



























100 Jerry Wojcik
Corey Swim set an M30 meet record of 6-8 in the Hayward
Classic, Eugene, Ore., June 9-10.

1-02
7x-f July



125m
 Jerry Wojcik
Sweden winning the W65 80H (16.11)
 Asta Larsson, W65 80H winner (16.11), 13th WAVA
 Championships, Gateshead, Great Britain.

INTERNATIONAL



w#3
July
2-col

1 1604

Masters hurdlers who were featured in a TV commercial
filmed in Miami for a Dutch vitamin and supplement
manufacturer (l to r): Jim Stookey, M70, Courtland Gray,
M55, Karl Smith, M40, and Lowell Bonifield, M65. *with PRJ166*



RW
July

↑ 130

↑ Jerry Wojcik

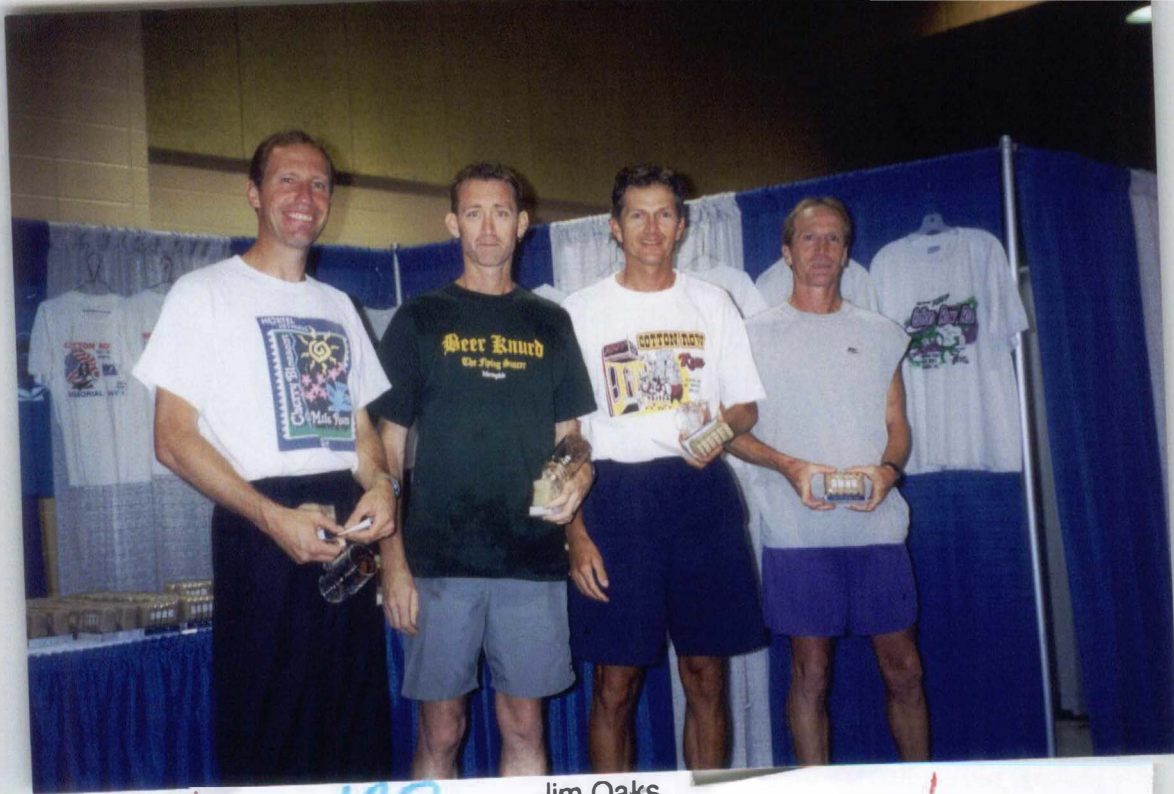
1-ae

Rob Frank, M45 winner 5000 racewalk winner (25:59.76),
Hayward Classic, Eugene, Ore., June 9-10.



Mike Polansky

Bill Benson (c), 81, with running buddies (l to r) Jack Dwyer, Sam Zinn, Tom Trunkes, and Odd Sangesland, still going strong with a combined age of 350 years, after a talk at a recent Greater Long Island Running Club meeting. Benson reminisced about his running career that goes back to the 1930s at Ohio U. and his return 30 years later at age 60.



