

NATIONAL MASTERS NEWS

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

316th Issue

December 2004

\$3.00

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 Trolborg, 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.

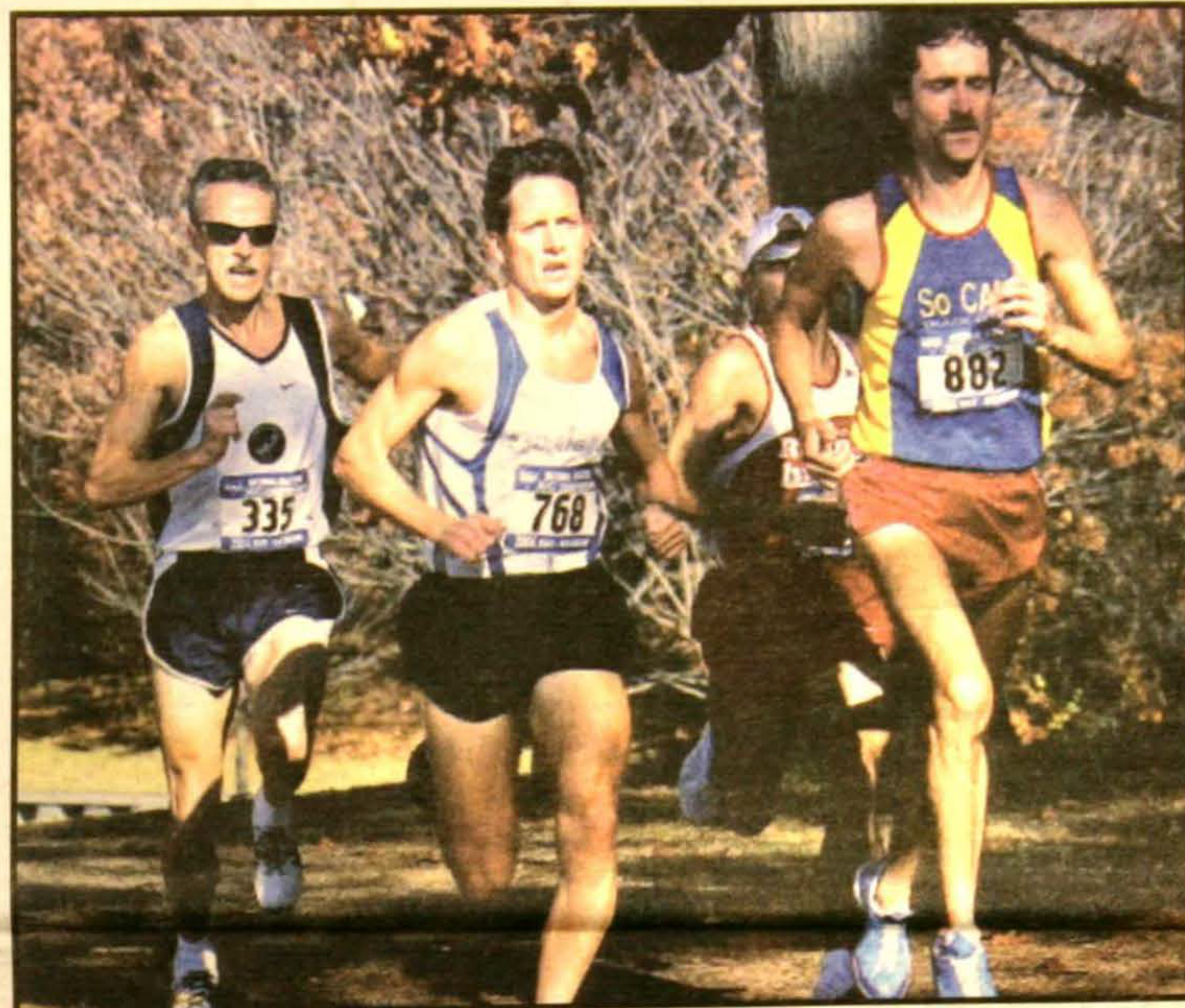
In this year's race, the 35th edition, runners visited NYC's five boroughs, starting in Staten Island at the foot of the Verazano Bridge, wending their way through Queens, Brooklyn, Bronx, and Manhattan, and ending near the Tavern on the Green in Central Park.

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-and-older.

Continued on page 4

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



FITZFOTO / NEW ENGLAND RUNNER

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

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

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.

Kathryn Martin, recipient of the 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 officer 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

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Visit the
National Masters News
Web Site at:
www.nationalmastersnews.com

NATIONAL MASTERS NEWS

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www.usatf.org
www.masterstrack.com
www.usaldr.org
www.world-masters-athletics.org

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The *National Masters News* (ISSN-07442416) is published monthly, with an annual subscription rate of \$28.00. Main office address: 2791 Oak Alley, Suite 5, Eugene, OR 97405. Periodicals postage paid at Eugene, OR 97401.

The *National Masters News* is an official publication of USA Track & Field and of World Masters Athletics. As an independent publication, its editorial policy is not necessarily that of USATF or WMA. Executive Officers of USATF: Bill Roe, President; Craig Masback, Executive Director. To inquire about a USATF card, call USATF in your area, or 317-261-0500.

NMN welcomes contributions — results, schedule info., photos, letters, articles, and opinions. Manuscripts should be typed and double-spaced. Results should be typed, single-spaced. Please include a stamped, self-addressed envelope if return is desired. E-mail to natmanews@aol.com is acceptable.

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Mailing: The issue is mailed the last week of the month prior to the cover date.

Postmaster: Send address changes to: National Masters News, 2791 Oak Alley, Suite 5, Eugene, OR 97405.

Subscriptions: A one-year subscription (12 issues) is \$28.00 (mailed 2nd class). Add \$17 for 1st class (USA & Canada) or \$20 for foreign air mail. Please send all correspondence on subscriptions to NMN, P.O. Box 16597, No. Hollywood, CA 91615. 818/286-3129.

Address change: At least four weeks is required for a change of address. Please furnish your new address and an old label from a recent issue to the Subscription Dept.

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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 10-man 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 inch-and-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



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



Finalists in the M65 100 (l 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, Ill.

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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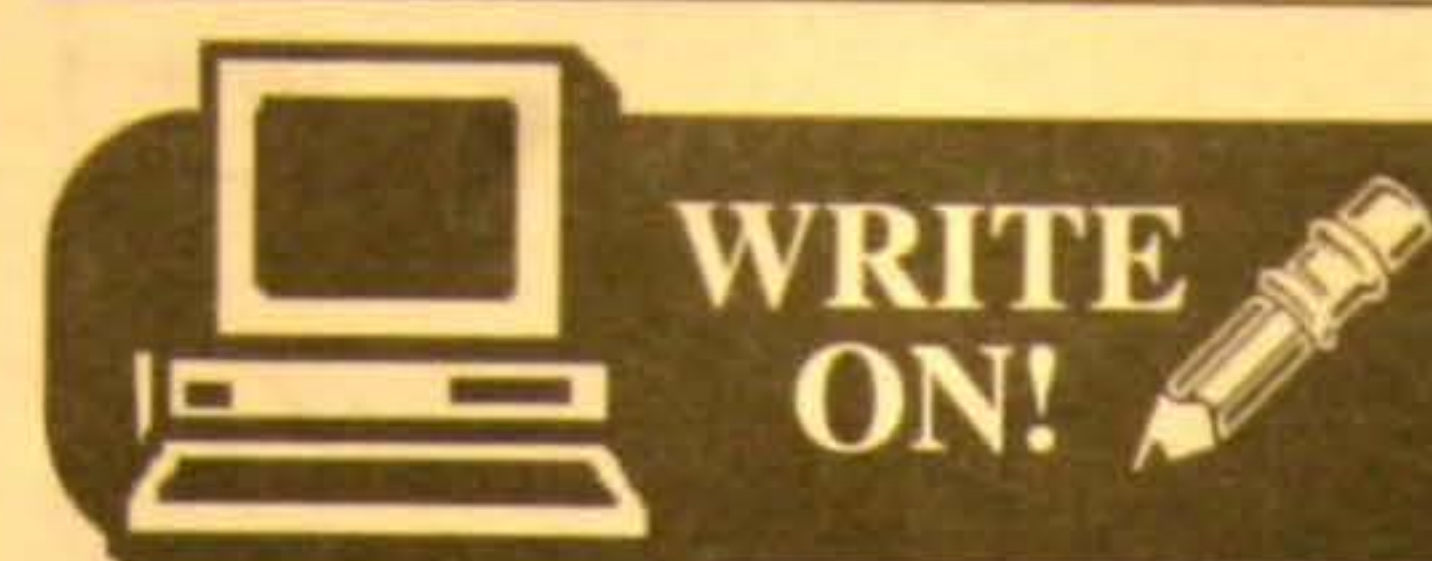


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RACING AGAINST THE CLOCK

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, exactly 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, enthusiasm 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

From what I understand, they were 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

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 bull-horn 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 Platinina. McVeigh was also fourth last year (2:28:30).

Philippe Chatelard, 47, France, won the M45 race in 2:33:41, dethroning Dominique Chauvelier, 48, France, 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, New York, should be credited with the best mas-

ters woman's performance of the day. She won the W50 race with an age-graded 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, 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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CZZMN

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 l) are congratulated by Town Councilwoman Rose Walker (l) 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.HawaiiChamps.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!



Third Wind

By MIKE TYMN

Dr. Al Morris Talks About Health, Fitness and Competition

As an exercise physiologist and long-time physical educator, Dr. Alfred Morris was shaking his head in disbelief during both the men's and women's Olympic marathons this year. It wasn't so much that the 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 over-heat – 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 e-mail 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 railroad 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 after-thought. 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.

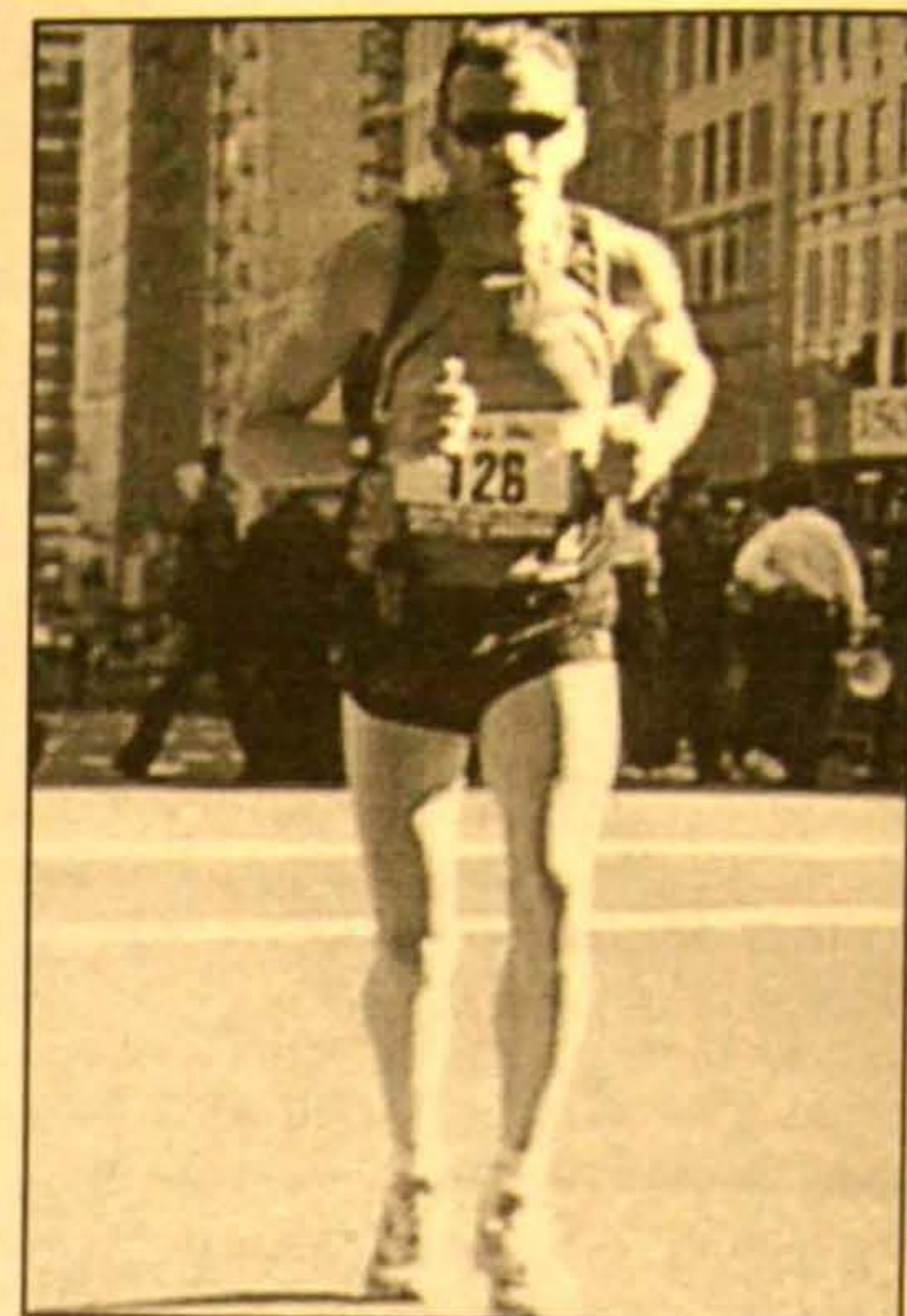
I am one for observing that many really great marathon runners do establish a very strong and long base of mileage. You simply have to put in high mileage and the long runs.

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-



JERRY WOJCIK

Philippe Chatelard, France, first M45 (2:33:41), ING NYC Marathon.

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

Marathon Diet

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

There 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 "stretch-hold 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.readysetgofitness.com)

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JERRY WOJCIK

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



JERRY WOJCIK

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



KONRAD WOJCIK

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

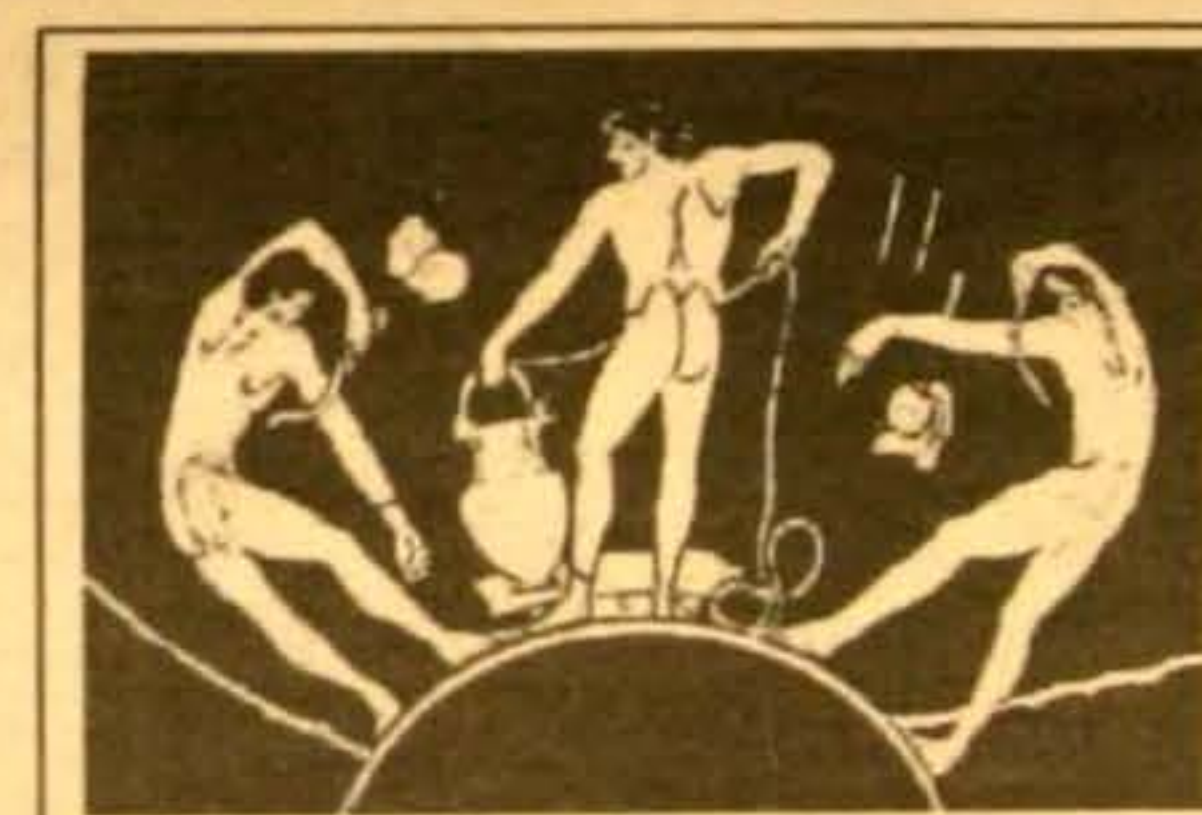
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• Sister Marion Irvine Sets W60 Record of 19:14 in 5000

• Annual TAC Convention Held in Washington, DC

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Masters Scope

By PETER TAYLOR

Anticipation

What? 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 jus-

tice 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, Ill.

are the 100 dash preliminaries.

