

NATIONAL MASTERS NEWS

The official world and U.S. publication for Masters track & field, long distance running and race walking

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Conley Clears 7-Foot High Jump

by JERRY WOJCIK

If you were looking to the WAVA Championships in Durban or the Nationals in San Jose to produce the first masters high jumper to break the seven-foot barrier, you should have been focusing, instead, on the Empire State Games at Rensselaer Polytechnic Institute in Troy, N.Y.

There, on Aug. 2, Glen Conley, 40, of Newburgh, N.Y., described in press releases as "a relative unknown,"

accomplished what Dwight Stones, Jim Barrineau, and other masters jumpers of seven-foot potential have not yet achieved – the much-sought-after seven-foot high jump.

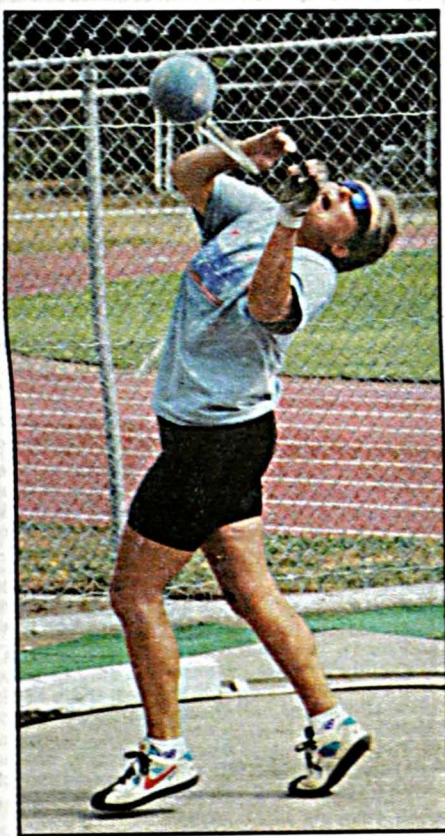
Competing in the open division, Conley, a physical education instructor and track coach at the U.S. Military Academy in West Point, cleared 2.15/7-3/8 on his second attempt. "It was awesome," said Conley later. "I

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Jeff Crothers, of Arizona, heaves the 98-lb. weight in the Ultra Weight Classic, following the National Masters Weight & Superweight Championships, Seattle.

Photo by Jerry Wojcik



Georgia Cutler, of Oregon, W50 double winner, releases the 25-lb. superweight, USATF National Masters Weight & Superweight Championships, Seattle.

Photo by Jerry Wojcik

U.S. Weight Meet Held in Seattle

by JERRY WOJCIK

After the WAVA Championships in Durban and the Nationals in San Jose, most masters on Aug. 16 were home resting or searching for a final meet. Not so for the 25 men and six women throwers who took part in the USATF National Masters Weight & Superweight Championships. They were tossing weights, superweights, and super-duper weights from 10:30 a.m. to 2:30 p.m. at West Seattle Stadium.

The turnout surpassed the 17 men and four women who showed up for

the 1996 Championships at the same venue and the total of 26 athletes who participated in 1995.

As in the past, the meet drew a nationally representative field. In addition to local athletes and those of neighboring states, entrants came from as far away as Florida, Georgia, Montana, Colorado, and Arizona, with two from Canada.

Stew Thomson, of California, won from a field of five in the M60 division, with a 17.57/57-7/8 for the 25-lb.

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Members of the Club Northwest, first M40-49 team, USATF National Masters 8K Cross-Country Championships, Pasco, Wash., Sept. 1, (l to r): Dave Flowers, Jim Mahar, Tom Cotner, Dennis Villeneuve, and Jack Prestrud.

Photo by Carole Langenbach

Metzmaker, Quinn Win U.S. 8K X-C

by JERRY WOJCIK

Pete Metzmaker, 44, and Sylvia Quinn, 60, raced to masters wins in the USATF National Masters 8K Cross-Country Championships in Pasco, Wash., on Sept. 1.

Running on a rolling, soft-surface, figure-8 course, Metzmaker finished in 27:46, over a half-minute ahead of Duston Ashley, 40, second in 28:23, and Dennis Villeneuve, 40, third in 28:30. Metzmaker is from Montana, where he wins overall in local races.

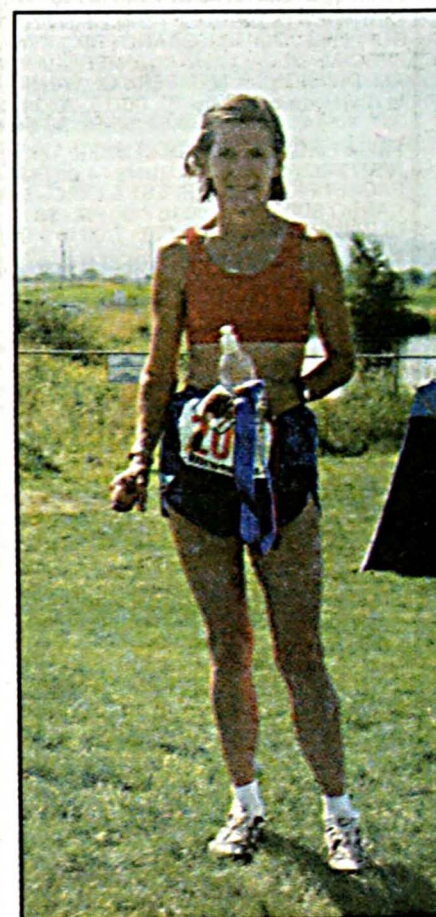
Quinn, perhaps the oldest woman to ever finish first in a masters long distance championships, took the women's race from a field of just eight entrants by three minutes with a 38:14. Debbie Greenman, 40, placed second in 41:19.

