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

Asta Larsson, W65 801 winner (15.11), 13th WAVA
Championships, Gateshead, Great Britain.
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.
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.
Four of the five masters in the WZYP Cotton Row 10K, Hunstville, Ala., (l to r): John Tuttle, second; Tom Redding, third; Terry Daniel, fourth; and Ervin Reid, fifth.
Jerry Wojcik

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 (l), 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!

Welcome to SFA news

6/15/01 11:13 AM

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

Page 1 of 4
July 5K Championships Story

Victor Sailer/PhotoRun

Mary Knisely, 42, Naperville, Ill., powers to a 16:27 runner-up 2nd place finish at Freihofer's Run for Women 5K, Albany, N.Y., June 2, setting a new single-age record.
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.
Judy St. Hilaire, 41, Somerset, MA,

en route to a 16:18 Masters National Championship win at Freihofer's Run for Women 5K
Albany, N.Y., June 2.
Jerry Wojcik
Corey Swim set an M30 meet record of 6-8 in the Hayward Classic, Eugene, Ore., June 9-10.
Asta Larsson, W65 800m winner (15.11), 13th WAVA Championships, Gateshead, Great Britain.
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.
Jerry Wojcik
Rob Frank, M45 winner 5000 racewalk winner (25:59.76), Hayward Classic, Eugene, Ore., June 9-10.
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.
Four of the five masters in the WZYP Cotton Row 10K, Huntsville, Ala., (1 to r): John Tuttle, second; Tom Redding, third; Terry Daniel, fourth; and Ervin Reid, fifth.
Jerry Wojcik

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 (l), 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!

By Frank Socher

Saturday, April 28, 2001

Sprint Force America established a new world record in the 4x400m relay race. An astounding 1:54.84 was recorded, breaking the previous world record of 1:55.44 set in 1999.

By Frank Socher

Sprint Force America established a new world record in the 4x400m relay race. An astounding 1:54.84 was recorded, breaking the previous world record of 1:55.44 set in 1999.

By Frank Socher

Sprint Force America established a new world record in the 4x400m relay race. An astounding 1:54.84 was recorded, breaking the previous world record of 1:55.44 set in 1999.

By Frank Socher

Sprint Force America established a new world record in the 4x400m relay race. An astounding 1:54.84 was recorded, breaking the previous world record of 1:55.44 set in 1999.

By Frank Socher

Sprint Force America established a new world record in the 4x400m relay race. An astounding 1:54.84 was recorded, breaking the previous world record of 1:55.44 set in 1999.

By Frank Socher

Sprint Force America established a new world record in the 4x400m relay race. An astounding 1:54.84 was recorded, breaking the previous world record of 1:55.44 set in 1999.

By Frank Socher

Sprint Force America established a new world record in the 4x400m relay race. An astounding 1:54.84 was recorded, breaking the previous world record of 1:55.44 set in 1999.

By Frank Socher

Sprint Force America established a new world record in the 4x400m relay race. An astounding 1:54.84 was recorded, breaking the previous world record of 1:55.44 set in 1999.

By Frank Socher

Sprint Force America established a new world record in the 4x400m relay race. An astounding 1:54.84 was recorded, breaking the previous world record of 1:55.44 set in 1999.

By Frank Socher

Sprint Force America established a new world record in the 4x400m relay race. An astounding 1:54.84 was recorded, breaking the previous world record of 1:55.44 set in 1999.

By Frank Socher

Sprint Force America established a new world record in the 4x400m relay race. An astounding 1:54.84 was recorded, breaking the previous world record of 1:55.44 set in 1999.

By Frank Socher

Sprint Force America established a new world record in the 4x400m relay race. An astounding 1:54.84 was recorded, breaking the previous world record of 1:55.44 set in 1999.

By Frank Socher

Sprint Force America established a new world record in the 4x400m relay race. An astounding 1:54.84 was recorded, breaking the previous world record of 1:55.44 set in 1999.

By Frank Socher

Sprint Force America established a new world record in the 4x400m relay race. An astounding 1:54.84 was recorded, breaking the previous world record of 1:55.44 set in 1999.

By Frank Socher

Sprint Force America established a new world record in the 4x400m relay race. An astounding 1:54.84 was recorded, breaking the previous world record of 1:55.44 set in 1999.

By Frank Socher

Sprint Force America established a new world record in the 4x400m relay race. An astounding 1:54.84 was recorded, breaking the previous world record of 1:55.44 set in 1999.

By Frank Socher

Sprint Force America established a new world record in the 4x400m relay race. An astounding 1:54.84 was recorded, breaking the previous world record of 1:55.44 set in 1999.
WITH JULY 5K CHAMPIONSHIPS STORY

Victor Sailer/Photorun

Mary Knisely, 42, Naperville, IL, powers to a 16:27 finish as runner-up 2nd place at Freihofer's Run for Women 5K, Albany, N.Y., U.S., June 2, setting a new single-age record.
Jerry Wojcik
Joe Dudman (l), M35 winner (16:22.88), and Marcial Soto,
M45 winner (16:40.46), in the 5000, Hayward Classic,
Eugene, Ore., June 9-10.
1859  Victor Sailer/Photorun.

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