Saturday has the 400 intermediate-hurdle 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 hurdlers/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

On 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 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 and other incentives
- 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 delegation

Election Reform

- study the viability of direct voting by masters athletes for elected officials
- 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 nationals

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 strategies
- 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

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

Wes Kittle Classic & Masters Invitational

Texas Tech University

(Lubbock, Texas)

Saturday, January 29, 2005

Entry Fees: \$25 initial entry fee & \$5 for each additional event
Entry Forms: 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" joe.walker@ttu.edu
Entry Deadline: Monday, January 24, 2005 @ 12 PM
 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 Kittle)
Confirmation Deadline: All entries must be confirmed by phone or FAX by Thursday, January 27, 2005

Master's Field Events (M & W may be combined)

Time	Event	Mark
8:00 AM	Long Jump	_____
	Pole Vault	_____
9:00 AM	Shot Put	_____
9:30 AM	High Jump	_____

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

Event	Mark
55m H	_____
55m	_____
Mile Run	_____
400m	_____
800m	_____
200m	_____
3000m	_____

Please print or type:

First Name: _____ Last: _____
 Male: _____ Female: _____ Age (as of 1/29/05) _____ D.O.B. _____
 Street Address: _____
 City: _____ State: _____ Zip: _____
 Phone: (____) _____ Email: _____

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.
 Signature: _____ Date: _____



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-year-olds 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.

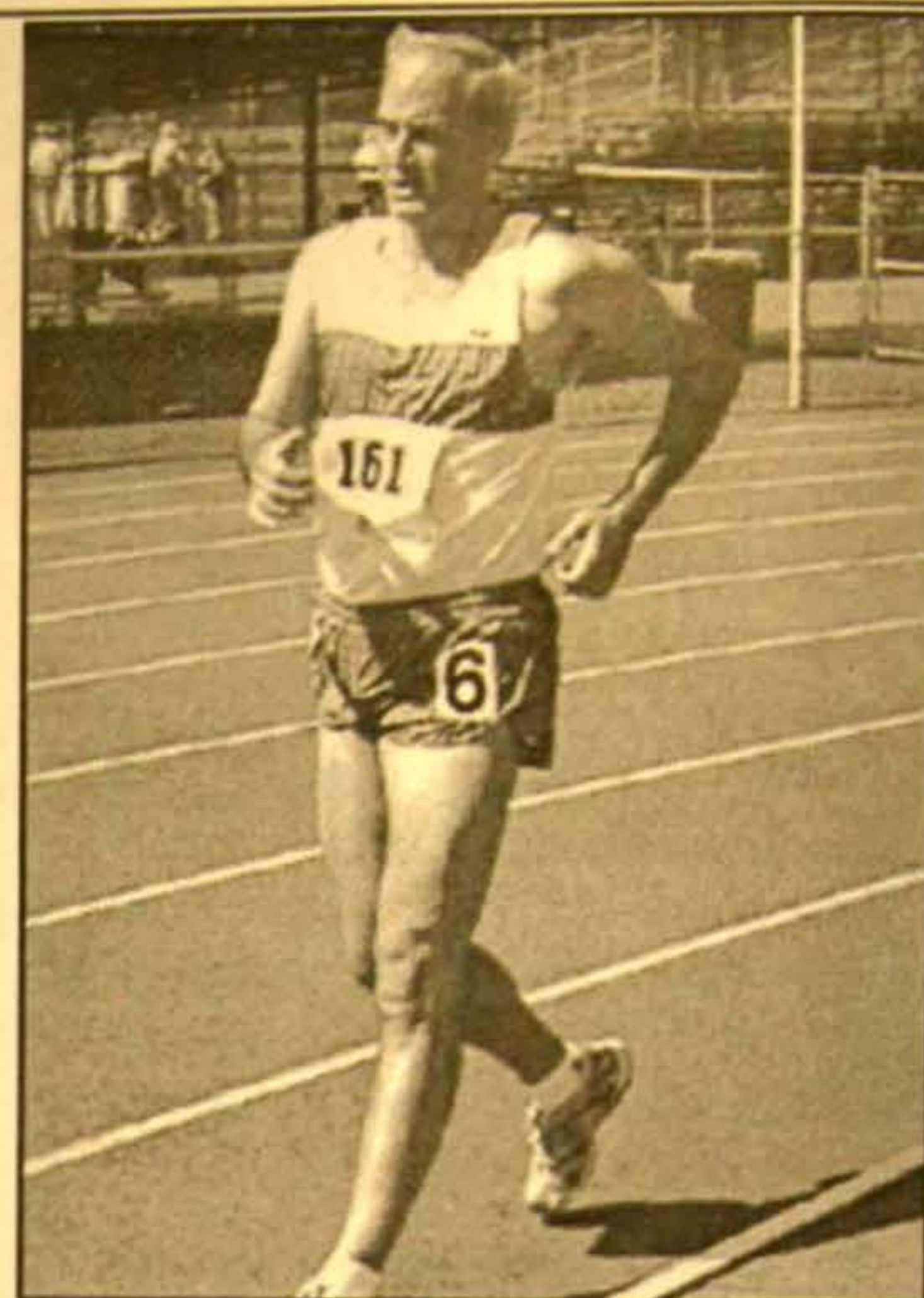
Now there is a plethora of resources. You have many people writing books and videos and multiple Web sites. If people want information, they can get it off the Internet. It is no longer a question of, "Oh, I can never find any place to learn racewalking."

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, Manlius, 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 Wiciorowska, 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. □

USA Masters Track & Field Chair Candidates State Their Positions

Phil 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 will.

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



JERRY WOJCIK

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

NMN Photos Available

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

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

NATIONAL MASTERS NEWS

The *National Masters News* now takes VISA and 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

Strange 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 documentary directed and narrated by 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 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.)



SUZY HESS
Peder Trolborg, 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 Carlus 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 age-group 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 encour-

aged 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_detail.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 tdaus-weber@earthlink.net, or at 303-973-7579. □

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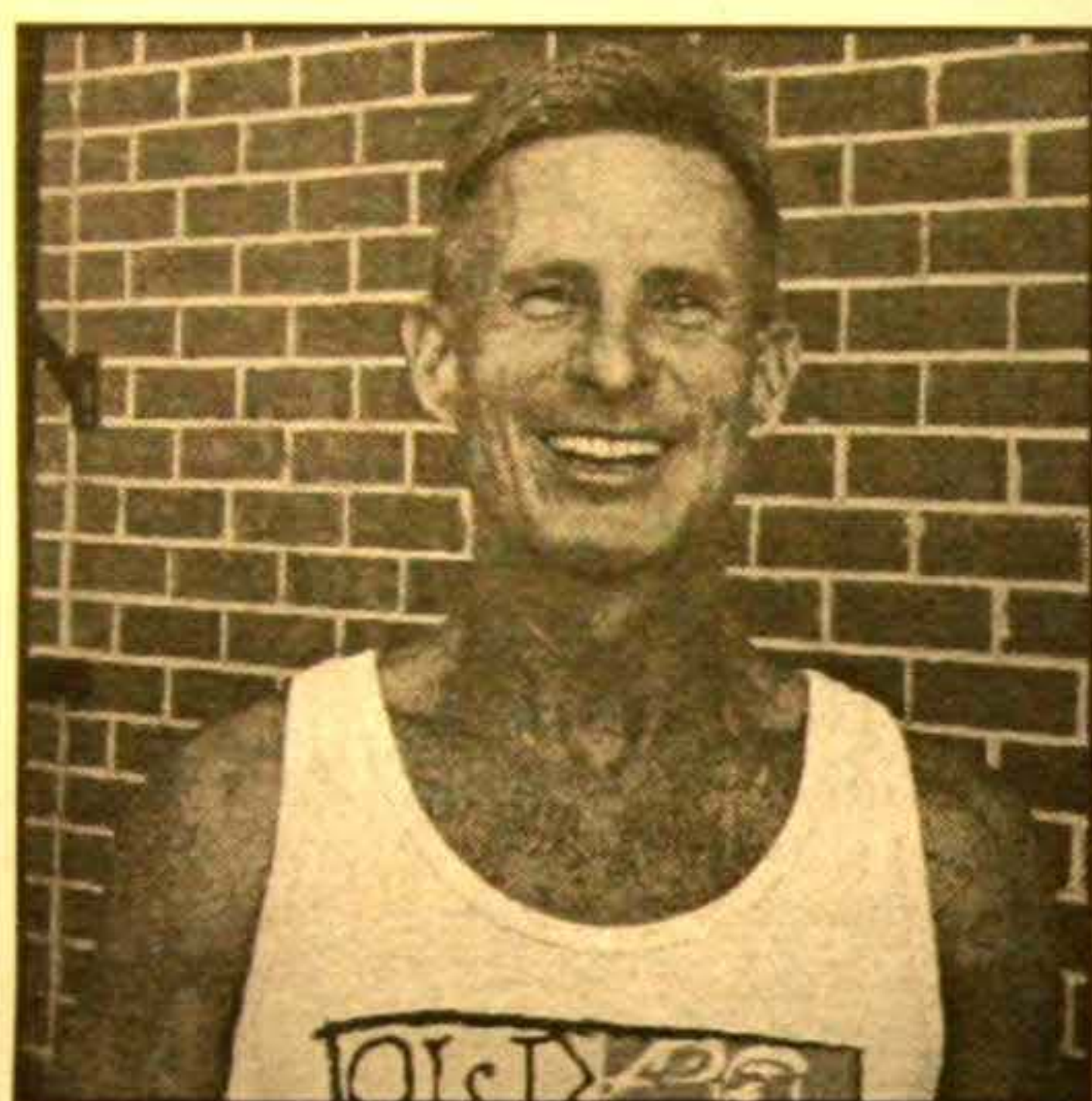
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JOHN OLIVE

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

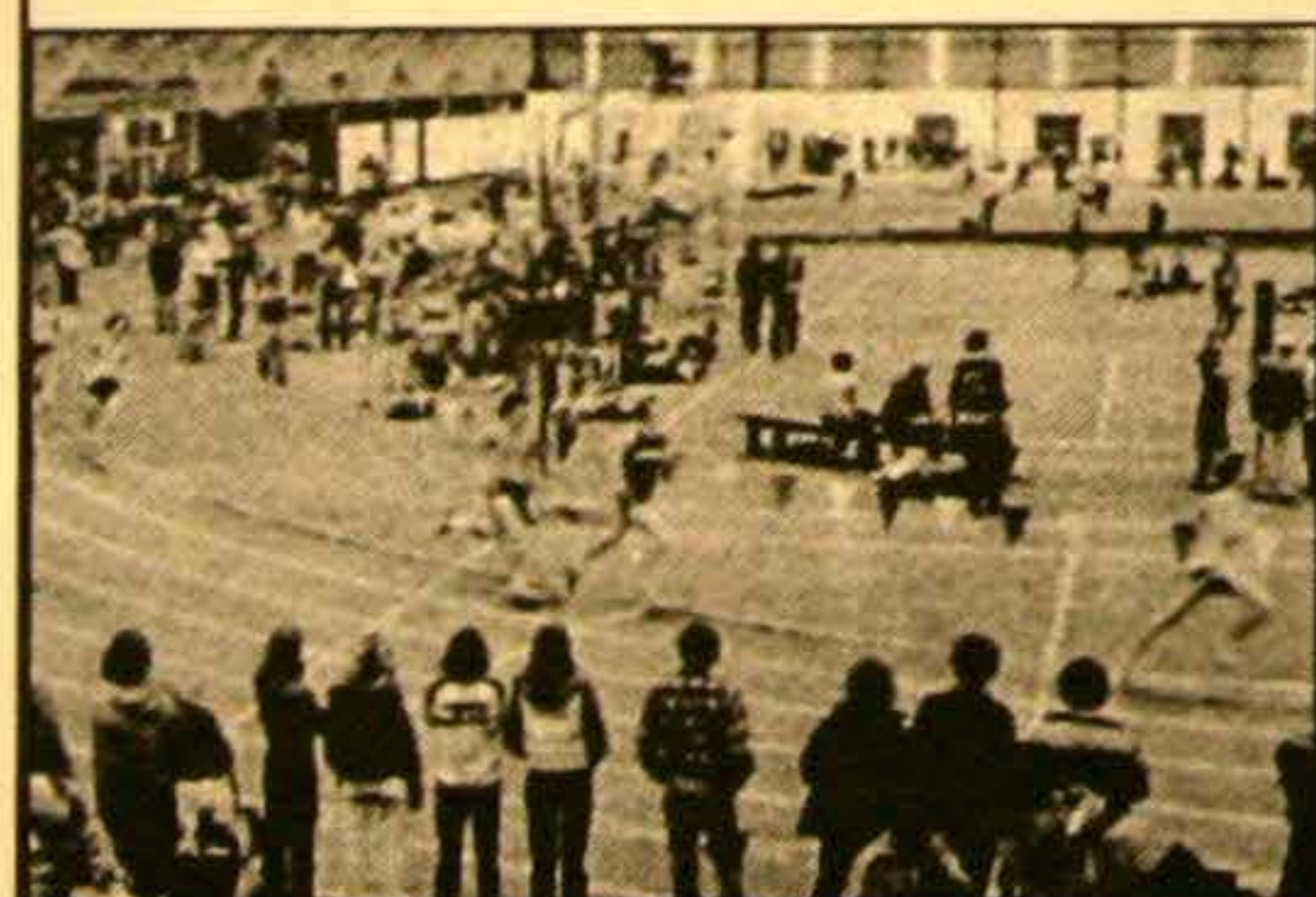
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Masters Age Records (2003 Edition)

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 for 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

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The Weight Room

By JERRY WOJCIK

We've Always Had It Good

Over 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 throws-only 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

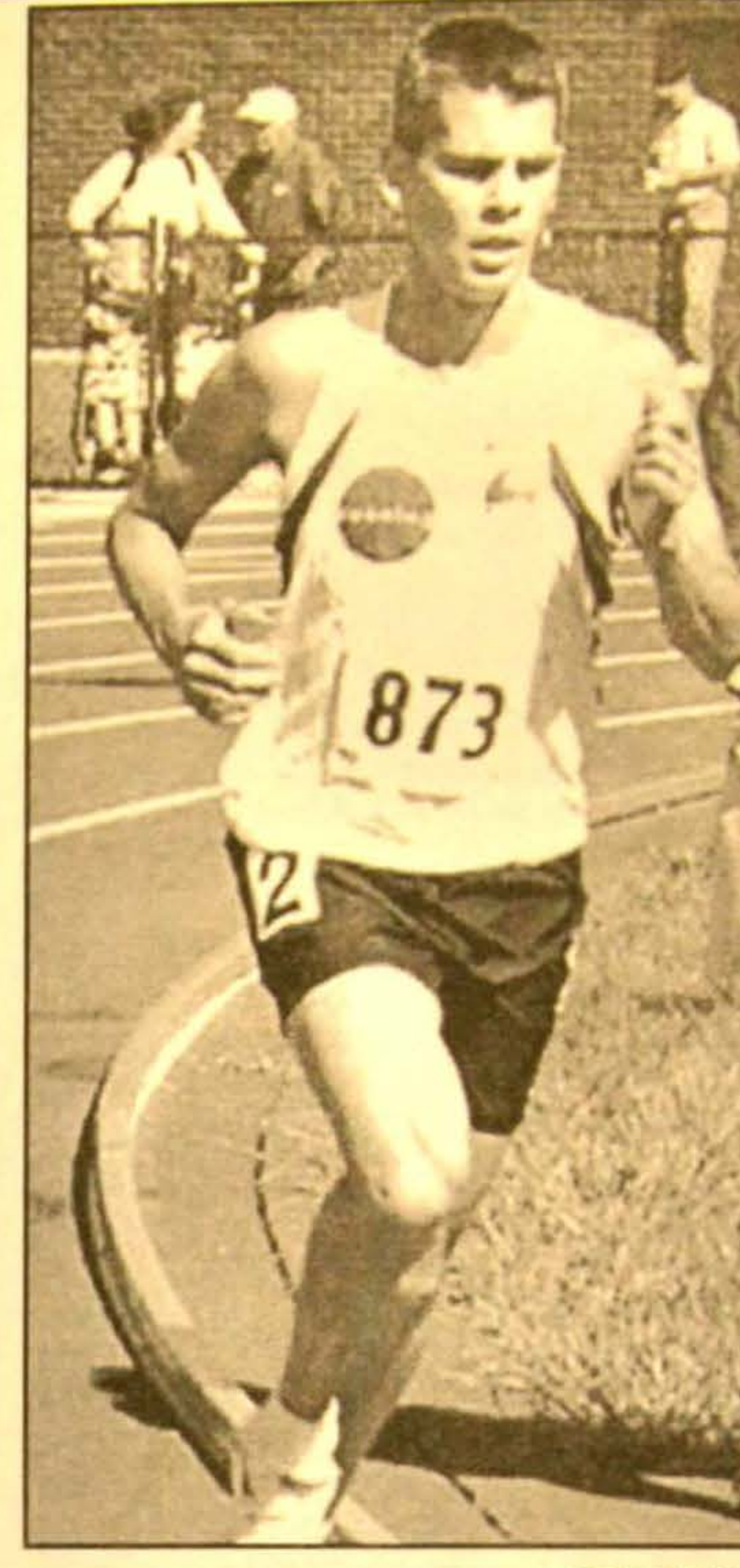
The 25 candidates on this year's Masters Hall of Fame ballot include a generous number of 10 full- or part-time throwers: Tim Edwards, Richard Hotchkiss, Betty Jarvis, Leon Joslin, George Mathews, Mary Elizabeth Norckauer, Wendell Palmer, Armando Ricciardi, Joan Stratton, and William Walmroth. Hotchkiss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



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



JERRY WOJCIK
Michael Resterhouse, Michigan, first M30 in the 5000 (18:11.53), 37th National Masters T&F Championships, Decatur, Ill.

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

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

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. □

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

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 underfunded.

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?

1. 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

NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material, results, schedule items, and advertising is the 10th of the month before date of issue.

