madonna 13:00.0 W50 Gail Koeph 13:42.8		Gloria Santarpia 4:00.43	M80 John Cleveland 7-0	Terry Simons 130-0	Presley Donaldson 34:32.7
1100 00011100011	W60 Kathy Jager 14.84	Jody Olson 4:32.92	M85 Donald Pellman 6-0		W50 Kak Slick 38:12.3
W55 Susan Amundsen 14:27.3	Mary Robinson 15.52	W75 Helen Schley 4:44.04	W55 Janet Blair 6-6	Conrad Sundholm 133-6	W55 Kathleen Frable 29:59.4
High Jump	Marg Radcliffe 15.87	Flora Wong 5:12.90	Linda Harris 5-0	Hiley O'Neil 122-7	Darlene Backlund 38:01.9
M85 Tim Sanders 2-4	W65 Barbara Jordan 15.90	Lillie Doss 6:06.95	W65 Shelly Whitlock 5-0	M70 Robert Jordan 101-3	W60 Jolene Steigerwalt 31:03.3
Long Jump	Essie Kea 17.45	1500m	Long Jump	Gary Loosii 99-6	Kathleen Balser 32:26.0
M50 Dennis Bogren 10-3	Evelyn Wright 17.84	M50 David Salazar 4:36.10	M50 Roger Trujillo 17-9.25	James Condell 96-7	Gloria Johnson 42:51.8
M55 Gary Shields 10-3.25	W70 Audrey Lary 15.39	Jim Jones 4:49.97	Don Parry 16-2.25	M75 Jim Gerhardt 115-1 Arthur Brandt 86-0	W65 Rita Sinkovec 32:00.1
M60 Willy Cork 9-8	Sylvia Mergl 18.29	Steve Frederick 5:01.23	Jeff Tidwell 15-6.75	Ray Propst 78-9	Doris Cassels 32:52.5 Susanne Keefer 33:31.2
M65 Paul Beckman 12-3.25	The second secon	M55 Aurelio Herrera 5:18.99 Bruce Manziello 5:32.90	M55 Jerry Stiele 14-1.75	M80 Herb Wilkinson 85-9	W70 Shirley Dockstader 33:22.3
M75 Jack Townshend 8-1.75		M60 Kent Blaiar 5:05.42	Al Davis 12-2.50	George Butchko 74-5	Jlie Johnson 39:31.1
W65 Barbara Rondine 8-9.25		Leonard Davies 5:33.63	M60 Andy Pitas 15-8.25	John Jensen 70-3	Rita Hildreth 40:12.4
W70 Ruth Knapman 4-7.24	The state of the s	Raymond Kunselman 5:47.97	Tom Imming 13-7	M95 Day Hallingsworth 66.1	W75 Eva Volelsang 38:32.2
Triple Jump	W80 Gladys Miller-Sajwaj 28.06	M65 Ken Mohica 5:48.83	John Robinson 12-11.25	Talmana Christonson 61-5	Lois Anderson 45:01.8
TARREST CONTRACTOR CON	W85 Olga Kotelko 21.95	Jim Madonna 6:08.40	M65 Norman MacLeod 14-10.75	George Ryffel 47-5	
W65 Peggy Bickenbuel 10-9		Bob Baker 6:58.42	C Bartholomew 14-9	M90 Leland McPhie 49-1	W85 Fan Bello-Caris 46:50.5
Shot Put	M50 Bill Cook 26.18	M70 Paul Flanagan 6:30.60	Larry Beck 14-5.75 M70 James Stookey 14-1	W50 Bonita McMullen 72-6	M50 Brent Marsden 1:05:38.6
M50 Clyde Lorenz 22-9.50	Rick Fasley 26.63	Jerry Bisson 6:56.47	M70 James Stookey 14-1 Wayne Mishler 13-9	Lynn Dow 71-5	1 1 1 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2
M55 Charles Lemke 27-3.50		Howard Miles 7:09.82	Robert Hewitt 13-9	Línda Cohn 70-4	Rick Campbell 1:05:23.8
M60 Willy Cork 27-9	Chesterned headiey 20.72	M75 Bob Holmes 7:54.91	M75 Paul Bambrook 12-11.25	W55 Mary Hartzler 90-6	M60 Z Gonsiorovsky 1:01:17.0
M65 Paul Beckman 35-1	Paul Martin 26.34	Michael Loftus 8:58.24	Ray Propst 11-5.75	A Lorraine Tucker 80-2	Bob Weeks 1:01:17.0
W50 Diann Damall 24-6.50	Arthur Lewis 27.27	Howard Mayer 8:59.35	Isaac Thiessen 10-9.25	Merle Mensey 74-4	John Backlund 1:01:36.5
W60 Ritchie Musick 17-11.25	A ALITHUL PAVIS	M80 Tom McDonald 7:58.11	M80 George Butchko 8-4.50	W60 Connie Sarver 73-6	M65 Gary Steck 1:02:00.2
W65 Peggy Bickenbuel 19-5	Gerald Rose 28.55	Gerald Klemm 9:49.91	M85 Milton Silverstein 9-9.75	Namy Jager 03-7	Ed Lane 1:07:32.7
W70 Ruth Knapman 14-0.25	Thomas Draper 29.76	M90 Herb Wright 13:30.69	Donald Pellman 9-8	Welluy Dicksoll 02-0	Jay Keefer 1:11:39.8
	M65 Steve Bowles 27.42	W50 Ainsley Lovell 6:16.85	Cleon Tucker 7-1.75	W65 Joy Kaylor 75-2	M70 Presley Donaldson 1:11:11.7
M55 Kevin Jenkins 93-3	20.50	Ethel Benward 6:25.99	M90 Leland McPhie 6-6	Evelyn Wright 68-10	W50 DeLoss McWilliams 1:13:35.1
70.0	Darrel Short 31.60	Susan Lim 8:40.24	W50 Linda Cohn 13-6	W70 Filen Brannigan 55-10	W55 Kathleen Frable 1:04:54.4
M60 Willy Cork 72-6 M65 Paul Beckman 122-4	M70 James Stookey 31.22	W55 Mary Hartzler 6:23.97	Pearl Yearwood 12-0.50	W70 Ellen Brannigan 55-10	Darlene Backlund 1:13:46.3
11100 1 001 001 1111	Alan Raynor 32.51	W60 Maria Cobb 6:34.07	Wendy Hold 11-6	Edna Hyer 49-3 Evelyn Nealeigh 46-3	W60 Kathleen Balser 1:07:42.4
11110 20011210 210110)	Claude Long 33.02	Tykey Truett 8:09.76	W55 Janet Blair 11-10	Evelyn Nealeigh 46-3 W75 Barbara Brandt 52-3	W65 Doris Cassels 1:07:06.5
1100 Diditir Dairies	M75 Norm Lesage 30.14	Patti Palmer 8:32.41	A Lorraine Tucker 11-9	W75 Barbara Brandt 52-3	Susanne Deefer 1:07:51.3
	00 40	W65 Mary Trudell 9:43.84	Linda Harris 10-8	D MICEOU-SHIRT 30-0	W70 Shirley Dockstader 1:08:01.6
W65 Peggy Bickenbuel 47-7	M80 Marien McWilliams 39.16	Charlotte Ambrose 11:56.01	W60 Kathy Jager 12-1.25	Dee Briggs 34-8 W85 Olga Kotelko 45-0	W75 Eva Vogelsang 1:17:18.2
Javelin	M85 Milton Silverstein 39.85	W70 Barbara Robben 7:53.73	Kathy Zomber 8-9.50	W85 Olga Kotelko 45-0 Javelin	Annie Barker 1:27:23.9
M50 Clyde Lorenz 88-11	Daniel Bulkley 40.99	Gloria Santarpia 8:06.49	Patti Palmer 8-0.50		Jeri McDonald 1:19:05.9
M55 Charles Lemke 82-10	M100Russell Clark 2:30.44	Annette Hardy 9:33.03	W65 Barbara Jordan 11-10	M50 Vance Lowe 122-6 Brian Berquist 121-2	W85 Fan Benno-Caris 1:41:56.3
M60 Willy Cork 63-3	W50 Pearl Yearwood 31.66	W75 Helen Schley 9:44.89	Evelyn Wright 10-10.25	Roger Minert 118-11	5K Road Race
M65 Paul Beckman 96-10	Jeanne Bowman 32.07	Lillie Doss 12:10.91	W70 Audrey Lary 11-1.50	M55 David Johnson 165-7	M50 Larry Pine 17:38.9
M85 Tim Sanders 33-6	Wendy Hold 36.92		Magdalena Kuehne 9-4.50	Jerry Ransdell 153-9	Steve Frederick 18:14.9
W50 Diann Darnall 24-6	W55 Audrey Cox 32.53	3000m	Evelyn Nealeigh 8-3.75	Ron Jones 140-0	Lynn Button 19:16.6
W60 Ritchie Musick 17-1	Linda Forrestel 33.07	M50 David Salazar 10:09.36	W75 Ethel Lehmann 7-11	Ron Jones 140-0 M60 Ron Tienhaara 132-1	M55 Bruce Manziello 19:36.2
W65 Peggy Bickenbuel 19-5	Mary White 36.35	Larry Pine 10:36.89	Frances Styles 7-5.50	Dean Corwell 132-0	David Rogers 20:12.6
W70 Ellen Brown 20-10		Steve Frederick 10:47.01	Georgia Goggin 6-5.50	David Hood	Jacob Stevens 20:54.3

Joe McCreary

Richard Sullivan

John McManns

Sarah Kramer

Rebecca Heuer

Lauren Rhatigan

Tracey Delaney

Sheryl wheeler

Dabney Mahoney

Laurel Petersen

Kathleen Newton

Emily Macdonald

Christine Murphy

Jeryl Simpson

Carol Dodge

Susan Burns

Zsofia Franck

Diane Sardes

Janice Roche

Marcia Whitney *

W50 Kathryn Martin

Susan Metiches

CarolynSmith-Hanna20:12

Janice Morra

Beth Stalker

Gail Geiger

W45 Patricia Ford

Wanda Toro Scheib 19:11

M75 Bill Fortune

M80 Sab Koide

Jack Gray

M85 Danforth Geer

W40 Marisa Hanson

page 24	
M60 Lino Fabela	20:05.1
Leonard Davies Harlan van Blaricum	20:50.2
M65 Emmett Smith Ken Mohica	20:38.3
Larry Peterson	24:13.5
M70 Paul Flanagan Roy Nelson	22:26.0 24:27.8
Jerry Bisson M75 Michael Loftus	24:37.8
Howard Mayer	31:37.I 32:00.7
M80 Thomas McDonald	37:15.5 27:30.6
Lane Walton	28:28.4
M90 Herb Wright	35:23.7 45:03.0
W50 Carolyn Lyman	1:00:40.3 23:05.8
Krisel Hamilton	25:21.0
W55 Susan Falsey	25:33.6 24:20.2
Kathleen Frable Nancy Snover	25:03.5 28:44.4
W60 Maria Cobb	22:31.8
Diane Hall C Swarthout	29:49.9 30:54.5
W65 Donna Wooldridge Dorothy Huston	24:03.4 38:15.5
Bev Junginger	46:06.0
W70 Wilma Calvin Barbara Robben	26:44.3 27:59.0
W75 Annie Barker	31:54.5 38:17.8
Lillie Doss	39:20.1
W80 Valley Ellingsen	50:32.0 38:42.6
G Miller-Sajwaj W90 Naomi Cottam	45:07.9 1:21:39.8
W95 Yoshi Tanaka	1:19:01.7
M50 Heath Hibbard	39:06.9
Frank Goulard Russell Armstrong	39:45.1 44:10.1
M55 Aurelio Herrera	40:33.2
Donald Loewe Bruce Manziello	41:07.8
M60 Lino Fabela Harlan vanBlaricum	43:51.2 44:38.9
Oleksandr Gromik	46:16.2
M65 Ken Mohica Jim Madonna	44:12.1 45:33.5
M70 Paul Flanagan	46:00.1 48:00.9
Ed Hardy	49:27.1
Roy Nelson M75 Howard Mayer 1	55:08.5
Stan Braun 1	:12:35.2
	:18:33.6
M85 G Nigogosyan 1 W50 Carolyn Lyman	:32:43.5 47:06.8
Jackie Eddy	47:15.7
W55 Verene Florence	48:27.0
Susan Falsey Kathleen Frable	53:24.5 53:49.5
	:01:23.8
W65 Donna Wooldridge	49:54.5
W70 Wilma Calvin	:03:46.6 56:19.0
Barbara Robben Charlotte Frank 1	58:36.8
W75 Annie Barker 1	:19:23.5
Half-Marathon	:20:07.6
	:29:51.9
Roger Howe 1	:51:07.5
Steve Haddox 2	:33:21.0
	:43:16.0
Bill Osuna 1	:18:12.6
Larry Golding 2	:42:46.8
M70 Ed Hardy 1	:51:52.8
W50 Jackie Eddy 1	:44:15.1
Robin Ferguson 1	:46:00.5
W60 Tykey Truett 2	1:50:36.3
	2:24:13.6
INTERNATION	ATA
INTERNATION	AL C
5th Africa T&F Champio	
Yaounde, Cameroo	on
July 31-Aug. 1	
M35 C K-Kotte CAM	11.1
M40 Z Ouandji CAM M50 C Mbaku CAM	14.0
THE STREET	

July 31-Au	g. 1
100m	
M35 C K-Kotte CAM	11.
M40 Z Ouandji CAM	14.
M50 C Mbaku CAM	13.
M55 A Boukar CAM	15.
M60 H Tchapda CAM	19.
W35 M Nkengne CAM	13.
W40 M Oyono CAM	13.
W45 S Mbedy CAM	17.
W50 M Mbida CAM	20.
200m	
M35 A Sagnang CAM	26.
M40 A Njoya CAM	25.
M45 Z Ouandji CAM	29.
M60 H Tchapda CAM	37.
W35 J Nfondja CAM	34.
W45 Y Moukouri CAM	34.
400m	
M40 S Mbami CAM	1:0
M45 E Timti CAM	1:1
M50 , R Belowe CAM	1:41.
OF THE WORL	4 (31/35-4

		Ivatio	AA 64 A
800m		W45 Y Moukouri CAM	3.7
M35 J Tapchom CAM	2:20.9	Triple Jump	
M40 S Mbami CAM		M35 A Sagnang CAM	10.6
M45 M Kenfack CAM	2:19.5	M40 A Njota CAM	9.7
W35 J Nfondja CAM		M50 C Mbaku CAM	9.7
1500m		Shot Put	
M35 B Saidou CAM	4:48.7	M35 J Kamogne CAM	11.2
M40 S Mbambi CAM	4:49.2	M45 R von Bentheim RSA	10.3
M45 M Domche CAM	4:57.1	M50 M Bester RSA	13.3
M50 L Ndi CAM	7:30.5	M55 C Bessala CAM	10.4
M55 E Fongang CAM	6:05.1	W35 R Kakanou CAM	7.7
W35 S L-Etonde CAM	5:23.9	W40 D Oyono CAM	11.0
5000m		W45 Y Moukouri CAM	9.13
M35 H Sidjouja CAM	21:57	W50 M Mbida CAM	7.10
M40 S Biyo CAM	21:57	Discus	
M45 R Angounou CAM		M35 V Saidou CAM	23.9
M55 E Fongang CAM	25:52	M45 R von Bentheim RSA	30.7
10,000m		M50 M Bester RSA	38.9
M35 ? Sidjouya CAM	39:45.5	W35 ? Kegne CAM	25.3
M40 R Ewandje CAM	37:47.1	W40 D Oyono CAM	28.9
M45 M Nkenfack CAM		W45 Y Moukouri CAM	22.3
M50 P Komguern CAM		W50 M Mbida CAM	20.6
M55 M Atangana CAM	52:01.9	Hammer	
High Jump		M40 G Nomo CAM	21.5
M35 ? Obam CAM		M45 R von Bentheim RSA	31.80
M40 JP Bouba CAM	The street of th	M50 M Bester RSA	41.9
M45 R von Bentheim RSA	1.51	Javelin	
M50 C Mbaku CAM		M40 G Nomo CAM	32.68
M60 J Tchapda CAM		M45 ? Nahnah CAM	40.70
W35 J Madieu CAM		M50 M Bester RSA	33.37
W40 D Oyono CAM	1.60	M60 H Tchapda CAM	24.45
W45 Y Moukouri CAM	W 1 / 2 / 2 / 2 / 2 / 2 / 2 / 2 / 2 / 2 /	W40 D Oyono CAM	24.64
W50 M Mbida CAM	1.10	W45 Y Moukouri CAM	20.45
Long Jump		W50 M Mbida CAM	20.41
M35 C K-Kotte CAM	5.69	5000m Racewalk	
M40 J Kameni CAM	4.86	M35 J Tambo CAM	29:32
M45 R von Bentheim RSA	4.12	M40 A Ngoufack CAM	29:32
M50 C Mbaku CAM	4.34	M45 P Noudem CAM	30:13
W35 R Kakanou CAM	3.36	M50 ? Ouabo CAM	32:52
W40 D Oyono CAM	4.77	M60 J Edmond MAU	55:32
	- 1 A A	CIC DILLIAM	

LONG DISTANCE RUNNING

NATIONAL

USA Marathon Trail Championships / Dupont Forest Trail Marathon Hendersonville NC: Oct 17