Tom Cotner, 45, won the four-entrant M45 race in 28:34. Alan Beck, 51, met the challenge of a larger 12-man M50 field to win in 29:55. Mike Donoghue, 55, one of three M55 runners won his race with a 32:52.

The M60 division, the largest with

15 contestants, went to Canadian Roger Davies, 62, with a 33:17. Bill

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Sylvia Quinn, 60, first overall woman (38:14), USATF National Masters 8K Cross-Country Championships.

Photo from Jim Peterson

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WZYP ROCKET CITY MARATHON**RUNNING JOURNAL GRAND PRIX XX (Double Points)****DATE:** SATURDAY, DECEMBER 13, 1997**TIME:** 8:00 AM START (Central Time)**LOCATION:** HUNTSVILLE, ALABAMA**START - FINISH - RACE HEADQUARTERS:**
HUNTSVILLE HILTON, 401 Williams Avenue, 205-533-1400**EVENT:** MARATHON (26 Mile, 385 Yard Foot Race)**COURSE CERTIFICATION:** USATF/RRCA AL94013JD**RACE SANCTION:** RRCA, USATF & USATFDCP**RACE INSTRUCTIONS:** Information in this form is only for entering the Marathon. Complete race instructions and other information will be contained in the MARATHON INFORMATION BOOK mailed in November to all entered before November 20, 1997.**ENTRY & FEE:** \$20 - POSTMARKED BEFORE 10/1/97
\$25 - BETWEEN 10/1/97 AND 11/1/97
\$30 - BETWEEN 11/1/97 AND 12/1/97
\$8 - CARBO SUPPER (Each Person)
\$15 - POST RACE BANQUET (Each Person)**REGISTRATION:** Enter only by mail on official entry form postmarked by 12/1/97. No race day registration. This form may be reproduced. Make check payable to the Huntsville Track Club (HTC). Entry fee is non-refundable. A USATF number (Card) is required to enter only if intend to compete for and accept the prize money. The HTC reserves the right to reject any entry and to offer special invitations. Limited to first 1500 entries. Entries not accepted will be returned. Five and one-half hour time limit.**TEAM INFORMATION/ENTRY:** If entering any of the six team divisions entry must be received prior to 11/15/97 with the team division entering checked on this form and an SASE enclosed to receive special team form for official team entry. No team fee is required, but team entry is not official until the team entry form has been submitted.**PACKET PICK UP:** ALL ENTRANTS MUST CHECK IN AT RACE HEADQUARTERS TO PICK UP RUNNER PACKET BETWEEN 5:00 PM & 9:00 PM FRIDAY, DECEMBER 12 OR 6:30 AM & 7:30 AM SATURDAY, DECEMBER 13**INFORMATION:** In November all pre-registered entrants will be mailed our 84 page MARATHON INFORMATION BOOK. It contains everything you need to know about the race, course and city; plus pictures and other information.**MAILING NOTE:** Send SASE if you desire special entry confirmation, otherwise confirmation is your canceled check and Information Book. Books are mailed third-class, non-profit organization and are not forwarded or returned. Address must be complete including ZIP Code and you must notify us if your address changes.**NOTICE:** Unregistered runners, unauthorized vehicles, bicycles, skateboards, rollerblades, strollers, baby joggers, and all other wheel devices, the wearing of headphones, and animals are strictly prohibited on the course.**AWARDS:** T-SHIRTS & BOOKS TO ALL ENTRANTS
KEYCHAIN MEDALLION & RACE CAP TO ALL FINISHERS
CERTIFICATES MAILED TO ALL FINISHERS
RUNNING JOURNAL GRAND PRIX XX AWARDS
SPECIAL MEDALLION AND MERCHANDISE TO FIRST 3 IN ALL DIVISIONS & MEMBERS OF WINNING TEAMS. 5 places in divisions noted by **. 00-19, 20-24, 25-29*, 30-34*, 35-39*, 40-44*, 45-49*, 50-54, 55-59, 60-64, 65-69, 70-99.**FRIDAY ACTIVITIES (DECEMBER 12):**
HISTORIC HSV GROUP RUNS - 4:00 PM - 4 MILES - FREE
PACKET PICK-UP, GABFEST & EXPO - 5:00 to 9:00 PM
CARBO SUPPER - 5:00 to 7:00 PM - \$8
CLINIC & GUEST SPEAKER - 7:00 to 9:00 PM - FREE**SATURDAY ACTIVITIES (DECEMBER 13):**
PACKET PICK-UP - 6:30 to 7:30 AM
EXPO - 6:30 AM to 2:30 PM - FREE
MARATHON START - 8:00 AM (Exactly)
POST RACE SNACK - 10:15 AM to 1:15 PM - FREE
ASK THE EXPERTS PANEL - 1:30 to 2:30 PM - FREE
AWARDS & CELEBRATION - 2:30 PM - FREE
POST RACE BANQUET - 5:30 PM - \$15 (Preregistration)**WZYP**For information write to the address
at the right on the Entry Form
or phone Malcolm Gillis, Director:
205-828-6207**YOUR "FAVORITE"
SOUTHEASTERN MARATHON***
AS VOTED BY THE READERS OF RUNNING JOURNAL**DECEMBER 13, 1997****"A Unique Running Experience"**Annually rated by RUNNER'S WORLD as one of
the TOP MARATHONS IN AMERICAIn 1995 and 1996, runners in the 14 states
covered by RUNNING JOURNAL magazine, voted
the ROCKET CITY MARATHON as their FAVORITE
SOUTHEASTERN MARATHON.HUNTSVILLE, ALABAMA HAS BEEN RATED ONE OF THE
BEST 25 RUNNING CITIES IN AMERICA.THE CITY THAT PUT MAN IN SPACE AND ON THE MOON
APPLIES THAT TECHNOLOGY AND PLANNING TO THE
ROCKET CITY MARATHON. COME RUN AND SEE WHY
RUNNING TIMES MAGAZINE WRITES: "THIS MAY BE THE
BEST ORGANIZED MARATHON IN AMERICA."**\$16,000 PRIZE MONEY**OPEN MEN: 1/\$2,000; 2/\$1,000; 3/\$500; 4-10/\$250
OPEN WOMEN: 1/\$2,000; 2/\$1,000; 3/\$500; 4-10/\$250
MASTERS MEN: 1/\$1,500; 2/\$750; 3-5/\$250
MASTERS WOMEN: 1/\$1,500; 2/\$750; 3/\$250**\$4,000 COURSE RECORD BONUSES**

