Jerry Wojcik
Marek Glowacki, fourth M60 in the shot put (13.42), 16th WMA World Championships, Spain.
Jerry Wojcik
Alberto Medina, USA, sixth M45 in the 20K racewalk (1:51:46), 16th WMA World Championships, Spain.
Joy Upshaw
Margenun
Boston Invite Indoor
Captions to follow
Sarah Krakoff, 41, first woman in the USA Masters 8K XC Championships, New York City.
Victor Sailer/Photo Run
Pat Fuller, 40, winner of the USA Masters 8K XC Championships, New York City.
Sarah Krakoff, 41, first woman overall (31:27), leads Barbara Gubbins, 46, third (31:40), and Kathy Martin, 54, second (31:35), USA Masters 8K XC Championships, New York City, Feb. 18.
Top three M75 in the USA Masters XC Championships, New York City, Feb. 18 (l to r): William Smyth, second, Kenneth Jones, first (43:47), and Richard Sullivan, third.
Karen Huff-Pawlik
Jeff Watry (l), first M50 (4942 points), USA Masters Indoor Heptathlon Championships, Kenosha, Wisc., with guest competitors, Ty Lewis (c), 57, England, and John Hawkins, 56, Canada.
Dear Suzy Hess,

Mike Tymn wanted me to send you some pictures for the April issue. You’ll find several taken by my daughter Erin Ferris. I wish the quality was better but we had to get these out. I’m exited about the column coming out but more excited with my daughter getting credit for the picture. Thanks for all the hard work on National Masters News.

Sincerely

James Ferris
Patricia Berg
Steeplechasers in the 2005 USA Masters Championships, Honolulu, take to dip in the water jump, hoping to start a new tradition at future championships. The 2006 Championships are scheduled for Aug. 3-6 in Charlotte, N.C.
Thom Weddle
Marcy Ratkovich

Bruce Frey (l) was honored as the 2005 Western Pennsylvania TC Athlete of the Year for his M50 win in the 800 with an age-graded 88.5% 2:12.91, 2005 National Senior Games. Pittsburgh, Pa. Club president Jim McCarthy made the presentation.
Karen Huff-Pawlik
All four women competitors, USA Masters Indoor Heptathlon Championships, Kenosha, Wisc., (l to r): Liz Johnson, first W45; Christel Donley, first W70; Phil Raschker, first W55; and Kay Glynn, first W50.
Karen Huff-Pawlik
Fred Hirsimaki, second M80 (4719 points), and Bill Daprano, first M75 (2814), USA Masters Indoor Heptathlon Championships, Kenosha, Wisc.
Bob Anderson (to go with Hal Higdon article)
Victor Sailer/Photo Run
David O'Keeffe, M45 winner (26:35), USA Masters 8K XC Championships, New York City, Feb. 18.
Verne Carlson, first M70 (39:25), USA Masters 8K XC Championships, New York City, Feb. 18.

Bill Olrich, 61, Lexington, Ky., first M60-69 (17:29), Run By The River 5K, Clarksville, Tenn., Sept. 6.
Mary Snyder, of Idaho, finished the 5000 racewalk in 29:05.40, USATF National Masters Championships, San Jose, Calif., Aug. 7-10.