Hendersonville, NC;	Oct. 17
Overall	
Chad Newton 34	2:34:28
Anne Riddle 38	3:05:16
M35 Mark Lundblad	2:44:30
M40 Steve Hall	3:22:28
Jerry Letendre	3:27:46
Roger Owens	3:38:47
David Glover	3:42:49
Mitchell Rippy	3:46:16
M45 David Horner	3:24:25
Paul Brown	3:30:54
Wail Malaty	3:34:09
David Eve	3:53:20
The second secon	4:09:49
M50 Mark Compton	3:16:27
Jamis Slafkosky	3:31:26
Eddie Cohn	3:31:54
Bob Valley	3:38:05
Ralph Veytia	3:41:07
M55 Gary Griffin	3:45:22
	3:46:01
Kenneth Sirois	3:54:30
Howard Stewart	3:58:59
Andrew Colee	4:22:37
M60 Clyde Amos	3:59:34
Richard Friedrichsen	4:34:52
James Hettenhaus	5:29:19
M65 Lloyd Basten	4:29:29
Melvin Van Houten	4:38:12
George Stump	5:01:39
W35 Anne Riddle 38	3:05:16
W40Becky Finger	3:30:33
Ann-Marie Mortenson	3:43:47
Tracy Rogers-Hall	
Dable Fulbricht	4.02.02

The second of th	
Robin Fulbright	4:02:02
Debbie Appleman	4:03:53
W45Lauren Fithian	3:40:57
Donna Thackwray	4:18:28
Sylvia Gonzalez	4:20:54
Donna Rostant	4:24:48
Vickie Britton	4:26:05
W50Elizabeth Thomas	4:22:48
Linda Ball	4:23:18
W55 Shirley Sirois	5:16:42
Linda Hinkel	6:25:55
W60Betty Leverton	5:28:26

National Masters 5K XC Championships, Saratoga

	Springs, NY; Oct.	17
M40	Brian Pope	14:54
	Peter Magill	15:17
	Oscar Gonzalez	15:19
	Tony Young	15:29
	Gary Griffin	15:35
	Christopher Chishol	16:03
SO A	Angel Roman	16:03
-	Limited Cold (47)	Mr MONE

	Andrew Atkeson	16:03
	John Noland	16:08
	Robert Underwood	16:22
MAS	Thomas Dalton	15:12
IVI43		
	Bob Winn	15:52
	Chuck Shields	16:05
	Bob Carroll	16:17
	Rich Burns	16:21
Birm	George Buchanan	16:29
	Steven Calidonna	16:40
	Michael Scythes	16:42
	Tony Vodacek	16:49
	Derrick Staley	16:56
M50	James Robinson	16:49
	Richard Larsen	17:29
	George Van Hook	17:31
	John Crawford	17:33
	Gary Pierce	17:33
	Thomas Harshorne	17:34
	Dale Keenan	17:35
	Kenneth Briell	17:38
	Rob Picotte	17:45
	Dennis Fillmore	17:47
M55	Roger Price	17:02
	William Dixon	17:07
	Bob Giambalvo	17:10
	Harold Nolan	17:42
	Philip Jessen	17:51
	Terry Delph	18:00
	John Camelio	18:11
	Patrick Glover	18:17
	Robert Kulwicki	19:08
	Fred Stewart	19:09
M60	Bill Borla	18:14
	Rick Stetson	18:56
	William Hagman	19:17
	Art Roberts	19:53
	Pat Cosgrove	20:09
	Joseph Abernethy	20:22
	John Nowatkwski	20:27
	Ted McKnight	20:34
	Hugh Dunseath	20:40
	Peter Szawlowski	20:58
M65	Thom Weddle	19:50
	Joel Landis	20:02
	Bill Spencer	20:11
	Joe Cordero	20:56
	John Leonard	21:10
	Norman Goluskin	21:17
	Charles Towse	21:25
	Richard Hill	21:35
	John Pelton	21:38
	Michael McDonnell	22:05
M70	Bill Butler	23:01
	Donald Farley	23:09
	Jack Daniels	23:46
	Chuck Collins	22.50

Chuck Collins

Kenneth Jones

Robert Coffey

Ed Doucette

Roger Whalley

George Ccombes 21247

William Richardson

23:50

24:17

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26:38

27:03

:32	Michelle Marino	22:1
:13	Catherine Lempesis	22:2
:52	Diane Sherrer	23:5
:32	Debra Yelverton	27:3
	W55 Carol Kane	22:5
		24:3
	Ginny Pezzula	25:0
	Mary Wenck	26:4
	W60 Eileen Holzman	24:3
22	Yvonne TaskerRothe	25:0
03	Patty Lee Parmalee	
80		26:1
22	Elaine Matthews	26:2
12		23:3
52		25:3
05	Mary Harada	26:2
17	Madeline Bost	30:0
21		32:15
10	W70Anny Stockman	27:12
12	The second secon	29:20
19		33:25
56	-	42:46
19	www.usatfadir.org/USAMasters	5k.htm
29		
31	San Diego 1-Day Race	1
33	National 24-Hour Rac	
33	San Diego, CA; Nov. 6	
	OII	

Sa	n Diego, CA; Nov.	6-7
Over	all	Miles
Steve	Peterson 42	143.79
Rebed	cca Johnson 35	130.11
M35	Daren Sefcik	105.02
M40	Steve Peterson	143.79
	Mark Henderson	105
-	Frank Kolleff	101.05
	David Overstreet	85
	Steve Funke	52
M45	Danny Ripka	136.79
	John Geesler	135.43
15	Leon Rothstein	116.69
	Scott Ludwig	111.36
1	Vince Varone	102
M50	Mark Totman	115.9
	James Tuscany	97.18
	Eric Poulsen	92.33
	lan Parker	85.88
	Douglas Thomas	83
M55	Roy Pirrung	135
	Ed Dodd	102.43
	Michael Kogutek	102
	Frederick Davis III	94.22
	Bill Lockton	59
M60	Newton Baker	108.77
1,34	Ruben Cantu	103.34
	Pat Bivona	88.07
M65	Dale Sutton	95.75
	Edward Rousseau	75
-0.27	Timothy Kourounis	71
1470	Fred Pollard	51
M70	Sam Soccoli	82
MOE	Dan Baglione	54
W35 W40	Rebecca Johnson	130.11
**40	Anne Langstaff Susan Lance-Parker	110.49
	Pam Reed	107.36
	The state of the s	79
	Maria Lemus	64
W45	Ann Heaslett	54
1145	Janet Runyan	115.39
	Mylinh Nguyen Maureen Moran	101.63
W55	A STATE OF THE PARTY OF THE PAR	73.46
4422	Marie Boyd	102

W60	Eustratia Kourounis	70
W65	Emma Blascovich	65
	www.sandiego1dayrace.com	

27:05

23:58

24:01

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42:49

17:47

18:10

18:20

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20:53

21:38

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19:51

19:56

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22:01

National Masters 8K XC

National Masters 8	
Championships at Fr	
Park, Boston, MA; N	ov. 7
M40 Brian Pope	25:0
Oscar Gonzalez	25:3
Michael Payson	25:4
Scott Lundquist	26:1
Scott Bagley	26:2
Tom Doody	26:3
Mike Platt	26:4
CHANGE OF SECUL	26:5
Tony Darocha	
Robert Collins	27:3
Sam Davis	27:3
M45 Thomas Dalton	25:2
Bob Carroll	27:0
Randy Sightler	27:0
Ronald Shaiko	27:0
Mark Reeder	27:1
Jon Waldron	27:19
Scott Brown	27:33
George Buchanan	27:46
John Lachance	27:48
Steven Ballou	27:5
M50 John Barbour	26:32
James Robinson	28:16
Geary Daniels	28:19
Bob Murphy	28:44
Rob Higley	28:56
Larry Litscher	29:44
Joe Hall	30:07
Mike Cryans	30:31
Vincente Rojas	30:33
Steve O'neil	30:49
M55 Bill Dixon	28:48
Roger Price	28:50
Wayne Alukonis	30:35
Richard Myers	30:51
Dennis O'brien	30:56
Jim Toulouse	31:20
Charles White	31:39
Rolando Castro	31:42
Jim May	32:15
Doug Brown	32:41
M60 Bill Borla	30:24
Colin Mcardle	30:42
William Hagman	32:19
Aurthur Roberts	32:43
Bill Lord	33:59
Pat Cosgrove	34:01

John Nowakowski 34:33 Joseph Abernethy 34:45 Ted Mcknight 34:50 John Cederholm 34:59 M65 Joe Cordero 34:34 John Pelton 36:44 37:10 Peter Mitchell 37:28 Charlie Touse 38:16 Jerry Levasseur 38:48 Tom Wright 50:16 38:39 Douglas Schiller M70 Bill Butler Ben Grevstad 38:45

DOI! DICTORD	00.70
Jim Hilton	39:19
Don Murray	40:11
Ed Doucette	44:09
W40Karen Smyers	29:54
Rebecca Heuer	30:24
Barbara Gubbins	30:37
Tracy Rose	31:26
Sue Lachance	32:02
Wanda Toro Scweib	32:07
Kelly Dworak	32:34
Susan Mcnamara	33:01
Gail Geiger	35:09
Melanie Hire	35:13
W45C Ayala-Troncoso	29:17
Brenda Egizi	30:30
Anne Hird	32:56
Susan Kenney	34:26
Lisa Doucett	35:16
Patricia Ford	35:20
Liane Pancoast	35:54
Gail Breslow	36:28
Carol Dodge	37:09
The state of the s	

W50 Katheryn Martin

Laura Beckwith

W55 Cathy Klim

W60 Jayne Zinke

	Patricia Ford	35:20	N
-	Liane Pancoast	35:54	
(Gail Breslow	36:28	N
- (Carol Dodge	37:09	
1	Debbie Tirrito	37:23	V
01	Katheryn Martin	31:15	
(Carolyn Smith-Hann	a33:12	W
	Sidney Letendre	33:19	
1	Eileen Troy	34:30	
-	Sue Maslowski	35:28	M
	Patricia Robinson	36:33	W
(Catherine Lempesis		
	Susan Nebel	38:48	W
5	Cathy Klim	35:08	-
1	Patty Foltz	36:56	W
	Carol Kane	37:41	
	Mary Ryczek	38:41	M
	Christine Mcardle	47:46	2
0	Inches States	The second second	

38:53

Regina Wright	42:55
Mardi Reed	46:28
W65 Carrie Parsi	38:43
Mary Harada	44:27
W70Liz Szawlowski	59:20
www.coolrunning.com	

EAST

12th Annual Syracuse Festival of Races Syracuse, NY; Oct. 3

	Ove	rall	
	John	Itati, 30	13:45
	Gen	et Gebregorgis, 29	16:23
	A CONTRACTOR	David Fritz	17:15
		Mike Boni	17:35
1		Loren Davies	18:59
1	MAAO	Andrew Masai	15:16
1	MHO		
ł		Mike Pfohl	16:42
1		Tim Murphy	17:49
4	M45		17:02
1		Gary Radford	17:36
1		Dennis Daly	18:18
۱	M50	Mike Kodya	18:15
1		Richard O'Neill	18:56
١		Jim Miller	19:40
1	M55		17:13
ı	11.00	Mark Wigler	18:29
١		James Osborne	20:29
١	M60		
ı	IVIOU	The state of the s	21:23
١		Robert Young	24:13
ı		William Macturk	24:44
ı	M65		22:45
ı	-	Roy C. Whipple	28:56
ı		Lisle Bassett	34:34
1	M70	Wally McRae	24:46
ı		Fred H. Schlereth	27:17
ı		Martin Rothenberg	28:53
ı	M75	THE STATE OF THE PARTY OF THE P	37:29
ı	M80		42:44
ı	IVIOU	Charles Schmidt	53:10
ı	W35	Control of the Contro	
ı	VVJJ		16:25
ı		Mary Beth Romagnoli	18:38
ı	*****	Suzette Taggart	18:43
ı	W40	Zofia Wieciorkowska	18:11
ı		Kelly Dworak	19:30
ı		Lynn O'Malley	19:41
ı	W45	Susan Munson	17:56
ı		Ruth Yanai	21:07
L		Teresa D. Hoy	21:14
ı	W50	Carolyn Smith-Hanna	19:55
ı		Patti DePaulis	20:10
١	war I	Coreen Steinbach	20:25
ľ	W55	Karen Davies	22:53
ı		Ruth M. Ripley	25:23
۱		Jane Hardman	25:35
ı	W60	Yvonne Tasker-Rothen	23:47
		Carol A. Rider	24:41
		Linda J. Eberly	25:05
	W65	And the state of t	22:57
		Lennie Tucker	24:48
	W75	Nancy Auster	36:47
	WRO	Marsha Tillson	43:30
-	1100	Maisha Hilson	45.50
-		Ovetor Factival 5K	

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

Overall	
Christian Fogarazzo 29 15	:48
The state of the s	24
	3:39
	3:45
The state of the s	3:12
	3:39
THE COURSE IN CO. LANSING MICHIGAN CO. LANSING MICHIGAN CO.	
	7:00
	7:52
	3:16
	3:26
	3:43
	3:44
M55 Bill Backs 20	0:13
Larry Eastman 20	0:46
Dennis Michel 20	0:48
M60 James Durston 2	2:35
	2:39
	1:13
	3:37
	3:31
	5:37
	8:35
	0.43
	The second second
WOOTDIII Derison 65	7:43
W40 Marlona Missans	
The state of the s	9:52
Susan Murray 20	0:24
I MAE View O-I	0:39
W45 Kim Solomine 22	2:39
Joann Santoreili 23	3:01
Evelyn Kenigsberg 23	3:39
W50 Holly Jonas 24	1:55
Dee Kiesling 25	25
W55 Melissa Kennedy 21	49
Betty Horstmann 23	18
W60 Dorothea Marcus 25	24
Caratte Caratte	:07
MAZO Alexandria	12
The state of the s	
Dolly Finkelstein	-00
Dolly Finkelstein 35	:08
M40+ Racewalkers	
M40+ Racewalkers 1 Henry Samataro 50 35	41
M40+ Racewalkers 1 Henry Samataro 50 35 2 Robert Hylton 73 35	41
M40+ Racewalkers 1 Henry Samataro 50 35 2 Robert Hylton 73 35 1 Joan Murray 45 33	41

