Mel Friedel (l), 75, and Matthew Lebenbau, 78, display their award plaques won in the Long Island Police Appreciation 5K, June 6.

Photo by Mike Polansky
First three in the W60+ race, Long Island State Parks 5 Mile, Jones Beach State Park, Monday evening, June 17, from left: Ruth Sturges, second, Alexandra Finger, first, and Sandy Cohen, third. They are members of the Plainview-Old Bethpage RRC.

Photo by Mike Polansky
Canada's Art Jaago, M70, releases the 25-lb. weight in the 1995 Weight & Superweight Championships. Watching is Manuel White, who recently entered the M80 age-group and is expected to compete in the 1996 championships in Seattle, Aug. 31.

Photo by Jerry Wojcik
Winning M50+ 4x100m relay team from the Boston RC, Penn Relays, April 26, (l to r): Bic Stevens, Joe Kopka, Roger Pierce, and Lincoln Russin.

Photo by Warren Graff
Ric Teller, M40, cleared 1.88 in the high jump, Key Bank Classic, Tacoma, Wash., Aug. 5.

Photo by Jerry Wojcik
Ross Carter, M80 thrower from Oregon, carried the U.S. flag into the arena at the opening ceremonies of the WAVA Games, is flanked fellow throwers Larry Stuart, M55, Joan Stratton, W40, and Janet Wilson, W40, (far right).

Photo by Suzy Hess
The Pacific Sun 10K on Memorial Day.
Holland finished in 40:02 - Mike Tonn photo.