OPEN - \$1,000 & MASTERS - \$1,000

MORE THAN A RACE: The WZYP Rocket City Marathon is more than just a race. It is an "event" built around the race. We work just as hard creating exciting activities to make your trip here fun as we do conducting a flawless race on a fast course to produce an enjoyable race that should yield your maximum performance. The carbo supper is excellent and we feed about 500 each year so be sure to give it a try. The clinic is exciting and topped off with a nationally known speaker. These and the other Friday activities will have you hyped to run your best.**START:** The race is seeded by fastest times to provide an organized start that is the safest and fastest for everyone. All pre-race activity, greetings and music is planned to a time schedule so that we start at exactly 8:00AM - please don't be late. First time marathoners are seeded on a first come basis, but can be seeded on a 10 mile or half marathon time if submitted. YOU MUST BE ENTERED AND WEARING YOUR RACE NUMBER TO START. A RUNNER MUST NOT RUN WITH ANOTHER RUNNER'S NUMBER. DO NOT EXCHANGE, SELL OR GIVE AWAY YOUR NUMBER.**FINISH:** A finish you won't forget. Our PA announcers, male voice to announce male finishers and female voice for female finishers, are aided by a computer to inform the spectators with details about you as you finish. It will hype their cheering to heighten your euphoria for that magic

moment as your cross the red carpeted finish line beneath the banner and clock. Our photographers will shoot a colorful picture of you with your finish time, the banner and cheering spectators in the background. You'll be met by two of our runner handlers who will greet and give you assistance until you are inside. The field hospital is right inside and the handlers are trained to see that you get medical attention if needed. After checking in to get your cap and medallion, your snack will be ready and the computer generated results are continuously being posted. Our awards ceremony is a celebration so be sure to stick around for it even if you don't win an award.

RESULTS: Soon after the race we will mail first class your finish photo and certificate with individual results. The photo costs only \$7 if you wish to keep it. Later we will mail all entrants our 40 page MARATHON RESULTS BOOK with results, articles, pictures, etc.**RECORDS & 1996 WINNERS:**OPEN MALE - LOUIS KENNY - 2:12:21 - Ireland - 1980
TRAVIS WALTER - 2:18:28 - Wilmington, NC
OPEN FEMALE - LISA MARTIN - 2:32:22 - Australia - 1983
ROXI ERICKSON - 2:45:33 - Omaha, NE
MASTER MALE - KENNETH JUDSON - 2:17:10 - PA - 1990
DOUG KURTIS - 2:22:55 - Northville, MI
MASTER FEMALE - JANE HUTCHISON - 2:45:35 - MO - 1990
JOYCE DEASON - 2:59:46 - Shreveport, LA**OFFICIAL MARATHON HOTEL:** Race Headquarters
HUNTSVILLE HILTON - 205-533-1400Ask for special marathon rate: \$56 (1-4 per room)
401 Williams Avenue, Downtown Huntsville across
from the Von Braun Civic Center at Big Spring International Park. All race functions including the start and finish are located at the HUNTSVILLE HILTON.**OTHER FEATURES:** Temperature - 46° Average. Pick-up vans with communications personnel will be provided on the course for those who can't finish. Last year runners came from 35 states. We distribute 17,000 Spectator Flyers to homes on and near the course. There are two pre-race press conferences and numerous news releases. We get excellent print, TV and radio media support. All entrants are listed in the newspaper. Watch for the signs along the course as we have a Booster Sign Contest with awards to get the citizens involved. Thousands come to Huntsville each week just to visit the Space Center, and there are other unique attractions of interest. So bring your family, visit North Alabama's biggest Craft Show at the Von Braun Civic Center, and make it a fun weekend. To get information about Huntsville write to: Huntsville-Madison County Convention & Visitors Bureau, 700 Monroe St., Huntsville, AL 35801.**COURSE:** FLAT & FAST. A tour of Huntsville starting and finishing downtown with a loop through southeast Huntsville. Run on primarily scenic residential streets. Course sentries located at all turns. Police controlled intersections and restricted traffic on the course controlled by the police. Communications along the course provided by the Huntsville Amateur Radio Club. All turns and mile markers are painted on the streets and split timer will also have a large highly visible mile sign. HEMS will provide medical support and Lockheed vans provide runner pickup.**AID STATIONS, TIMING LOCATIONS & PORT-A-JOHNS:** Aid stations with water and GATORADE are located an average of every 2.4 miles. Split timers will be located at each mile marker, 10K, half way, and 1 mile to go locations. Port-A-Johns located at start, 7.0, 12.1, 15.3 and 21.7 mile.**1996 BOOKS:** Copies of last year's Marathon Information and Results Books, Spectator Flyer and Marathon Training Plan can be obtained by sending \$7 to "BOOKS" at the address on this form.**HUNTSVILLE ATTRACTIONS:** Those planning an extended stay or traveling with a spouse looking for other activities, there is plenty to do and see in Huntsville. North Alabama's biggest Craft Show is across the street at the VBCC. Constitution Hall Village, Huntsville Depot Museum, Harrison Brothers 1879 Hardware Store and Twickenham Historic District are within walking distance of the Hilton.**MAILING ADDRESS & PHONE NUMBER:** 205-828-6207**HUNTSVILLE TRACK CLUB, MALCOLM GILLIS**

1001 OPP REYNOLDS ROAD, TONEY, AL 35773-7443

Contact us for an official marathon entry form with course map, elevation profile and other race information.