2:09.27

2:23:10

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2:23:32

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2:28:42

2:32:51

Joseph McVeigh

Aniello Samo

25:38

32:17 28:21

M70

M75

Bill Dunn

Larry Sassa

Paul Geiger

Patrick Mckeefery

Page Ramezani

Bruce Holmes

Steve Williams

Harvey Warnock

Frank Frazier

K-G Nystrom

Larry Penrod

Larry Neider

John Aimone

Robert Moffit

Joe Conrad

George Coombes

Al Saffer

Matt Ross

Dec	ember 2004	
_	Bay State Maratho)D
L	owell, MA; Oct. 1	
Ove	s Caravelli 24	2:35:39
Dan	yelle Phelps 29	3:02:42
M40	Michael Cooney Raymond Greenlaw	2:39:18
	Kevin Skehan	2:54:00
	Mike O'Hara	2:57:17
M50	David Croke Vasilli Manikas	2:57:35
	Walter Murphy	3:15:23
	Gordon Fitzgerald	3:15:46
	Tom Peters Dario Rojas	3:20:32
M60	Dave Kemp	3:34:19
	Ronald Kmiec Tom Henderson	3:42:12
	Nick Lyesiuk	3:46:08 4:20:11
****	Charlie Wilkins	4:27:52
M/U	George Leslie Edwin Cushing	4:56:57 5:13:37
	Julian Siegel	5:22:38
W40	Ann laccarino	3:26:48
	Dianne Sharpe Mary Gosling	3:29:30 3:29:58
	Donna Anderson	3:33:23
*****	Peg Sullivan	3:33:49
W50	Carol Legere Deborah Roy	3:51:34
	Caroline Troise	3:57:28 4:03:07
	Jun Concannon	4:09:25
MICO	Mary Jane O'Donnel	and a later of the state of the same of
	Sharon Kerson baystatemarathon.co	5:35:28 om
	DO Y STOTOTT OF THE TOTT. CO	0111
NYF	RR Kurt Steiner 5	K XC
	/an Cortlandt Pa	
	Bronx, NY; Oct. 1	7
Overa	and the same of th	
The state of the s	Inther 33 Hackemer 25	15:53 20:51
The second second	Michael Henschel	17:37
	Anselm Lebourne	17:01
	Paul Mascali Alston Brown	17:54 18:42
M60		24:32
M65	Roger Robinson	22:09
M70 M80		27:37 28:08
W40	Susan Maack	22:59
W45 W50	Bette Clark	24:49 25:07
	Mary Diver Judith Tripp	
		26:29
W65	Control of the Contro	26:29 29:58
NYR	Edith Jones R Emerald Nuts 5	29:58 Staten
NYR Is	R Emerald Nuts S	29:58 Staten
NYR Is Stat	R Emerald Nuts Sland Half-Marath ten Island, NY; O	29:58 Staten
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NYR Is Stat Over Matti Caro	R Emerald Nuts Sland Half-Marath ten Island, NY; O	29:58 Staten on ct. 17 1:09:22 1:18:11
NYR Is Stat Over Matti Caro M40	R Emerald Nuts Stand Half-Marath ten Island, NY; On all new Moran 29 I Howe 38 Joseph McVeigh	29:58 Staten on ct. 17 1:09:22 1:18:11 1:12:47
NYR Is Stat Over Matt Caro M40 M45 M50	R Emerald Nuts Sland Half-Marath en Island, NY; O an new Moran 29 I Howe 38 Joseph McVeigh Amador Ybanez Jack McShane	29:58 Staten on ct. 17 1:09:22 1:18:11 1:12:47 1:15:54 1:20:17
NYR Is Stat Over Matt Caro M40 M45 M50 M55	R Emerald Nuts Stand Half-Marath ten Island, NY; Ocan ew Moran 29 Howe 38 Joseph McVeigh Amador Ybanez Jack McShane Joseph Porcaro	29:58 Staten on ct. 17 1:09:22 1:18:11 1:12:47 1:15:54 1:20:17 1:24:55
NYR Is Stat Over Matt Caro M40 M45 M50 M55 M60 M65	R Emerald Nuts Stand Half-Marath en Island, NY; On all new Moran 29 I Howe 38 Joseph McVeigh Amador Ybanez Jack McShane Joseph Porcaro Luis Flores Witold Bialokur	29:58 Staten on ct. 17 1:09:22 1:18:11 1:12:47 1:15:54 1:20:17 1:24:55 1:18:06 1:35:54
NYR Is Stat Over Matt Caro M40 M45 M50 M55 M60 M65 M70	R Emerald Nuts Stand Half-Marath en Island, NY; On all new Moran 29 I Howe 38 Joseph McVeigh Amador Ybanez Jack McShane Joseph Porcaro Luis Flores Witold Bialokur Alfred Finger	29:58 Staten on ct. 17 1:09:22 1:18:11 1:12:47 1:15:54 1:20:17 1:24:55 1:18:06 1:35:54 1:35:58
NYR Is Stat Over Matt Caro M40 M45 M50 M55 M60 M65 M70	R Emerald Nuts Stand Half-Marath en Island, NY; On all new Moran 29 I Howe 38 Joseph McVeigh Amador Ybanez Jack McShane Joseph Porcaro Luis Flores Witold Bialokur	29:58 Staten on ct. 17 1:09:22 1:18:11 1:12:47 1:15:54 1:20:17 1:24:55 1:18:06 1:35:54
NYR Stat Over Mattl Caro M40 M45 M50 M65 M60 M65 M70 W40 W45 W50	R Emerald Nuts Stand Half-Marath ten Island, NY; On the Moran 29 Howe 38 Joseph McVeigh Amador Ybanez Jack McShane Joseph Porcaro Luis Flores Witold Bialokur Alfred Finger Jane Lundy J Chodnicki-Stemm Barbara Byrne	29:58 Staten on ct. 17 1:09:22 1:18:11 1:12:47 1:15:54 1:20:17 1:24:55 1:18:06 1:35:54 1:35:58 1:28:56 1:28:48 1:34:37
W65 NYR Is Stat Over Mattl Caro M40 M45 M50 M55 M60 M65 M70 W40 W45 W50 W55	R Emerald Nuts S land Half-Marath len Island, NY; O mew Moran 29 Howe 38 Joseph McVeigh Amador Ybanez Jack McShane Joseph Porcaro Luis Flores Witold Bialokur Alfred Finger Jane Lundy J Chodnicki-Stemm Barbara Byrne Diane Burnett	1:09:22 1:18:11 1:12:47 1:15:54 1:20:17 1:24:55 1:18:06 1:35:54 1:35:54 1:35:54 1:35:54 1:35:54 1:35:54
NYR Stat Over Mattl Caro M40 M50 M55 M60 M65 M70 W40 W45 W50 W55 W60 W65	R Emerald Nuts Stand Half-Marath ten Island, NY; On the Island, NY; On	29:58 Staten on ct. 17 1:09:22 1:18:11 1:12:47 1:15:54 1:20:17 1:24:55 1:18:06 1:35:54 1:35:58 1:28:56 1:28:48 1:34:37 1:52:34 1:41:53 2:16:28
W65 NYR IS Stat Over Mattl Caro M40 M45 M50 M55 M60 M65 M70 W40 W45 W55 W60 W65 M70	R Emerald Nuts Stand Half-Marath ten Island, NY; On the Moran 29 Howe 38 Joseph McVeigh Amador Ybanez Jack McShane Joseph Porcaro Luis Flores Witold Bialokur Alfred Finger Jane Lundy J Chodnicki-Stemm Barbara Byrne Diane Burnett M Greeley Walsh Naomi Vogel Elaine Breiger	29:58 Staten on ct. 17 1:09:22 1:18:11 1:12:47 1:15:54 1:20:17 1:24:55 1:18:06 1:35:54 1:35:58 1:28:48 1:34:37 1:52:34 1:41:53 2:16:28 2:16:28
NYR IS State Over Matter Caro M40 M45 M50 M65 M70 W45 W55 W60 W65 M70 M75	R Emerald Nuts Stand Half-Marath ten Island, NY; On the Moran 29 Howe 38 Joseph McVeigh Amador Ybanez Jack McShane Joseph Porcaro Luis Flores Witold Bialokur Alfred Finger Jane Lundy J Chodnicki-Stemm Barbara Byrne Diane Burnett M Greeley Walsh Naomi Vogel Elaine Breiger Bertha McGruder	29:58 Staten on ct. 17 1:09:22 1:18:11 1:12:47 1:15:54 1:20:17 1:24:55 1:18:06 1:35:54 1:35:58 1:28:48 1:35:58 1:28:48 1:34:37 1:52:34 1:41:53 2:16:28 2:16:42 2:47:56
NYR IS State Over Matter Caro M40 M45 M50 M65 M70 W45 W55 W60 W65 M70 M75	R Emerald Nuts Stand Half-Marath ten Island, NY; On the Moran 29 Howe 38 Joseph McVeigh Amador Ybanez Jack McShane Joseph Porcaro Luis Flores Witold Bialokur Alfred Finger Jane Lundy J Chodnicki-Stemm Barbara Byrne Diane Burnett M Greeley Walsh Naomi Vogel Elaine Breiger Bertha McGruder my 10M, Washing	29:58 Staten on ct. 17 1:09:22 1:18:11 1:12:47 1:15:54 1:20:17 1:24:55 1:18:06 1:35:54 1:35:58 1:28:48 1:35:58 1:28:48 1:34:37 1:52:34 1:41:53 2:16:28 2:16:42 2:47:56
NYR Stat Over Mattl Caro M40 M55 M60 M55 M60 M65 M70 W45 W50 W65 M70 W65 M70 W65 M70 W75	R Emerald Nuts Stand Half-Marath ten Island, NY; Ocan with ten Island,	29:58 Staten on ct. 17 1:09:22 1:18:11 1:12:47 1:15:54 1:20:17 1:24:55 1:18:06 1:35:54 1:35:58 1:28:48 1:35:58 1:28:48 1:34:37 1:52:34 1:41:53 2:16:28 2:16:42 2:47:56
NYR IS State Over Matter Caro M40 M45 M50 M65 M70 W45 W55 W60 W65 M70 M75	R Emerald Nuts Stand Half-Marath ten Island, NY; On the Moran 29 Howe 38 Joseph McVeigh Amador Ybanez Jack McShane Joseph Porcaro Luis Flores Witold Bialokur Alfred Finger Jane Lundy J Chodnicki-Stemm Barbara Byrne Diane Burnett M Greeley Walsh Naomi Vogel Elaine Breiger Bertha McGruder my 10M, Washing	29:58 Staten on ct. 17 1:09:22 1:18:11 1:12:47 1:15:54 1:20:17 1:24:55 1:18:06 1:35:58 1:28:48 1:34:37 1:52:34 1:41:53 2:16:28 2:16:28 2:16:42 2:47:56
NYR Stat Over Mattl Caro M45 M50 M55 M60 M55 M60 M55 M60 W45 W50 W55 W60 W65 M70 W65 M70 W75	R Emerald Nuts Stand Half-Marath ten Island, NY; On the Island, NY; On	29:58 Staten on ct. 17 1:09:22 1:18:11 1:12:47 1:15:54 1:20:17 1:24:55 1:18:06 1:35:54 1:35:58 1:28:48 1:35:58 1:28:48 1:34:37 1:52:34 1:41:53 2:16:28 2:16:42 2:47:56
NYR Stat Over Mattl Caro M45 M50 M55 M60 M55 M60 M55 M60 W45 W50 W55 W60 W65 M70 W65 M70 W75	R Emerald Nuts Saland Half-Marath ten Island, NY; On the Island No. Island N	29:58 Staten on ct. 17 1:09:22 1:18:11 1:12:47 1:15:54 1:20:17 1:24:55 1:18:06 1:35:54 1:35:58 1:28:48 1:34:37 1:52:34 1:41:53 2:16:28 2:16:28 2:16:42 2:47:56 ston, DC
NYR Stat Over Mattl Caro M45 M50 M55 M60 M55 M60 M55 M60 W45 W50 W55 W60 W65 M70 W65 M70 W75	R Emerald Nuts Stand Half-Marath ten Island, NY; On the Moran 29 Howe 38 Joseph McVeigh Amador Ybanez Jack McShane Joseph Porcaro Luis Flores Witold Bialokur Alfred Finger Jane Lundy J Chodnicki-Stemm Barbara Byrne Diane Burnett M Greeley Walsh Naomi Vogel Elaine Breiger Bertha McGruder my 10M, Washing Oct. 24 erall Browne Sey Smith D John Clopeck Jason Barnes	29:58 Staten on ct. 17 1:09:22 1:18:11 1:12:47 1:15:54 1:20:17 1:24:55 1:18:06 1:35:54 1:35:58 1:28:48 1:34:37 1:52:34 1:41:53 2:16:28 2:16:28 2:16:42 2:47:56 ston, DC 47:29 57:26 54:43 55:21
NYR Stat Over Mattl Caro M45 M50 M55 M60 M55 M60 M55 M60 W45 W50 W55 W60 W65 M70 W65 M70 W75	R Emerald Nuts Saland Half-Marath ten Island, NY; Oram new Moran 29 Howe 38 Joseph McVeigh Amador Ybanez Jack McShane Joseph Porcaro Luis Flores Witold Bialokur Alfred Finger Jane Lundy J Chodnicki-Stemm Barbara Byrne Diane Burnett M Greeley Walsh Naomi Vogel Elaine Breiger Bertha McGruder my 10M, Washing Oct. 24 erall Browne Sey Smith John Clopeck Jason Barnes Christopher Toep	29:58 Staten on ct. 17 1:09:22 1:18:11 1:12:47 1:15:54 1:20:17 1:24:55 1:18:06 1:35:54 1:35:58 1:28:48 1:34:37 1:52:34 1:41:53 2:16:28 2:16:28 2:16:42 2:47:56 ston, DC 47:29 57:26 54:43 55:21 fer 55:28
NYR Stat Over Mattl Caro M45 M50 M55 M60 M55 M60 M55 M60 W45 W50 W55 W60 W65 M70 W65 M70 W75	R Emerald Nuts Saland Half-Marath ten Island, NY; Or all new Moran 29 Howe 38 Joseph McVeigh Amador Ybanez Jack McShane Joseph Porcaro Luis Flores Witold Bialokur Alfred Finger Jane Lundy J Chodnicki-Stemm Barbara Byrne Diane Burnett M Greeley Walsh Naomi Vogel Elaine Breiger Bertha McGruder my 10M, Washing Oct. 24 and	29:58 Staten on ct. 17 1:09:22 1:18:11 1:12:47 1:15:54 1:20:17 1:24:55 1:18:06 1:35:54 1:35:58 1:28:48 1:34:37 1:52:34 1:41:53 2:16:28 2:16:42 2:47:56 ston, DC 47:29 57:26 54:43 55:21 fer 55:28 55:53
NYR IS State Over Matter Caro M40 M55 M60 M65 M70 W45 W55 W60 W75 M75 M60 M75 M75 M60 M75	R Emerald Nuts Saland Half-Marath ten Island, NY; Orath new Moran 29 Howe 38 Joseph McVeigh Amador Ybanez Jack McShane Joseph Porcaro Luis Flores Witold Bialokur Alfred Finger Jane Lundy J Chodnicki-Stemm Barbara Byrne Diane Burnett M Greeley Walsh Naomi Vogel Elaine Breiger Bertha McGruder my 10M, Washing Oct. 24 erall Browne Sey Smith D John Clopeck Jason Barnes Christopher Toep Jesus Morales Neil Hersey	29:58 Staten on ct. 17 1:09:22 1:18:11 1:12:47 1:15:54 1:20:17 1:24:55 1:18:06 1:35:54 1:35:58 1:28:48 1:34:37 1:52:34 1:41:53 2:16:28 2:16:42 2:47:56 ston, DC 47:29 57:26 54:43 55:51 fer 55:28 55:53 56:06
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NYR IS State Over Matter Caro M40 M55 M60 M65 M70 W45 W55 W60 W75 M75 M60 M75 M60 M75	R Emerald Nuts Saland Half-Marath ten Island, NY; Oran new Moran 29 Howe 38 Joseph McVeigh Amador Ybanez Jack McShane Joseph Porcaro Luis Flores Witold Bialokur Alfred Finger Jane Lundy J Chodnicki-Stemm Barbara Byrne Diane Burnett M Greeley Walsh Naomi Vogel Elaine Breiger Bertha McGruder my 10M, Washing Oct. 24 erall Browne sey Smith John Clopeck Jason Barnes Christopher Toep Jesus Morales Neil Hersey Sammy Ngatia	29:58 Staten on ct. 17 1:09:22 1:18:11 1:12:47 1:15:54 1:20:17 1:24:55 1:18:06 1:35:58 1:28:56 1:28:48 1:34:37 1:52:34 1:41:53 2:16:28 2:16:42 2:47:56 ston, DC 47:29 57:26 54:43 55:21 fer 55:28 55:53 56:06 52:47 57:14
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NYR IS State Over Matter Caro M40 M55 M60 M65 M70 W45 W55 W60 M75 M60 M75 M75 M60 M75 M75 M60 M75 M75 M60 M75	R Emerald Nuts Sand Half-Marath ten Island, NY; Oram new Moran 29 Howe 38 Joseph McVeigh Amador Ybanez Jack McShane Joseph Porcaro Luis Flores Witold Bialokur Alfred Finger Jane Lundy J Chodnicki-Stemm Barbara Byrne Diane Burnett M Greeley Walsh Naomi Vogel Elaine Breiger Bertha McGruder my 10M, Washing Oct. 24 erall Browne Sey Smith John Clopeck Jason Barnes Christopher Toep Jesus Morales Neil Hersey Sammy Ngatia Steven Anderson Colin Hillman Chris Harkins Manual Portes	29:58 Staten on ct. 17 1:09:22 1:18:11 1:12:47 1:15:54 1:20:17 1:24:55 1:18:06 1:35:58 1:28:48 1:35:58 1:28:48 1:34:37 1:52:34 1:41:53 2:16:28 2:16:28 2:16:28 2:16:28 2:16:28 55:53 56:06 52:47 57:13 57:14 57:52 57:50
NYR IS State Over Matter Caro M40 M55 M60 M65 M70 W45 W55 W60 M75 M60 M75 M75 M60 M75 M75 M60 M75 M75 M60 M75	R Emerald Nuts Sand Half-Marath ten Island, NY; Oram new Moran 29 I Howe 38 Joseph McVeigh Amador Ybanez Jack McShane Joseph Porcaro Luis Flores Witold Bialokur Alfred Finger Jane Lundy J Chodnicki-Stemm Barbara Byrne Diane Burnett M Greeley Walsh Naomi Vogel Elaine Breiger Bertha McGruder my 10M, Washing Oct. 24 eroll Browne sey Smith Dohn Clopeck Jason Barnes Christopher Toep Jesus Morales Neil Hersey Sammy Ngatia Steven Anderson Colin Hillman Chris Harkins Manual Portes Chuck Moeser Chuck Moeser	29:58 Staten on Ct. 17 1:09:22 1:18:11 1:12:47 1:15:54 1:20:17 1:24:55 1:18:06 1:35:58 1:28:56 1:28:48 1:34:37 1:52:34 1:41:53 2:16:28 2:16:42 2:47:56 ston, DC 47:29 57:26 54:43 55:21 fer 55:28 55:53 56:06 52:47 57:13 57:14 57:52 57:50 56:35
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NYR IS State Over Matter Caro M40 M55 M60 M65 M70 W45 W55 W60 M75 M60 M75 M75 M60 M75 M75 M60 M75 M75 M60 M75	R Emerald Nuts Sand Half-Marath ten Island, NY; Oram new Moran 29 I Howe 38 Joseph McVeigh Amador Ybanez Jack McShane Joseph Porcaro Luis Flores Witold Bialokur Alfred Finger Jane Lundy J Chodnicki-Stemm Barbara Byrne Diane Burnett M Greeley Walsh Naomi Vogel Elaine Breiger Bertha McGruder my 10M, Washing Oct. 24 eroll Browne sey Smith Dohn Clopeck Jason Barnes Christopher Toep Jesus Morales Neil Hersey Sammy Ngatia Steven Anderson Colin Hillman Chris Harkins Manual Portes Chuck Moeser Chuck Moeser	29:58 Staten on ct. 17 1:09:22 1:18:11 1:12:47 1:15:54 1:20:17 1:24:55 1:18:06 1:35:58 1:28:56 1:28:48 1:34:37 1:52:34 1:41:53 2:16:28 2:16:28 2:16:42 2:47:56 ston, DC 47:29 57:26 54:43 55:21 fer 55:28 55:53 56:06 52:47 57:13 57:14 57:52 57:50 56:35 1:01:37
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NYR IS State Over Mattl Caro M40 M45 M50 M65 M70 W45 W55 W60 M75 M65 M70 M75	R Emerald Nuts Stand Half-Marath ten Island, NY; Oram new Moran 29 Howe 38 Joseph McVeigh Amador Ybanez Jack McShane Joseph Porcaro Luis Flores Witold Bialokur Alfred Finger Jane Lundy J Chodnicki-Stemm Barbara Byrne Diane Burnett M Greeley Walsh Naomi Vogel Elaine Breiger Bertha McGruder my 10M, Washing Oct. 24 and Browne sey Smith D John Clopeck Jason Barnes Christopher Toep Jesus Morales Neil Hersey Sammy Ngatia Steven Anderson Colin Hillman Chris Harkins Manual Portes Chuck Moeser Leonard Lally Bob Dalton Paul Ryan Kenyon Erickson Bill Taylor	29:58 Staten on ct. 17 1:09:22 1:18:11 1:12:47 1:15:54 1:20:17 1:24:55 1:18:06 1:35:58 1:28:56 1:28:48 1:34:37 1:52:34 1:41:53 2:16:28 2:16:28 2:16:28 2:16:42 2:47:56 ston, DC 47:29 57:26 54:43 55:21 fer 55:28 55:53 56:06 52:47 57:13 57:14 57:52 57:50 56:35 1:01:37 1:03:11 1:03:56 1:04:49 1:01:06
NYR IS State Over Mattl Caro M40 M45 M50 M65 M70 W45 W55 W60 M75 M65 M70 M75	R Emerald Nuts Sand Half-Marath ten Island, NY; Orall new Moran 29 Howe 38 Joseph McVeigh Amador Ybanez Jack McShane Joseph Porcaro Luis Flores Witold Bialokur Alfred Finger Jane Lundy J Chodnicki-Stemm Barbara Byrne Diane Burnett M Greeley Walsh Naomi Vogel Elaine Breiger Bertha McGruder my 10M, Washing Oct. 24 eroll Browne sey Smith John Clopeck Jason Barnes Christopher Toep Jesus Morales Neil Hersey Sammy Ngatia Steven Anderson Colin Hillman Chris Harkins Manual Portes Chuck Moeser Leonard Lally Bob Dalton Paul Ryan Kenyon Erickson	29:58 Staten on ct. 17 1:09:22 1:18:11 1:12:47 1:15:54 1:20:17 1:24:55 1:18:06 1:35:58 1:28:56 1:28:48 1:34:37 1:52:34 1:41:53 2:16:28 2:16:42 2:47:56 47:29 57:26 54:43 55:21 fer 55:28 55:53 56:06 52:47 57:13 57:14 57:52 57:50 56:35 1:01:37 1:03:11 1:03:56 1:04:49 1:01:06 1:03:27