Jim Oaks

Four of the five masters in the WZYP Cotton Row 10K,
Huntsville, Ala., (l to r): John Tuttle, second; Tom Redding,
third; Terry Daniel, fourth; and Ervin Reid, fifth.

w#36
with
story

2-Cal
July



1
w#43

July
with
article

90

Jerry Wojcik

2-Cl

Dan McCormack, 62, and Marie-Louise Michelsohn, 59, shared first-place honors with each at 88.4% in the National Masters News Age-Graded Mile, Hayward Classic, Eugene, Ore., June 9-10. Ruth Obadal (I), president of the Oregon TC Masters, who provided the trophies, and Suzy Hess, of the National Masters News, made the presentation at the athletes' reception Saturday evening.

Allah delivers knockout punch!



1102
W#11

SFA quickly established a new world record in the masters division 4x400m relay. An astounding 7 second margin of victory was established at the sound of the starting gun. Sal Allah started the world record assault immediately. The national 500 meter champion surrounded the field as well as the 17,000 spectators with a breathtaking 17.9 opening leg. Allah will with incredible authority give his team an immediate lead.

By Frank Schmitt

Saturday 4/28/01 saw Track & Field history unfold at the prestigious Penn Relay.

Sprint Force America established a new world record in the masters division 4x400m relay. An astounding 7 second margin of victory was established at the sound of the starting gun. Sal Allah started the world record assault immediately. The national 500 meter champion surrounded the field as well as the 17,000 spectators with a breathtaking 17.9 opening leg. Allah will with incredible authority give his team an immediate lead.

Angela: See Scott, for this photo, at Foothill

<http://www.sprintforceamerica.com/news.htm>

By the time the relay was over, the knowledgeable track and field fans at Penn knew when they are seeing something special. Morning secured a perfect stick pass to team captain Ed Gonera. Gonera, the 1997 world masters champion at 1000 meters, took full advantage of his comfortable lead given and opened up even more ground between SFA and the rest of the field.

Waiting for the final pass was the pride and joy of SFA, Dr. Ray Blackwell, the American indoor record holder at 400 meters as well as the indoor National Champion the last five years. With an incredible lead, Ray relaxed and pushed with every ounce of strength he had. The 17,000 fans, sounding as one, and now standing, watched this incredible athletic perform to perfection. As Ray came down the final straightaway, all eyes were watching the clock. The Voice of Track & Field, let us all know that the record was about to go down. Ray broke the finish line in 3:30.83 as a wall of sound enveloped the stadium.

The world record was broken!

The teammates, some in tears, ran up to Ray and the celebrations really began. In my five years at Penn I have seen two victory laps. They just don't allow that at Penn. The officials gathered around SFA and insisted that they take a well-earned victory lap! As my teammates rounded the field in victory, 17,000 fans cheering.

I realized the incredible feat my teammates had accomplished. They run not only for SFA, not only for masters track & field, they run for all of us, track and field athletes. They ran to show all of us that no limits are final, and that through hard work and perseverance all things are possible. I will never forget that day as I stood on the infield and watched track & field history unfold. It should be noted that within a 13 month period, relay teams from SFA established a world masters record in the indoor 4x400m relay, as well as an American and world record in the 4x200m relay.

2001 INDOOR NATIONALS

WITH JULY
5K CHAMPIONSHIPS
w/42 STORY



e-mailed to FH

150%

Victor Sailer/PhotoRun

Knisely

Mary Knisely, 42, Naperville, ~~IL~~, powers
to a ^{new} 16:27 ~~runner-up~~ ^{second} place ~~win~~
at Freihofe's Run for Women 5K, Albany, N.Y.,
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w#43