ENTRY FORM**PLEASE READ CAREFULLY & PRINT ALL INFORMATION
ENTRIES NOT COMPLETE & LEGIBLE WILL BE RETURNED**

This form may be reproduced

NAME: FIRST- _____ LAST- _____ SEX: M- [] F- []

STREET/BOX: _____ AGE ON 12/13: _____

CITY: _____ STATE: _____ ZIP: _____ PHONE #: () _____

T-SHIRT: S- [] M- [] L- [] XL- [] BIRTH DATE: _____ OCCUPATION: _____

BEST MARATHON: _____ TOTAL NUMBER MARATHONS RUN _____

USATF #: _____ CLUB TO WHICH YOU BELONG: _____

WAIVER & RELEASE HAVE YOU RUN ROCKET CITY BEFORE, # TIMES: _____

I, individually, (and/or as parent and/or guardian of the named minor) for and in consideration of my receiving permission from the HUNTSVILLE TRACK CLUB to participate in the ROCKET CITY MARATHON, do hereby release, remise, waive, and forever discharge the HUNTSVILLE TRACK CLUB and any and all sponsoring groups of the ROCKET CITY MARATHON, together with all of their officers, officials, and employees from any and all liability, claims, demands, actions, or causes of action whatsoever, arising out of or related to any injury, illness, loss or damage, including death, relating to participation in the ROCKET CITY MARATHON. I further state I am in proper physical condition and am aware that running a marathon is a potentially hazardous activity. Your signature is required for your entry to be accepted.

SIGNATURE _____ DATE _____

(Must be signed by parent or guardian if under age 18)

INDIVIDUAL DIVISIONS

(You must check one)

MALE & FEMALE

[] 00-19 [] 45-49*

[] 20-24 [] 50-54*

[] 25-29* [] 55-59

[] 30-34* [] 60-64

[] 35-39* [] 65-69

[] 40-44* [] 70-99

(3-Places - * 5-Places)

TEAM DIVISIONS

(Check only if competing on a team)

[] HUSBAND/WIFE

[] PARENT/CHILD

[] OPEN MALE

[] OPEN FEMALE

[] MASTER MALE

[] MASTER FEMALE

(If checked see topic on TEAM INFORMATION)

ENTRY FEE:

\$20 (Before 10/1/97)

\$25 (10/1/97 thru 11/1/97)

\$30 (11/1/97 thru 12/1/97)

CARBO SUPPER:

\$8 Each Person # _____

POST RACE BANQUET

\$15 Ea Person# _____

TOTAL ENCLOSED.

(Non refundable) \$ _____

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Huntsville Track Club, c/o Malcolm Gillis
1001 Opp Reynolds Road, Toney AL 35773

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 cles, training tips, and all the inside scoops and
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Some masters events are sponsored by USATF, the
 national governing body for athletics in the USA.
 Some are sponsored by individuals, clubs or other
 senior organizations.

Generally, anyone age 30 or over may come to a
 masters event and participate. Some events are lim-
 ited to age 40 +, 50 + or 55 + (please check the
 schedule for details). Some events require advance
 registration. Some require a current USATF card
 (\$12 to \$15 per year, depending on the region). To
 inquire about a USATF card, call USATF in your
 area, or 317/261-0500. There are no qualifying stan-
 dards for most masters athletics events.

NMN welcomes contributions — results, schedule
 info., photos, letters, articles, and opinions.
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 legibly handwritten material is also acceptable.
 Results should be typed, single-spaced. Please
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Vice Chairman Women: Ruth Anderson 1901 Gaspar Drive Oakland, CA 94611 (510) 339-0563 (h)	Road Records & Rankings: Basil & Linda Honikman Road Running Information Center 5522 Camino Cerralvo Santa Barbara, CA 93111 (805) 683-5868	Championship Stats: Norm Green (address above)	WAVA Delegates: Ruth Anderson, Norm Green Alternate: Charles DesJardins
		Indy Life Circuit: Charles DesJardins	IAAF Veterans Committee: Charles DesJardins (address above)



Address Letters to: National Masters News, P.O. Box 50098, Eugene, OR 97405

NO FALSE START RULE

No one denies that Phil Mulkey has always been a world-class athlete. However, after nearly falling asleep reading his treatise on the No False Start Rule in the August issue, I feel he has missed the point.

I have been a track and field wannabee my entire life and now find occasional but very limited success in masters track. I and those opposing the NFS Rule are not, nor ever will be, in his class. The nuances of highly competitive t&f are often lost on those of us who have either never competed before, or last competed many years ago.

Consider the following: suppose you have only one event in which you are somewhat skilled in your age group and you travel a long distance at a reasonable personal expense. What is gained by the "one false start" disqualification of such an individual? Not even the Olympic Games or World Championships has such a harsh penalty.

I believe it improper for a former Masters T&F Athlete of the Year to basically look down his nose and make snide comments about a segment of the population who enjoys competition and is trying to stay in shape. Have a little more empathy and lighten up, Phil. Those of us who will never realize a fraction of your success may have a valid point.

Herb Henderson
Solana Beach, California

AGE-GRADING

In reading the results of masters meets, I see that most of the winners are in the first half of the age group; for example, 40, 41, or 42 in the M40-44 group. To be more equitable, we should adopt two classifications of winners, one based on the order of finishers, and another based on age-graded performance.