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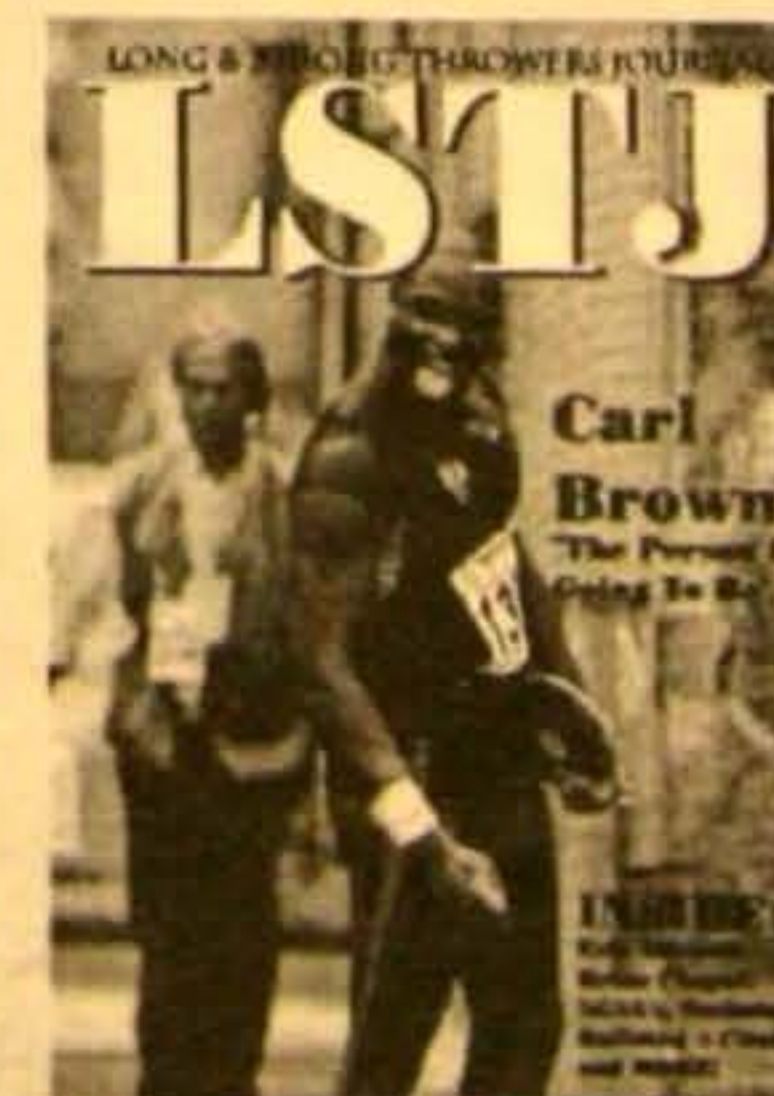


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Candidates State Their Positions

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 year.

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 support.

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 re-elect 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.

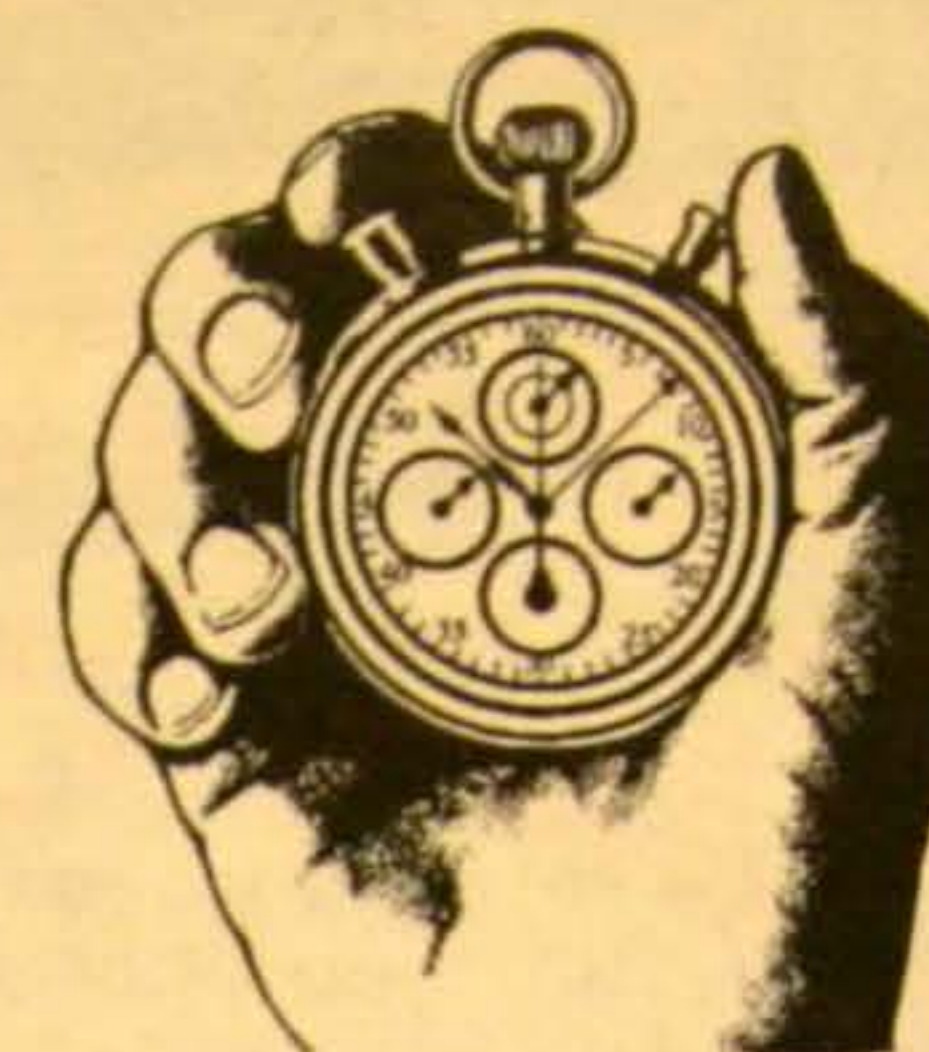
The significant relationships and trust I have developed with the national office, the USATF Board of Directors, and the International Track & Field community, have taken four years to develop. It would be a shame not to take advantage of that experience.

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., fourteenth 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 half-marathon 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-Kersey**, **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 Wiciorkowska**, 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 Miller, 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+5K 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 finished 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.

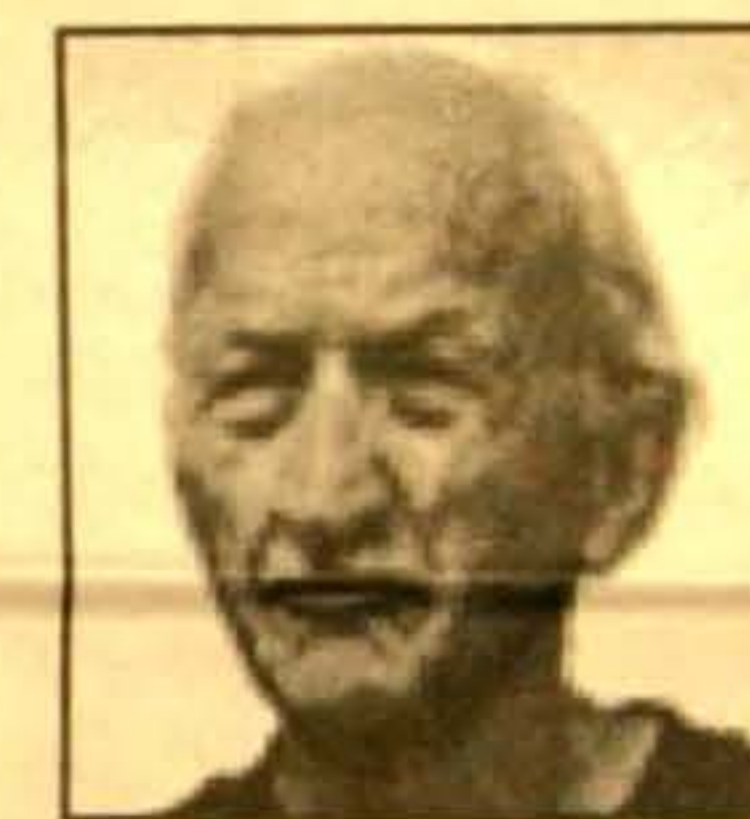
OBITUARIES

• **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 five-time 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 administrator. "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, including 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 Jenner-by-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, then 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 Tymn

Happy Holidays from National Masters News

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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 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.masterstrackandfield.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.hawaiiachamps.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/DCRRRC 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/DCRRRC 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@flsports.com; www.flasports.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.usat-ntc.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.usat-ntc.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: thetrackjunkie@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; kyoun@sbre.com; www.easterrelays.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

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

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

December 12. NYRR Joe Kleiner 10K, 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-ac.org

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; www.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.1stplacesports.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.pcpacers.org
December 11. Tallahassee Ultra Distance Classic 50K & 50 Mile, Tallahassee, 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.1stplacesports.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.org
January 16. St. Pete Beach Classic 10k & 5K, St. Petersburg, FL. 727-367-RACE; stpetebeachclassic.com
January 23. Naples Daily News Half-Marathon, Naples, FL. 239-434-9786; naplesnews.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 & Half-Marathon, Tampa, FL. 813-254-7866; www.tampabayrun.com
February 13. Mercedes Marathon & Half-Marathon, Birmingham, AL. 205-870-7771; mercedesmarathon.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

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.runnote.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

Marisa Hanson, W40 women's winner (17:47), USA National Masters 5K XC Championships.

February 13. Freescale Marathon & Half-Marathon, Austin, TX. www.freescaleaustin-marathon.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, Phoenix, 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.ocmarathon.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.mraz.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; MauiSurfSandHalf.com
January 30. Las Vegas Marathon/Relay & Half-Marathon, Las Vegas, NV. www.lvmarathon.com
February 6. Davis Stampede Half-Marathon, Davis, CA. 530-757-2012; www.marathonrun.com
February 6. San Francisco Half-Marathon. 415-333-4780; www.pamakids.org

NORTHWEST

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

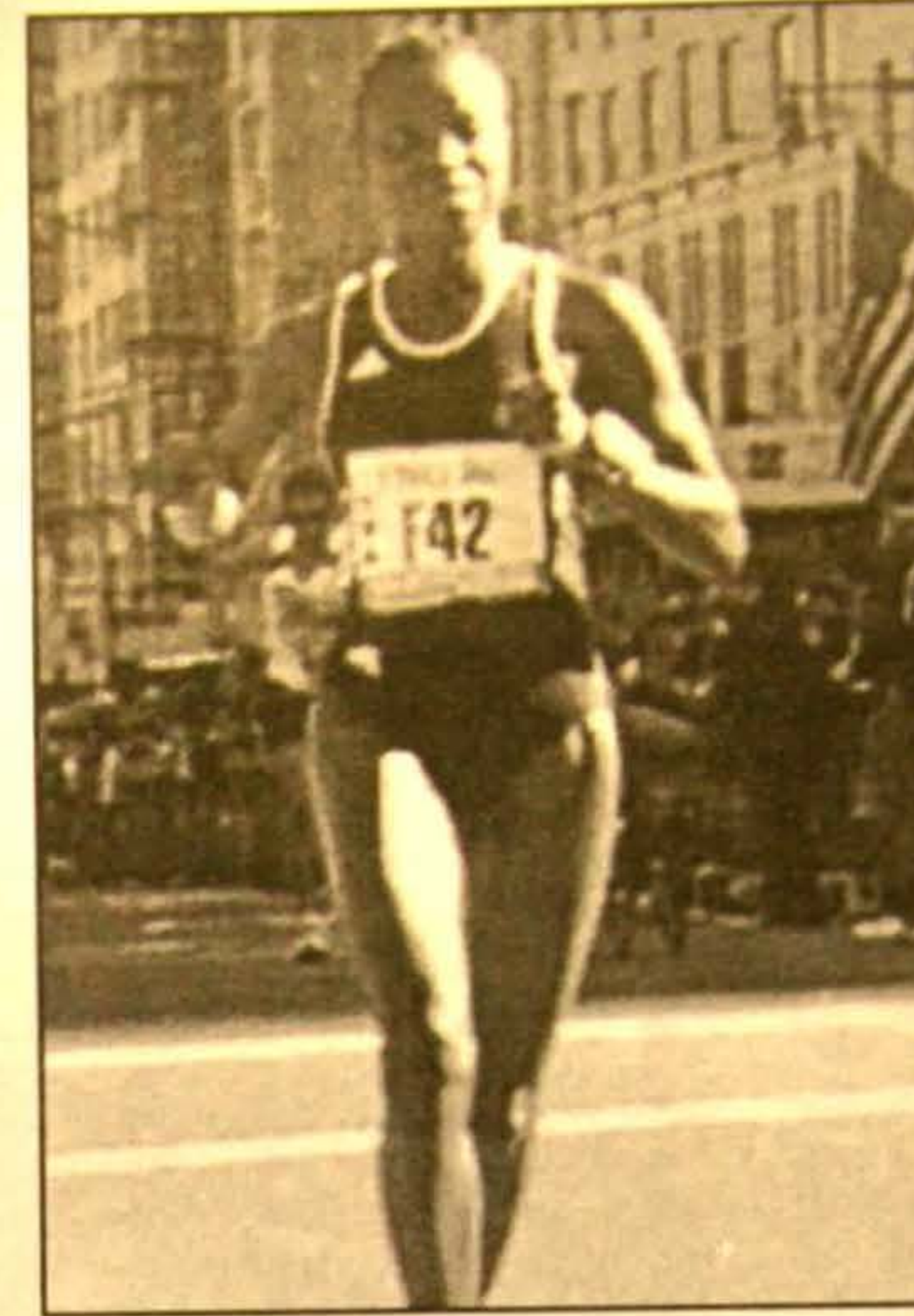
December 11. Jingle Bell Run 8K & 5K, Eugene, OR. The Step Beyond, 541-686-4494; www.thestepbeyond.com
December 12. Ho-Ho 5K, Tigard, OR. 503-497-4080; www.bigredlizard.com
December 31. First Run 5K, Portland, OR. Midnight start. www.racecenter.com
January 15. St. George Half-Marathon, St. George, UT. 435-634-5860; bpeckham@infowest.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

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RECIPIENTS OF ALL-AMERICAN AWARDS

M35-39					
Nick Damalas	LJ	6.40	6/22/04		
Bob Walters	60m	7.47	3/7/04		
M45-49					
Fred Kitzrow	Mile	4:45	6/8/04		
	800m	2:06.5	6/15/04		
Steve Terrill	1500m	4:26.70	5/1/04		
	3000m	9:58.80	4/11/04		
	800m	2:05.30	5/8/04		
Ron Utz	LJ	5.80	3/27/04		

M50-54					
Michael Shiaras	SP	16.13	6/5/04		
Barry Warmerdam	J	45.65	10/17/04		
M55-59					
Grady Cash	800m	2:19.3	8/5-8/04		
M60-64					
Fred Dilleuth	60m	8.73	1/31/04		
Allen McDaniel	400m	1:04.61	6/12/04		
	800m	2:28.12	6/12/04		
Terry Simons	Discus	143-11	7/17/04		
M65-69					
Jerry LeVasseur	3000m	12:31.9	7/1/04		
Richard Zerbe	1500 rw	8:28.4	7/24/04		
Jerrol Springer	Discus	131-9.5	9/25/04		

M70-74					
Arthur Kearney	J	102-7	1/04		
Alan Poisner	1500 rw	8:54.4	10/11/04		
M80-84					
Fred Hirsimaki	200m	36.3	9/4-5/04		
	80h	18.6	9/4-5/04		
	300h	1:18.74	9/4-5/04		
	HJ	1.18	9/4-5/04		
	TJ	7.37	9/4-5/04		
	LJ	3.18	9/4-5/04		
	J	28.64	9/4-5/04		
	Discus	24.89	9/4-5/04		
	Pent	3153	9/4-5/04		

W40-44					
Pamela Gunneson	400h	1:23.27	8/5-8/04		
W45-49					
Katherine Willis	Mile	6:19.29	6/26-27/04		
W50-54					
Catherine Nicoletti	Mile	6:07.8	7/15/04		
Lynn Tracy	5K rw	26:29.20	6/20/04		
	3K rw	15:32	6/27/04		
	10K rw	59:20	8/8/04		
W60-64					
Waldia Tichy	5K rw	32:34	10/9/04		
	10K rw	1:05:42	10/17/04		