Rob Frank, 44, Banks, Ore., M40 winner (25:56.8), 5000 racewalk, USATF Northwest Regional Masters Championships, Seattle.
SUZY HESS
Bob Osterhoudt, U.S., M50 weight pentathlete.
Ruth Callard #407, 43, Seattle, Grant Lamothe, 53, British Columbia, and Rich Walton #469, 45, Portland, Ore., in the 400H, USATF Northwest Regional Masters Championships, Seattle. Walton ran a 69.6, Lamothe, 71.5, and Callard, 71.6.
Norm Bower, who succumbed to cancer at age 49 in September.
John Brennand, M60, holds the Ray Williams Memorial Trophy for the best 5000 time (19:21.8) by an M60+ runner, awarded at the Club West Meet, Santa Barbara, Oct. 5, and presented by Mrs. Mary Cheadle, widow of Vernon Cheadle, long-time UC-Santa Barbara Chancellor and masters athlete. Holding the perpetual trophy, which Brennand also received, is former Club West president and now USATF Santa Barbara area Commissioner Lloyd Albright.
Max Popper, his race number equaling his age, after running a 14:26 in the Fifth Avenue Mile, Manhattan, Sept. 27.
Age-group winners in the 400, 1997 Essex County Track Festival, New Jersey, (l to r): Francis Schiro, M40, Charles Christman, M55, and Joseph LaBruno, M65.
Members of the USA 4x100 relay team, first at the Canadian Masters Championships, Toronto, Ontario, August 16-17, (l to r): Les Hale, Smokey Santillo, Zbigniew (Zeek) Zlobicki, and Chris Best.
Richard Rzehak (l), Germany, M65 weight pentathlon winner (4910), and Len Olson, USA, second (4550), 12th WAVA Championships, Durban, South Africa.
Entrants from the USA in the second heat of the M60 5000, 12th WAVA Championships, Durban, South Africa (l to r): Derek Mahaffey, Bob Langenbach, and Malcolm Gillis.
Members of the Fast in The Past Masters Team, which won the Open Women's Division of the 1997 Napa To Santa Cruz Relay (197+ miles) in 26:39:40, Sept. 19-20, front row, I to r: Julie Howe, Janet Ogle, Nancy Ogle, Carol Cumiaie, Deb Melnikoff, Lynne Denley, and Patty Murray; back row, I to r: Debbie Dill, Amy Haberman, Ki Bowman, and van drivers Tom Shanle and Chris Foster.
Jimmy Sumner, 51, finished his leg in 5:49 for the M50+ team (11:08:12), St. Joseph Hospital 100x1 Mile Relay, Houston, Aug. 24.
The Syracuse Chargers M70-79 team of (from left) Howard MacMillan, 71; Russ More, 75; Nate White, 78; and Ed Buckley, 75; established a pending world and U.S. record of 18:33.3 for the distance medley relay (800-400-1200-1600), Syracuse University, N.Y. On the same day, More had his first hole-in-one on the golf course.
BEVERLEY LEWIS
Jerry Wojcik, Senior Editor, and Suzy Hess, Office Manager, at the National Masters News booth, USATF National Masters Championships, San Jose, Calif., Aug. 7-10.
Chris Vorgas, of Oregon, first in the M30 steeplechase (9:37.48), USATF National Masters Championships, San Jose, Calif., Aug. 7-10.
Pauline Thomas, 47, with a U.S. single age record, 31-0, 20-lb. weight.
Craig Shumaker, M45 Shot putter.

Kathy Gelhausen, W35, Hayward Masters Classic, Eugene, Ore.
Leon Joslin, 84, broke two U.S. age records, USATF National Masters Weight Throws Championships, Seattle, Wash., Aug. 16.
Members of the Fast In The Past Masters Team, which won the Open Women’s Division of the 1997 Napa To Santa Cruz Relay (197+ miles) in 26:39:40, Sept. 19-20, front row, l to r: Julie Howe, Janet Ogle, Nancy Ogle, Carol Cuminale, Deb Melnikoff, Lynne Denley, and Patty Murray; back row, l to r: Debbie Dill, Amy Haberman, Ki Bowman, and van drivers Tom Shanle and Chris Foster.

Photo from Nancy Ogle
Kathy Gelhausen, W35, 1996 Hayward Masters Classic, Eugene, Ore. Photo by Jerry Wojcik
Pauline Thomas, 47, with throw of 31-0, single age record, 31-0.


Photo by Suzy Hess
Rob Frank, 44, Banks, Ore., M40, winner (25:56.8), 5000 racewalk, USATF Northwest Regional Masters Championships, Seattle, July 19-29.

Photo by Jerry Wojcik
Mary Snyder, of Idaho, finished the 5000 racewalk in 29:05.40, USATF National Masters Championships, San Jose, Calif., Aug. 7-10.

Photo by Jerry Wojcik
John Brennand, M60, holds the Ray Williams Memorial Trophy for the best 5000 time (19:21.8) by a M60+ runner, awarded at the Club West Meet, Santa Barbara, Oct. 5, and presented by Mrs. Mary Cheadle, widow of Vernon Cheadle, long-time UC-Santa Barbara Chancellor and masters athlete. Holding the perpetual trophy, which Brennand also received, is former Club West president and now USATF Santa Barbara area Commissioner Lloyd Albright.

Photo by Beverley Lewis

Photo by Suzy Hess
Max Jopper, his race number equaling his age, after running a 14:26 in the Fifth Avenue Mile, Manhattan, Sept. 27.

Photo by Al Puma

Photo by Jerry Wojcik
Joan Ottaway, 53, Sonora, Calif., Grandmasters (W50+)
Division winner (18:31), Run By The River, Clarksville,
Tenn., Sept. 6.

Photo from Jo Huber
Bill Olrich, 61, Lexington, Ky., first M60-69 (17:29), Run By The River 5K, Clarksville, Tenn., Sept. 6.