After participating in the WAVA Championships in Miyazaki (financed by the Japanese organizers), I did not attend the Championships in Buffalo or Durban because of the high cost of participation. I think that, as is done in the Olympic Games and other international activities, WAVA should finance the participation of athletes from the poorer countries.

Daniel Andrade Silva
Praia, Cape Verde

MASTERS ON THE INTERNET

Every so often, I get mail from the future. This happens when I download my e-mail, and a message is from someone in Taiwan or Australia or another part of the globe whose time stamp shows the next day.

It still astounds me. The Internet shrinks the world. It expands our access to knowledge. It connects people and institutions tens of thousands of miles apart. It's too much fun for one lifetime.

For those readers who have hesitated to go online and experience this wonderful new universe, I humbly

offer this excuse: The Masters Track & Field Home Page.

In February 1996, I started this site on the World Wide Web as a way of sharing my love of masters track. Since then, my site has grown to perhaps 300 "pages" of material, including records, results, training tips, charts and tables, photos of vets performers, a Message Board that anyone can post to and "links" to other major veterans athletics Web sites – including the WAVA meets.

And I have a database of athletes I call the Webmaster TC. Here I introduce myself and share profiles submitted by more than 50 veteran (and some submaster) athletes from eight countries. All with their e-mail addresses. This is key.

For too long, masters athletes have labored in obscurity. In the past, that isolation was broken only when they gathered for major meets or learned of someone nearby via NMN. But now athletes can talk with others in their event the same day via e-mail and chat rooms, sharing wisdom, training tips – or sympathy on their latest injury.

Until I went online, I had little chance to interact with over-40 stars in my event, the 400 hurdles. But now I'm in frequent contact with Jess Brewer in Canada, Courtland Gray in Louisiana and Mike Pannell in New Mexico – all outstanding long hurdlers. They are helping me realize my athletic potential. The same is happening to many visitors to my hobby page.

My site is a global Grand Central Station. Masters T&F Web sites in Finland, Sweden, Germany, Britain, South Africa, Australia and elsewhere link to my page. Many commercial sites in America (including T&FN and Runners World Online) list my Web address. The MT&F Home Page is also honored by a listing in Yahoo. And last November, America Online named my site its Member Home Page of the Week.



Betty Vosburgh, of Georgia, broke W65 U.S. records in the 100 and 400 and the world record for the 300H (77.87), USATF National Masters Championships, San Jose, Calif., Aug. 7-10.

Photo by Jerry Wojcik

But all these kudos mean nothing if it remains unknown to many.

I've heard it said that older folks are afraid of technology, that computers and the Net are too daunting for our age groups. My response: Masters athletes aren't like other old folks. Competing at 40 (or 80) shows that we don't give a fig for what society says. We're also smarter than the average oldster. We realize track is for the ages. Nothing – weather, geography, lactic acid buildup – stands in our way. So why should a dumb keyboard?

The Internet is the future of masters track. Start by visiting my Web site at <http://members.aol.com/trackceo/index.html>. Or write me at TrackCEO@aol.com for more details.

Ken Stone
Vista, California

Continued on page 6

NATIONAL MASTERS NEWS

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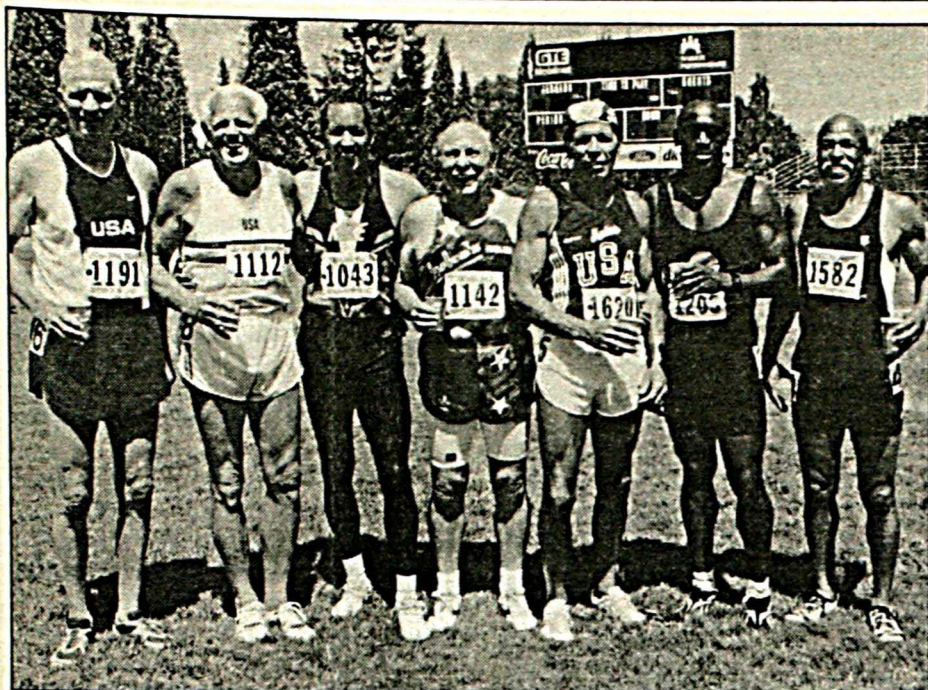
Six Join NMN Sustainers

Each month, 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.

Special thanks this month go to:

A. Goldman
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Scott Somers

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Cleveland, Ohio
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Los Angeles, California



Runners in the National Masters News Age-Graded 100m, USATF National Masters Championships, San Jose, Calif., Aug. 7-10 (l to r): Jim Stookey, 67, Payton Jordan (winner in 10.21), 80, Bill Collins, 46, Bill Murphy, 75, Dick Richards, 63, Eugene Vickers, 36, and Harold Tolson, 59.