U.S. MASTERS ALL-AMERICAN STANDARDS

FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
55	6.8	6.9	7.1	7.2	7.4	7.9	8.1	8.4	8.9	9.4	10.4	11.8	13.5
60	7.4	7.55	7.7	7.85	8.05	8.5	9.0	9.25	9.5	10.0	11.2	12.8	14.8
100	11.0	11.3	11.5	11.9	12.2	12.6	13.2	13.8	14.6	16.0	18.0	23.0	
200	22.4	23.2	23.8	24.6	25.5	27.0	27.9	29.5	32.0	35.0	40.2	52.0	
400	51.5	52.5	53.8	56.0	57.5	62.0	65.0	69.0	75.0	88.0	98.0	120.0	
800	2:02	2:04	2:06	2:11	2:16	2:25	2:35	2:45	3:06	3:35	3:55	4:30	
1500	4:20	4:22	4:24	4:35	4:45	5:10	5:20	5:45	6:30	7:20	8:10	9:20	
Mile	4:40	4:40	4:50	5:00	5:10	5:30	6:00	6:15	6:55	8:20	8:45	10:15	
3000	9:25	9:40	10:00	10:25	10:45	11:15	11:50	12:45	13:40	15:50	19:10	23:00	26:00
5000	15:45	16:00	16:15	16:45	17:30	18:25	19:30	21:00	23:30	26:00	29:00	32:30	
10000	32:30	32:50	33:30	36:00	38:00	39:00	40:30	44:00	48:30	54:30	61:15	68:30	
55H	8.6	8.7	9.0	9.5	10.0	10.3	10.6	10.9	11.2	11.6	12.5		
60H	9.0	9.3	9.4	9.8	10.3	10.6	10.9	11.1	11.4	12.0	13.6		
110H	15.4	16.5	17.8	18.8									
100H					18.0	19.0	20.0	21.0					
80H									18.0	21.0	25.0	30.0	
400H	58.0	60.0	62.0	64.0	68.0	71.0							
300H					48.0	51.0	55.0	60.0	67.0	75.0	85.0	95.0	
3K-SC	10:10	10:30	11:45	12:40	13:30	14:00							
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30	
HJ	1.90	1.85	1.76	1.68	1.60	1.50	1.45	1.38	1.25	1.15	1.00	0.80	
6-2 1/2	6- 1/4	5- 3/4	5- 3/4	5- 3	4-11	4- 9	4- 6 1/4	4-11 1/4	3- 9/4	3- 3/4	2- 7/4		
PV	4.40	4.10	3.95	3.70	3.55	3.05	2.70	2.40	2.30	2.00	1.80	1.30	
14-5 1/4	13-5 1/4	12-11 1/4	12-11 1/4	11-7 1/4	10-0	8-10 1/4	7-10 1/4	7- 6 1/4	6- 6 1/4	5-10 1/4	4-3 1/4		
LJ	6.50	6.10	5.85	5.60	5.40	4.90	4.50	4.20	3.80	3.35	2.85	2.20	
21-4	20- 1/4	19-2 1/4	18-4 1/4	17-8 1/4	16- 1/4	14-9	13-9 1/4	12-5 1/4	10-11 1/4	9-4 1/4	7-2 1/4		
TJ	13.20	12.60	11.50	10.80	10.40	9.50	8.90	8.20	6.96	6.50	5.94	5.51	
43-3 1/4	41-4 1/4	37-8 1/4	35-5 1/4	34-1 1/4	31-2	29-2 1/4	26-11	22-10	21-4	19-6	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 1/4	39-4 1/4	42-0	37-8 1/4	36-1 1/4	29-6 1/4	26-3	19-8 1/4		
Discus	44.80	42.80	39.50	37.50	42.00	41.00	42.00	39.00	34.00	26.00	22.00	15.24	
147-0	140-5	129-7	123-0	137-9	134-6	137-9	127-11	111-6	85-4	72-2 1/4	50-0		
Hammer	47.24	44.20	40.00	39.00	39.00	36.00	36.00	32.00	30.00	24.00	20.00	17.07	
155-0	145-0	131-3	127-11	127-11	118-1	118-1	105-0	98-5	78-9	65-7 1/4	56-0		
Javelin	62.00	56.00	48.76	47.00	43.00	41.00	39.00	35.00	31.00	24.00	19.00	14.02	
203-5	183-9	160-0	154-2	141-1	134-6	127-11	114-10	101-8	78-9	62-4	46-0		
35#WL	15.00	14.00	13.00	12.00	10.00	9.00		6.00	5.00	4.00	3.00		
49-2 1/4	45-11 1/4	42-8	39-4 1/4	32-9 1/4	29-6 1/4		19-8 1/4	16-4 1/4	13-1 1/4	9-10			
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
49-2 1/4	45-11 1/4	43-5 1/4	41-0 1/4	46-9	43-5 1/4	45-11 1/4	43-5 1/4	44-3 1/4	38-6 1/4	32-9 1/4	28-8 1/4	19-8 1/4	
56#WL	9.50	9.00	8.50	8.00	6.00	5.50	5.00	4.50	3.50	3.00	2.50	2.00	
31-2	29-6 1/4	27-10 1/4	26-3	19-8 1/4	18- 1/4	16-4 1/4	14-9	11-5 1/4	9-10	8-2 1/4	6-6 1/4		
Pent.	2800	2600	2600	2600	2600	2600	2600	2600	2400	2200	2000		
Decath.	5500	5250	5250	5000	5200	5000	4500	5000	4800	4200	3000	2500	
WL Pent.	2800	2700	2800	3000	3000	3000	3000	3000	2600	2700	3000	3000	

- Notes: 1) 100 standards are for automatic time; use standard conversion for hand time.
 2) Short hurdles: 30-49: 39"; 50-59: 36"; 60-69: 33"; 70-79: 30"; 80+: 27"
 3) Long hurdles: 30-49: 36"; 50-59: 33"; 60-69: 30"; 70+: 27"
 4) Shot put: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 27"
 5) Discus throw: 30-49: 2kg; 50-59: 1.5kg; 60+: 1.0kg;
 6) Hammer: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k
 7) Javelin: 30-49: 800g; 50-59: 700g; 60-69: 600g; 70-79: 500g 80+: 400g
 8) Weight: 30-49: 35# 50-59: 25# 60-69: 20# 70-79: 16# 80+: 12#
 9) Pen/Dec/WL Pen: 30-39 IAAF pts.; 40+ WAVA factoring (new WAVA).
 10) Metric heights and distances are the standard; feet and inches listed for convenience.

U.S. MASTERS ALL-AMERICAN STANDARDS

FOR WOMEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	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	3-2 1/4	3-0 1/4	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		
	8-10 1/4	7-10 1/4	6-10 1/4	5-10 1/4	4-11	3-11 1/4	3-7 1/4	3-3 1/4	2-11 1/4	2-7 1/4	2-3 1/4		
LJ	4.60	4.42	4.04	3.81	3.40	3.20	3.10	2.60	2.30	2.10	1.50		
	15-1	14-6	13-3	12-6	11-1 1/4	10-6	10-2	8-6 1/4	7-6 1/4	6-10 1/4	4-11		
TJ	9.50	9.09	8.43	7.49	7.01	6.40	6.20	6.00	5.50	4.50	3.89		
	31-2	29-10	27-8	24-7	23-0	21-0	20-4 1/4	19-8 1/4	18- 1/4	14-9	12-9		
Shot	10.30	9.32	8.51	8.40	8.00	7.77	7.50	6.60	6.00	5.20	4.30		
	33-9 1/4	30-7	27-11	27-6 1/4	26-3	25-6	24-7 1/4	21-8	19-8 1/4	17-7 1/4	14-1 1/4		
Javelin	35.00	33.50	28.00	25.00	23.00	22.15	20.00	17.00	16.00	15.00	12.00		
	114-10	109-11	91-10	82-0	75-5 1/4	72-8	65-7 1/4	55-9 1/4	52-6	49-2 1/4	39-4 1/4		
Discus	32.00	30.00	25.00	24.00	22.00	21.00	18.00	16.00	14.00	13.00	11.00		
	105-0	98-5	82-0	78-9	72-2 1/4	68-10 1/4	59-7 1/4	52-6	45-11 1/4	42-8	36-1 1/4		
Hammer	35.00	32.50	30.00	25.00	23.00	22.00	21.00	18.00	14.00	12.00	9.00		
	114-10	106-7	98-5	82-0	75-5 1/4	72-2 1/4	68-10 1/4	59-7 1/4	45-11 1/4	39-4 1/4	29-6 1/4		
Weight	10.00	10.00	9.00	8.00	9.00	8.00	9.50	8.75	7.75	6.50	5.50	4.25	3.50
	32-9 1/4	32-9 1/4	29-6 1/4	26-3	29-6 1/4	26-3	31-2	28-8 1/4	25-5 1/4	21-4	18-0 1/4	15-7	11-5 1/4
Sup.Wt.	6.50	6.00	5.50	5.00	5.25	5.00	4.75	4.50	4.00	3.50	3.00		
	21-4	19-8 1/4	18- 1/4	16-4 1/4	17-2 1/4	16-4 1/4	15-7	14-9	13-1 1/4	11-5 1/4	9-10		
Wt.Pent.	2600	2500	2500	2500	2800	2600	2600	2500	2500	2400	2300		

TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene, OR 97405; 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	
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

200m	
M50 David Westover	26.6
M55 Roger Pierce	25.6
M60 James Comeau	29.7
M65 Dick Camp	28.7
M70 John Polevy	32.0
M75 Keith Curtis	32.5
M80 Earl Sweeney	40.1
M80 Bob Matteson	49.3
W55 Beatrice Kearney	36.2
W60 Linda Taylor	47.6
W80 Ann McGowan	53.3

400m	
M50 Carroll Blake	1:00.5
M55 Roger Pierce	1:00.8
M65 Jeff Evans	1:07.0
M75 Keith Curtis	1:21.5
M85 Bob Matteson	1:57.1
W55 Beatrice Kearney	1:20.0
W60 Patricia Matulaitis	1:40.0
W70 Lorelei Ruben	2:34.0

800m	
M50 Carroll Blake	2:31.4
M55 Jonathan Tetherly	2:40.1
M60 Jerry Brown	3:13.8
M65 Jerry LeVasseur	2:55.0
M70 Jerry Bisson	3:26.3
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	6:57.1
W60 Diane York	7:14.0

3000m	
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 Jerome McDougale	14-4 1/2
M55 J. Paul Ciarrocchi	10-11
M60 James Comeau	13-4
M65 Joel Stinson	11-1
M70 John Polevy	13-5
M75 Frank Brako	10-9 1/2
M80 Vern Mattson	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	22-2 1/2
M65 Joe Carozzi	34-11
M70 John Polevy	32-0
M75 Justin Rinfret	23-6
M80 Earl Sweeney	21-0
W60 Patricia Matulaitis	18-5
W70 Harriet Patch	23-2 1/2
W75 Virginia O'Connor	15-9 1/2
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
W80 Ann McGowan	27-11 1/2

1500m Racewalk	
M50 David Young	12:22
M55 Tim Noonan	11:19
M60 David Baldwin	7:57
W50 Janet Ritchie	10:24
W60 Dianne York	9:42

Dartmouth Weight Meet Hanover, NH; Oct. 9

Shot Put	
Bob Mead 60 5k	49-4.5
Carl Wallin 63 5k	48-10
(US single-age record)	
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	138-1
Filkins 1.5k	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 16#	178-3
Mead 5k	145-0
Wallace 16#	126-7
Cedrone 6k	122-5
Chamberas 5k	106-8
Putnam 16#	91-3

MIDWEST

Wisconsin Senior Olympics Milwaukee; Sept. 18

100m	
M50 Robert Zahn	13.23
M55 Gene Ferrara	13.34
M60 Dan Hansman	13.72
Paul Milewski	18.82
M65 Pete Stopoulos*	14.58
Albert Matheis	15.41
M70 William Jankovich	15.37
M75 Howard Byers*	15.93
Frank Giaimo	15.94
M80 Jack Hipple*	18.68

200m	
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
M80 Jack Hipple*	43.56
W50 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
W55 Rosemary Poetzel	3:39.16
W60 Marcia Balthazor	2:02.03
W75 Agnes Reinhard	1:58.66
W80 Carol Peebles	2:39.48

800m	
M50 Chuck Hull	2:18.32
M55 Stanley Mathes	2:21.14
M60 Joseph Ales	2:51.75
M65 Rodger Goodwin	3:10.98
M70 Alfred DuBois	3:16.93
W60 Marcia Balthazor	4:27.72
W75 Agnes Reinhard	4:19.62
W80 Carol Peebles	6:21.21

1500m	
M50 Chuck Hull	4:39.93
M55 Stanley Mathes	5:07.02
M60 Joseph Ales	6:18.14
M65 Rodger Goodwin	6:21.28
M70 Alfred DuBois	6:56.60
M80 Hugh Evans	8:05.64
W55 Rosemary Poetzel	14:28.98
W60 Marcia Balthazor	8:45.26
W75 Agnes Reinhard	8:43.14
W80 Carol Peebles	12:18.37

High Jump	
M50 Robert Zahn	5-2
M55 David Knott	4-3
M60 Thomas Casper	4-4
M65 Albert Matheis*	4-1

M70 Clarence Trinkner	4-3
W50 Gail Kantak	3-6
W70 Nora Schulze	3-4
Long Jump	
M50 Michael Berndt	16-0.75
M55 Fred Gilbert	15-4.50
M60 Dan Hansman*	13-8
James Dummert	13-6
M65 Pete Stopoulos*	14-6
Albert Matheis*	12-2
Walter Largen	6-10
M70 Paul Lehmkuhl	13-0.75
M75 Frank Giaimo	11-9.50
M80 Jack Hipple*	7-10.50
W70 Doris Forbes	5-10.50
W75 Agnes Reinhard	5-3.75

Shot Put	
M50 Michael Matteson	42-1.50
M55 Jerry Amundson	41-7.50
M60 Ronald Wheeler*	33-0.50
Dirk Wichgers	28-4.75
M65 Stephen Cohen*	37-9
Arthur Zabierek	31-8
M70 Thomas Phillips*	36-5
William Jankovich	32-8.75
M75 Albert Udovich	20-10.50
M80 Robert Bliemeister	21-7
W50 Gail Kantak	29-9
W55 Nancy Cornwall	22-4
W70 Nora Schulze	20-4
W75 Carol Udovich	16-11

Discus	
M50 Michael Matteson	129-7
M55 David Knott*	112-1
Fred Gilbert	111-1
M60 Terry Simons*	138-1
Ronald Sheeler	110-5
M65 Stephen Cohen*	126-6
Arthur Zabierek	117-6
M70 Thomas Phillips*	107-11
William Jankovich	103-5
M75 Frank Giaimo	72-7
M80 Jack Hipple*	53-2
Robert Bliemeister	53-2
W50 Alice Filter	64-6
W55 Nancy Cornwall	57-3
W70 Doris Forbes	51-10
W75 Agnes Reinhard	32-9

5K Road Race	
M50 Chuck Hull	17:08
M55 Dennis Spars	19:44
M60 Joseph Ales	24:51
M65 Thomas Chvala	28:16
M70 William Baxter	45:06
M80 Hugh Evans	29:22
W55 Rosemary Poetzel	56:50
W60 Fern Dains	34:22
W75 Agnes Reinhard	33:18
*Out of state	

MID-AMERICA

Kansas Senior Olympics Topeka; Sept. 25-26

50m	
M50 Daryl Regier	6.91
M55 Joe Hoover	6.78
M60 James Snook	7.75
Donald Woodward	7.75
M65 Deloy Huffman	8.38
M70 Ronald Kolbe IA	12.75
M75 L Anderson NM	8.28
Kelly Green	8.75
M80 Edgar Curtis MO	11.00
Harley Holladay	12.65
W50 Sandra Carter	8.69
W55 Ruby Brumley	12.21
W60 Char Lane	9.17
W80 Lavina Haelele	9.57

100m	
M50 William Sellers	12.66
M55 Tom Bassett NE	12.94
Joe Hoover	13.41
M60 Don Denson TX	13.09
Les Lane IA	13.46
James Snook	14.53
M65 Bob Lida	12.40
M70 James Leggett 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	17.81
W50 Janet Johnson	15.37
W60 Anna Smith FL	26.87
W65 Char Lane	18.09
W75 Mary Eva Taylor	29.75
W80 Lavina Haelele	18.63

200m	
M50 William Sellers	25.60
M55 Tom Bassett NE	27.00
Don Denson TX	27.31
James Snook	30.41
M65 Bob Lida	25.97
M70 James Leggett TX	29.12
John Watson MO	33.66
M75 L Anderson NM	34.65
M80 Edgar Curtis MO	50.62
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
W80 Lavina Haelele	44.60

400m	
M50 William Sellers	1:00.75
M55 Larry Law	1:04.62
M60 Donald Woodward	1:28.75

M65 Bob Lida	59.91
M70 James Leggett TX	1:09.60
Ronald Kolbe IA	2:50.37
M75 Darwin Michaud	1:34.16
M80 Ruben Taylor	2:18.25
W60 Shirley Seminoff	1:44.91
W65 Char Lane	1:43.12
W75 Mary Eva Taylor	3:44.63
W80 Maxine Anderson	2:40.66
800m	
M50 Gayle van Durme	2:21.72
M55 Tim Wigger	2:21.81
M60 Don Woodward	4:14.84
M65 Ross Greathouse NE	2:53.06
Fay Bradley	2:56.72
M70 Bill Perich	3:18.27
M75 Darwin Michaud	4:28.47
M80 Ruben Taylor	6:22.94
W60 Carol Kuhlmann MO	4:00.31
Anna Smith FL	7:06.28
W65 Char Lane	4:36.72
W75 Mary Eva Taylor	7:16.53

1500m	
M50 Gayle van Durme	4:53.22
M55 James Moore	6:16.80
M65 Fay Bradley	5:26.81
M75 Darwin Michaud	8:50.54
M80 Ruben Taylor	11:06.85
W60 Carol Kuhlmann MO	7:45.62
Shirley Seminoff	7:53.00
W65 Char Lane	12:43.53
W75 Mary Eva Taylor	13:19.72

High Jump	
M50 Bob Kortmann CT	5-0
David Hansen	4-6
M55 Joe Hoover	4-10
Les Lane IA	4-8
Ken Winders	4-8
M65 Jerrol Springer	4-0
M70 James Leggett TX	4-2
Charles Newman	4-0
M75 Frank Bollinger MO	3-10
Kelly Green	3-10
M80 Jack Haelele	3-2
M85 Ralph Maxwell MN	3-8
Scott Herrman	3-6
Eileen Schmidt	3-2

Pole Vault	
M55 John Charles	9-4
M60 Dennis Stempel CA	8-4
Donald Woodward	5-4
M70 C L Bruce MO	5-10
Jose Cesteros	4-4
M75 R G Wolf TN	5-4
W50 Kay Glenn IA	8-10