Photo from Jo Huber

Photo by Suzy Hess
Entrants from the USA in the second heat of the M60+ 5000, 12th WAVA Championships, Durban, South Africa (l to r): Derek Mahaffey, Bob Langenbach, and Malcolm Gillis.

Photo by Carole Langenbach
David Washburn, 41, finishes the last leg (4:33) for the M40-49 team, St. Joseph Hospital 100x1 Mile Relay, Houston, Aug. 24.

Photo by Jerry Smith
Members of the USA 4 x 100 relay team, first at the Canadian Masters Championships, Toronto, Ontario, August 16-17, (l to r): Les Hale, Smokey Santillo, Zbigniew (Zeek) Zlobicki, and Chris Best.

Photo by Mary Hale
Claudia Piepenburg, 48, Arlington, Va., first W40+ (42:04),
1997 Mother’s Day 10K, Washington, D.C.
Photo by George Banker
The Syracuse Chargers M70-79 team of (from left) Howard MacMillan, 71; Russ More, 75; Nate White, 78; and Ed Buckley, 75; established a pending world and U.S. record of 18:33.3 for the distance medley relay (800-400-1200-1600), Syracuse University, N.Y., July 25. On the same day, More had his first hole-in-one on the golf course.

Photo by Evelyn White
172, first M70-74 (48:49), Vietnam Memorial 10K, Washington, D.C.

Photo by George Banker
Stege Scott leads Miguel Tibaduiza in the National Masters 10k Cross-country run.

Photo by Ed Lock
Start of the WAVA World Veterans 10K Road Championships, Brugge, Belgium, June 29. Winner Jeff Eycmans of Belgium (1010) takes the early lead.

Photo by Steve Smythe
First W60-64, Charlotte Edwards, 61, McLean, Va.,

Photo by George Banker
Ohio's Rex Harvey, was voted the top masters multi-event athlete of the year at the USATF convention in San Francisco.

Photo by Suzy Hess

Photo: Victah © Photo Run-1996 ©
Manuel White, 80, sets one of his two U.S. age records, USATF National Masters Weight Throws Championships, Seattle, Wash., Aug. 31. Photo by Jerry Wojcik
Bob Sager, 48, deposits the 200-lb. weight, as Tim Edwards, 48, studies his technique, Ultra Weight Classic, Seattle, Wash., Aug. 31.
Rich Murray, Ipswich, Mass., was second M50 in the USATF New England Gran Prix with top three finishes in events ranging from 5K to 30K, and won the bronze (17:040 in the 1996...
Oregon's Myra Fromme, 92, was named best women's track athlete of the year in the women's 90-94 division. Photo by Suzy Hess
Typical view of downtown Durban, South Africa.
Sprinters in the M50-54 100 get good starts in the South Western District Championships, Oudtshoorn, South Africa, Oct. 26. Kobus Louw (1) was fourth (13.8), and Edgar Figland, second (13.2).

Photo by Leo Benning
California's Bobby Thomas was named the outstanding 400 track athlete of the year by USA Track & Field.

Photo by Jerry Wojcik

He won gold medals in the three sprints at the 1996 Nationals in Spokane with age-graded performances in the 93+% range.
Medalists in the Huntington Beach Distance 5 Mile, Huntington Beach, Calif., Aug. 31, from left: Orianna Cavallaro (33:38), Debby Jamieson (47, 33:24), and Ya Yoi Liu (39, 31:28). Photo from Debby Jamieson

Bill Olrich, 61, Lexington, Ky., first M60-69 (17:29), Run By The River 5K, Clarksville, Tenn., Sept. 6.
Mary Snyder, of Idaho, finished the 5000 race-walk in 29:05.40, USATF National Masters Championships, San Jose, Calif., Aug. 7-10.

Rob Frank, 44, Banks, Ore., M40 winner (25:56.8), 5000 racewalk, USATF Northwest Regional Masters Championships, Seattle.
SUZY HESS