Photo by Suzy Hess

Craig Young Victorious in Chicago 5K

by JANNA WALKUP

Craig Young picked up his fourth Indy Life Circuit race win as he sprinted to a 15:07 finish at the Chicago Distance Classic 5K on July 20. Along with a first-place masters victory and the Indy Life win, Young, 41, of Colorado Springs, Colo., also claimed \$1050 in prize money and added 10 points to his circuit lead. Second place in the masters division went to San Francisco's Lloyd Stephenson, 42, who ran a 15:25 and jumped to fourth place in the Circuit standings. Doug Kurtis, 45, of Northville, Mich., placed third (15:34) to hold his second-place Circuit standing.

With just two remaining Circuit events (Twin Cities Marathon, Oct. 5 and Tulsa Run 15K, Oct. 25), both Young (75 points) and Kurtis (57 points) are guaranteed a share of the \$50,000 Grand Prix purse.

Hometown favorite Warren Utes, 77, of nearby Park Forest, continued his impressive string of performances by posting a U.S. single-age record of 20:03. His adjusted time is 13:26, or 96.6% age-graded. It was the third consecutive Circuit event in which Utes has established the top age-graded time. Other world-class times included a 17:19 turned in by Fay Bradley, 59, of Washington, D.C., and a 17:45 clocked by Bill Ulrich, 61, of Lexington, Ky.

While Young built on his Circuit lead, age-graded competition tightened, setting up a final showdown in the Circuit's upcoming longer events. Romesser and Kurtis are tied for first place in the age-graded standings, with Young shadowing them just one point behind. □

COMING NEXT MONTH

- USA LDR Records
- Masters Club List
- National Marathon
- National Decathlon

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. Send to *National Masters News*, P.O. Box 50098, Eugene OR 97405

1997 INDY LIFE CIRCUIT Standings

After 6 Races

Men	Age	Hometown	State	Total
1. Craig Young	41	Colorado Springs	CO	75
2. Doug Kurtis	45	Northville	MI	57
3. Gary Romesser	46	Indianapolis	IN	51
4. Lloyd Stephenson	42	San Francisco	CA	45
5. Steve Plasencia	40	Shoreview	MN	40
6. Bill Rodgers	49	Sherborn	MA	29
7. Jeff Foster	40	Edinboro	PA	22
8. Miguel Tibaduiza	40	Reno	NV	17
9. Ken Sparks	52	Chagrin Falls	OH	12
10. Steve Jones (GBR)	41	Boulder	CO	9
11. Steve Fader	40	Cincinnati	OH	9

After 5 Races

Women	Age	Hometown	State	Total
1. Jane Welzel	42	Ft. Collins	CO	58
2. Honor Fetherston	42	Mill Valley	CA	55
3. Kimberlee Campo	41	San Diego	CA	36
4. Joan Ottaway	53	Sonoma	CA	29
5. Kathy Ward	42	Sacramento	CA	28
6. Alice Thureau	41	Fisher	PA	27
7. Terry Mahr	48	Oregon	OH	24
8. Ruth Wysocki	40	Canyon Lake	CA	20
9. Shirley Matson	56	Moraga	CA	18
10. Claudia Piepenbrink	48	Arlington	VA	9

Twin Cities Expecting Top Masters Field

The Twin Cities Marathon/USATF National Masters Championships on Oct. 5 in Minneapolis/St. Paul once again will attract a top masters field. Entries have been received from Sam Rotich (2:14:40 in 1993), Gary Romesser (1996 M45 runner of the year), John Keston (1996 M70 runner of the year), rookie masters Regina Joyce (2:40 last year, 2:32 PR) Jane Welzel (1996 W40 runner of the year), Honor Fetherston (10th-ranked master by the Road Running Information Center in 1996), and Wen Shi-Yu (1996 W60 runner of the year).

Also expressing interest are Tatiana Pozdnyakova, second-ranked master in the world in 1996, Steve Jones, whose 2:07:13 in 1985 was just a second off the world best, and local favorite Steve Plasencia, University of Minnesota cross-country coach, and one of the hottest masters in the U.S. right now. A Jones vs. Plasencia duel would be a great masters match-up.

The race is also an Indy Life Circuit event and counts as 1½ points. The USATF National Masters 15K Championships on Oct. 25 in Tulsa, Okla., is the final Indy Life Circuit race in 1997. □

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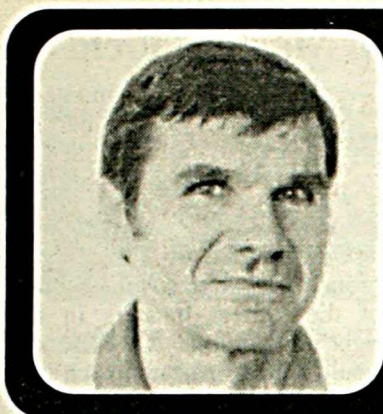
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Third Wind

by MIKE TYMN

Determining Your Marathon Potential

With some big marathons coming up, you might be giving some thought to running one of them. But you don't have to. You can sit back in your easy chair with a pencil and paper and calculate your time. It's much easier on the body that way, although it doesn't quite bring the satisfaction that actual finishers get out of completing the 26.2-mile endurance event.

If you are up for the sit-down marathon challenge, then sharpen the pencil and start reading.

Before we actually begin, however, you should know that the fastest marathon ever recorded by a human is 2 hours, 6 minutes, 50 seconds. That was recorded by Belayneh Densimo of Ethiopia in the 1988 Rotterdam Marathon. If that time in itself doesn't mean much to you, consider that it is an average 4 minutes, 50 seconds per mile (a time that still wins the mile in many high school track meets) for more than 26 miles.