Long Jump	
M50 Bob Kortmann CT	15-3
John Ellison	14-11.50
M55 Joe Hoover	15-5
M60 Les Lane IA	14-6
Daniel Peters	12-8.25
M65 Jerrol Springer	11-4
M70 James Leggett TX	13-2.25
Charles Newman	11-3.50
M75 Frank Bollinger MO	12-1.75
Kelly Green	10-4.50
M80 Harley Holladay	8-4.75
M85 Ralph Maxwell MN	10-5
Bill Trimmell	3-3.50
W50 Frances Sharon	7-1.75
W65 Char Lane	9-1
W70 Kathleen Ramonda	3-0
W80 Lavina Haelele	6-0.75

Triple 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	21-3
Kelly Green	19-2.50
M85 Ralph Maxwell MN	20-11.75

Shot Put	
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
Ken Winters	39-5.50
M65 Al Salmon MO	36-10.25
Jerrol Springer	33-8
M70 Bill Butterworth	32-10.50
M75 Kelly Green	29-4.50
M80 Jack Haelele	23-11.75
M85 William Trimmell	25-10
W50 Janet Johnson	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

Discus	
M50 Dennis Baranski	182-3
M55 V Martinez MO	147-3
John Charles	98-3
M60 Mark Chapman TX	131-8
Ralph Check NE	115-2
Alex Meyer NE	114-3
Jim Shoemaker	99-2
M65 Richard Cochran MO	169-2
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 Haelele	70-0

December 2004

Shot Put			Discus			Weight			14th Self-Transcendence Masters Games			Long Beach, CA; Oct. 17			100 m SPRINT			SHOT PUT			DISCUS			JAVELIN			200 m SPRINT			300 m SPRINT			400 m SPRINT			500 m SPRINT			600 m SPRINT			700 m SPRINT			800 m SPRINT			900 m SPRINT			1000 m SPRINT			1100 m SPRINT			1200 m SPRINT			1300 m SPRINT			1400 m SPRINT			1500 m SPRINT			1600 m SPRINT			1700 m SPRINT			1800 m SPRINT			1900 m SPRINT			2000 m SPRINT			2100 m SPRINT			2200 m SPRINT			2300 m SPRINT			2400 m SPRINT			2500 m SPRINT			2600 m SPRINT			2700 m SPRINT			2800 m SPRINT			2900 m SPRINT			3000 m SPRINT			3100 m SPRINT			3200 m SPRINT			3300 m SPRINT			3400 m SPRINT			3500 m SPRINT			3600 m SPRINT			3700 m SPRINT			3800 m SPRINT			3900 m SPRINT			4000 m SPRINT			4100 m SPRINT			4200 m SPRINT			4300 m SPRINT			4400 m SPRINT			4500 m SPRINT			4600 m SPRINT			4700 m SPRINT			4800 m SPRINT			4900 m SPRINT			5000 m SPRINT			5100 m SPRINT			5200 m SPRINT			5300 m SPRINT			5400 m SPRINT			5500 m SPRINT			5600 m SPRINT			5700 m SPRINT			5800 m SPRINT			5900 m SPRINT			6000 m SPRINT			6100 m SPRINT			6200 m SPRINT			6300 m SPRINT			6400 m SPRINT			6500 m SPRINT			6600 m SPRINT			6700 m SPRINT			6800 m SPRINT			6900 m SPRINT			7000 m SPRINT			7100 m SPRINT			7200 m SPRINT			7300 m SPRINT			7400 m SPRINT			7500 m SPRINT			7600 m SPRINT			7700 m SPRINT			7800 m SPRINT			7900 m SPRINT			8000 m SPRINT			8100 m SPRINT			8200 m SPRINT			8300 m SPRINT			8400 m SPRINT			8500 m SPRINT			8600 m SPRINT			8700 m SPRINT			8800 m SPRINT			8900 m SPRINT			9
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M 65 FEHLEN, Phil	39.59
BARETTE, Leon	14.95
M 75 WALLACE, Hal	28.12
RICHARDSON, Douglas	27.68
M 80 CHYNOWETH, Ed	30.87
ROSER, Don	26.18
HACKETT, Hugh	18.34

HAMMER

M 80 HACKETT, Hugh	20.19
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RACEWALK

F 55 EICHEL, Yoko	29:14.75
CUNNINGHAM, Donna	29:33.09
F 60 STEIGERWALT, Jolene	31:28.70
F 65 CAPPS, Shirley	35:34.93

M 45 BILLIG, Raymond	32:30.54
M 55 BLAKEMAN, Michael	37:28.72
M 65 EDE, Alan	31:20.42
M 70 ACOSTA, Carl	32:39.30
ROLLE, Arvid	36:53.53

NORTHWEST

Alaska International Senior Games, Fairbanks Aug. 13-22

50m

M50 Steve Smith	7.7
M55 Jim Holt	7.4
M60 Willy Cork	9.2
M65 B J Hall	8.0
M75 Jack Townshend	10.1
W55 Charlotte Berdahl	11.0
W65 Barbara Rondine	10.0
W70 Ruth Knapman	14.1

100m

M50 Steve Smith	14.5
M55 Jim Holt	14.0
M60 Willy Cork	17.8
M65 B J Hall	15.7
M70 Leonard Dickey	19.0
W55 Charlotte Berdahl	22.0
W65 Barbara Rondine	20.9

200m

M50 Steve Smith	33.4
M55 Tim Doran	35.8
M65 Jim Madonna	34.1
M70 Dave Devoe	39.1
M75 Jack Townshend	47.1
W50 Ginny McDowell	44.2
W55 Charlotte Berdahl	49.8
W65 Barbara Rondine	47.2

400m

M50 Rich Boone	1:06.5
M55 Tim Doran	1:28.8
M65 Jim Madonna	1:14.0
W65 Barbara Rondine	1:45.7
W70 Ruth Knapman	2:15.3
M50 Rich Boone	2:40.8
M55 John Walsh	3:03.4
M65 Jim Madonna	2:52.2
M70 Dave Devoe	3:33.6
M75 Jack Townshend	4:05.3
W50 Ginny McDowell	4:42.5
W55 Charlotte Berdahl	4:24.4
W65 Carol Devoe	5:36.1

1500m

M50 Rich Boone	5:28.0
M55 John Walsh	5:46.0
M65 John Madonna	6:00.7
M75 Jack Townshend	7:54.1
W50 Ginny McDowell	7:24.4
W55 Susan Amundsen	6:58.8
M50 Rocky Reifstahl	11:35.0
M55 John Walsh	12:31.1
M65 Jim Madonna	13:00.0
W50 Gail Koepf	13:42.8
W55 Susan Amundsen	14:27.3

High Jump

M85 Tim Sanders	2-4
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Long Jump

M50 Dennis Bogren	10-3
M55 Gary Shields	10-3.25
M60 Willy Cork	9-8
M65 Paul Beckman	12-3.25
M75 Jack Townshend	8-1.75
W65 Barbara Rondine	8-9.25
W70 Ruth Knapman	4-7.24

Triple Jump

M50 Dennis Bogren	21-7
W65 Peggy Bickenbuel	10-9

Shot Put

M50 Clyde Lorenz	22-9.50
M55 Charles Lemke	27-3.50
M60 Willy Cork	27-9
M65 Paul Beckman	35-1
W50 Diann Darnall	24-6.50
W60 Ritchie Musick	17-11.25
W65 Peggy Bickenbuel	19-5
W70 Ruth Knapman	14-0.25

Discus

M55 Kevin Jenkins	93-3
M60 Willy Cork	72-6
M65 Paul Beckman	122-4
M70 Leonard Dickey	55-1
W50 Diann Darnall	70-3
W60 Ritchie Musick	42-3
W65 Peggy Bickenbuel	47-7

Javelin

M50 Clyde Lorenz	88-11
M55 Charles Lemke	82-10
M60 Willy Cork	63-3
M65 Paul Beckman	96-10
M85 Tim Sanders	33-6
W50 Diann Darnall	24-6
W60 Ritchie Musick	17-1
W65 Peggy Bickenbuel	19-5
W70 Ellen Brown	20-10

Huntsman World Senior Games, St. George, UT Oct. 4-16

50m

M50 Jim Ross	6.50
Bill Cook	6.93
Brian Berquist	7.15
Donn Imrie	6.75
Paul Martin	6.97
Lloyd Hathcock	7.07
Gerald Rose	7.25
Aney Pitas	7.32
Dennis Hank	7.55

M60

Steve Bowles	7.37
Darrel Short	7.84
Larry Beck	7.86
Robert Reid	7.66
Clairmonte Taitt	8.85
Bruce Randall	8.87
Norm Lesage	7.97
Bill Platts	8.03
Andy Anderson	8.51
George Butchko	10.94
Frank Wales	11.12

M85

Milton Silverstein	9.56
Daniel Bulkley	9.85
George Ryffel	11.05
Leland McPhie	11.14
M100 Russell Clark	37.97
W50 Pearl Yearwood	8.08
Wendy Holt	8.91
Bonnie Muscato	9.50
Audrey Cox	8.01
Lorraine Tucker	8.09
Candy Puterbaugh	8.18

W60

Kathy Jager	7.96
Mary Robinson	8.25
Marg Radcliffe	8.29
Barbara Jordan	8.08
Lucille Ligon	8.55
Essie Kea	8.82
Audrey Lary	8.40
Sylvia Mergl	9.30
Magdalena Kuehne	7.73
Marge Fitzgerald	9.48
Frances Styles	10.06
D McLeod-Smith	10.77
Gladys Miller-Sajwaj	13.18
W85 Velma Jacobs	13.07

100m

M50 Jim Ross	11.64
Bill Cook	12.87
Martin Spencer	13.49
M55 Lloyd Hathcock	12.77
Paul Martin	13.03
Marlowe Goble	13.04
M60 Gerald Rose	13.69
Thomas Draper	14.14
Andy Pitas	14.43
Steve Bowles	13.50
Larry Beck	14.45
Darrel Short	15.10
Robert Reid	14.85
Claude Long	15.61
Jack Fischer	16.59
Norm Lesage	14.78

M80

Bill Melville	15.00
Bill Platts	15.13
Marien McWilliams	17.22
Frank Wales	21.76
Gerald Klemm	21.77
Donald Pellman	17.81
Milton Silverstein	19.04
Daniel Bulkley	19.78
Pearl Yearwood	15.24
Linda Cohn	15.40
Jeanne Bowman	15.46
W55 Audrey Cox	15.39
Janet Blair	15.49
Linda Forrestel	15.81
W60 Kathy Jager	14.84
Mary Robinson	15.52
Marg Radcliffe	15.87
Barbara Jordan	15.90
Essie Kea	17.45
Evelyn Wright	17.84
Audrey Lary	15.39
Sylvia Mergl	18.29
Magdalena Kuehne	18.66
Marge Fitzgerald	18.18
Frances Styles	19.51
Ethel Lehmann	19.64
Gladys Miller-Sajwaj	28.06
W85 Olga Kotelko	21.95
Velma Jacobs	27.00

200m

M50 Bill Cook	26.18
Rick Easley	26.63
Chesterfield Headley	26.72
M55 Lloyd Hathcock	26.14
Paul Martin	26.34
Arthur Lewis	27.27
M60 Andy Pitas	28.47
Gerald Rose	28.55
Thomas Draper	29.76
Steve Bowles	27.42
Victor Young	30.58
Darrel Short	31.60
M70 James Stookey	31.22
Alan Raynor	32.51
Claude Long	33.02
Norm Lesage	30.14
Earl Fee	30.48
M80 Marien McWilliams	39.16
M85 Milton Silverstein	39.85
Daniel Bulkley	40.99
M100 Russell Clark	2:30.44
W50 Pearl Yearwood	31.66
Wendy Hold	32.07
Wendy Hold	36.92
W55 Audrey Cox	32.53
Linda Forrestel	33.07
Mary White	36.35
W60 Kathy Jager	31.66

Mary Robinson	32.42
Marg Radcliffe	33.43
W65 Barbara Jordan	33.53
Essie Kea	36.12
Kathy Harper-Hall	36.69
W70 Audrey Lary	34.68
Magdalena Kuehne	40.93
Edna Hyer	44.31
W75 Frances Styles	45.91
D McLeod-Smith	46.95
Flora Wong	50.77
W85 Olga Kotelko	52.30
Velma Jacobs	1:01.40

400m

M50 David Salazar	57.23
Bill Cook	58.62
Rick Easley	59.04
M55 Arthur Lewis	1:02.99
Aurelio Herrera	1:06.27
William White	1:25.36
M60 Kent Blair	1:04.98
Leonard Davies	1:08.70
Dean Olson	1:12.43
M65 Jim Madonna	1:12.28
Larry Peterson	1:14.35
Robert Hewitt	1:09.79
Richard Strinni	1:13.27
Paul Flanagan	1:18.86
M75 Rodney Brown	1:15.05
Norm Lesage	1:15.12

M80

Gerald Klemm	2:17.78
M85 Daniel Bulkley	2:50.00
W50 Jeanne Bowman	1:12.23
Ainsley Lovell	1:12.29
Wendy Holt	1:25.32
W55 Candy Puterbaugh	1:14.01
Linda Forrestel	1:15.85
Audrey Cox	1:17.78
M60 Mary Robinson	1:16.02
Marg Radcliffe	1:31.70
Pamela Ong	1:38.52
W65 Kathy Harper-Hall	1:58.75
Mary Trudell	2:17.57
Charlotte Ambrose	2:35.86
W70 Edna Hyer	1:40.70
Gloria Santarpia	1:43.02
Barbara Robben	1:46.01
W75 Helen Schley	2:01.75
Lillie Doss	2:43.08

800m

M50 David Salazar	2:11.66
Jim Jones	2:18.46
Jim Fallon	2:23.88
M55 Aurelio Herrera	2:35.99
Malcolm Carter	2:49.46
Dominic Varacalle	3:23.95
M60 Kent Blair	2:24.66
Barry Adams	2:29.30
Leonard Davies	2:40.58
M65 Ken Mohica	2:45.76
Jim Madonna	2:55.26
Bob Baker	3:20.64
M70 Richard Strinni	3:09.48
Paul Flanagan	3:14.72
Howard Miles	3:19.78
M75 Bob Holmes	3:37.30
Richard Mandell	4:02.16
Bill Bogdan	5:03.05
M80 Thomas McDonald	3:55.28
M85 Daniel Bulkley	4:46.98
W50 Ainsley Lovell	2:54.79
Susan Lim	4:21.09
Marlene Summers	6:52.68
Candy Puterbaugh	2:45.88
Mary Hartzler	3:06.31
W60 Patti Palmer	3:58.95
Diane Hall	3:59.89
Pamela Ong	4:06.57
W65 Charlotte Ambrose	5:50.58
W70 Barbara Robben	3:52.05
Gloria Santarpia	4:00.43
Jody Olson	4:32.92
W75 Helen Schley	4:44.04
Flora Wong	5:12.90
Lillie Doss	6:06.95

1500m

M50 David Salazar	4:36.10
Jim Jones	4:49.97
Steve Frederick	5:01.23
M55 Aurelio Herrera	5:18.99
Bruce Manziello	5:32.90
M60 Kent Blair	5:05.42
Leonard Davies	5:33.63
Raymond Kunselman	5:47.97
M65 Ken Mohica	5:48.83
Jim Madonna	6:08.40
Bob Baker	6:58.42
M70 Paul Flanagan	6:30.60
Jerry Bisson	6:56.47
Howard Miles	7:09.82
M75 Bob Holmes	7:54.91
Michael Loftus	8:58.24
Howard Mayer	8:59.35
M80 Tom McDonald	7:58.11
Gerald Klemm	9:49.91
M90 Herb Wright	13:30.69
W50 Ainsley Lovell	6:16.85
Ethel Benward	6:25.99
Susan Lim	8:40.24
W55 Mary Hartzler	6:23.97
Maria Cobb	6:34.07
Tykey Truett	8:09.76
Patti Palmer	8:32.41
Mary Trudell	9:43.84
Charlotte Ambrose	11:56.01
W70 Barbara Robben	7:53.73
Gloria Santarpia	8:06.49
Annette Hardy	9:33.03
W75 Helen Schley	9:44.89
Lillie Doss	12:10.91

3000m

M50 David Salazar	10:09.36
Larry Pine	10:36.89
Steve Frederick	10:47.01

M55 Aurelio Herrera	11:48.03
Ed Christy	12:04.28
M60 Noel Olsen	11:50.86
R Kunselman	12:18.93
Lino Fabela	12:40.64
M65 Ken Mohica	12:31.57
Jim Madonna	13:14.59
Hans Sinkovec	13:21.00
M70 Paul Flanagan	14:02.65
Ed Hardy	14:49.92
Alister Murray	15:01.23
Michael Loftus	18:46.24
Sid Smith	19:07.43
Howard Mayer	19:49.86
M80 Tom McDonald	16:40.70
M90 Herb Wright	28:20.72
W50 Ah Suan Chew	15:23.80
Marlene Summers	31:42.90
Maria Cobb	13:54.50
W70 Barbara Robben	16:25.00
Charlotte Frank	17:40.10
Annette Hardy	19:16.50
W75 Flora Wong	21:49.00
Lillie Doss	24:48.90

High Jump

	Howard Mayer	19:49.80
M80	Tom McDonald	16:40.70
M90	Herb Wright	28:20.72
W50	Ah Suan Chew	15:23.80
	Marlene Summers	31:42.90
W60	Maria Cobb	13:54.50
W70	Barbara Robben	16:25.00
	Charlotte Frank	17:40.10