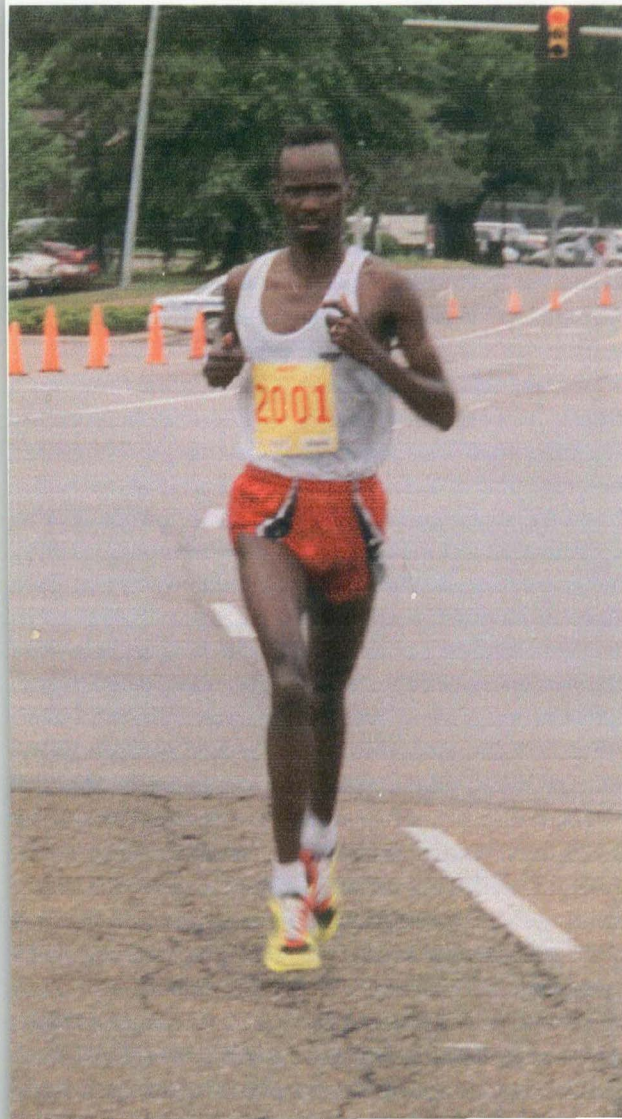
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Jerry Wojcik

Joe Dudman (I), M35 winner (16:22.88), and Marcial Soto, M45 winner (16:40.46), in the 5000, Hayward Classic, Eugene, Ore., June 9-10.