Daniel Walker

Fred Carlson

Mike Thorson

M65 Salvatore Sarcian 1:05:26

Arnold Tesh

John Elliott

Hank Hatch

Jack Hanley

Richard Williams

Ellis Whitt

M60 Jim Noone

1:07:14

1:08:40

1:14:13

1:15:04

1:15:37

1:17:50

1:09:31

1:20:47

1:22:48

Overall

Michael Mykytok 33 Jodie D'Ariano 34

M40 Brian Cowley

				Nation	nal N
M70	+Don Lein	1:18:34		Marty Doherty	28:50
	Tom Ray Rich Hause	1:21:47		Doug Fitzhenry Daniel Feder	28:50
	Jerry Lewis	1:21:44	MAE	Rodrigo Caceres	28:57
14	Kunsik-M. Park	1:30:28	M45	Mike Kohlbrenner Chuck Shields	27:56 28:01
W40) Martha Merz Laura Freix	1:00:57		Michael Scythes Ringo Adamson	28:29
	Jacqueline Chen	1:03:55		Oliver Knowlton	28:51 29:15
	Donna Moore	1:03:52	M50	Bill Scholl Bill Trengove	31:15
W45	Monica Grillo Robin Graf-Moon	1:04:41		Richard Henderson	32:36
	Kathryn Buckley	1:11:33		Bill Bosmann Kirk Pierret	33:08
	Annie McChrystal	1:24:27	M55	Roger Price	29:19
	Susan Wajda Charlotte Calobrisi	1:17:50		Richard Myers Bruce Langenkamp	31:11
W50	Naomi Stanford	1:13:07		Rolando Castro	32:47
	Patricia Donohue	1:15:28		Jorge Rivera Bill Hagman	32:54
	Diann Lynn Karen Marchant	1:15:36		John Nowatkowski Vincent Madison	36:25 36:27
	Merrilee Seidman	1:19:47	The state of the state of the state of	John Kuhi	37:36
W55	Sandra Adams	1:13:26		John Leonard James Leitz	36:19 37:24
	Alice Franks Rose Malloy	1:15:28		Dick Hill	37:46
		1:31:19	M70	Wm Richardson Joe LaBruno	44:59 50:18
****		1:24:33		Ray Reddick	78:09
W60	Judy Gilbert Amelia Wallace	1:19:34		Bill O'Brien MadelynNoeSchlent	78:24
	Joan Coven	1:25:39		Jennifer Allen	35:32
	R Schwartzbard	1:40:37		Pamela Fales Myrna Rosal	37:00
WES	Carolyn Shelton Patti Stewart	1:43:56	WAS	Kathy Higgins Janice Morra	39:22
*****	Barbara Schneider		VV45	Mary Foley	33:24 39:54
		1:51:12		Trink Poynter Rene Rovtar	42:24
	Jamie Wollard	1:53:13	- Chester	Wendi Glasswman	42:46
W70	M-M Tomaszewski +Bertha McGruder		W50	Jane Parks Lorraine McPhillips	36:39
	Leslie Higgins	2:19:31		JanFarnungKrause	39:15
		2:17:10 2:19:15	W55	Kuniko Hurley Betty Shonts	39:27
		2:39:38		Andrea Vibbert	61:46
			W60	Anna Thornhill Eileen Holzman	37:28 44:05
M	ystic Places Mara		MOS	Pat O'Hanlon	44:05
0	Niantic, CT; Oct.	24	W65	Imme Dyson Dorothy Little	41:54
Ove	U MEAZA 27	2:20:59	WZO	Doris Hafeman Diane Stone	55:58 69:20
HALI	NA KARNATSEVICH 34	2:48:33			
M40	JOSEPH KAISER JR HANS BRANDES	2:54:53 2:56:19	P	oland Spring Mara Kickoff 8K	thon
	SCOTT FREEMAN	2:58:57	Ce	ntral Park, NYC; O	ct. 31
	MIKE GRANT DAVID LAWRENCE	2:59:02	Over	all	
M50	WES BYERLY	2:59:48 3:07:14	Julia	Stamps 25	25:17
	JULIO AGUIRRE	3:12:00	M40 M45	Conor O'Driscoll Mickey Beidy	27:02 30:48
	GEORGE NELSON MICHAEL MENOVICH	3:13:35	M50 M55	Julian Alvarez Alston Brown	30:05
M60	DOUGLAS DIX	3:38:47	M60	John Samsel	33:40 33:43
	FRANCESCO CRINITI NEWTON BAKER	3:52:44	M65 M70	Witold Bialokur William Gutman	34:28 43:05
	JIM SYRACUSE	3:56:43	M75	William Fortune	41:22
M70+	GEORGE GRAEBER BOB DOLPHIN	4:00:23 4:39:04	M80 M90	Sab Koide Abraham Weintraub	51:10 1:45:00
	MILTON TAYLOR	4:42:33	W40 W45	Z Wieciorkowska Mary Evans	30:26 31:26
	BRYAN PARKES PETER PANTELIS	4:44:38 5:18:20	W50	Gail Kislevitz	36:49
WW 7 1115	AL CHAMEIDES	5:36:33	W55 W60	Roslyn Schloss Carol Johnston	38:23 38:17
W40	DENISE PANTASON	3:27:08 3:30:48	W65	Zofia Turosz	41:30
	KATHY HEPNER	3:31:25	W70 W75	Joan Rowland	40:57 58:25
	MARYKAY GODIKSEN JEAN LEE	3:36:19 3:37:44			:15:30
W50	M PENDERGAST	3:30:45		Cane Cod Maratho	'n
	FILLIS FRIEDMAN LINDA WYNNE	3:33:58 3:58:29		Cape Cod Maratho almouth, MA; Oct.	
	SHARON MENDES	4:15:49	Ove	rall	
W60	BARBARA TRAZINO MERLE HINES	4:16:43 4:33:26	10.000	sey Khokhlov 23 a Kolpakova 32	2:25:36
	mente nines mysticplacesmaratho		535A (F 3 See	Chris Spinney	2:38:56
Mar	and Cun VC at F			Mark Reeder Tom Doody	2:38:59 2:39:25
-	or's Cup XC at Fi		M50	Bruce Bond	3:03:38
	's 8K			Paul Warren Jerry Learned	3:06:23
Mark	Carroll 32	23:53	M60	Jim Daley	3:20:38
	Michael Payson John Noland	25:11 26:18		Arthur Roberts Milton Schumacher	3:22:58 3:27:44
	Tony Darocha	26:48	M70	Julian Siegel	5:19:43
	Bob Collins	27:06	10/40	Anthony Cellucci Mary-Lynn Currier	6:45:00 2:58:42
MAE	Sam Davis Randy Sightler	27:19 26:38	*****	Delwyn Willamson	3:04:33
CPIVI	Mark Reeder	26:55	MEO	Maureen Burns Diane Devler	3:06:16 4:12:36
	Steven Ballou	27:24	VV50	H-Harriston and State of the St	4:12:36
MEO	John Lachance John Borbour	27:40 26:40		Mary Zupanc	4:18:14
	nen's 5K		W60	Rosemary Rusin Judith Koob	4:34:45 6:05:47
Atele	elech Ketema 23	16:47		Judith Watkins	6:31:22
W40	Barbara Gubbins Melanie Hine	19:01 21:55		Jeanette Cyr .capecodmarathon.com	5:10:24 m
W45	Brenda Egrzi	18:56	www		
	Liame Pamcoast	21:45		ING New York Cit	
W50	Sue Maslowski	21:24		Marathon, NYC; No	v. /
	USATF-NJ 8K X	С	Overa Hendi	rik Ramaala 32 (RSA)	2:09.27
	ampionships, Dee	r Path	Paula	Radcliffe 30 (GBR)	2:23:10
	rk, Readington; O	ct. 31	M40	Angelo Carosi Philippe Remond	2:19:53
Over	ael Mykytok 33	25:38	H H	Peder Troldborg	2:26:36

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	28:50		Felipe Vergara	2:35:42	W35	Tatiana Titova
	28:50	- 47	Michael Fitch	2:37:15	W40	Firaya Zhdano
	28.54	-	Nicholas Galasso	2:27:20		Valentina Ego
	28:57		Vincenzo Romano	2:37:53		Lisa Vaill
	27:56		Bruno Stanga	2:38:15	W45	Elisabeth Dian
	28:01	M45	Philippe Chatelard	2:33:41	1142	Melody Sallett
	28:29		Dominique Chauvelier	2:35:08		Susan Briers
	28:51		Alan Ruben	2:37:40		
	29:15		Budd Coates	2:43:59	W50	Paulette Butler
	32:10	-	Jean-C Alessandra	2:48:56		Claudia Frenci
n			Masashi Hosie	2:49:27		Betsy Kuhl
	33:08	-	Rudy Afanador	2:50:24	W55	Kwan Supapar
	33:43		Michel Caumel	2:50:50		Maria Mcnary
	29:19		Robert Cox	2:51:07		Mary Stricklan
	31:11		Michel Menan	2:52:26	W60	Elfrieoa Wyner
P		M50	Peter Camenzind	2:40:37		Susan Wallace
	32:47		Maurice Ferchichi	2:47:03		Pheona Kaiser
	33:02		Alain Lanoe	2:50:52	W75	Diane Aimone
i	36:25		Bertrand Fraczkiewicz	2:51:58		
	36:27	F 50	Tini De Laat	2:53:55		MIDW
	37:36		Giuseppe Albanese	2:55:20		WILDW
	36:19		Henk Van Velzen	2:55:30		
	37:24	M55	Charles McDougall	2:50:09		ayton River
	37:46	-	Ragnar Mjelstad	2:53:37		lassic Half-I
	44:59		Sverre Aksland	2:56:55		ayton, OH;
	50:18		Ennio Baldassarre	3:02.07 3:03:49	Over	all
	78:09 78:24		Alan Miller William Willmitt	3:03:54	_	Edwards 24
ni	32:30			3:09:50		Alyanak 26
* 61	35:32	M60	Alan Oman Joachim Bechtle	2:54:15	100 A T T T T T T T T T T T T T T T T T T	Ronda Kuhn
	37:00	MIOO	Guy Moreau	3:07:03	The second second	Linda Barhors
	37:17		Maurice Mourou	3:18:27		Kumi Sato
	39:22		Arsenio Gomez	3:19:06		Wanda Krebs
	33:24		Innocente Bruno	3:24:10	W45	Gretchen Kiss
	39:54		Jean-Bernard Andre	3:25:31		Dana Walker
	42:24	M65	Francesco Madotto	3:22:48		Sandra Burcha
	42:35 42:46		Ben Ahmed	3:23:33		Laurie Herman
	36:39	M70	Bruno Baggia	3:40:47		Vicki Hughes
s	38:02	M75	Kenneth Karcher	4:41:51		Cindy Brooks
E	39:15	M80	John David Cahill	5:05:30	W55	Janice Kreuz
	39:27	W40	Rosa Munerotto	2:47:00		Elizabeth Bro
	39:27		Olena Plastinina	2:50:26	14100	Shirley Sirois
	61:46		Dorian Meyer	2:53:59		Connie Show
	37:28		Monique Maddy	2:58:32	VV65	Beatrice Dow
	44:05 44:05	1	Yukiko Nishide	3:02:50	1425	Frances Gilbe
	41:54		Wendy Locke	3:03:10		Bryan Buddin Lance Kinsey
	43:00		Corinna Cortes	3:08:17	10140	Kevin Walsh
	55:58		Martha Perkins	3:09:14		
	22.20		Ludy Chain	2.10.10		Jay Owens
	69:20	1	Judy Stein	3:10:10	M45	Jay Owens Mark Jensing
	69:20	WAE	Anne Britt	3:11:36	M45	Jay Owens Mark Jensing Art Kitze
ra	PORTOR TO THE PROPERTY OF THE	W45	Anne Britt Janice Flynn	3:11:36 3:05:05	M45	Mark Jensing
	69:20 thon	W45	Anne Britt Janice Flynn Carol Baker	3:11:36 3:05:05 3:09:14		Mark Jensing Art Kitze
	69:20	W45	Anne Britt Janice Flynn Carol Baker Beth Moras	3:11:36 3:05:05 3:09:14 3:12:54		Mark Jensing Art Kitze Michael Nede Mark Hogue Michael Barr
	69:20 thon oct. 31	W45	Anne Britt Janice Flynn Carol Baker Beth Moras Brenda Wilson	3:11:36 3:05:05 3:09:14 3:12:54 3:13:02	M50	Mark Jensing Art Kitze Michael Nede Mark Hogue Michael Barr Dave Beach
	69:20 thon oct. 31	W45	Anne Britt Janice Flynn Carol Baker Beth Moras	3:11:36 3:05:05 3:09:14 3:12:54	M50	Mark Jensing Art Kitze Michael Nede Mark Hogue Michael Barr Dave Beach Henry Osier
	69:20 thon oct. 31	W45	Anne Britt Janice Flynn Carol Baker Beth Moras Brenda Wilson Marie Wickham Talya Nevo-Hacohen Margaret Coffey	3:11:36 3:05:05 3:09:14 3:12:54 3:13:02 3:13:48	M50	Mark Jensing Art Kitze Michael Nede Mark Hogue Michael Barr Dave Beach Henry Osier Ed Hunter
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W65 Beatrice Downey