Bob Osterhoudt, U.S., M50 weight pentathlete.
Ruth Callard #407, 43, Seattle, Grant Lamote, 53, British Columbia, and Rich Walton #469, 45, Portland, Ore., in the 400H, USATF Northwest Regional Masters Championships, Seattle. Walton ran a 69.6, Lamote, 71.5, and Callard, 71.6.
Norm Bower, who succumbed to cancer at age 49 in September.
John Brennand, M60, holds the Ray Williams Memorial Trophy for the best 5000 time (19:21.8) by an M60+ runner, awarded at the Club West Meet, Santa Barbara, Oct. 5, and presented by Mrs. Mary Cheadle, widow of Vernon Cheadle, long-time UC-Santa Barbara Chancellor and masters athlete. Holding the perpetual trophy, which Brennand also received, is former Club West president and now USATF Santa Barbara area Commissioner Lloyd Albright.
Max Popper, his race number equaling his age, after running a 14:26 in the Fifth Avenue Mile, Manhattan, Sept. 27.
Age-group winners in the 400, 1997 Essex County Track Festival, New Jersey, (l to r): Francis Schiro, M40, Charles Christman, M55, and Joseph LaBruno, M65.
Members of the USA 4x100 relay team, first at the Canadian Masters Championships, Toronto, Ontario, August 16-17, (l to r): Les Hale, Smokey Santillo, Zbigniew (Zeek) Zlobicki, and Chris Best.
Richard Rzehak (l), Germany, M65 weight pentathlon winner (4910), and Len Olson, USA, second (4550), 12th WAVA Championships, Durban, South Africa.
Entrants from the USA in the second heat of the M60 5000, 12th WAVA Championships, Durban, South Africa (I to r): Derek Mahaffey, Bob Langenbach, and Malcolm Gillis.
Members of the Fast in The Past Masters Team, which won the Open Women's Division of the 1997 Napa To Santa Cruz Relay (197+ miles) in 26:39:40, Sept. 19-20, front row, l to r: Julie Howe, Janet Ogle, Nancy Ogle, Carol Cuminale, Deb Melnikoff, Lynne Denley, and Patty Murray; back row, l to r: Debbie Dill, Amy Haberman, Ki Bowman, and van drivers Tom Shanle and Chris Foster.
Jimmy Sumner, 51, finished his leg in 5:49 for the M50+ team (11:08:12), St. Joseph Hospital 100x1 Mile Relay, Houston, Aug. 24.
The Syracuse Chargers M70-79 team of (from left) Howard MacMillan, 71; Russ More, 75; Nate White, 78; and Ed Buckley, 75; established a pending world and U.S. record of 18:33.3 for the distance medley relay (800-400-1200-1600), Syracuse University, N.Y. On the same day, More had his first hole-in-one on the golf course.
BEVERLEY LEWIS

Jerry Wojcik, Senior Editor, and Suzy Hess, Office Manager, at the *National Masters News* booth, USATF National Masters Championships, San Jose, Calif., Aug. 7-10.
Chris Vorgas, of Oregon, first in the M30 steeplechase (9:37.46), USATF National Masters Championships, San Jose, Calif., Aug. 7-10.
Pauline Thomas, 47, with a U.S. single age record, 31-0, 20-lb. weight.
Craig Shumaker, M45 Shot putter.

Kathy Gelhausen, W35, Hayward Masters Classic, Eugene, Ore.
Leon Joslin, 84, broke two U.S. age records, USATF National Masters Weight Throws Championships, Seattle, Wash., Aug. 16.
Members of the Fast In The Past Masters Team, which won the Open Women’s Division of the 1997 Napa To Santa Cruz Relay (197+ miles) in 26:39:40, Sept. 19-20, front row, I to r: Julie Howe, Janet Ogle, Nancy Ogle, Carol Cuminale, Deb Melnikoff, Lynne Denley, and Patty Murray; back row, I to r: Debbie Dill, Amy Haberman, Ki Bowman, and van drivers Tom Shanle and Chris Foster.

Photo from Nancy Ogle
Kathy Gelhausen, W35, 1996 Hayward Masters Classic, Eugene, Ore. Photo by Jerry Wojcik
Pauline Thomas, 47, with throw of 31-0, single age record, 31-0, 20-lb. weight, USATF National Weight and Superweight Championships, Seattle, Aug 31.

Photo by Suzy Hess
Rob Frank, 44, Banks, Ore. M40, winner (25:56.8), 5000 racewalk, USATF Northwest Regional Masters Championships, Seattle, July 19-29.

Photo by Jerry Wojcik
Mary Snyder, of Idaho, finished the 5000 racewalk in 29:05.40, USATF National Masters Championships, San Jose, Calif., Aug. 7-10.

Photo by Jerry Wojcik
John Brennand, M60, holds the Ray Williams Memorial Trophy for the best 5000 time (19:21.8) by a M60+ runner, awarded at the Club West Meet, Santa Barbara, Oct. 5, and presented by Mrs. Mary Cheadle, widow of Vernon Cheadle, longtime UC-Santa Barbara Chancellor and masters athlete. Holding the perpetual trophy, which Brennand also received, is former Club West president and now USATF Santa Barbara area Commissioner Lloyd Albright.