As impressive as that time seems, it is considered "soft" when compared with the current 5,000 and 10,000 meter records.

Human Base: Considering the fact that running on the roads is a little harder on the legs than running on a soft track, 2:05 is a more realistic "ultimate" for the marathon. Therefore, that's the starting point for figuring your current marathon ability. Women should start at 2:19. While the fastest marathon ever by a woman is 2:21:06 by Ingrid Kristiansen of Norway in the 1985 London Marathon, that record is also considered "soft" when factoring in data that show women's distance records are consistently 11 percent slower than men's.

No Recovery

Mental Toughness: Clearly, the best marathoners in the world are from Africa, as they have grown up with fewer comforts and luxuries. Most of the elite Africans ran several

miles to and from school every day. If you've grown up in urban America watching TV, eating junk foods, and not walking more than a few blocks to school, add five minutes to your base time. No amount of training is going to recover what you lost in the way of mental toughness and foundation strength during those growing years. If you grew up in rural America, add only two minutes.

Environmental Factors: The starting points are based upon ideal running conditions. If the temperature during your marathon is expected to be below 60 degrees, add nothing to your base times of 2:05 or 2:19. Add two minutes if it's between 60 and 64; four minutes for 65-69; six minutes for 70-74; eight minutes for 75-79; and 10 more minutes if it is over 80 degrees. If your final time figures out to more than four hours, you'll have to go back and add even more time, perhaps as much as 30 minutes, since you'll get a lot more of the sun. If you haven't properly hydrated before the race, you might add another 30 minutes to an hour.

Age: As in most other areas of athletics, the peak years for distance running are between 22 and 35. The evidence seems to indicate that we lose about a minute a year on our marathon times beginning at age 35 and continuing to age 45. From age 46 to 55, we lose about a minute and a half each year and from 56 through 70 roughly two minutes each year. John Keston, a 71-year-old Oregon resident from Great Britain, broke the world record for men 70 and over with a 3:00:58 in the 1996 Twin Cities Marathon.

Depending on your age, make the necessary additions to your base and environmental times.

Weight Formula

Weight: Champion marathon runners come in all heights, but it is clear that the weight must be well distributed. A rough guide for determining your ideal running weight is to take your height in inches and double it. Thus, if you're 70 inches tall, your ideal running weight is 140 pounds. A more scientific way, according to Dr. Kenneth Cooper of the Aerobics Center in Dallas, Texas, is (for men) to take their height in inches and multi-



The Marathon can be a draining experience as indicated here by a statue of "The Marathon Runner" in the Louvre in Paris.

Mike Tymn Photo

ply by four, then subtract that number by 128. Women should take their height in inches, multiply by 3.5 and subtract 108. If you have big bones, you can add up to 10 percent.

Now that you've found your ideal weight, add 45 seconds for each pound you are more than your ideal weight. For example, if your ideal weight is 150 and you weigh 170, multiply 20 (your excess weight) by 45 - a total of 900 seconds or 15 minutes to add to your already adjusted time.

Experience: Generally, it takes

between five and 10 years or between 15,000 and 25,000 training miles for a marathon runner to develop fully. Add 20 minutes or more to your time if your total career training miles add up to less than 3,000; 10 minutes for 3,000 to 6,000; five minutes for 6,000 to 9,000; 2½ minutes for 9,000 to 12,000; and 1¼ minutes for 12,000 to 15,000.

Training: The majority of top marathoners put in at least 80 miles a week of training, although the average is 100 or more. That includes 10-15 miles of real quality training. If you averaged 65-79 miles a week during the past two months (not including the week before the race), add three minutes to your time. Add six minutes for 50-64; 12 minutes for 35-49; and 24 minutes for 20-34. If you've run less than 20 miles a week, add as much as an hour or stay home.

Are You Serious?

Attitude: Are you a serious runner, a jogger, or a frolicker? The best gauge of this is the shoes you expect to race in. If you plan to run with racing shoes weighing six ounces or less, you're probably serious. If you're wearing racing shoes weighing between seven and nine ounces, you're probably a jogger and only moderately serious. If you plan to wear the same shoes you wear in training, it's likely you're a frolicker. For every ounce over six ounces, add a minute to your time. If you're wearing training shoes, double the result.

There you have it. You should now know within a reasonable margin of error what you are capable of doing the marathon in. It's not too late to enter. Then again, if you've already entered, the thrill may now be gone and you might want to sleep in. □

Runner, 47, Dies at Annapolis Ten-Miler

A Maryland man who had already run a half-dozen races this year, died of cardiac arrest at the Annapolis Ten-Miler on Aug. 24. Joseph Sokol, a 47-year-old pharmacist from Ellicott City, Md., fell dead at the 7½-mile mark of the course that winds around the perimeter of the U.S. Naval Academy. Several runners near him at the time - including a physician - immediately began CPR, but Sokol did not respond.

Ray Lake, Sokol's friend, col-

league, and running partner of 10 years, said that the two had run a half-dozen 5K and 10K races this year and that Annapolis was their longest race of the year. "Being in the medical field, (Sokol) knew when to push himself and when to back off," said Lake, 37. "His goal was always to finish, not to go for a (specific) time. He had no medical problems that I was aware of, so this is shocking."

Sokol had run the Annapolis Ten-Miler for at least the past four years. □

FIFTEEN YEARS AGO October, 1982

- Antonio Villaneuva, 42, Top Master With a 2:13:41 in Nike/Oregon Track Club Marathon
- Thane Baker, M50, Blazes to a 200 WR (23.4) in Rocky Mountain Games
- Eleven WRs Fall In First WAVA Decathlon Championships in San Diego

Write On

Continued from page 4

PAYTON JORDAN

"It's easy if spoken from the heart," commented Payton Jordan, when I commented him on his talk at the barbecue in his honor, Saturday evening, at the Nationals in San Jose. His deep-set eyes conveyed a sincerity of purpose of both heart and soul that I've respected for years. I would have enjoyed Payton as my coach in my earlier years of track and field.