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Sandra Burcham

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M55 Bill Beach 23:13	Ron King 1:04:31	M55 Glenn Bailey 1:37:11	Jerry Gentry 5:45:14	W35 Deborah Hamberlin 11:07:00	W35 Tanya Fredricks 1:25:31
M60 Bill Roney 23:18	M60 Buell Johnston 58:49 Charles Mabry 1:02:06	David Smith 1:43:40	M55 Tom Detore 3:47:20	W40 Jennifer Taylor 12:53:27	W40 Janet Smith 1:25:24
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W65 Dorothy Bay 47:27	Bill Blackburn 1:09:15	Fred Fahlen 2:06:20	Tom Adair 5:34:14	Moriarty, NM; Oct. 9	Dee Gibson 1:44:25
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MID-AMERICA City of Lakes 25K Minneapolis, MN; Sept. 12 Overall Patrick Russell 28 1:24:17 Shelly Larson 34 1:38:39 M35 Jim Bengtson 1:36:33 M40 Digger D Carlson 1:28:42 Chris Celichowski 1:35:21 Chris Humbert 1:38:59 Patrick Acciani 1:42:07 Scott Tracy 1:44:26 M45 Paul Brown 1:34:38 Norm Champ 1:41:36	M70 Bob Adkins 1:15:58 Tom Briggs 1:20:59 Richard Irons 1:24:11 M75 Jack Gentry 1:14:12 Richard Mitchell 1:32:28 Richard Thompson 1:35:37 W35 Donna Oxley 1:02:52 W40 Terri Cassel 58:19 Kristi Slagle 1:00:01 Julie Donelson 1:02:05 Julie Thomas 1:03:44 Deana Knight-Miller 1:03:59 W45 Pam Sneed 1:01:36 Lisa Mills 1:03:12 Cherrie Lewallen 1:09:05 Lilia Urueta 1:13:07 Rebecca Gibson 1:14:30 W50 Barbara Holzman 1:06:27	MacK Martinez 2:07:09 Hugh Massey 2:40:51 M80 George Billingsley 3:08:47 W35 Margaret Archer 1:36:16 W40 Linda Casillas 1:40:22 Ramona Scholz 1:41:54 Mary Woo 1:43:14 W45 Kathleen Aragon 1:26:58 Carolyn McCarter 1:34:24 Cindy Norman 1:35:39 W50 Deborah Swearingen 1:55:20 Leslie Davis 2:00:00 W55 Katy Moser 1:55:20 Leslie Davis 2:00:00 W55 Katy Moser 1:58:22 Soon Gaal 2:02:52 Gloria Takagishi 2:07:26 W60 Ginger Bryan 1:55:18 Janet Bailey 2:28:01 Carolyn Slavich 2:28:21	Michael Brandt 6:17:00 M65 Will Wright 4:20:10 K-G Nystrom 5:05:26 Cliff Burgess 5:37:09 Donald Withers 5:46:28 Dror Kopernik 6:00:12 W35 Bobbie Howard 4:35:30 W40 Jennifer Taylor 4:03:28 Kendel Melin 5:07:18 Liz Heath 6:14:22 Christine Magnin 6:24:02 W45 Marlee Meshbesher 4:30:13 Brigitte Fleeman 4:39:53 Barb Klinner 4:43:52 Jean Cordalis 4:58:33 Roxanne Slater 5:21:07 Florence Dabney 6:39:49	Aaron Sanchez 22 16:38 Aja James 44 21:23 M30 Pat Morrissey 37 21:04 M40 Wayne Marshall 44 22:13 Richard Walter 44 23:00 M50 Alex Griego 54 22:20 Bill Baldwin 57 23:20 M60 Jerry Johnson 61 20:41 Ed Hernandez 67 21:47 M70 Earl Roefranz 73 35:74 W30 Kendra Mateucci 33 22:47 W40 A James 44 21:23 Sandy Morrissey 45 30:16 W50 MargaretFlannigan5423:35 Kathy Kirsling 55 23:46 W60 Rebecca Chavez60 29:01 W70 Esther Felipe 74 37:48 W80 Mary Kirsling 82 48:1910K- Overall Al Casagrande 40 37:46	W55 Bridie Dillon Ellen Clark Bunny Callahan Bunny
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### A3:40 ### MID-AMERICA City of Lakes 25K Minneapolis, MN; Sept. 12 Overall	M70 Bob Adkins 1:15:58 Tom Briggs 1:20:59 Richard Irons 1:24:11 M75 Jack Gentry 1:14:12 Richard Mitchell 1:32:28 Richard Thompson 1:35:37 W35 Donna Oxley 1:02:52 W40 Terri Cassel 58:19 Kristi Slagle 1:00:01 Julie Donelson 1:02:05 Julie Thomas 1:03:44 Deana Knight-Miller 1:03:44 Deana Knight-Miller 1:03:44 Deana Knight-Miller 1:03:59 W45 Pam Sneed 1:01:36 Lisa Mills 1:03:12 Cherrie Lewallen 1:09:05 Lilia Urueta 1:13:07 Rebecca Gibson 1:14:30 W50 Barbara Holzman 1:06:27 Susie Willard 1:09:16 Julie Kelly 1:11:09 Barbara Hess 1:12:43 Ann Miracle 1:14:24 W55 Kathy Kellogg 1:08:51 Carole Call 1:12:15	MacK Martinez 2:07:09 Hugh Massey 2:40:51 M80 George Billingsley 3:08:47 W35 Margaret Archer 1:36:16 W40 Linda Casillas 1:40:22 Ramona Scholz 1:41:54 Mary Woo 1:43:14 W45 Kathleen Aragon 1:26:58 Carolyn McCarter 1:34:24 Cindy Norman 1:35:39 W50 Deborah Swearingen 1:52:34 Dawnelle Ronne 1:55:20 Leslie Davis 2:00:00 W55 Katy Moser 1:58:22 Soon Gaal 2:02:52 Gloria Takagishi 2:07:26 W60 Ginger Bryan 1:55:18 Janet Bailey 2:28:21 W65 Paula Brennock 2:38:51 W75 Helen Tom 3:32:45 Lake Tahoe Triple Marathon, Half-Marathon &	Michael Brandt 6:17:00 M65 Will Wright 4:20:10 K-G Nystrom 5:05:26 Cliff Burgess 5:37:09 Donald Withers 5:46:28 Dror Kopernik 6:00:12 W35 Bobbie Howard 4:35:30 W40 Jennifer Taylor 4:03:28 Kendel Melin 5:07:18 Liz Heath 6:14:22 Christine Magnin 6:24:02 W45 Marlee Meshbesher 4:30:13 Brigitte Fleeman 4:39:53 Barb Klinner 4:43:52 Jean Cordalis 4:58:33 Roxanne Slater 5:21:07 Florence Dabney 6:39:49 W50 Barbara Franzen 4:26:50 Mary Jo Johnson 4:40:53 W55 Janet Bodle 4:40:54 Gailmarie Berquist 5:43:43 Cathy Troisi 5:54:26 W70+Helen Klein 5:50:10 Oct. 9 – Marathon #3	Aaron Sanchez 22 16:38 Aja James 44 21:23 M30 Pat Morrissey 37 21:04 M40 Wayne Marshall 44 22:13 Richard Walter 44 23:00 M50 Alex Griego 54 22:20 Bill Baldwin 57 23:20 M60 Jerry Johnson 61 20:41 Ed Hernandez 67 21:47 M70 Earl Roefranz 73 35:74 W30 Kendra Mateucci 33:22:47 W40 A James 44 21:23 Sandy Morrissey 45:30:16 W50 MargaretFlannigan5423:35 Kathy Kirsling 55 23:46 W60 Rebecca Chavez60 29:01 W70 Esther Felipe 74 37:48 W80 Mary Kirsling 82 48:1910K- Overall Al Casagrande 40 37:46 Jane Thompson 49 46:24 M30 Todd Pilger 30 45:13 M40 A Casagrande 40 37:46 Paul Zetocha 43 2nd43:02 M50 Rick Garlie 58 44:58 M60 Dennis Muirhead 63:45:39 M70 George West 75 65:27	## W55 Bridie Dillon
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### Add Company Sept. 12 City of Lakes 25K Minneapolis, MN; Sept. 12 Overall Patrick Russell 28 1:24:17 Shelly Larson 34 1:38:39 M35 Jim Bengtson 1:36:33 M40 Digger D Carlson 1:28:42 Chris Celichowski 1:35:21 Chris Humbert 1:38:59 Patrick Acciani 1:42:07 Scott Tracy 1:44:26 M45 Paul Brown 1:34:38 Norm Champ 1:41:36 Paul Thomford 1:43:09 Jocko Vertin 1:43:14 Eric Paulson 1:44:58 M50 Jack Ankrum 1:40:50 Jim Fethers 1:46:05 Craig McCoy 1:46:35 John Naslund 1:49:18 Denny Jordan 1:49:21 M55 Jim Graupner 1:48:43 Fred Clayton 1:52:49 Olaf Lukk 1:57:27 Roy Andrews 2:02:09 Thomas Vertin 2:02:59 M60 Norm Purrington 1:44:56 M60 M60 Norm Purrington 1:44:56 M60 M60 Norm Purrington 1:44:56 M60	M70 Bob Adkins Tom Briggs Hichard Irons 1:20:59 Richard Irons 1:24:11 M75 Jack Gentry Jit4:12 Richard Mitchell Richard Thompson 1:32:28 Richard Thompson 1:32:28 Richard Thompson W35 Donna Oxley Jiv2:52 Donna Oxley Julie Thompson 1:02:52 Donna Oxley Julie Thompson 1:02:52 Donna Oxley Julie Thompson Julie Donelson Julie Donelson Julie Thomas Jiva:44 Deana Knight-Miller Jiva:44 Deana Knight-Miller Jiva:44 Deana Knight-Miller Jiva:45 Deana Knight-Miller Jiva:45 Deana Knight-Miller Jiva:45 Deana Holzman Jiva:47 Deana Jiva:48 Jiva:48 Deana Holzman Jiva:48 Jiva:48 Deana Holzman Jiva:48 Jiva:48 Deana Hess Jiva:48 Jiva:48 Jiva:49 Jiva:	MacK Martinez 2:07:09 Hugh Massey 2:40:51 M80 George Billingsley 3:08:47 W35 Margaret Archer 1:36:16 W40 Linda Casillas 1:40:22 Ramona Scholz 1:41:54 Mary Woo 1:43:14 W45 Kathleen Aragon 1:26:58 Carolyn McCarter 1:34:24 Cindy Norman 1:35:39 W50 Deborah Swearingen 1:52:34 Dawnelle Ronne 1:55:20 Leslie Davis 2:00:00 W55 Katy Moser 1:58:22 Soon Gaal 2:02:52 Gloria Takagishi 2:07:26 W60 Ginger Bryan 1:55:18 Janet Bailey 2:28:01 Carolyn Slavich 2:28:21 W65 Paula Brennock 2:38:51 W75 Helen Tom 3:32:45 Lake Tahoe Triple Marathon, Half-Marathon & 10K, South Lake Tahoe, CA Oct. 7-9 Oct. 7-9 Oct. 7 - Marathon #1 Overall Christopher Warren 3:45:49 M35 Matt McGowan<	Michael Brandt 6:17:00 M65 Will Wright 4:20:10 K-G Nystrom 5:05:26 Cliff Burgess 5:37:09 Donald Withers 5:46:28 Dror Kopernik 6:00:12 W35 Bobbie Howard 4:35:30 W40 Jennifer Taylor 4:03:28 Kendel Melin 5:07:18 Liz Heath 6:14:22 Christine Magnin 6:24:02 W45 Marlee Meshbesher 4:30:13 Brigitte Fleeman 4:39:53 Barb Klinner 4:43:52 Jean Cordalis 4:58:33 Roxanne Slater 5:21:07 Florence Dabney 6:39:49 W50 Barbara Franzen 4:26:50 Mary Jo Johnson 4:40:53 W55 Janet Bodle 4:40:54 Gailmarie Berquist 5:43:43 Cathy Troisi 5:54:26 W70+Helen Klein 5:50:10 Oct. 9 - Marathon #3 Overall John Weru 2:37:26 Sonya Drottar 3:23:04 W35 Deborah Hamberlin 3:47:50 W40 Diana Vanry 3:33:42 Nuvit Foster 3:36:29 Judy Shanley 4:01:02	Aaron Sanchez 22 16:38 Aja James 44 21:23 M30 Pat Morrissey 37 21:04 M40 Wayne Marshall 44 22:13 Richard Walter 44 23:00 M50 Alex Griego 54 22:20 Bill Baldwin 57 23:20 M60 Jerry Johnson 61 20:41 Ed Hernandez 67 21:47 M70 Earl Roefranz 73 35:74 W30 Kendra Mateucci 33:22:47 W40 A James 44 21:23 Sandy Morrissey 45:30:16 W50 MargaretFlannigan5423:35 Kathy Kirsling 55 23:46 W60 Rebecca Chavez60 29:01 W70 Esther Felipe 74 37:48 W80 Mary Kirsling 82 48:1910K- Overall Al Casagrande 40 37:46 Jane Thompson 49 46:24 M30 Todd Pilger 30 45:13 M40 A Casagrande 40 37:46 Paul Zetocha 43:2nd43:02 M50 Rick Garlie 58 44:58 M60 Dennis Muirhead 63:45:39 M70 George West 75 65:27 M80 Larry Johnson 84 64:20 W30 Kim Linder 38 48:39 W40 J Thompson 49 46:24 W50 Cece Niemczyk 52 47:39 Humboldt Redwoods Marathon & Half-Marathon Weott, CA; Oct. 17 Overall	## W55 Bridie Dillon
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### A3.40 ### A3.40 ### MID-AMERICA City of Lakes 25K	M70 Bob Adkins	MacK Martinez	Michael Brandt 6:17:00 M65 Will Wright 4:20:10 K-G Nystrom 5:05:26 Cliff Burgess 5:37:09 Donald Withers 5:46:28 Dror Kopernik 6:00:12 W35 Bobbie Howard 4:35:30 W40 Jennifer Taylor 4:03:28 Kendel Melin 5:07:18 Liz Heath 6:14:22 Christine Magnin 6:24:02 W45 Marlee Meshbesher 4:30:13 Brigitte Fleeman 4:39:53 Barb Klinner 4:43:52 Jean Cordalis 4:58:33 Roxanne Slater 5:21:07 Florence Dabney 6:39:49 W50 Barbara Franzen 4:26:50 Mary Jo Johnson 4:40:53 W55 Janet Bodle 4:40:54 Gailmarie Berquist 5:43:43 Cathy Troisi 5:54:26 W70+Helen Klein 5:50:10 Oct. 9 - Marathon #3 Overall John Weru 2:37:26 Sonya Drottar 3:23:04 W35 Deborah Hamberlin W40 Diana Vanry 3:33:42 Nuvit Foster 3:36:29 Judy Shanley 4:01:02 Annette Means 4:01:53 Laura Hast 4:23:18 W45 Nancy Roberts 3:41:09 Maria Madueno 3:53:34 Kathy Cashman 4:04:01 Carla Lynch 4:19:47 W50 Marnie Harden 4:04:13	Aaron Sanchez 22 16:38 Aja James 44 21:23 M30 Pat Morrissey 37 21:04 M40 Wayne Marshall 44 22:13 Richard Walter 44 23:00 M50 Alex Griego 54 22:20 Bill Baldwin 57 23:20 M60 Jerry Johnson 61 20:41 Ed Hernandez 67 21:47 M70 Earl Roefranz 73 35:74 W30 Kendra Mateucci 33:22:47 W40 A James 44 21:23 Sandy Morrissey 45:30:16 W50 MargaretFlannigan5423:35 Kathy Kirsling 55 23:46 W60 Rebecca Chavez60 29:01 W70 Esther Felipe 74 37:48 W80 Mary Kirsling 82 48:1910K- Overall Al Casagrande 40 37:46 Jane Thompson 49 46:24 M30 Todd Pilger 30 45:13 M40 A Casagrande 40 37:46 Paul Zetocha 43:2nd43:02 M50 Rick Garlie 58 44:58 M60 Dennis Muirhead 63:45:39 M70 George West 75 65:27 M80 Larry Johnson 84 64:20 W30 Kim Linder 38 48:39 W40 J Thompson 49 46:24 W50 Cece Niemczyk 52 47:39 Humboldt Redwoods Marathon & Half-Marathon Weott, CA; Oct. 17 Overall Billy Morris 39 2:49:17 Liz Hendrie 42 3:27:27 M35 Billy Morris Greg Slater 3:29:48 William Spaeth 3:34:39	W55 Bridie Dillon
### A3.40 ### A3.40 ### MID-AMERICA City of Lakes 25K ### Minneapolis, MN; Sept. 12 Overall	M70 Bob Adkins 1:15:58 Tom Briggs 1:20:59 Richard Irons 1:24:11 M75 Jack Gentry 1:14:12 Richard Mitchell 1:32:28 Richard Thompson 1:35:37 W35 Donna Oxley 1:02:52 W40 Terri Cassel 58:19 Kristi Slagle 1:00:01 Julie Donelson 1:02:05 Julie Thomas 1:03:44 Deana Knight-Miller 1:03:59 W45 Pam Sneed 1:01:36 Lisa Mills 1:03:12 Cherrie Lewallen 1:09:05 Lilia Urueta 1:13:07 Rebecca Gibson 1:14:30 W50 Barbara Holzman 1:06:27 Susie Willard 1:09:16 Julie Kelly 1:11:09 Barbara Hess 1:12:43 Ann Miracle 1:14:24 W55 Kathy Kellogg 1:08:51 Carole Call 1:12:15 Jeannie McDaniel 1:18:46 Fran Sch	MacK Martinez	Michael Brandt 6:17:00 M65 Will Wright 4:20:10 K-G Nystrom 5:05:26 Cliff Burgess 5:37:09 Donald Withers 5:46:28 Dror Kopernik 6:00:12 W35 Bobbie Howard 4:35:30 W40 Jennifer Taylor 4:03:28 Kendel Melin 5:07:18 Liz Heath 6:14:22 Christine Magnin 6:24:02 W45 Marlee Meshbesher 4:30:13 Brigitte Fleeman 4:39:53 Barb Klinner 4:43:52 Jean Cordalis 4:58:33 Roxanne Slater 5:21:07 Florence Dabney 6:39:49 W50 Barbara Franzen 4:26:50 Mary Jo Johnson 4:40:53 W55 Janet Bodle 4:40:54 Gailmarie Berquist 5:43:43 Cathy Troisi 5:54:26 W70+Helen Klein 5:50:10 Oct. 9 - Marathon #3 Overall John Weru 2:37:26 Sonya Drottar 3:23:04 W35 Deborah Hamberlin 3:47:50 W40 Diana Vanry 3:33:42 Nuvit Foster 3:36:29 Judy Shanley 4:01:02 Annette Means 4:01:53 Laura Hast 4:23:18 W45 Nancy Roberts 3:41:09 Maria Madueno 3:53:34 Sherry Roberts 3:53:40 Kathy Cashman 4:04:01 Carla Lynch 4:19:47 W50 Marnie Harden 4:04:13 Philomena Chandra 4:14:10	Aaron Sanchez 22 16:38 Aja James 44 21:23 M30 Pat Morrissey 37 21:04 M40 Wayne Marshall 44 22:13 Richard Walter 44 23:00 M50 Alex Griego 54 Bill Baldwin 57 23:20 M60 Jerry Johnson 61 20:41 Ed Hernandez 67 21:47 M70 Earl Roefranz 73 35:74 W30 Kendra Mateucci 33 22:47 W40 A James 44 21:23 Sandy Morrissey 45 30:16 W50 MargaretFlannigan542:35 Kathy Kirsling 55 23:46 W60 Rebecca Chavez60 29:01 W70 Esther Felipe 74 37:48 W80 Mary Kirsling 82 48:1910K- Overall Al Casagrande 40 37:46 Jane Thompson 49 46:24 M30 Todd Pilger 30 45:13 M40 A Casagrande 40 37:46 Paul Zetocha 43 2nd43:02 M50 Rick Garlie 58 44:58 M60 Dennis Muirhead 63 45:39 M70 George West 75 65:27 M80 Larry Johnson 84 64:20 W30 Kim Linder 38 48:39 M70 George West 75 65:27 M80 Larry Johnson 84 64:20 W30 Kim Linder 38 48:39 W40 J Thompson 49 46:24 W50 Cece Niemczyk 52 47:39 Humboldt Redwoods Marathon & Half-Marathon Weott, CA; Oct. 17 Overall Billy Morris 39 2:49:17 Liz Hendrie 42 3:27:27 M35 Billy Morris 39 2:49:17 Liz Hendrie 42 3:27:27 M35 Billy Morris 39 2:49:17 M40 Edward Holden 3:15:37 Greg Slater 3:29:48 William Spaeth 3:34:39 M45 Brian Goettler 3:07:49	W55 Bridie Dillon
### A3.40 ### MID-AMERICA City of Lakes 25K Minneapolis, MN; Sept. 12 Overall	M70 Bob Adkins 1:15:58 Tom Briggs 1:20:59 Richard Irons 1:24:11 M75 Jack Gentry 1:14:12 Richard Mitchell 1:32:28 Richard Thompson 1:35:37 W35 Donna Oxley 1:02:52 W40 Terri Cassel 58:19 Kristi Slagle 1:00:01 Julie Donelson 1:02:05 Julie Thomas 1:03:44 Deana Knight-Miller 1:03:59 W45 Pam Sneed 1:01:36 Lisa Mills 1:03:12 Cherrie Lewallen 1:09:05 Lilia Urueta 1:13:07 Rebecca Gibson 1:14:30 W50 Barbara Holzman 1:06:27 Susie Willard 1:09:16 Julie Kelly 1:11:09 Barbara Hess 1:12:43 Ann Miracle 1:14:24 W55 Kathy Kellogg 1:08:51 Carole Call 1:12:15 Jeannie McDaniel 1:18:46 Fran Sch	MacK Martinez	Michael Brandt 6:17:00 M65 Will Wright 4:20:10 K-G Nystrom 5:05:26 Cliff Burgess 5:37:09 Donald Withers 5:46:28 Dror Kopernik 6:00:12 W35 Bobbie Howard 4:35:30 W40 Jennifer Taylor 4:03:28 Kendel Melin 5:07:18 Liz Heath 6:14:22 Christine Magnin 6:24:02 W45 Marlee Meshbesher 4:30:13 Brigitte Fleeman 4:39:53 Barb Klinner 4:43:52 Jean Cordalis 4:58:33 Roxanne Slater 5:21:07 Florence Dabney 6:39:49 W50 Barbara Franzen 4:26:50 Mary Jo Johnson 4:40:53 W55 Janet Bodle 4:40:54 Gailmarie Berquist 5:43:43 Cathy Troisi 5:54:26 W70+Helen Klein 5:50:10 Oct. 9 - Marathon #3 Overall John Weru 2:37:26 Sonya Drottar 3:23:04 W35 Deborah Hamberlin W40 Diana Vanry 3:33:42 Nuvit Foster 3:36:29 Judy Shanley 4:01:02 Annette Means 4:01:53 Laura Hast 