Photo by Beverley Lewis
Max Jopper, his race number equaling his age, after running a 14:26 in the Fifth Avenue Mile, Manhattan, Sept. 27.

Photo by Al Puma
Ruth Callard #407, 43, Seattle, Grant Lamothe, 53, British Columbia, and Rich Walton #469, 45, Portland, Ore., in the 400H, USATF Northwest Regional Masters Championships, Seattle, July 19-20. Walton ran a 69.6, Lamothe, 71.5, and Callard, 71.6. Photo by Jerry Wojcik
Joan Ottaway, 53, Sonora, Calif., Grandmasters (W50+)
Division winner (18:31), Run By The River, Clarksville, Tenn., Sept. 6.
Photo from Jo Huber
Bill Olrich, 61, Lexington, Ky., first M60-69 (17:29), Run By The River 5K, Clarksville, Tenn., Sept. 6.
Photo from Jo Huber

Photo by Suzy Hess
Entrants from the USA in the second heat of the M60 5000, 12th WAVA Championships, Durban, South Africa (l to r): Derek Mahaffey, Bob Langenbach, and Malcolm Gillis.

Photo by Carole Langenbach
David Washburn, 41, finishes the last leg (4:33) for the M40-49 team, St. Joseph Hospital 100x1 Mile Relay, Houston, Aug. 24.

Photo by Jerry Smith
Members of the USA 4 x 100 relay team, first at the Canadian Masters Championships, Toronto, Ontario, August 16-17, (l to r): Les Hale, Smokey Santillo, Zbigniew (Zeek) Zlobicki, and Chris Best.

Photo by Mary Hale
Claudia Piepenburg, 48, Arlington, Va., first W40+ (42:04),
1997 Mother's Day 10K, Washington, D.C.
Photo by George Banker
The Syracuse Chargers M70-79 team of (from left) Howard MacMillan, 71; Russ More, 75; Nate White, 78; and Ed Buckley, 75; established a pending world and U.S. record of 18:33.3 for the distance medley relay (800-400-1200-1600), Syracuse University, N.Y., July 25. On the same day, More had his first hole-in-one on the golf course.

Photo by Evelyn White
172, first M70-74 (48:49), Vietnam Memorial 10K, Washington, D.C.

Photo by George Banker
Stege Scott leads Miguel Tibaduiza in the National Masters Cross-country run.

Photo by Ed Lock
Start of the WAVA World Veterans 10K Road Championships, Brugge, Belgium, June 29. Winner Jeff Eycmans of Belgium (1010) takes the early lead.

Photo by Steve Smythe

Photo by George Banker
Ohio's Rex Harvey, 50, was voted the top masters multi-event athlete of the year at the USATF convention in San Francisco.

Photo by Suzy Hess
MEXICO'S
MARTIN MONDRAGON, 42, WON HIS THIRD STRAIGHT
MASTERS TITLE WITH A 16TH OVERALL 1:49:51 IN THE
20TH ANNUAL CRIM 10-MILE IN FLINT, MICH., AUG. 24.
Manuel White, 80, sets one of his two U.S. age records, USATF National Masters Weight Throws Championships, Seattle, Wash., Aug. 31. Photo by Jerry Wojcik
Bob Sager, 48, deposits the 200-lb. weight, as Tim Edwards, 48, studies his technique, Ultra Weight Classic, Seattle, Wash., Aug. 31. Photo by Jerry Wojcik
Rich Murray, Ipswich, Mass., was second M50 in the USATF New England Gran Prix with top three finishes in events ranging from 5K to 30K, and won the bronze (17:040 in the 1996 European Championships in Finland.
Oregon's Myra Fromme, 92, was named best women's track athlete of the year in the women's 90-94 division. Photo by Suzy Hess
Typical view of downtown Durban, South Africa.
Sprinters in the M50-54 100 get good starts in the South Western District Championships, Oudtshoorn, South Africa, Oct. 26. Kobus Louw (l) was fourth (13.8), and Edgar Figland, second (13.2). Photo by Leo Benning
California's Bobby Thomas was named the outstanding H60 track athlete of the year by USA Track & Field.

He won gold medals in the three sprints at the 1996 Nationals in Spokane with age-graded performances in the 93+% range.

Photo by Jerry Wojcik
Medalists in the Huntington Beach Distance 5 Mile, Huntington Beach, Calif., Aug. 31, from left: Orianna Cavallaro (33:38), Debby Jamieson (47, 33:24), and Ya Yoi Liu (39, 31:28).

Photo from Debby Jamieson