M60	Lino Fabela	20:05.1
	Leonard Davies	20:50.2
	Harlan van Blaricum	21:22.4
M65	Emmett Smith	20:38.3
	Ken Mohica	21:11.7
	Larry Peterson	24:13.5
M70	Paul Flanagan	22:26.0
	Roy Nelson	24:27.8
	Jerry Bisson	24:37.8
M75	Michael Loftus	31:37.1
	Howard Mayer	32:00.7
	Sid Smith	37:15.5
M80	Thomas McDonald	27:30.6
	Lane Walton	28:28.4
	Gerald Klemm	35:23.7
M90	Herb Wright	45:03.0
M95	LaGrand Nielsen	1:00:40.3
W50	Carolyn Lyman	23:05.8
	Krisel Hamilton	25:21.0
	Bonita McMullen	25:33.6
W55	Susan Falsey	24:20.2
	Kathleen Frable	25:03.5
	Nancy Snover	28:44.4
W60	Maria Cobb	22:31.8
	Diane Hall	29:49.9
	C Swarthout	30:54.5
W65	Donna Wooldridge	24:03.4
	Dorothy Huston	38:15.5
	Bev Junginger	46:06.0
W70	Wilma Calvin	26:44.3
	Barbara Robben	27:59.0
	Annette Hardy	31:54.5
W75	Annie Barker	38:17.8
	Lillie Doss	39:20.1
	Lou Ryan	50:32.0
W80	Valley Ellingsen	38:42.6
	G Miller-Sajwaj	45:07.9
W90	Naomi Cottam	1:21:39.8
W95	Yoshi Tanaka	1:19:01.7
10K Road Race		
M50	Heath Hibbard	39:06.9
	Frank Goulard	39:45.1
	Russell Armstrong	44:10.1
M55	Aurelio Herrera	40:33.2
	Donald Loewe	41:07.8
	Bruce Manziello	41:28.3
M60	Lino Fabela	43:51.2
	Harlan vanBlaricum	44:38.9
	Oleksandr Gromik	46:16.2
M65	Ken Mohica	44:12.1
	Jim Madonna	45:33.5
	Emmett Smith	46:00.1
M70	Paul Flanagan	48:00.9
	Ed Hardy	49:27.1
	Roy Nelson	55:08.5
M75	Howard Mayer	1:08:20.9
	Stan Braun	1:12:35.2
	Sid Smith	1:18:33.6
M80	Lane Walton	1:01:37.2
M85	G Nigogosyan	1:32:43.5
W50	Carolyn Lyman	47:06.8
	Jackie Eddy	47:15.7
	Marlene Summers	1:01:16.1
W55	Verene Florence	48:27.0
	Susan Falsey	53:24.5
	Kathleen Frable	53:49.5
W60	Tykey Truett	1:01:23.8
	Connie Sledge	1:01:49.4
W65	Donna Wooldridge	49:54.5
	Becky Whitehead	1:03:46.6
W70	Wilma Calvin	56:19.0
	Barbara Robben	58:36.8
	Charlotte Frank	1:01:10.7
W75	Annie Barker	1:19:23.5
	Lillie Doss	1:20:07.6
Half-Marathon		
M50	Health Hibbard	1:29:51.9
	Russell Armstrong	1:35:24.7
	Roger Howe	1:51:07.5
M55	Aurelio Herrera	1:33:21.0
	Steve Haddox	2:02:46.9
M60	Gene Hofeling	1:43:16.0
	R Santangelo	1:51:28.9
	Bill Osuna	1:18:12.6
M65	Jim Madonna	1:42:46.8
	Larry Golding	2:32:54.1
M70	Ed Hardy	1:51:52.8
	Jim Flora	2:47:05.4
W50	Jackie Eddy	1:44:15.1
	Charlene Rohrer	1:46:00.5
	Robin Ferguson	1:59:54.4
W55	Paulette Le Duc	1:50:36.3
W60	Tykey Truett	2:18:35.6
W70	Charlotte Frank	2:24:13.6

INTERNATIONAL

5th Africa T&F Championships
Yaounde, Cameroon
July 31-Aug. 1

100m		
M35	C K-Kotte CAM	11.1
M40	Z Ouandji CAM	14.0
M50	C Mbaku CAM	13.9
M55	A Boukar CAM	15.3
M60	H Tchappa CAM	19.6
W35	M Nkengne CAM	13.1
W40	M Oyono CAM	13.1
W45	S Mbedy CAM	17.1
W50	M Mbida CAM	20.1
200m		
M35	A Sagnang CAM	26.8
M40	A Njota CAM	25.8
M45	Z Ouandji CAM	29.9
M60	H Tchappa CAM	37.2
W35	J Nfondja CAM	34.5
W45	Y Moukouri CAM	34.8
400m		
M40	S Mbami CAM	1:01
M45	E Timi CAM	1:13
M50	R Belowe CAM	1:41.9

800m		
M35	J Tapchom CAM	2:20.9
M40	S Mbami CAM	2:16.0
M45	M Kenfack CAM	2:19.5
W35	J Nfondja CAM	3:25.4
1500m		
M35	B Saidou CAM	4:48.7
M40	S Mbami CAM	4:49.2
M45	M Domche CAM	4:57.1
M50	L Ndi CAM	7:30.5
M55	E Fongang CAM	6:05.1
W35	S L-Etonde CAM	5:23.9
5000m		
M35	H Sidjoua CAM	21:57
M40	S Biyo CAM	21:57
M45	R Agounou CAM	22:01
M55	E Fongang CAM	25:52
10,000m		
M35	? Sidjoua CAM	39:45.5
M40	R Ewandje CAM	37:47.1
M45	M Nkenfack CAM	37:44.8
M50	P Komguem CAM	40:35.0
M55	M Atangana CAM	52:01.9
High Jump		
M35	? Obam CAM	1.30
M40	JP Bouba CAM	1.60
M45	R von Bentheim RSA	1.51
M50	C Mbaku CAM	1.40
M60	J Tchappa CAM	1.10
W35	J Madieu CAM	1.20
W40	D Oyono CAM	1.60
W45	Y Moukouri CAM	1.10
W50	M Mbida CAM	1.10
Long Jump		
M35	C K-Kotte CAM	5.69
M40	J Kameni CAM	4.86
M45	R von Bentheim RSA	4.12
M50	C Mbaku CAM	4.34
W35	R Kakanou CAM	3.36
W40	D Oyono CAM	4.77

LONG DISTANCE RUNNING

NATIONAL

USA Marathon Trail
Championships / Dupont
Forest Trail Marathon
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 Rippey		3:46:16
M45 David Horner		3:24:25
Paul Brown		3:30:54
Wail Malaty		3:34:09
David Eve		3:53:20
Darrell Newby		4:09:49
M50 Mark Compton		3:16:27
Jamie 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
Luke Lucas		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
W40 Becky Finger		3:30:33
Ann-Marie Mortenson		3:43:47
Tracy Rogers-Hall		3:51:49
Robin Fulbright		4:02:02
Debbie Appleman		4:03:53
W45 Lauren Fithian		3:40:57
Donna Thackwray		4:18:28
Sylvia Gonzalez		4:20:54
Donna Rostant		4:24:48
Vickie Britton		4:26:05
W50 Elizabeth Thomas		4:22:48
Linda Ball		4:23:18
W55 Shirley Sirois		5:16:42
Linda Hinkel		6:25:55
W60 Betty 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 Chisholm	16:03
Angel Roman	16:03

W45 Y Moukouri CAM	3.76
Triple Jump	
M35 A Sagnang CAM	10.69
M40 A Njota CAM	9.74
M50 C Mbaku CAM	9.74
Shot Put	
M35 J Kamogne CAM	11.23
M45 R von Bentheim RSA	10.31
M50 M Bester RSA	13.33
M55 C Bessala CAM	10.46
W35 R Kakanou CAM	7.75
W40 D Oyono CAM	11.03
W45 Y Moukouri CAM	9.12
W50 M Mbida CAM	7.16
Discus	
M35 V Saidou CAM	23.92
M45 R von Bentheim RSA	30.70
M50 M Bester RSA	38.98
W35 ? Kegne CAM	25.33
W40 D Oyono CAM	28.95
W45 Y Moukouri CAM	22.39
W50 M Mbida CAM	20.65
Hammer	
M40 G Nomo CAM	21.52
M45 R von Bentheim RSA	31.80
M50 M Bester RSA	41.97
Javelin	
M40 G Nomo CAM	32.68
M45 ? Nahnah CAM	40.70
M50 M Bester RSA	33.37
M60 H Tchappa CAM	24.45
W40 D Oyono CAM	24.64
W45 Y Moukouri CAM	20.45
W50 M Mbida CAM	20.41
5000m Racewalk	
M35 J Tambo CAM	29:32
M40 A Ngoulack CAM	29:32
M45 P Noudem CAM	30:13
W35 R Kakanou CAM	32:52
M60 J Edmond MAU	55:32

Andrew Atkeson	16:03
John Noland	16:08
Robert Underwood	16:22
M45 Thomas Dalton	15:12
Bob Winn	15:52
Chuck Shields	16:05
Bob Carroll	16:17
Rich Burns	16:21
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 Jensen	17:51
Terry Delph	18:00
John Camello	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 Nowatowski	20:27
Ted McKnight	20:34
Hugh Dunseath	20:40
Peter Szawlowski	20:58
M65 Thom Weddie	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	23:50
Kenneth Jones	24:17
Robert Coffey	25:03
William Richardson	25:34
Ed Doucette	26:38
Roger Whalley	27:03

Joe McCreary	27:05
M75 Bill Fortune	23:58
Jack Gray	24:01
Richard Sullivan	25:33
M80 Sab Koide	29:26
John McManns	31:11
M85 Danforth Geer	42:49
W40 Marisa Hanson	17:47
Sarah Kramer	18:10
Rebecca Heuer	18:20
Wanda Toro Scheib	19:11
Lauren Rhatigan	19:24
Tracey Delaney	19:59
Gail Geiger	20:30
Sheryl Wheeler	20:46
Dabney Mahoney	20:53
Laurel Petersen	21:38
W45 Patricia Ford	19:27
Janice Morra	19:39
Beth Stalker	19:43
Kathleen Newton	19:51
Emily Macdonald	19:56
Christine Murphy	20:39
Jeryl Simpson	21:02
Carol Dodge	21:47
Susan Burns	22:35
Susan Metiches	23:19
W50 Kathryn Martin	18:23
Carolyn Smith-Hanna	20:12
Zsafia Franck	21:18
Marcia Whitney	21:32
Diane Sardes	21:33
Janice Roche	22:01
Michelle Marino	22:19
Catherine Lempesis	22:21
Diane Sherrer	23:59
Debra Yelverton	27:32
W55 Carol Kane	22:57
Barbara Spannaus	24:32
Ginny Pezzula	25:07
Mary Wenck	26:46
W60 Eileen Holzman	24:36
Yvonne TaskerRothe	25:00
Patty Lee Parmalee	25:29
Regina Wright	26:16
Elaine Matthews	26:20
W65 Carrie Parsi	23:33
Lenis Tucker	25:38
Mary Harada	26:29
Madeline Bost	30:07
Geri Owens	32:15
W70 Anny Stockman	27:12
Liz Szawlowski	29:20
W75 Doris Schlamowitz	33:25
Regina Tumidajewicz	42:46

San Diego 1-Day Race /
National 24-Hour Race
San Diego, CA; Nov. 6-7

Overall	Miles
Steve Peterson 42	143.79
Rebecca 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
Leon Rothstein	116.69
Scott Ludwig	111.36
Vince Varone	102
M50 Mark Totman	115.9
James Tuscany	97.18
Eric Poulsen	92.33
Ian 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
Ruben Cantu	103.34
Pat Bivona	88.07
M65 Dale Sutton	95.75
Edward Rousseau	75
Timothy Kourounis	71
Fred Pollard	51
M70 Sam Soccoli	82
Dan Baglione	54
W35 Rebecca Johnson	130.11
W40 Anne Langstaff	110.49
Susan Lance-Parker	107.36
Pam Reed	79
Maria Lemus	64
Ann Heaslett	54
W45 Janet Runyan	115.39
Mylinh Nguyen	101.63
Maureen Moran	73.46
W55 Marie Boyd	102
Sue Yates	84.71

Bay State Marathon
Lowell, MA; Oct. 17

Overall	
Chris Caravelli 24	2:35:39
Danyelle Phelps 29	3:02:42
M40 Michael Cooney	2:39:18
Raymond Greenlaw	2:54:00
Kevin Skehan	2:56:42
Mike O'Hara	2:57:17
David Croke	2:57:35
M50 Vasilis Manikas	3:11:49
Walter Murphy	3:15:23
Gordon Fitzgerald	3:15:46
Tom Peters	3:20:32
Dario Rojas	3:20:50
M60 Dave Kemp	3:34:19
Ronald Kmiec	3:42:12
Tom Henderson	3:46:08
Nick Lyesluk	4:20:11
Charlie Wilkins	4:27:52
M70 George Leslie	4:56:57
Edwin Cushing	5:13:37
Julian Siegel	5:22:38
W40 Ann Iaccarino	3:26:48
Dianne Sharpe	3:29:30
Mary Gosling	3:29:58
Donna Anderson	3:33:23
Peg Sullivan	3:33:49
W50 Carol Legere	3:51:34
Deborah Roy	3:57:28
Caroline Troise	4:03:07
Jun Concannon	4:09:25
Mary Jane O'Donnell	4:13:14
W60 Sharon Kerson	5:35:28

NYRR Kurt Steiner 5K XC
Van Cortlandt Park
Bronx, NY; Oct. 17

Overall	
Art Gunther 33	15:53
Heidi Hackemer 25	20:51
M40 Michael Henschel	17:37
M45 Anselm Lebourne	17:01
M50 Paul Mascali	17:54
M55 Alston Brown	18:42
M60 Ramon Ruiz	24:32
M65 Roger Robinson	22:09
M70 Eric Seiff	27:37
M80 John Bates	28:08
W40 Susan Maack	22:59
W45 Bette Clark	24:49
W50 Mary Diver	25:07
W55 Judith Tripp	26:29
W65 Edith Jones	29:58

NYRR Emerald Nuts Staten
Island Half-Marathon
Staten Island, NY; Oct. 17

Overall	
Matthew Moran 29	1:09:22
Carol Howe 38	1:18:11
M40 Joseph McVeigh	1:12:47
M45 Amador Ybanez	1:15:54
M50 Jack McShane	1:20:17
M55 Joseph Porcaro	1:24:55
M60 Luis Flores	1:18:06
M65 Witold Bialokur	1:35:54
M70 Alfred Finger	1:35:58
W40 Jane Lundy	1:28:56
W45 J Chodnicki-Stemm	1:28:48
W50 Barbara Byrne	1:34:37
W55 Diane Burnett	1:52:34
W60 M Greeley Walsh	1:41:53
W65 Naomi Vogel	2:16:28
M70 Elaine Breiger	2:16:42
M75 Bertha McGruder	2:47:56

Army 10M, Washington, DC
Oct. 24

Overall	
Dan Browne	47:29
Casey Smith	57:26
M40 John Clopeck	54:43
Jason Barnes	55:21
Christopher Toepfer	55:28
Jesus Morales	55:53
Neil Hersey	56:06
M45 Sammy Ngatia	52:47
Steven Anderson	57:13
Colin Hillman	57:14
Chris Harkins	57:52
Manual Portes	57:50
M50 Chuck Moeser	56:35
Leonard Lally	1:01:37
Bob Dalton	1:03:11
Paul Ryan	1:03:56
Kenyon Erickson	1:04:49
M55 Bill Taylor	1:01:06
Dwight Cornwell	1:03:27
Bruce Langenkamp	1:03:29
Dale Abrahamson	1:05:28
Daniel Walker	1:07:14
M60 Jim Noone	1:08:40
Fred Carlson	1:14:13
Ellis Whitt	1:15:04
Mike Thorson	1:15:37
Arnold Tesh	1:17:50
M65 Salvatore Sarcian	1:05:26
John Elliott	1:09:31
Richard Williams	1:20:47
Hank Hatch	1:22:48
Jack Hanley	1:24:57

M70+Don Lein	1:18:34
Tom Ray	1:21:47
Rich Hause	1:21:44
Jerry Lewis	1:35:12
Kunsik-M. Park	1:30:28
W40 Martha Merz	1:00:57
Laura Freix	1:03:21
Jacqueline Chen	1:03:55
Donna Moore	1:03:52
Monica Grillo	1:04:41
W45 Robin Graf-Moon	1:06:53
Kathryn Buckley	1:11:33
Annie McChrystal	1:24:27
Susan Wajda	1:17:50
Charlotte Calobrisi	1:14:38
W50 Naomi Stanford	1:13:07
Patricia Donohue	1:15:28
Diann Lynn	1:15:36
Karen Marchant	1:25:55
Merrilee Seidman	1:19:47
W55 Sandra Adams	1:13:26
Alice Franks	1:15:28
Rose Malloy	1:17:32
Judy Gutry	1:31:19
Lynn Jamieson	1:24:33
W60 Judy Gilbert	1:19:34
Amelia Wallace	1:20:50
Joan Coven	1:25:39
R Schwartzbard	1:40:37
Carolyn Shelton	1:43:56
W65 Patti Stewart	1:43:33
Barbara Schneider	1:53:20
Betty Dameron	1:51:12
Jamie Wollard	1:53:13
M-M Tomaszewski	2:02:13
W70+Bertha McGruder	2:11:30
Leslie Higgins	2:19:31
Hiroko Hunt	2:17:10
Ruth Johnson	2:19:15
Shirley Simmers	2:39:38