4:23:18 W45 Nancy Roberts 3:41:09 Maria Madueno 3:53:34 Kathy Cashman 4:04:01 Carla Lynch 4:19:47 W50 Marnie Harden 4:04:13 Philomena Chandra 4:14:10 Linda Kedney 4:35:26	Aaron Sanchez 22 16:38 Aja James 44 21:23 M30 Pat Morrissey 37 21:04 M40 Wayne Marshall 44 22:13 Richard Walter 44 23:00 M50 Alex Griego 54 Bill Baldwin 57 23:20 M60 Jerry Johnson 61 20:41 Ed Hernandez 67 21:47 M70 Earl Roefranz 73 35:74 W30 Kendra Mateucci 33 22:47 W40 A James 44 21:23 Sandy Morrissey 45 30:16 W50 MargaretFlannigan5423:35 Kathy Kirsling 55 23:46 W60 Rebecca Chavez60 29:01 W70 Esther Felipe 74 37:48 W80 Mary Kirsling 82 48:1910K- Overall Al Casagrande 40 37:46 Jane Thompson 49 46:24 M30 Todd Pilger 30 45:13 M40 A Casagrande 40 37:46 Paul Zetocha 43 2nd43:02 M50 Rick Garlie 58 44:58 M60 Dennis Muirhead 63 45:39 M70 George West 75 65:27 M80 Larry Johnson 84 64:20 W30 Kim Linder 38 48:39 W40 J Thompson 49 46:24 W50 Cece Niemczyk 52 47:39 Humboldt Redwoods Marathon & Half-Marathon Weott, CA; Oct. 17 Overall Billy Morris 39 2:49:17 Liz Hendrie 42 3:27:27 M35 Billy Morris 39 2:49:17 Liz Hendrie 42 3:27:27 M35 Billy Morris 39 2:49:17 M40 Edward Holden 3:15:37 Greg Slater 3:29:48 William Spaeth 3:34:39 M45 Brian Goettler 3:07:49 Patrick Hyland 3:38:22	## W55 Bridie Dillon
### A3.40 ### A3.40 ### ### A3.43 ##	M70 Bob Adkins	MacK Martinez	Michael Brandt 6:17:00 M65 Will Wright 4:20:10 K-G Nystrom 5:05:26 Cliff Burgess 5:37:09 Donald Withers 5:46:28 Dror Kopernik 6:00:12 W35 Bobbie Howard 4:35:30 W40 Jennifer Taylor 4:03:28 Kendel Melin 5:07:18 Liz Heath 6:14:22 Christine Magnin 6:24:02 W45 Marlee Meshbesher 4:30:13 Brigitte Fleeman 4:39:53 Barb Klinner 4:43:52 Jean Cordalis 4:58:33 Roxanne Slater 5:21:07 Florence Dabney 6:39:49 W50 Barbara Franzen 4:26:50 Mary Jo Johnson 4:40:53 W55 Janet Bodle 4:40:54 Gailmarie Berquist 5:43:43 Cathy Troisi 5:54:26 W70+Helen Klein 5:50:10 Oct. 9 - Marathon #3 Overall John Weru 2:37:26 Sonya Drottar 3:23:04 W35 Deborah Hamberlin 3:47:50 W40 Diana Vanry 3:33:42 Nuvit Foster 3:36:29 Judy Shanley 4:01:02 Annette Means 4:01:53 Laura Hast 4:23:18 W45 Nancy Roberts 3:41:09 Maria Madueno 3:53:34 Sherry Roberts 3:53:40 Kathy Cashman 4:04:01 Carla Lynch 4:19:47 W50 Marnie Harden 4:04:13 Philomena Chandra 4:14:10 Linda Kedney 4:35:26 Carol Moses 4:39:31	Aaron Sanchez 22 16:38 Aja James 44 21:23 M30 Pat Morrissey 37 21:04 M40 Wayne Marshall 44 22:13 Richard Walter 44 23:00 M50 Alex Griego 54 22:20 Bill Baldwin 57 23:20 M60 Jerry Johnson 61 20:41 Ed Hernandez 67 21:47 M70 Earl Roefranz 73 35:74 W30 Kendra Mateucci 33 22:47 W40 A James 44 21:23 Sandy Morrissey 45 30:16 W50 MargaretFlannigan5-23:35 Kathy Kirsling 55 23:46 W60 Rebecca Chavez60 29:01 W70 Esther Felipe 74 37:48 W80 Mary Kirsling 82 48:1910K- Overall Al Casagrande 40 37:46 Jane Thompson 49 46:24 M30 Todd Pilger 30 45:13 M40 A Casagrande 40 37:46 Paul Zetocha 43 2nd43:02 M50 Rick Garlie 58 44:58 M60 Dennis Muirhead 63 45:39 M70 George West 75 65:27 M80 Larry Johnson 84 64:20 W30 Kim Linder 38 48:39 W40 J Thompson 49 46:24 W50 Cece Niemczyk 52 47:39 Humboldt Redwoods Marathon & Half-Marathon Weott, CA; Oct. 17 Overall Billy Morris 39 2:49:17 Liz Hendrie 42 3:27:27 M35 Billy Morris 39 2:49:17 Liz Hendrie 42 3:27:27 M35 Billy Morris 39 2:49:17 M40 Edward Holden 3:15:37 Greg Slater 3:29:48 William Spaeth 3:34:39 M45 Brian Goettler 3:07:49 Patrick Hyland 3:38:22 Wade Walker 3:38:50	W55 Bridie Dillon Ellen Clark 1:55:39 Bunny Callahan 2:07:55 W60 Barbara Brady 1:53:25 Ann Hardham 2:00:35 Suzanne Franco 2:08:28 W65 Barbara Miller 1:38:48 Margaret Cooke 1:49:32 Marjan Wazeka 2:21:29 W70 Myra Rhodes 1:55:22 Barbara Callison 2:39:28 W75 Eloise Danto 2:23:44 Liese Rapozo 3:28:41 www.redwoodsmarathon.org Nike 26.2 Marathon San Francisco, CA; Oct. 24 —unofficial— Overall Lee Marigold 38 3:07:30 J Langford-Sweeney 33 3:03:06 M35 Matthew Green 3:26:51 M40 Edmund Rivera 3:57:03 Kevin Bradshaw 3:59:12 Gary Hudson 4:00:10 M45 Jerry Engel 3:22:16 Jim Burt 3:26:40 Rodrigo Santos 3:27:27 M50 Jeff Cenoz 4:29:08 Scott Swink 4:36:05 Chris Duree 4:38:22 M55 Delfino Rodriguez 3:39:30 Jeff Nebel 3:43:23 Tom Olerich 3:45:56 M60 Larry Jamison 4:04:59 Terry Baransy 5:11:26 Arley Marley Iii 5:21:08 M65 Philo Short 4:25:32 W35 Mary Rowen 3:27:19 W40 Teresa Bridges 3:31:06 Gayle Gajus 3:08:15
### A3.40 ### MID-AMERICA City of Lakes 25K ### Minneapolis, MN; Sept. 12 Overall	### M70 Bob Adkins Tom Briggs 1:20:59 Richard Irons 1:24:11	MacK Martinez	Michael Brandt 6:17:00 M65 Will Wright 4:20:10 K-G Nystrom 5:05:26 Cliff Burgess 5:37:09 Donald Withers 5:46:28 Dror Kopernik 6:00:12 W35 Bobbie Howard 4:35:30 W40 Jennifer Taylor 4:03:28 Kendel Melin 5:07:18 Liz Heath 6:14:22 Christine Magnin 6:24:02 W45 Marlee Meshbesher 4:30:13 Brigitte Fleeman 4:39:53 Barb Klinner 4:43:52 Jean Cordalis 4:58:33 Roxanne Slater 5:21:07 Florence Dabney 6:39:49 W50 Barbara Franzen 4:26:50 Mary Jo Johnson 4:40:53 W55 Janet Bodle 4:40:54 Gailmarie Berquist 5:43:43 Cathy Troisi 5:54:26 W70+Helen Klein 5:50:10 Oct. 9 - Marathon #3 Overall John Weru 2:37:26 Sonya Drottar 3:23:04 W35 Deborah Hamberlin W40 Diana Vanry 3:33:42 Nuvit Foster 3:36:29 Judy Shanley 4:01:02 Annette Means 4:01:53 Laura Hast 4:23:18 W45 Nancy Roberts 3:41:09 Maria Madueno 3:53:34 Sherry Roberts 3:53:40 Kathy Cashman 4:04:01 Carla Lynch 4:19:47 W50 Marnie Harden 4:04:13 Philomena Chandra 4:14:10 Linda Kedney 4:35:26 Carol Moses 4:39:31 Janine Jacinto 4:40:46	Aaron Sanchez 22 Aja James 44 Aja James 47 Ajames 44 Ajames 45 Ajames 45 Ajames 46 Ajames 46 Ajames 46 Ajames 47 Ajames 48 Ajames 49 Ajam	## W55 Bridie Dillon
### A3.40 ### A3.40 ### ### A3.43 ##	M70	MacK Martinez	Michael Brandt 6:17:00 M65 Will Wright 4:20:10 K-G Nystrom 5:05:26 Cliff Burgess 5:37:09 Donald Withers 5:46:28 Dror Kopernik 6:00:12 W35 Bobbie Howard 4:35:30 W40 Jennifer Taylor 4:03:28 Kendel Melin 5:07:18 Liz Heath 6:14:22 Christine Magnin 6:24:02 W45 Marlee Meshbesher 4:30:13 Brigitte Fleeman 4:39:53 Barb Klinner 4:43:52 Jean Cordalis 4:58:33 Roxanne Slater 5:21:07 Florence Dabney 6:39:49 W50 Barbara Franzen 4:26:50 Mary Jo Johnson 4:40:53 W55 Janet Bodle 4:40:54 Gailmarie Berquist 5:43:43 Cathy Troisi 5:54:26 W70+Helen Klein 5:50:10 Oct. 9 - Marathon #3 Overall John Weru 2:37:26 Sonya Drottar 3:23:04 W35 Deborah Hamberlin 3:47:50 W40 Diana Vanry 3:33:42 Nuvit Foster 3:36:29 Judy Shanley 4:01:02 Annette Means 4:01:53 Laura Hast 4:23:18 W45 Nancy Roberts 3:41:09 Maria Madueno 3:53:34 Sherry Roberts 3:41:09 Maria Madueno 3:53:34 Sherry Roberts 3:53:40 Kathy Cashman 4:04:01 Carla Lynch 4:19:47 W50 Marnie Harden 4:04:13 Philomena Chandra 4:14:10 Linda Kedney 4:35:26 Carol Moses 4:39:31 Janine Jacinto 4:04:64 W55 Christl Heine 4:19:47	Aaron Sanchez 22 Aja James 44 Aja James 67 Aja Jerry Johnson 61 Aja Jerry Johnson 61 Aja Jerry Johnson 61 Aja James 44 Ajames 44 Ajames 44 Ajames 44 Ajames 44 Ajames 44 Ajames 45 Aja James 46 Aja James 47 Aja James 48 Aja James 49 Aja Jame	## W55 Bridie Dillon
### A3:40 ### A3:40 ### MID-AMERICA City of Lakes 25K	M70	MacK Martinez	Michael Brandt 6:17:00 M65 Will Wright 4:20:10 K-G Nystrom 5:05:26 Cliff Burgess 5:37:09 Donald Withers 5:46:28 Dror Kopernik 6:00:12 W35 Bobbie Howard 4:35:30 W40 Jennifer Taylor 4:03:28 Kendel Melin 5:07:18 Liz Heath Liz Heath 6:14:22 Christine Magnin 6:24:02 W45 Marlee Meshbesher 4:30:13 Brigitte Fleeman 4:39:53 Barb Klinner 4:43:52 Jean Cordalis 4:58:33 Roxanne Slater 5:21:07 Florence Dabney 6:39:49 W50 Barbara Franzen 4:26:50 Mary Jo Johnson 4:40:53 W55 Janet Bodle 4:40:54 Gailmarie Berquist 5:43:43 Cathy Troisi 5:54:26 5:50:10 Oct. 9 - Marathon #3 Overall John Weru 2:37:26 Sonya Drottar 3:23:04 3:47:50 W40 Diana Vanry 3:33:42 <t< td=""><td>Aaron Sanchez 22 Aja James 44 Aja James 45 Aja James 46 Aja James 47 Ajames 47 Ajames 48 Aja James 48 Aja James 49 Ajames 49 Aj</td><td>## W55 Bridie Dillon Ellen Clark 1:55:39 ## Bunny Callahan 2:07:55 ## W60 Barbara Brady 1:53:25 ## Ann Hardham 2:00:35 ## Suzanne Franco 2:08:28 ## W65 Barbara Miller 1:38:48 ## Margaret Cooke 1:49:32 ## Warjan Wazeka 2:21:29 ## W70 Myra Rhodes 1:55:22 ## Barbara Callison 2:39:28 ## W75 Eloise Danto 2:23:44 ## Liese Rapozo 3:28:41 ## Www.redwoodsmarathon.org ## Nike 26.2 Marathon ## San Francisco, CA; Oct. 24 ## — unofficial— ## Overall ## Lee Marigold 38 3:07:30 ## J Langford-Sweeney 33 3:03:06 ## M35 Matthew Green 3:26:51 ## M40 Edmund Rivera 3:57:03 ## Kevin Bradshaw 3:59:12 ## Gary Hudson 4:00:10 ## M45 Jerry Engel 3:22:16 ## Jim Burt 3:26:40 ## Rodrigo Santos 3:27:27 ## M50 Jeff Cenoz 4:29:08 ## Scott Swink 4:36:05 ## Chris Duree 4:38:22 ## M55 Delfino Rodriguez 3:39:30 ## Jeff Nebel 3:43:23 ## Tom Olerich 3:45:56 ## M60 Larry Jamison 4:04:59 ## Terry Baransy 5:11:26 ## Arley Marley Iii 5:21:08 ## M65 Philo Short 4:25:32 ## W35 Mary Rowen 3:27:19 ## W40 Teresa Bridges 3:31:06 ## Gayle Gajus 3:08:15 ## Linda Dahlin 3:21:29 ## W45 Christine Iwahashi 3:27:06 ## Holly Frank 3:41:38 </td></t<>	Aaron Sanchez 22 Aja James 44 Aja James 45 Aja James 46 Aja James 47 Ajames 47 Ajames 48 Aja James 48 Aja James 49 Ajames 49 Aj	## W55 Bridie Dillon Ellen Clark 1:55:39 ## Bunny Callahan 2:07:55 ## W60 Barbara Brady 1:53:25 ## Ann Hardham 2:00:35 ## Suzanne Franco 2:08:28 ## W65 Barbara Miller 1:38:48 ## Margaret Cooke 1:49:32 ## Warjan Wazeka 2:21:29 ## W70 Myra Rhodes 1:55:22 ## Barbara Callison 2:39:28 ## W75 Eloise Danto 2:23:44 ## Liese Rapozo 3:28:41 ## Www.redwoodsmarathon.org ## Nike 26.2 Marathon ## San Francisco, CA; Oct. 24 ## — unofficial— ## Overall ## Lee Marigold 38 3:07:30 ## J Langford-Sweeney 33 3:03:06 ## M35 Matthew Green 3:26:51 ## M40 Edmund Rivera 3:57:03 ## Kevin Bradshaw 3:59:12 ## Gary Hudson 4:00:10 ## M45 Jerry Engel 3:22:16 ## Jim Burt 3:26:40 ## Rodrigo Santos 3:27:27 ## M50 Jeff Cenoz 4:29:08 ## Scott Swink 4:36:05 ## Chris Duree 4:38:22 ## M55 Delfino Rodriguez 3:39:30 ## Jeff Nebel 3:43:23 ## Tom Olerich 3:45:56 ## M60 Larry Jamison 4:04:59 ## Terry Baransy 5:11:26 ## Arley Marley Iii 5:21:08 ## M65 Philo Short 4:25:32 ## W35 Mary Rowen 3:27:19 ## W40 Teresa Bridges 3:31:06 ## Gayle Gajus 3:08:15 ## Linda Dahlin 3:21:29 ## W45 Christine Iwahashi 3:27:06 ## Holly Frank 3:41:38
### A3:40 ### MID-AMERICA City of Lakes 25K ### Minneapolis, MN; Sept. 12 Overall	M70 Bob Adkins	MacK Martinez	Michael Brandt 6:17:00 M65 Will Wright K-G Nystrom 5:05:26 Cliff Burgess Donald Withers Dror Kopernik 6:00:12 W35 Bobbie Howard 4:35:30 W40 Jennifer Taylor Jenifer Taylor At:03:28 4:03:28 Kendel Melin Liz Heath G:14:22 6:14:22 Christine Magnin Brigitte Fleeman Brigitte Fleeman Brigitte Fleeman At:39:53 4:39:53 Barb Klinner At:43:52 4:43:52 Jean Cordalis At:58:33 Anoxanne Slater Fizit:07 Florence Dabney Florence Dabney Barbara Franzen At:26:50 4:40:54 Gailmarie Berquist Cathy Troisi S:54:26 5:43:43 Cathy Troisi S:54:26 5:50:10 W70+Helen Klein Oct. 9 - Marathon #3 5:50:10 Overall John Weru Sonya Drottar So	Aaron Sanchez 22 Aja James 44 Aja James 44 Aja James 44 Ali Casagrande 40 Alo Wayne Marshall 44 Ali Casagrande 40 Alo Wayne Marshall 44 Ali Casagrande 40 Alo James 44 Alo James 44 Alo James 45 Alo James 45 Alo James 46 Alo James 47 Alo James 48 Alo James 49 Alo James 49 Alo James 49 Alo	## W55 Bridie Dillon Ellen Clark 1:55:39 ## Bunny Callahan 2:07:55 ## W60 Barbara Brady 1:53:25 ## Ann Hardham 2:00:35 ## Suzanne Franco 2:08:28 ## W65 Barbara Miller 1:38:48 ## Margaret Cooke 1:49:32 ## Margaret Cooke 1:55:22 ## Barbara Callison 2:39:28 ## W75 Eloise Danto 2:23:44 ## Liese Rapozo 3:28:41 ## www.redwoodsmarathon.org ## Nike 26.2 Marathon ## San Francisco, CA; Oct. 24 ## — unofficial— Overall Lee Marigold 38 3:07:30 J Langford-Sweeney 33 3:03:06 M35 Matthew Green 3:26:51 M40 Edmund Rivera 3:57:03 Kevin Bradshaw 3:59:12 Gary Hudson 4:00:10 M45 Jerry Engel 3:22:16 Jim Burt 3:26:40 Rodrigo Santos 3:27:27 M50 Jeff Cenoz 4:29:08 Scott Swink 4:36:05 Chris Duree 4:38:22 M55 Delfino Rodriguez 3:39:30 Jeff Nebel 3:43:23 Tom Olerich 3:45:56 M60 Larry Jamison 4:04:59 Terry Baransy 5:11:26 Arley Marley Iii 5:21:08 M65 Philo Short 4:25:32 W35 Mary Rowen 3:27:19 W40 Teresa Bridges 3:31:06 Gayle Gajus 3:08:15 Linda Dahlin 3:21:29 W45 Christine Iwahashi 3:27:06 Holly Frank 3:41:38 Lesley Roberts 3:41:47
### A3:40 MID-AMERICA	M70 Bob Adkins	MacK Martinez	Michael Brandt 6:17:00 M65 Will Wright 4:20:10 K-G Nystrom 5:05:26 Cliff Burgess 5:37:09 Donald Withers 5:46:28 Dror Kopernik 6:00:12 W35 Bobbie Howard 4:35:30 W40 Jennifer Taylor 4:03:28 Kendel Melin 5:07:18 Liz Heath 6:14:22 Christine Magnin 6:24:02 W45 Marlee Meshbesher 4:30:13 Brigitte Fleeman 4:39:53 Barb Klinner 4:43:52 Jean Cordalis 4:58:33 Roxanne Slater 5:21:07 Florence Dabney 6:39:49 W50 Barbara Franzen 4:26:50 Mary Jo Johnson 4:40:54 Gailmarie Berquist 5:43:43 Cathy Troisi 5:54:26 W70+Helen Klein 5:50:10 Oct. 9 - Marathon #3 0 Overall John Weru 2:37:26 Sonya Drottar 3:23:04 W40	Aaron Sanchez 22 Aja James 44 Aja James 44 Aja James 44 Aja James 44 Ala Sanchez 27 Ala Wayne Marshall 44 Ala Sanchard Walter 44 Ala Sanchard Faranz 73 Ala Sanchard Faranz 73 Ala Sanchard Mateucci 33 Ala Sanchard Morrissey 45 Ala Sanchard Morris 82 Ala Sanchard Morris 82 Ala Sanchard Morris 84 Ala Sanchard 84 Ala Sanchard Morris 84 Ala Sanchard 84	### W55 Bridie Dillon 1:49:19
### A3:40 MID-AMERICA	M70 Bob Adkins	MacK Martinez	Michael Brandt 6:17:00 M65 Will Wright 4:20:10 K-G Nystrom 5:05:26 Cliff Burgess 5:37:09 Donald Withers 5:46:28 Dror Kopernik 6:00:12 W35 Bobbie Howard 4:35:30 W40 Jennifer Taylor 4:03:28 Kendel Melin 5:07:18 Liz Heath 6:14:22 Christine Magnin 6:24:02 W45 Marlee Meshbesher 4:30:13 Brigitte Fleeman 4:39:53 Barb Klinner 4:43:52 Jean Cordalis 4:58:33 Roxanne Slater 5:21:07 Florence Dabney 6:39:49 W50 Barbara Franzen 4:26:50 Mary Jo Johnson 4:40:54 Gailmarie Berquist 5:43:43 Cathy Troisi 5:54:26 W70+Helen Klein 5:50:10 Oct. 9 - Marathon #3 0 Overall John Weru 2:37:26 Sonya Drottar 3:23:04 W40	Aaron Sanchez 22 Aja James 44 Aja James 44 Aja James 44 Aja James 44 Ali Wayne Marshall 44 Ali Casagrande 40 A	### W55 Bridie Dillon 1:49:19
### A3:40 MID-AMERICA	M70 Bob Adkins	MacK Martinez	Michael Brandt 6:17:00 M65 Will Wright 4:20:10 K-G Nystrom 5:05:26 Cliff Burgess 5:37:09 Donald Withers 5:46:28 Dror Kopernik 6:00:12 W35 Bobbie Howard 4:35:30 W40 Jennifer Taylor 4:03:28 Kendel Melin 5:07:18 Liz Heath 6:14:22 Christine Magnin 6:24:02 Marlee Meshbesher 4:30:13 Brigitte Fleeman 4:39:53 Barb Klinner 4:43:52 Jean Cordalis 4:58:33 Roxanne Slater 5:21:07 Florence Dabney 6:39:49 W50 W50 Barbara Franzen 4:26:50 Mary Jo Johnson 4:40:53 W55 Janet Bodle 4:40:54 Gailmarie Berquist 5:43:43 Cathy Troisi 5:54:26 W70+Helen Klein 5:50:10 Oct. 9 - Marathon #3 0verall John Weru 2:37:26 Sonya Drottar 3:23:04 W35 </td <td>Aaron Sanchez 22 Aja James 44 Aja Wayne Marshall 44 Aja Riichard Walter 44 Aja Bill Baldwin 57 Alex Griego 54 Bill Baldwin 57 Bill Baldwin 57</td> <td>## W55 Bridie Dillon 1:49:19 </td>	Aaron Sanchez 22 Aja James 44 Aja Wayne Marshall 44 Aja Riichard Walter 44 Aja Bill Baldwin 57 Alex Griego 54 Bill Baldwin 57	## W55 Bridie Dillon 1:49:19