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BY INTERNET





























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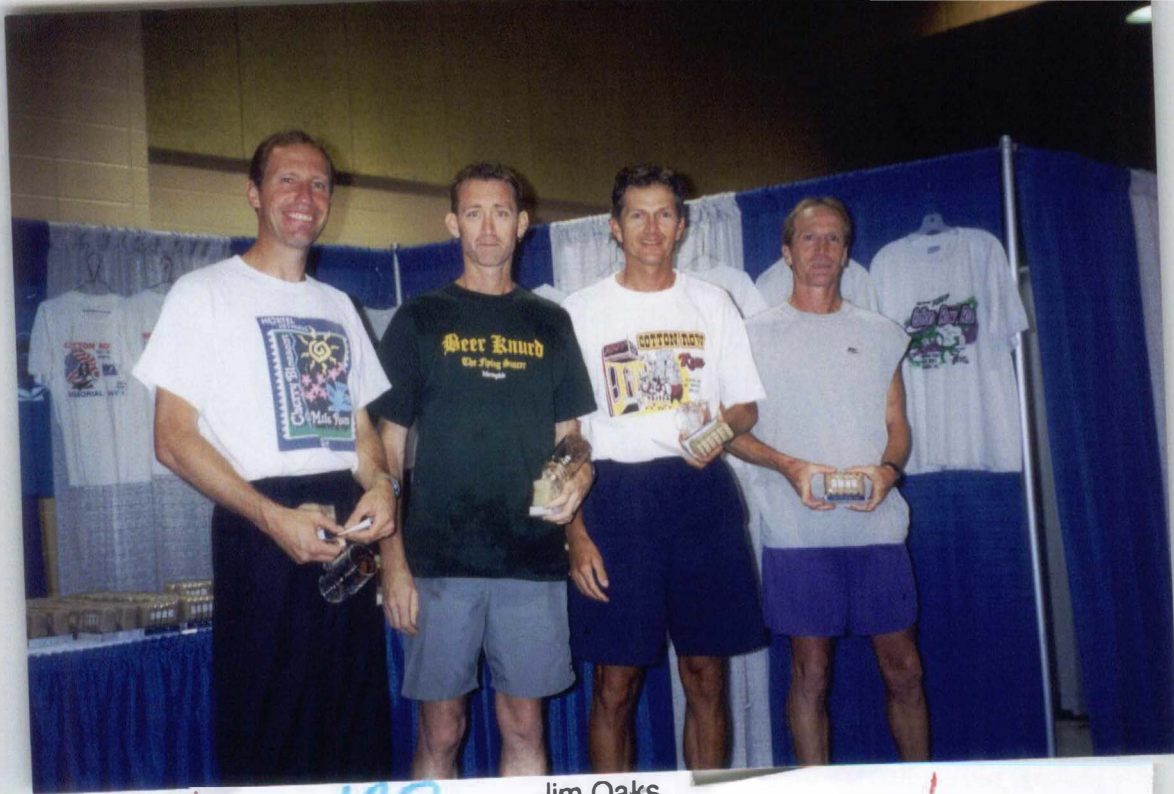
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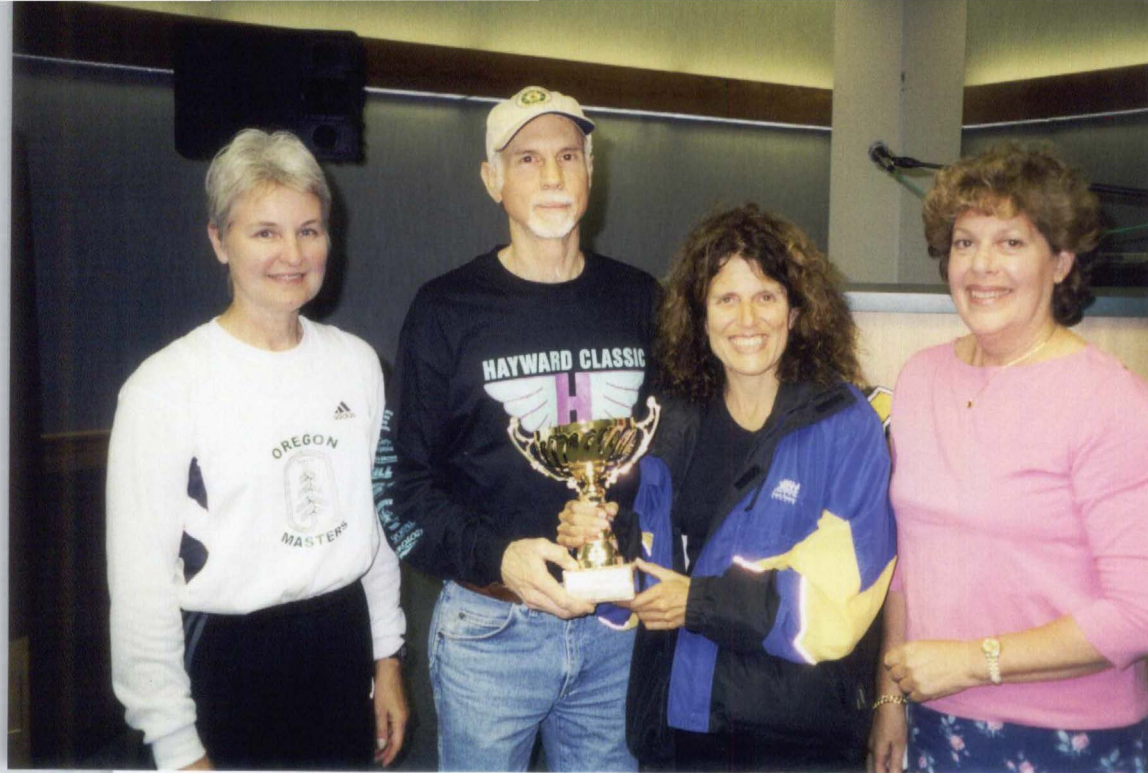


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Allah delivers knockout punch!



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W#11

SFA quickly became a team members: Kevin Morning, Sal Allah and Dr. Ray Blackwell!

By Frank Schmitt

from left:
Ed Gonera, Kevin Morning, Sal Allah and
Dr. Ray Blackwell

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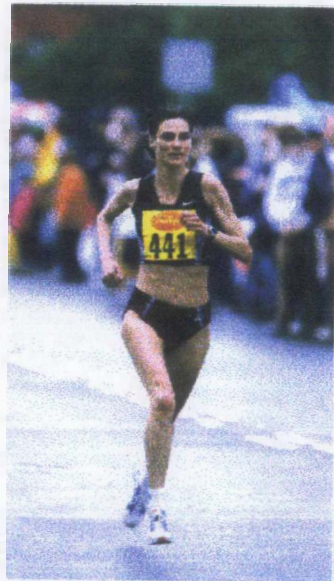
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BY INTERNET

JULY

FRONT PAGE

e-mailed to FH


w# 42



1859

Victor Sailer/Photorun.

St Hilaire

Judi St. Hilaire, 41, ~~Somerset, MA~~ ~~MA~~ ~~MA~~ 
en route to a 16:18 Masters National
Championships ^{win} at Freihofer's Run for Women, 5K
Albany, N.Y., June 2.