Mystic Places Marathon
Niantic, CT; Oct. 24

Overall	
ZINTU MEAZA 27	2:20:59
HALINA KARNATSEVICH 34	2:48:33
M40 JOSEPH KAISER JR	2:54:53
HANS BRANDES	2:56:19
SCOTT FREEMAN	2:58:57
MIKE GRANT	2:59:02
DAVID LAWRENCE	3:04:07
M50 RICHARD ENGLAND	2:59:48
WES BYERLY	3:07:14
JULIO AGUIRRE	3:12:00
GEORGE NELSON	3:13:35
MICHAEL MENOVICH	3:14:20
M60 DOUGLAS DIX	3:38:47
FRANCESCO CRINITI	3:52:44
NEWTON BAKER	3:55:04
JIM SYRACUSE	3:56:43
GEORGE GRAEBER	4:00:23
M70+BOB DOLPHIN	4:39:04
MILTON TAYLOR	4:42:33
BRYAN PARKES	4:44:38
PETER PANTELIS	5:18:20
AL CHAMEIDES	5:36:33
W40 CAROLYN FINCH	3:27:08
DENISE PANTASON	3:30:48
KATHY HEPNER	3:31:25
MARYKAY GODIKSEN	3:36:19
JEAN LEE	3:37:44
W50 M PENDERGAST	3:30:45
FILLIS FRIEDMAN	3:33:58
LINDA WYNN	3:58:29
SHARON MENDES	4:15:49
BARBARA TRAZINO	4:16:43
W60 MERLE HINES	4:33:26

Mayor's Cup XC at Franklin
Park, Boston, MA; Oct. 24

Men's 8K	
Mark Carroll 32	23:53
M40 Michael Payson	25:11
John Noland	26:18
Tony Darocha	26:48
Bob Collins	27:06
Sam Davis	27:19
M45 Randy Sightler	26:38
Mark Reeder	26:55
Steven Ballou	27:24
John Lachance	27:40
M50 John Borbour	26:40
Women's 5K	
Atelech Ketema 23	16:47
W40 Barbara Gubbins	19:01
Melanie Hine	21:55
W45 Brenda Egrzi	18:56
Liane Pamcoast	21:45
W50 Sue Maslowski	21:24

USATF-NJ 8K XC
Championships, Deer Path
Park, Readington; Oct. 31

Overall	
Michael Mykytok 33	25:38
Jodie D'Ariano 34	32:17
M40 Brian Cowley	28:21

Marty Doherty	28:50
Doug Fitzhenry	28:50
Daniel Feder	28:54
Rodrigo Caceres	28:57
Mike Kohlbrenner	27:56
Chuck Shields	28:01
Michael Scythes	28:29
Ringo Adamson	28:51
Oliver Knowlton	29:15
Bill Scholl	31:15
Bill Trengove	32:10
Richard Henderson	32:36
Bill Bosmann	33:08
Kirk Pierret	33:43
M55 Roger Price	29:19
Richard Myers	31:11
Bruce Langenkamp	31:31
Rolando Castro	32:47
Jorge Rivera	32:54
M60 Bill Hagman	33:02
John Nowatowski	36:25
Vincent Madison	36:27
John Kuhi	37:36
M65 John Leonard	36:19
James Leitz	37:24
Dick Hill	37:46
M70 Wm Richardson	44:59
Joe LaBruno	50:18
Ray Reddick	78:09
M75 Bill O'Brien	78:24
W40 Madelyn NoeSchlent	32:30
Jennifer Allen	35:32
Pamela Fales	37:00
Myrna Rosal	37:17
Kathy Higgins	39:22
W45 Janice Morra	33:24
Mary Foley	39:54
Trink Poynter	42:24
Rene Rovtar	42:35
Wendi Glasswman	42:46
W50 Jane Parks	36:39
Lorraine McPhillips	38:02
Jan Farnung Krause	39:15
Kuniko Hurley	39:27
W55 Betty Shonts	39:27
Andrea Vibbert	61:46
W60 Anna Thornhill	37:28
Eileen Holzman	44:05
Pat O'Hanlon	44:05
W65 Imme Dyson	41:54
Dorothy Little	43:00
Doris Hafeman	55:58
W70 Diane Stone	69:20

Poland Spring Marathon
Kickoff 8K
Central Park, NYC; Oct. 31

Overall	
Art Gunther 33	25:17
Julia Stamps 25	29:34
M40 Conor O'Driscoll	27:02
M45 Mickey Beidy	30:48
M50 Julian Alvarez	30:05
M55 Alston Brown	33:40
M60 John Samsel	33:43
M65 Witold Bialokur	34:28
M70 William Gutman	43:05
M75 William Fortune	41:22
M80 Sab Koide	51:10
M90 Abraham Weintraub	1:45:00
W40 Z Wiciorowska	30:26
W45 Mary Evans	31:26
W50 Gail Kislevitz	36:49
W55 Roslyn Schloss	38:23
W60 Carol Johnston	38:17
W65 Zofia Turosz	41:30
W70 Ginette Bedard	40:57
W75 Joan Rowland	58:25
W80 Edith Farias	1:15:30

Cape Cod Marathon
Falmouth, MA; Oct. 31

Overall	
Aleksey Khokhlov 23	2:25:36
Elvira Kolpakova 32	2:52:32
M40 Chris Spinney	2:38:56
Mark Reeder	2:38:59
Tom Doody	2:39:25
M50 Bruce Bond	3:03:38
Paul Warren	3:06:23
Jerry Learned	3:06:38
M60 Jim Daley	3:20:38
Arthur Roberts	3:22:58
Milton Schumacher	3:27:44
M70 Julian Siegel	5:19:43
Anthony Cellucci	6:45:00
W40 Mary-Lynn Currier	2:58:42
Delwyn Williamson	3:04:33
Maureen Burns	3:06:16
W50 Diane Dexter	4:12:36
Karen Lobdell	4:15:11
Mary Zupanc	4:18:14
W60 Rosemary Rusin	4:34:45
Judith Koob	6:05:47
Judith Watkins	6:31:22
W70 Jeanette Cyr	5:10:24

ING New York City
Marathon, NYC; Nov. 7

Overall	
Hendrik Ramaala 32 (RSA)	2:09:27
Paula Radcliffe 30 (GBR)	2:23:10
M40 Angelo Carosi	2:19:53
Philippe Remond	2:23:32
Peder Trolborg	2:26:36
Joseph McVeigh	2:28:42
Aniello Samo	2:32:51

Felipe Vergara	2:35:42
Michael Fitch	2:37:15
Nicholas Galasso	2:27:20
Vincenzo Romano	2:37:53
Bruno Stanga	2:38:15
M45 Philippe Chatelard	2:33:41
Dominique Chauvelier	2:35:08
Alan Ruben	2:37:40
Budd Coates	2:43:59
Jean-C Alessandra	2:48:56
Masashi Hosie	2:49:27
Rudy Alanador	2:50:24
Michel Caumel	2:50:50
Robert Cox	2:51:07
Michel Menan	2:52:26
M50 Peter Camenzind	2:40:37
Maurice Ferchichi	2:47:03
Alain Lanoe	2:50:52
Bertrand Fraczkievicz	2:51:58
Tini De Laat	2:53:55
Giuseppe Albanese	2:55:20
Henk Van Velzen	2:55:30
M55 Charles McDougall	2:50:09
Ragnar Mjelstad	2:53:37
Sverre Aksland	2:56:55
Ennio Baldassarre	3:02:07
Alan Miller	3:03:49
William Willmitt	3:03:54
Alan Oman	3:09:50
M60 Joachim Bechtle	2:54:15
Guy Moreau	3:07:03
Maurice Mourou	3:18:27
Arsenio Gomez	3:19:06
Innocente Bruno	3:24:10
Jean-Bernard Andre	3:25:31
M65 Francesco Madotto	3:22:48
Ben Ahmed	3:23:33
M70 Bruno Baggia	3:40:47
M75 Kenneth Karcher	4:41:51
M80 John David Cahill	5:05:30
W40 Rosa Munerotto	2:47:00
Olena Plastinina	2:50:26
Dorian Meyer	2:53:59
Monique Maddy	2:58:32
Yukiko Nishide	3:02:50
Wendy Locke	3:03:10
Corinna Cortes	3:08:17
Martha Perkins	3:09:14
Judy Stein	3:10:10
Anne Britt	3:11:36
W45 Janice Flynn	3:05:05
Carol Baker	3:09:14
Beth Moras	3:12:54
Brenda Wilson	3:13:02
Marie Wickham	3:13:48
Talya Nevo-Hacohen	3:15:32
Margaret Coffey	3:18:07
Maria Marion Braun	3:18:52
Meredith Mills	3:19:09
Arsenia Brito	3:20:26
W50 Candace Schiffer	2:56:07
Rossalia Zanoner	3:09:23
Chihiro Yamauchi	3:12:39
Alyn Park	3:24:56
Regine Lipp Scherzer	3:28:05
Barbara Byrne	3:30:44
M55 M. Francoise Decoray	3:08:45
Ann Davies	3:29:27
Melissa Kennedy	3:35:36
Elisabeth Firschl	4:07:24
Barbara Ashe	4:07:37
Diane Burnett	4:08:02
W60 Susan Lambert	3:42:46
Inge Springer	3:50:10
W65 Trudi Hofmann	4:21:00
Marilyn Clark	4:36:19
W70 Ginette Bedard	3:57:11
W75 Anne Lotz	5:24:09

SOUTHEAST
Evergreen Pumpkin Run
10M, Jacksonville, FL
Oct. 31

Overall	
Paul Mcrae 31	51:50
Ramiliya Burangulova 40	55:41
M35 David Vigh	1:02:08
M40 John Metzgar	55:19
Sean McCormack	56:26
Rick Snyder	1:05:36
M45 Alan Sheppard	1:01:30
Anthony Truitt	1:03:59
Bill Dunn	1:08:05
M50 Larry Sassa	1:05:23
Paul Geiger	1:08:30
Patrick McKeefery	1:10:02
M55 Page Ramezani	1:03:40
Bruce Holmes	1:07:01
Steve Williams	1:20:44
M60 Frank Frazier	1:16:18
Matt Ross	1:17:17
Harvey Wamock	1:19:12
M65 K-G Nystrom	1:35:56
Larry Penrod	1:36:04
M70 John Aimone	1:42:16
Al Saffer	2:02:11
M75 Robert Moffit	1:43:54
Joe Conrad	1:52:46
George Coombes	2:12:47

W35 Tatiana Titova	59:43
W40 Firaya Zhdanov	55:50
Valentina Egorova	58:16
Lisa Vail	1:03:02
W45 Elisabeth Diamond	1:12:00
Melody Sallette	1:14:30
Susan Briers	1:15:34
W50 Paulette Butler	1:15:23
Claudia French	1:27:41
Betsy Kuhl	1:28:13
W55 Kwan Supapan-Mccall	1:25:47
Maria McNary	1:34:38</

--Half-Marathon--

Overall

Patrick Lencioni M35	74:11
Angela Plamondon W35	85:51
M40 Larry Kanaby	85:08
Scott Fiske	85:38
Neil Keller	87:23
Dale Ernst	93:57
M45 Dave Furey	78:13
Daniel Staley	91:06
Donald Hlavaty	91:22
Wm Schuurman	92:56
John Stuart	93:02
M50 Gary Rizzo	84:00
James Deren	91:47
Darryl Stanbrough	93:05
M55 Tim Flues	89:51
Tim Laporte	91:57
Allan Taverner	94:06
M60 Doug Goodhue	87:13
Frank Bay	94:41
Richard Welsch	1:43:35
M65 Harry Tellman	96:55
Richard Litzler	1:50:13
M70 Ray William	2:09:13
Doug Greene	2:23:32
M75+Fred Hagen	2:06:30
Wm Hayes	2:12:14
Ed Allen	2:20:08
W40 Julie Winter	94:00
Tammy Royston	95:49
Maureen Pluger	98:39
W45 Deb Deren	93:31
Cathy Dean	94:06
Robin Sarris	95:05
W50 Janice Spodarek	93:50
Liz Campbell	1:43:54
Nancy Yvanuskas	1:54:15
W55 Patti Cardwell	1:57:43
Noreen Camilleri	2:00:11
Barbara Farrah	2:00:36
W60 Mary Roche	2:15:28
Mary Waterstone	2:18:14
W65 Armande Pieschke	2:28:02
Cathy Armstrong	2:39:43
W70 Marilyn Schlaefler	2:29:45
--5K--	
Overall	
Kael Stratton M35	17:31
Heather Kamps W20	19:38
M40 Donald Zimmer	18:54
M45 Duane Stewart	19:44
M50 Ben Bondren	18:23
M55 Bill Beach	23:13
M60 Bill Roney	23:18
M65 Jerry White	20:14
M70+George Gaines	28:28
W40 Mary Franklin	22:37
W45 Cathy Pierfelice	24:38
W50 Jean Roeder	24:10
W55 Carol Johnston	22:07
W60 Judie Gulley	26:38
W65 Dorothy Bay	47:27
W70 Carol Bauer	53:02
W75+Elizabeth Wark	43:40

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
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 Purnington	1:44:56
Stu Clem	1:56:19
Leonard Coequyt	1:56:36
Bruce Mortenson	1:58:45
Don Dornfeld	2:08:25
M65 Darrell Christensen	2:10:28
Rich Trochman	2:11:21
Pat Brown	2:22:06
Mort Weisberg	2:41:18
Ronald Walter	3:23:25
M70 Greg Prom	2:13:09
Ralph D Wilson	2:27:52
Pat Leighton	3:04:37
W35 Deb Gormley	1:41:44
W40 Laurie Hanscom	1:47:10
Kim Karioja	2:04:59
Jill Sonnesyn	2:08:58
Margaret Sheridan	2:10:06
Anne Ackerman	2:10:18

W45 Sherry Case	1:54:52
Kelly Rogers	1:59:51
Andriette Wickstrom	2:00:04
Carolyn Fletcher	2:07:01
Kris Ensrud	2:07:36
W50 Suzanne Ray	1:52:55
Susan Parks	2:14:22
Mary Kaping	2:16:28
Patti Vitek	2:19:27
Patricia Donahue Oakes	2:19:51
W55 Francine LePage	2:11:58
Sara Cherne	2:16:31
Penny Kalar	2:17:39
Mary Hiatt	2:19:18
Jacqueline Long	2:40:43
W65 Dorothy Marden	3:00:32

www.raceberryjam.com/cityoflakes.html

SOUTHWEST

Tulsa Run 15K
Tulsa, OK; Oct. 30

Overall

Tommy Manning 28	48:58
Fride Vullum 28	54:45
M35 Adam Cohen	51:56
M40 Ron Parks	51:11
Tom Lam	54:27
Robert Gallant	55:56
Sam Orban	58:47
Mitchell Godi	58:47
M45 Pete Orban	52:10
Mark Dolph	55:57
Ron Wall	56:40
Mark Myles	57:39
Jeff Lindsay	57:45
M50 Mike Kelly	53:43
Tony Hahn	56:50
Malcolm McCollam	57:33
John Stukey	57:43
Douglas Vaughn	59:05
M55 Richard Davidson	1:02:09
Rick Brower	1:02:10
Gary Madison	1:03:55
Larry Clenney	1:04:01
Ron King	1:04:31
M60 Buell Johnston	58:49
Charles Mabry	1:02:06
Stephen R. Shaffer	1:04:23
Bobby Bomer	1:07:58
Ray Lattanzia	1:11:36
M65 Gerald Glass	1:07:28
Andy Hogan	1:08:35
Bill Blackburn	1:09:15
Jim McFadden	1:11:00
Kent Frates	1:19:39
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 Schlanker	1:19:06
Sheri Williams	1:20:44
W60 Amos Harjo	1:16:52
Judy Bomer	1:18:52
Mary McClure	1:21:45
W65 Mona Keffer	1:27:53
Kathy Moffitt	1:32:11
Eva Welch	1:38:23
W70 Faity Walkwitz	1:27:49
Cynthia Bloodgood	1:40:48
Helen Beckham	1:48:41
W75 Wanda Lemons	2:14:59
W80 Ruth Morrison	2:16:46
Maryellen Brundle	2:31:54

www.tulsarun.com

WEST

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

Overall

Christopher Gustafson 24	2:54:11
Ashley Carroll 21	3:07:09

M35 A Vaz Waddington	3:04:02
M40 James Barstad	3:14:49
Gregory Shooter	3:20:35
Wagner Bernd	3:24:34
M45 Bobby Carpenter	3:13:22
Bruce Barsi	3:29:39
Peter Hollenback	3:29:32
M50 Rae Clark	3:09:26
Stephen Casey	3:22:54
William Dumonthier	3:32:02
M55 Ernest Takahashi	3:23:25
Mark Friedman	3:30:20
Craig Newport	3:40:15
M60 Ken Gaal	3:49:56
Bill Knierim	4:19:57
John Vanneman	4:21:32
M65 Ron Kobrine	3:44:24
Gote Ivarsson	3:50:57
Philo Short	4:13:55
M70 Roger Fong	4:26:08
W35 Kirsten Schneider	3:20:55
W40 Maria Benech	3:58:39
Janice Fujii	4:02:01
Linda McFadden	4:14:25
W45 Terri Wilson	4:06:02
Susan Calderon	4:13:54
Kathryn Bozzini	4:15:43
W50 Kathy Welch	3:50:41
Loretta Featherston	4:26:14
Diana Weissman	4:57:47
W55 Stephanie Kallam	6:18:08
W60 Barbara Elia	4:07:29
Half-Marathon	
Overall	
Mark Murray 41	1:20:57
Kathleen Aragon 45	1:26:58
M35 Michael Harrison	1:24:07
M40 Mark Murray	1:20:57
John Blue	1:22:02
Stephen Thomas	1:25:09
M45 Ed Casey	1:27:25
Robert Giannone	1:31:59
Brad Lay	1:33:52
M50 Mark Sutherland	1:27:41
Bob Fredenburg	1:28:03
Sargon Nona	1:32:48
M55 Glenn Bailey	1:37:11
David Smith	1:43:40
Johan Brouns	1:43:22
M60 Al Murillo	1:44:00
Jim Fischer	1:48:55
Dan Furtado	1:50:34
M65 Clark Herzog	1:53:11
Lewis Fong	2:05:48
Fred Fahlen	2:06:20
M70 David Greene	2:05:13
MacK Martine	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
Kendall 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 - Marathon #1