W55	Linda Donald	4:03:24
	Patty Hung	4:12:59
	Dian Claunch	4:41:12
W60	Barbara Elia	4:22:37
	Lorraine Bunk	4:36:33
	Sue Witter	5:35:13
W65	Jodi Martin	4:19:51
	Polly Kenniston	4:32:52
	Kay Teiber	5:00:20
W70	Dawn Berryman	4:06:43
	Karen Cosgrove	4:23:27
	Kathleen Callaway	6:15:13
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Half-Marathon Santa Clarita, CA; Nov. 7

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Ove		
Rigot	perto Vega 48	2:44:56
Lisa I	Fink 33	3:28:39
M35	Chris Rischmiller	2:59:23
M40	Chris Crawford	2:48:47
	Robert Leonardo	3:02:51
	Philip Howard	3:04:48
	Peter Livingston	3:06:37
	Woody Woodburn	3:18:33
M45	Chuck Teixeira	2:51:13
	Allen Smith	3:04:26
	Ron Paquette	3:13:34
	Bradford Bleiweis	3:25:59
	Mike Stephens	3:28:39
1450	David Louks	3:03:38
M50		
	Barry Wallman	3:06:17
	Steven Watanabe	3:08:22
	Bruce Guter	3:25:15
	German Gutierrez	3:35:22
M55	Joe Ogata	3:31:46
	Don Mclean	3:35:36
	Delfino Rodriguez	3:38:38
	Ric Ricci	3:43:51
	Mel Sandvig	3:45:34
M60	Freddie Perez	3:28:01
	Trini Espinoza	3:39:18
	Hal Chiasson	3:54:19
	Ron Knecht	4:07:09
	Myung Park	4:08:56
M65		3:47:31
mos	Michael Pang	4:09:00
	Philo Short	4:10:43
	Mark Lee	5:05:36
	The state of the s	
1170	Paul Weber Walter Brackelmanns	5:21:57
100000000000000000000000000000000000000	Elisa Johnson	
	Rachelle Valdez	3:40:40 3:45:16
1140	Laura Salman	3:46:37
	Yolanda Suarez	4:02:12
	Sue Davis	4:04:25
	Yeon Lee	4:08:02
W45	Blyth Matsuoka	3:53:25
	Catherine Gonzales	3:58:33
	Arlene Lewis	4:07:02
	Maria Rios	4:08:42
	Esther White	
WEO	The state of the s	4:15:46
MOO	Debra Frank	4:20:23
	Linda Burrows	4:31:17
	Young-Sook Kwon	4:38:28
	Darcel Pertusati	5:13:17
	Manhanallana	C.O.A.O.

	Kong Kim	4:56:15
	Sheila Galinsky	5:04:04
W60	Beth Hartman	4:08:39
	Kathy Kusner	5:07:13
W65	Carol Butler	5:30:22
	Ruth Carter	6:28:45
W70	Kathleen Callaway	5:58:21
Half	-Marathon	
Ove	The second secon	
	d Giangrande 32	1:14:32
Amu Chadas- 00		

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id Giangrande 32	1:14:
Shertzer 26	1:24:
Christian Morgeson	1:20:
Angel Soto	1:19:
Mark Shalvarjian	1:20:
Ken Farley	1:23:
Greg Garman	1:24:
Carl Fout	1:26:
Gary Cohen	1:21:
Antonio Arevalo	1:25:
Javier Tapia	1:27:0
Willie Foster Jr	1:27:2
Jim Morehart	1:28:3
Herbie Yee	1:24:
The state of the s	1:29:
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Hay Parker	1:31:
	Shertzer 26 Christian Morgeson Angel Soto Mark Shalvarjian Ken Farley Greg Garman Carl Fout Gary Cohen Antonio Arevalo Javier Tapia Willie Foster Jr

- 30	Mark Shalvarjian	1:20:3
	Ken Farley	1:23:2
	Greg Garman	1:24:5
	Carl Fout	1:26:5
M45	Gary Cohen	1:21:2
	Antonio Arevalo	1:25:5
3000	Javier Tapia	1:27:0
190	Willie Foster Jr	1:27:2
	Jim Morehart	1:28:3
M50	Herbie Yee	1:24:2
	S Sengphrachanh	1:29:5
	William Fischer Jr	1:31:5
	David Weir	1:34:1
	Timmy Lynch	1:35:0
M55	Ray Parker	1:31:1
	Bruce Sutherland	1:37:5
	Jim Dawson	1:38:1
	Guadalupe Alba	1:41:0

	S Sengphrachanh	1:29:59
	William Fischer Jr	1:31:59
TO BE	David Weir	1:34:18
	Timmy Lynch	1:35:04
M55	Ray Parker	1:31:19
	Bruce Sutherland	1:37:58
	Jim Dawson	1:38:18
	Guadalupe Alba	1:41:07
19.	Douglas Woodsmall	
		1.76.6.1
M60	Jesus Guerrero	1:34:40
	Marcos Vazquel	1:38:57
	Charles Mctaggart	1:40:10
13.5	Ralph Montanez	1:48:35
	Alfonso Rodriguez	1:50:54
M65	Claude Bruni	2:00:01
	Alvin Marcy	2:15:07
17.00	Antonio Luisoni	2:37:27
	Fred Butler	2:40:46
1	Joe Edwards	2:44:53
M70-	Mike Mcskane	2:15:41
	Barry Truex	2:17:09
770	Phil Kessel	2:19:35
	Jack Brown	2:30:11
W35	Michelle Chille	1:25:57
W40	Kim Brettler	1:38:31
	Christine Forbes	1:40:01
	Nicki Broyles	1:43:11
4	Melody Higginbotham	the beautiful to the second
-		1:48:19
W45	Mary Button	1:32:40
	Wyn Mullinax	1:40:30
	1	4 42 48

Berit Velasquez

Karen Martin

Cecilia Ramos

Marie Edstrom

Kelley Schranz

Colleen Carlton

Becky Parker

Zenaida Tan

Bonnie Wright

W60 Okkyung Campbell

Marleny Hernandez

W55 Lvnn Mctaggart

W50 Peggy Enriquez

Cheryl Zwarkowski

1:41:15

1:43:37

1:46:09

1:43:00

1:49:43

1:51:23

1:56:26

1:56:34

1:47:18

1:50:35

1:58:49

2:09:17

2:11:34

2:15:31

W35 SUZY SCHUMACHER

MAKIKO SOMIYA

KAREN C CROSS

TRACY MALONE

MARY ANN PROTZ

JULIE GODDERIDGE

FRANNIE TENNANT

CHRISTA KOOT

MARY SNIPES

SUZI BATES

SUE KELLY

ANJEE CHYNOWETH

BRENDA GRAHAM-GRAY 2:44:55

2:45:16

2:47:10

2:57:03

2.58:01

2:58:56

2:59:05

3:01:36

2:59:37

3:06:35

3:08:55

3:12:51

3:17:52

Willie Toth 2:18:55 Kathy Vigil 2:26:15 Cheri Keller 3:17:52 Joung Choi 3:24:06 W65 Barbara Valastro 2:09:04 Dolores Cortez 2:09:49 Chris Sidles 3:21:35 W70+Beth Petersen 2:58:41

NORTHWEST

١	St. George Marathon		
ı	St. George, UT; Oct. 2		
ı	Overall		
ı		AEL KIRK 34	2-22-27
ı		DA GRAHAM-GRAY 42	2:23:37
ı	M35	KEN PLISKA	2:44:55
١	14155	CHARLES W WALLACE	2:24:50
ı		JEFFREY'S BREGLIO	2:38:04
ı	724	SCOTT PETERSON	2:38:14
ı		RONALD GREENWOOD	2:38:38
ı	M40	CAMERON A SMITH	2:36:21
ı		REMY OREL	2:41:49
ı		SCOTT NELSON	2:41:54
ı		TOOR	2:43:19
ı		KENNETH MAUGHAN	2:45:57
ı	M45	DONALD HENDERSON	2:36:06
ı		RICHARD J BISHOP	2:37:21
		KEN YOUNGERS	
ı	1	JOE C PETERSON	2:46:51
۱		ROSS C DECKER	2:48:51
ı	M50	JOHN B ERICKSON	2:47:10
١		MICHAEL SIDMAN	2:47:49
ı		SAM NORMAN	2:50:10
١		PATRICK LOSS	
١		VAL D BARNES	2:57:20
۱	M55	ALAN STEWART	2:58:37
ı		TERRY HARRIS	2:58:58
ı		ANDY SCHNEBLY	
۱		CURTIS FLOWE	
ı		ROBERT HUOTARI	
ı	M60	RON PETERSON	3:13:15
ı		REX R CARTER	3:26:23
۱		ROBERT BOGAR	
١	1168	JOEL KIRK	3:28:34
ı		LANCE WUTHRICH	
ı	M65	CARLOS VALLE	E MANAGEMENT
ı	No. No.	BUD DERBIDGE	3:17:35
ı		DICK KIRKWOOD	3:23:22
ı		JOHN PIUS	3:27:17
ı	1470	JUAN SOBENES	3:41:49
ı	M70	J GARN MCBRIDE	
١			4:08:29
		ROSS STEPHENS DICK TRUMAN	4:18:24
	V-10	EDWARD SALKIN	
	M75		4:10:29
	Pul	THOMAS GREGORY	4:27:25
		EMMETT PARKER	4:41:13
		MAS YOSHIMURA	
	M80+	JOHN D CAHILL	
		FRED N SCHMIDT	
		BILL COLLINGS	7:03:28
	The second		THE PARTY OF THE P

W50 JANET LABUC 3:04:08 LIZ MAIRI SPONAGLE 3:11:06 3:25:50 PAULA MAY 3:36:04 GAYE HOGGE 3:36:12 DIANE TRACY 3:24:49 JEANIE GROVES 3:28:51 LYNDA LAMBERT 3:35:23 C SOUTHWICK 3:37:11 DEE CHADWICK SHER CHAPLINE 3:56:18 4:10:01 PENNY TYREE 4:16:16 M CHATTERTON 4:22:46 JESSIE QUINTANA 4:24:29 KATHY JOAN RYAN 4:26:31 MARYANN BARROSO W65 SHIRLEY N BLUSH 3:40:48 4:34:22 IRENE GAYHEART ELFRIEDE DALTON 5:10:00 5:58:50 VERA VAN-WILSON 6:01:35 JEAN SARNO

McDonald Forest 15K XC

W70+JUDITH BULLOUGH

YUKIE MOCHIDA

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4:46:45

4:59:07

Corvallis, OR; Oct. 31		
Overall		
Marcial Soto M50	61:41	
Jessica Carmona	71:20	
M40 Brian Bay	68:17	
Tracy Dutson	69:10	
Craig Ware M45 Jim Gallagher	69:33 67:59	
Todd Bosworth	69:10	
Ron Church	69:59	
M50 M Soto	61:41	
David Taylor	66:47	
Richard Hogue	80:08	
M55 Kirk Rose	78:08	
Philip Brownell	78:45	
Mike Shaughnessy		
M60 Eb Englemann	75:43	
Joel Kregal W40 Phyllis Dean	79:56	
Camilla Fortune	73:46 76:52	
Trisha Kluge	77:03	
W45 Jane Cleavenge	75:43	
Deb McCarty	77:37	
Barb Engleson	79:04	
W50 Ann Devine	79:56	
Cynthia Ratzman	81:35	
W55 Jeanette Groesz	82:59	
Becky Garrett	83:40 89:48	
14/00 1	1:46:53	
Carol Carnley	1:51:51	
W65 Wanda Jeppsen	2:13:17	
	1:39:08	

CANADA

Ontario Masters 5K XC Championships Toronto: Sent 19

Toronto, Sept. 19		
M35 John Gonos	18:33	
M40 R DaSilvaJardine	16:31	
John Rendeiro	17:07	
Jamie Black	17:13	
M45 Rob Earl	16:36	
James Earl	17:51	
M50 John Lyng	22:58	
Doug Smith	26:18	
M55 Gary Cassel	19:49	
Mike Bedley	19:53	
M60 Vern Christensen	21:35	
Mike Goodstadt	24:09	
M65 Jack Geddes	20:23	
James Pascoe	25:39	
M70 Gary Waller	30:19	

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How to be a Champion from 9 to 90 Body, Mind & Spirit Training

5:34:07

4:00:25

4:08:52

4:37:21

Marlene Henry

Sue Fauerbach

Yung Park

W55 Chu Shin

By Earl Fee

World-class masters runner, Earl Fee, shares his training secrets based on an extensive knowledge of physiology and all aspects of fitness and running. His techniques can make you faster, stronger, more flexible and a healthier athlete overall.

Name	
Address	
City	State Zip

Send \$19.25 (Can. \$28.50) + \$2(s/h) to National Masters News Order Dept., P.O.Box 50098, Eugene, OR 97405

TWENTY-FIVE YEARS AGO

December 1979

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

M75 Felix Charles	32:49
W35 Colleen Hopkins	19:09
W40 Gillian Salter	20:52
W45 Lynn Kobayashi	20:22
W50 Karla Del Grande	24:53
W55 Brenda Cassel	28:55
W60 Tina De Geus	30:37
W65 Wendi Hanger	50.57
INTERNATION	IAI

INTERNATIONAL

New Zealand XC Championships (M8K/W6

Hastings, Aug. 7		
M35 Chris Dagg	27:33	
M40 Mark Bright	27:19	
Ronnie Thomas	28:25	
M45 Don Greig	27:44	
Colin Earwaker	28:30	
M50 Graeme Lear	30:16	
Ron McTaggart	30:34	
M55 Trevor Ogilvie	29:16	
M60 RobertMcPherson	36:41	
M65 John Lucas	34:30	
M70 Sid Pavett	37:11	
M75 Ray Langmead	44:06	
W35 Janice McCallum	25:10	
W40 VictoriaHumphries	23:25	
Bridget Ray	23:40	
W45 Michelle Allison	25:14	

	-
W50 Vicky Adams	26:15
W55 Waru Sue	29:00
W60 Pam Kenny	29:29
W65 Pat Boland	33:09
W70 Isobel Foley	35:22

RACEWALKING

Girls at Risk 5K Racewalk Pasadena, CA; Sept. 18

1	Overall	
6K)	Gary Warner 50	30:44
,	Carol Bertini 20	32:11
	M30 Jake Novales	49:11
7:33	W30 Sarah Gunnell	36:32
7:19	W35 Francine Avellaneda	33:01
8:25	M40 Kevin Romero	42:22
7:44	W40 Brandye Smith	36:59
8:30	M45 Raymond Billig	32:12
0:16	W45 Kathleen Franczak	38:40
0:34	M50 Gary Warner	30:44
9:16	W50 Carol Bertino	32:11
6:41	M55 William Hood	55:46
4:30	W55 Joan Frieden	35:24
7:11	M60 Alan Ede	30:50
4:06	W60 Coralie Pappas	36:21
5:10	M65 Albert Ho	42:49
3:25	W65 Shirley Capps	35:20
3:40	M70 Carlos Acosta	32:11
5:14	W70 Patti Kennedy	40:53

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH - DECEMBER 2004

ATHLETE NAME (RESIDENCE)	BIRTH	AGE
AHITI PAJUNEN(FIN	12-3-9	95+
CHARLES SMART(GBR)	12-9-9	95+
PAUL ZACHMAN(WYKOFF,NJ)	12-9-9	95+
FRED BIERLEIN(BERKELEY,CA)	12-18-9	95+
PAAVO PATINEN(FIN) KAMIL BILEK(CZE)	12-18- 9	95+ 95+
AL BURTON(SANTA MONICA,CA)	12-25- 9	95+
JOE CARUSO(PALM SPRINGS,CA)	12-26- 9	95+
MEL FLACHS(US)	12-13-14	90-94
LAURI TAMMINEN(FIN)	12- 1-19	85-89
CHARLES MERCURIO HAWTHORNE,CA)		85-89
MILTON SILVERSTEIN(CAN-TUCSON,AZ) TAD DOBBS(PENSACOLA,FL)	12-8-19	85-89 85-89
L. H. BURNETT(GBR)	12-14-19	85-89
EMMERICH ZENSCH(AUT)	12-20-19	85-89
GOSTA JOHANSSON(SWE)	12-24-19	85-89
FRANCES D CASTON(US)	12- 5-24	80-84
JOHN KESTON(MCMINNVILLE,OR)	12- 5-24	80-84
HOWARD POWERS(CA)	12-7-24	80-84 80-84
TED RADEMAKER(FRESNO,CA)	12-19-24	80-84
R. CLARKE(AUS)	12-22-24	80-84
ROBERT BIANCALANA(MILL VALLEY,CA)		80-84
BILL COYNE(AUS)	12-27-24	80-84
JOHN C. BROWN(GLADSTONE,MO)	12-28-24	80-84 75-79
EUGENE KAMRASS(FAYETTEVILLE,NC)	12-11-29	75-79
WILLIAM PATRICK(CONWAY,SC)	12-24-29	75-79
ALBERT BADINGER(NEW ORLEANS, LA)	12-31-29	75-79
WILLIAM CLARK(LOS ALTOS,CA)	12- 2-34	70-74
LAMBERT VANDEBOSCH(BEL)	12- 6-34	70-74
JUAN BUSQUETS(SPA) CAHIT YETER(BRONX,NY)	12-10-34 12-31-34	70-74
SCOTT TYLER(CAN)	12-5-39	65-69
JON LANG(BETHLEHEM,PA)	12- 8-39	65-69
SALVADOR VASQUEZ(ALAMEDA,CA)	12-15-39	65-69
JOHN SLOAN(SAVANNAH,GA)	12-21-39	65-69
HOWIE RYAN(TX)	12-13-44	60-64
PAUL PERRY(ORLAND PARK,IL) LANCE PIERCE(WEST HILLS,CA)	12-29-44 01-05-45	60-64 60-64
CLAUS-WERNER KREFT(GER)	12-30-44	60-64
JOE HILBE(SCOTTSDALE,AZ)	12-30-44	60-64
BIC STEVENS(CAMBRIDGE,MA)	12-31-44	60-64
THOMAS GILLIARD(LITHONIA,GA)	12-18-49	55-59
BARBARA BRANDT(MESA,WY) MERRY VAN SANT(CA)	12-7-29	75-79 75-79
SHIRLEY SMITH(ST. PETERSBURG,FL)	12-30-34	70-74
KATHY BERGEN(LA CANADA,CA)	12-24-39	65-69
JOAN VACHALEK(LONG BEACH,CA)	12-24-39	65-69
WANDA SNELL(ALBUQUERQUE,NM)	12-26-39	65-69
BONNIE FRANKEL(SANTA MONICA,CA)	12-9-44	60-64
FORDIE MADEIRA(SHERBORN,MA)	12-10-44	60-64 60-64
DONNA SETTLES(MARIETTA,GA)	12-16-49	55-59
NINA EHMER(ORLANDO,FL)	12-31-49	55-59
KIMBERLY HARRELL(KINGSPORT,TN)		45-49
BARBARA GUBBINS(SOUTHAMPTON,NY)		45-49
BARBARA DICKSON(ANCHORAGE, AK) HILDEGARD KEUCHEL(GER)	12-30-59	45-49
VERNA LE ROSSIGNOL(AUS)	12- 9-19	90-94 85-89
SHIRLEY YOUNG(AUS)	12-24-29	75-79
CHRISTA HAPP(GER)	12-25-29	75-79
PAMELA MEWS(AUS)	12-21-34	70-74
ROSEMARIE CHEVALLEY(GER) INGE PFEIFFER(GER)	12-30-34	70-74
JOEY C BAKKES(RSA)	12-11-39	65-69
JUTTA HAASE(GER)	12-21-39	65-69 65-69
IMME BEILMANN(GER)	12- 3-44	60-64
BARBARA ELVERICH-SCHWEIFEL(GER)	12-16-44	60-64
MARIANN STENBAKK(NOR)	12-17-44	60-64
DOT FELLOWS(GBR) HESTER DU PLESSIS(RSA)	12-22-44	60-64
DIANA UNDEUTSCH(AUT)	12- 4-49	55-59
AKIKO OHINATA(JPN)	12-14-49	55-59 55-59
KARIN SILLER(GER)	12- 9-54	50-54
EVA GUSTAFSON(SWE)	12-16-54	50-54
YELENA PANIKAROVSKIKH(RUS)	12- 4-59	45-49
YANNICK BAURAS(FRA)	12- 6-59	45-49
YEKATERINA IVAKINA(RUS) HEIKE DRECHSLER(GER)	12-4-64	40-44
	12-16-64	40-44

Compiled by Pete Mundle

Last Name

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USATF NATIONAL INDOOR MASTERS CHAMPIONSHIPS



March 11-13, 2005

Jacksons Indoor Track - Idaho Center Boise, Idaho

2005 NATIONAL MASTERS INDOOR TRACK & FIELD CHAMPIONSHIPS ENTRY FORM

		timie
First Name_	Date of Birth	to what to the Section
Address	Age (as of 3/11/05)	
City	Club/Affiliation/Unattached	
State Zip	_ Citizenship (if not USA)	
Country (if not USA)		
Telephone (USATF number is		equired)
E-mail address		
Event Best 1	Recent Performance	Fee
Pentathlon (does not count as first event)		(\$35)
		(\$35)
		(\$18)
	The Post of the Party of the Pa	(\$15)
		(\$15)
		(\$15)
		(\$15)
ate Fee for entries received after February 23, 2005 is \$50.		(\$50)
To entries accepted (received) after March 1, 2005.		
Masters Committee Surcharge (see note below):		\$5.00
-shirt Order (pre-event only) Total number of T-shirts	_@ \$15 each:	TANK BURGAN STATE
S_M_L_XL_XXL		
riend of the National Masters Championships Contribution:		
aturday Night "Taste of Idaho" Dinner, number of guests	x \$20 per person:	
	TOTAL AMOUNT ENC	LOSED: \$

and will be used for Games Committee representatives to attend and assist at Championship meets.

All fees must be paid prior to the meet. Faxed entries will not be accepted.

WAIVER AND RELEASE: In consideration of your accepting this entry into the National Masters Indoor Track & Field Championships, I hereby for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I may have against USATF, USATF- Snake River, its employees, agents, officers, the Idaho Center, Boise State University, the sponsors, the volunteers and their representatives, successors and assigns for any and all injuries suffered by me in said event, or as a result of my travel to and from the competition. I attest and certify that I am physically fit and have sufficiently trained for the competition and that my date of birth is as stated on this application. I authorize meet personnel and its agents permission to request emergency medical treatment or care as necessary to insure my well being. I agree not to cover or alter my competitor number in any way on pain of disqualification, and I acknowledge that my entry fee is non-refundable, including if the event is canceled.

SIGNATURE: DATE:

Prior to sealing the envelope and sending in your application, please make sure that you have:

- Completed all information.
- Signed the application.
- Enclosed your check for the total entry fee (\$35 for the first event, \$18 for the second event, \$15 for each additional event, \$35 for the pentathlon) and Masters Committee Surcharge of \$5. After February 23 a late fee of \$50 must be added. There will be no refunds of entry fees for any reason. No entries, additions or changes will be accepted after March 1, 2005!
- Make your check payable to USATF-Snake River, US funds only and drawn on a US bank.
- Mail application with entry fee to: Mark D. Murdock, Team Idaho, Combined Events Coach, USATF Snake River Assoc. 6127 N. Portsmouth Ave., Boise, ID 83714

Event Information

masterschamps@earthlink.net * 208-859-9219 Online registration: www.usatf.org/assoc/sr/ or www.masterstrackandfield.com

2005 BOISE INDOOR SCHEDULE (TENTATIVE - Age/gender order, and final times, to be decided after entries are received)

FRIDAY, MARCH 11 Pentathlon (W) HH, HJ, SP, LJ, 800 (M) HH, LJ, SP, HJ, 1000

Starting times to be staggered throughout day, starting at 9:00 AM

Track Events (PM)

Finals W/M 3000 Meters

Field Events (PM)

Weight Throw Finals W 30+, M 50-59 Shot Put Finals M 60+ Pole Vault Finals M 30-49 High Jump Finals W 30+

SATURDAY, MARCH 12

Track Events

60 Meters Prelims/Finals M/W Mile Finals M/W 400 Meters Finals M/W 4X800 M Relays Finals M/W 60 M Hurdles Prelims/Finals M/W

Field Events

Weight Throw Finals M 30-49, M 60+ Shot Put Finals W 30+, M 30-59 High Jump Finals M 30+ Long Jump Finals M/W Pole Vault W 30+, M 50+ Finals

TBA Athlete Meeting

SUNDAY, MARCH 13

Track Events

200 Meters Prelims W/M 800 Meters Finals W/M 200 Meters Finals W/M 3000 M Race Walk Finals W/M 4X400 M Relays Finals W/M

Field Events

Finals W/M Superweight Triple Jump Finals W/M

Call for Hotel Reservations

Headquarters Hotel

The Grove Hotel 1-888-325-4000

Additional hotels with room blocks:

Courtyard by Marriott 208-331-2700 DoubleTree Riverside 208-343-1871 Holiday Inn 208-344-8365

Room Blocks are under USATF.

Daily shuttle service will be provided between the hotels listed above and the Idaho Center.



Visitor Information www.boise.org 800-635-5240