Overall	
Christopher Warren	3:07:15
Deborah Hamberlin	3:45:49
M35 Matt McGowan	3:28:10
M40 Colin Solomon	3:14:02
Tony Phillippi	3:22:02
John Martin	3:29:50
Garland Hughes	3:44:47
Phil Perrone	4:34:38
M45 Tony Gialanella	3:52:08
Steven Yee	4:04:52
Keenan Folis	4:22:17
Fidel Martinez	4:25:35
Hugo Mujica	4:34:38
M50 Stephen Cain	4:26:05
Larry Mangum	4:45:51
Peter Bennink	4:53:05
Jerry Gentry	5:19:52
M55 Drew Jackson	4:01:06
Tom Detore	4:10:59
Jerry Edwards	4:46:40

Paul Piplani	4:59:57
Bob Keefe	5:00:41
M60 Milos Kostic	3:55:50
Stephen Lynch	4:23:49
Tom Adair	5:16:13
Ted Braggans	6:14:27
Michael Brandt	6:28:23
M65 Will Wright	4:14:46
K-G Nystrom	5:24:07
Ron Vertrees	5:24:07
Cliff Burgess	5:30:33
Donald Withers	5:48:40
W35 Bobbie Howard	4:22:24
W40 Jennifer Taylor	4:01:46
Liz Heath	5:21:59
Kendel Melin	5:48:22
Christine Magnin	6:38:43
W45 Marlee Meshbesh	4:34:58
Barb Klinner	4:44:37
Brigitte Fleeman	4:54:04
Jean Cordalis	4:57:07
Roxanne Slater	5:41:40
W50 Mary Jo Johnson	4:39:48
Barbara Franzen	5:18:06
W55 Janet Bodle	4:39:48
Gailmarie Berquist	5:35:05
Cathy Troisi	6:16:04
W70+Helen Klein	6:06:44

Oct. 8 - Marathon #2

Overall

Christopher Warren	3:07:52
Deborah Hamberlin	3:33:21
M35 John Horngin	3:32:08
M40 Colin Solomon	3:21:31
Tony Phillippi	3:24:36
John Martin	3:30:43
Garland Hughes	3:55:48
Phil Perrone	4:15:36
M45 Tony Gialanella	3:48:33
Steven Yee	3:50:44
Keenan Folis	4:09:27
Bruce Anderson	4:19:33
David Suhr	4:19:35
M50 Stephen Cain	4:18:31
Peter Bennink	4:42:24
Larry Mangum	4:46:54
Jerry Gentry	5:45:14
M55 Tom Detore	3:47:20
Drew Jackson	4:01:29
Jerry Edwards	4:50:44
Paul Piplani	4:55:21
Bob Keefe	4:58:37
M60 Milos Kostic	3:58:44
Stephen Lynch	5:02:54
Tom Adair	5:34:14
Ted Braggans	5:44:32
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 Meshbesh	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

Gailmarie Berquist	4:40:54
Cathy Troisi	5:43:43
W70+Helen Klein	5:54:26

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 Mamie Harden	4:04:13
Philomena Chandra	4:14:10
Linda Kedney	4:35:26
Carol Moses	4:39:31
Janine Jacinto	4:40:46
W55 Christi Heine	4:19:47
Lesley Tuggle	4:36:31
Sharlene Anderson	4:43:14
Janet Bodle	4:47:29
Sheri Cannon	4:51:38
W60 Heather Yeowell	5:13:10

Alice Neideffer	6:35:18
W80+Helen Klein	6:08:57
M35 Juan Sanchez	2:57:08
M40 Mark Murray	3:14:03
Rolf Marzi	3:17:33
Phillip Stern	3:25:14
Jan Tore Nygard	3:26:08
Colin Solomon	3:28:01
M45 Bill Hine	3:27:03
Dave McClure	3:30:44
Rodrigo Santos	3:38:19
Tom Eckert	3:40:06
Tony Gialanella	3:48:49
Mark Stern	3:49:40
M50 Leland Netterlund	3:35:02
Peter Stanger	3:43:13
Rick Strobaugh	3:58:28
Terrence Naves	4:04:15
George Hernandez	4:13:14
M55 Tom Detore	3:52:57
Michael Heine	3:54:06
Imants Celtnieks	4:01:57
Brando Furtado	4:15:42
Todd Zimmerman	4:17:19
M60 Richard Hillestad	3:29:35
Milos Kostic	4:02:50
Carlo Sassi	4:25:04
C David Wahlgren	4:28:35
Peter Torre	4:46:17
M65 Will Wright	4:42:34
Robert Chaffee	4:57:13
K-G Nystrom	5:02:51
Art Walker	5:06:48
Cliff Burgess	5:12:09
M70 Don James	4:34:23

Triplers

Overall

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

www.nikemarathon.com

Santa Clarita Marathon & Half-Marathon Santa Clarita, CA; Nov. 7

Overall	
Rigoberto Vega 48	2:44:56
Lisa 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
David Louks	3:03:38
W50 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 Gordon Watson	3:47:31
Michael Pang	4:09:00
Philo Short	4:10:43
Mark Lee	5:05:36
Paul Weber	5:21:57
M70+ Walter Brackelmanns	6:16:35
W35 Elisa Johnson	3:40:40
Rachelle Valdez	3:45:16
W40 Laura Salman	3:46:37
Yolanda Suarez	4:02:12
Sue Davis	4:04:25
Yeon Lee	4:08:02
W45 Blyth Matsuoaka	3:53:25
Catherine Gonzales	3:58:33
Arlene Lewis	4:07:02
Maria Rios	4:08:42
Esther White	4:15:46
W50 Debra Frank	4:20:23
Linda Burrows	4:31:17
Young-Sook Kwon	4:38:28
Darcel Pertusati	5:13:17
Marlene Henry	5:34:07
W55 Chu Shin	4:00:25
Yung Park	4:08:52
Sue Fauerbach	4:37:21

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

Overall

David Giangrande 32	1:14:32
Amy Shertzer 26	1:24:19
M35 Christian Morgeson	1:20:56
M40 Angel Soto	1:19:48
Mark Shalvarjian	1:20:31
Ken Farley	1:23:24
Greg Garman	1:24:58
Carl Fout	1:26:57
M45 Gary Cohen	1:21:22
Antonio Arevalo	1:25:52
Javier Tapia	1:27:01
Willie Foster Jr	1:27:25
Jim Morehart	1:28:39
M50 Herbie Yee	1:24:21
S Sengphrachanh	1:29:59
William Fischer Jr	1:31:59
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
Douglas Woodsmall	1:42:27
M60 Jesus Guerrero	1:34:40
Marcos Vazquel	1:38:57
Charles McTaggart	1:40:10
Ralph Montanez	1:48:35
Alfonso Rodriguez	1:50:54
M65 Claude Bruni	2:00:01
Alvin Marcy	2:15:07
Antonio Luisoni	2:37:27
Fred Butler	2:40:46
Joe Edwards	2:44:53
M70+ Mike Mckane	2:15:41
Barry Truex	2:17:09
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
Melody Higginbotham	1:47:36
Georgina Olvera	1:48:19
W45 Mary Button	1:32:40
Wyn Mullinax	1:40:30
Berit Velasquez	1:41:15
Cheryl Zwarkowski	1:43:37
Karen Martin	1:46:09
W50 Peggy Enriquez	1:43:00
Cecilia Ramos	1:49:43
Marie Edstrom	1:51:23
Kelley Schranz	1:56:26
Colleen Carlton	1:56:34
W55 Lynn McTaggart	1:47:18
Marleny Hernandez	1:50:35
Becky Parker	1:58:49
Zenaida Tan	2:09:17
Bonnie Wright	2:11:34
W60 Okkyung Campbell	2:15:31

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

St. George Marathon St. George, UT; Oct. 2

Overall	
MICHAEL KIRK 34	2:23:37
BRENDA GRAHAM-GRAY 42	2:44:55
M35 KEN PLISKA	2:24:50
CHARLES W WALLACE	2:27:00
JEFFREY S BREGGIO	2:38:04
SCOTT PETERSON	2:38:14
RONALD GREENWOOD	2:38:38
M40 CAMERON A SMITH	2:36:21
REMY OREL	2:41:49
SCOTT NELSON	2:41:54
TODD B FLITTON	2:43:19
KENNETH MAUGHAN	2:45:57
M45 DONALD HENDERSON	2:36:06
RICHARD J BISHOP	2:37:21
KEN YOUNGERS	2:40:54
JOE C PETERSON	2:46:51
ROSS C DECKER	2:48:51
M50 JOHN B ERICKSON	2:47:10
MICHAEL SIDMAN	2:47:49
SAM NORMAN	2:50:10
PATRICK LOSS	2:53:01
VAL D BARNES	2:57:20
M55 ALAN STEWART	2:58:37
TERRY HARRIS	2:58:58
ANDY SCHNEBLY	3:00:23
CURTIS FLOWE	3:02:50
ROBERT HUOTARI	3:08:57
M60 RON PETERSON	3:13:15
REX R CARTER	3:26:23
ROBERT BOGAR	3:27:21
JOEL KIRK	3:28:34
LANCE WUTHRICH	3:35:39
M65 CARLOS VALLE	3:14:58
BUD DERBIDGE	3:17:35
DICK KIRKWOOD	3:23:22
JOHN PIUS	3:27:17
JUAN SOBENES	3:41:49
M70 J GARN MCBRIDE	3:29:29
DON S SMITH	4:08:29
ROSS STEPHENS	4:18:24
DICK TRUMAN	4:22:44
EDWARD SALKIN	4:24:06
M75 HARRIE HESS	4:10:29
THOMAS GREGORY	4:27:25
EMMETT PARKER	4:41:13
MAS YOSHIMURA	5:00:16
M80+ JOHN D CAHILL	4:12:10
FRED N SCHMIDT	5:27:45
BILL COLLINGS	7:03:28
W35 SUZY SCHUMACHER	2:45:16
MAKIKO SOMIYA	2:47:10
ANJEE CHYNOWETH	2:57:03
W40 BRENDA GRAHAM-GRAY	2:44:55
KAREN C CROSS	2:58:01
TRACY MALONE	2:58:56
SUZI BATES	2:59:05
SUE KELLY	3:01:36
W45 MARY ANN PROTZ	2:59:37
CHRISTA KOOT	3:06:35
JULIE GODDERIDGE	3:08:55
FRANNIE TENNANT	3:12:51
MARY SNIPES	3:17:52

W50 JANET LABUC	3:04:08
LIZ MAIRI SPONAGLE	3:11:06
PAULA MAY	3:25:50
GAYE HOGGE	3:36:04
DIANE TRACY	3:36:12
W55 JEANIE GROVES	3:24:49
LYNDA LAMBERT	3:28:51
C SOUTHWICK	3:35:23
DEE CHADWICK	3:37:11
SHER CHAPLINE	3:56:18
W60 PENNY TYREE	4:10:01
M CHATTERTON	4:16:16
JESSIE QUINTANA	4:22:46
KATHY JOAN RYAN	4:24:29
MARYANN BARROSO	4:26:31
W65 SHIRLEY N BLUSH	3:40:48
IRENE GAYHEART	4:34:22
ELFRIEDE DALTON	5:10:00
VERA VAN-WILSON	5:58:50
JEAN SARNO	6:01:35
W70+JUDITH BULLOUGH	4:46:45
YUKIE MOCHIDA	4:59:07

www.stgeorgemarathon.com

McDonald Forest 15K XC Corvallis, OR; Oct. 31

Overall	
Marcial Soto M50	61:41
Jessica Carmona	71:20
M40 Brian Bay	68:17
Tracy Dutton	69:10
Craig Ware	69:33
M45 Jim Gallagher	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	79:33
M60 Eb Englemann	75:43
Joel Kregal	79:56
W40 Phyllis Dean	73:46
Camilla Fortune	76:52
Trisha Kluge	77:03
W45 Jane Cleavage	75:43
Deb McCarty	77:37
Barb Engleson	79:04
W50 Ann Devine	79:56
Cynthia Ratzman	81:35
Bonnie Kenney	82:59
W55 Jeanette Groesz	83:40
Becky Garrett	89:48
W60 Joanne DeMay	1:46:53
Carol Carnley	1:51:51
W65 Wanda Jeppsen	2:13:17
W70 Suzy MacLeod	1:39:08

CANADA

Ontario Masters 5K XC Championships 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

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	31:04
W65 Wendi Hanger	30:37

INTERNATIONAL

New Zealand XC Championships (M8K/W6K) 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

Overall	
Gary Warner 50	30:44
Carol Bertini 20	32:11
M30 Jake Novales	49:11
W30 Sarah Gunnell	36:32
W35 Francine Avellaneda	33:01
M40 Kevin Romero	42:22
W40 Brandye Smith	36:59
M45 Raymond Billig	32:12
W45 Kathleen Franczak	38:40
M50 Gary Warner	30:44
W50 Carol Bertino	32:11
M55 William Hood	55:46
W55 Joan Frieden	35:24
M60 Alan Ede	30:50
W60 Coralie Pappas	36:21
M65 Albert Ho	42:49
W65 Shirley Capps	35:20
M70 Carlos Acosta	32:11
W70 Patti Kennedy	40:53

ATHLETES WHO ENTER A NEW DIVISION

THIS MONTH - DECEMBER 2004

ATHLETE NAME (RESIDENCE)	BIRTH DATE	AGE GROUP
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)	12-18- 9	95+
KAMIL BILEK(CZE)	12-25- 9	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)	12- 7-19	85-89
MILTON SILVERSTEIN(CAN-TUCSON,AZ)	12- 8-19	85-89
TAD DOBBS(PENSACOLA,FL)	12-11-19	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
LUTHER BURDELLE(PHILADELPHIA,PA)	12- 7-24	80-84
HOWARD POWERS(CA)	12-11-24	80-84
TED RADEMAKER(FRESNO,CA)	12-19-24	80-84
R. CLARKE(AUS)	12-22-24	80-84
ROBERT BIANCALANA(MILL VALLEY,CA)	12-26-24	80-84
BILL COYNE(AUS)	12-27-24	80-84
SPOTSWOOD HALL(RICHMOND,VA)	12-28-24	80-84
JOHN C. BROWN(GLADSTONE,MO)	12- 4-29	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)	12-10-34	70-74
CAHIT YETER(BRONX,NY)	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)	12-29-44	60-64
LANCE PIERCE(WEST HILLS,CA)	01-05-45	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)	12- 7-29	75-79
MERRY VAN SANT(CA)	12-25-29	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
LINDA DOUGLAS(ROSENBERG,TX)	12-10-44	60-64
FORDIE MADEIRA(SHERBORN,MA)	12-10-44	60-64
DONNA SETTLES(MARIETTA,GA)	12-16-49	55-59
NINA EHMER(ORLANDO,FL)	12-31-49	55-59
KIMBERLY HARRELL(KINGSPORT,TN)	12- 5-59	45-49
BARBARA GUBBINS(SOUTHAMPTON,NY)	12-29-59	45-49
BARBARA DICKSON(ANCHORAGE,AK)	12-30-59	45-49
HILDEGARD KEUCHEL(GER)	12-24-14	90-94
VERNA LE ROSSIGNOL(AUS)	12- 9-19	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)	12-30-34	70-74
INGE PFEIFFER(GER)	12-11-39	65-69
JOEY C BAKKES(RSA)	12-16-39	65-69
JUTTA HAASE(GER)	12-21-39	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)	12-22-44	60-64
HESTER DU PLESSIS(RSA)	12- 4-49	55-59
DIANA UNDEUTSCH(AUT)	12- 7-49	55-59
AKIKO OHINATA(JPN)	12-14-49	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)	12- 4-64	40-44
HEIKE DRECHSLER(GER)	12-16-64	40-44

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

Last Name _____ Male _____ Female _____
 First Name _____ Date of Birth _____
 Address _____ Age (as of 3/11/05) _____
 City _____ Club/Affiliation/Unattached _____
 State _____ Zip _____ Citizenship (if not USA) _____
 Country (if not USA) _____ 2005 USATF Number _____
 Telephone _____ (USATF number is required)
 E-mail address _____

Event	Best Recent Performance	Fee
Pentathlon (does not count as first event)		(\$35)
1. _____		(\$35)
2. _____		(\$18)
3. _____		(\$15)
4. _____		(\$15)
5. _____		(\$15)
6. _____		(\$15)

Late Fee for entries received after February 23, 2005 is \$50. _____ (\$50)
 No entries accepted (received) after March 1, 2005. _____

*Masters Committee Surcharge (see note below): _____ \$5.00

T-shirt Order (pre-event only) Total number of T-shirts _____ @ \$15 each: _____
 _____ S _____ M _____ L _____ XL _____ XXL

Friend of the National Masters Championships Contribution: _____

Saturday Night "Taste of Idaho" Dinner, number of guests _____ x \$20 per person: _____

TOTAL AMOUNT ENCLOSED: \$ _____

*The National Masters Track & Field Committee requires the Committee Surcharge. All such funds are forwarded to the Committee 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)
 3000 Meters Finals W/M

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 Finals W 30+, M 50+

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
 Superweight Finals W/M
 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