Sunday afternoon we went to the "post" in the *National Masters News* age-graded 100. From by bird's eye view in lane 5, I saw the legend at his current best, fully extended, stretching and leaning for the finish: a thing of beauty, the honor of which was all of ours. Payton was finally my mentor and I have *National Masters News* and the organizers to thank for the opportunity.

Dick Richards
Encinitas, California



Speaker's Corner

by JEFF SCHALLER

No False Start Rule

In Speaker's Corner (July NMN), Hank Nottingham makes a flawed appeal to rescind the no false start rule. Mr. Nottingham's proclamation that the "vast majority" of masters athletes are opposed to the so-called "abusive" NFS (No False Start) rule is wildly inaccurate. In my almost 10 years of experience as a masters sprinter and involvement organizationally, and after competing in many meets and talking to many sprinters, I have detected no consensus of dissatisfaction with this rule.

After my years of experience as a TAC and USATF delegate, I find Nottingham's claim that the NFS rule was "railroaded through" at the convention hard to swallow; any rule proposals must first pass a vote by the committee at large of voting delegates before becoming a rule. I can speak with certainty about what happened at the 1992 convention, the last convention that dealt in-depth with this issue, where I was a voting delegate.

Two Votes

There were actually two votes taken on a proposal to rescind the NFS rule; the first, following a very contentious debate, accepted rescinding 14-10 (I personally voted to rescind the NFS rule).

Because it was felt that the margin was not a clear enough mandate for this rule change, another vote took place the next day after a more deliberate, thorough debate involving expert testimony from national level officials, coaches, and athletes, which changed the minds of almost everyone, including myself. The vote was only one for and 29 against rescinding the NFS rule.

Three of the most compelling facts presented during this debate were 1) that permitting false starts actually induces *more* false starts, not fewer, which becomes very important when there are 12+ age groups x 2 sexes at a big championships meet, 2) that false starts impose an unfair penalty on those who do not false start when they are forced to endure the disruption and wasted energy after what could have been an excellent start for them on the first gun, and 3) that, because false starting is also an act that seeks unfair advantage, it is as serious as any other disqualifying track violation. Adding to this the distasteful thought of giving opportunity to those willing to "game the system" (remember the men's 100m finals at last year's Olympics?) for the sake of allowing an act that invalidates a race, it's easy to see why the second vote went as it did.

The fact that allowing false starts produces *more* of them was well illustrated by a recounting of history. In the 1970s, the NCAA became concerned

about an inordinately high number of false starts that were occurring under their one allowed false start rule. In response, the no false start rule was implemented and thereafter the number of false starts plummeted. In the early 1980s, the number of false starts had also become unacceptable in masters track and was dealt with in the same manner, with the same result.

Quality Competition

It should be understood that the primary motivating force behind competition rule-making is the common interests of defining the proper execution of the events and the meet for the sake of quality competition, and the prevention of unfair advantage and disruption of the other athletes, *not* the accommodation of personal factors such as physical and mental states (other than handicaps, such as blindness) or other conditions of individual responsibility. Therefore, such things as costs, travel, and time requirements (burdens unrelated to events), "disadvantaged" training, inexperience, nervousness, etc., are irrelevant considerations for events rule-making, thus maintaining the high standard of individual responsibility of the athletes to properly execute the necessary skills for correct, legal starts.

Having said the above, I wish to take issue with some of Nottingham's statements:

- "Most false starts are caused by starters." Although it is generally true that most false starts occur with long "set" hold times, rule 60 says only that "the pistol shall be fired after all competitors are set" and "steady" (motionless). And though there might be general understandings about "appropriate" hold times (i.e., two seconds, which can seem long), there are no such understandings or "right way" as expressed in the rules (incidentally, it is also generally understood that starters not be too consistent with their "set" hold times from start to start to help prevent sprinters from "catching a flyer").

Perhaps two reasons why the "set" hold time, as reflected above, is not relevant are: 1) because the starter must have some leeway in judging

when the gun should be fired, and 2) because the beginning of a race (the start of motion) is not determined by a runner's notion of when the gun should be fired. In other words, the only way that a starter can cause a false start is by somehow producing a false gun sound before the actual gun report, causing the runners to *falsely* react."

- "... there is nothing in the written rules ... that states you can't 'guess'." This is an attempt to rationalize something that is clearly frowned upon in the rules. Rule 60.18, which provides for the use of gun-triggered sensed starting blocks for measuring reaction time, says: "... a false start shall be charged to the athlete(s) with a reaction time faster than 100/1000th (.10) of a second." Why? Because .10 seconds is faster than the fastest known human reaction time.

While some of us will always endeavor to rationalize the "art" of "guessing," the spirit of the rules clearly illegitimizes guessing and outlaws guessing wrong, even when done too soon *after* the gun is fired.

- His assertion that the NFS rule causes sprinters to be "passive" starters. Relative to the rules that define correct, legal starts, all good, legal sprinters are "passive" starters in that the sprinter must *wait for* and then *react to* the sound of the gun (actually, a different term more accurately describes a correct, legal starter: "Reactive"). In this light, the NFS rule

is therefore inconsequential to, if not good for, starting, and would even give U.S. sprinters an advantage in international competition, because our athletes would be better disciplined for and attuned to getting good starts on the first gun. From everything said by Nottingham, an "active" sprinter can only be one who anticipates the gun.

No Fear

And for a sprinter who correctly executes starts, there is no "fear" of false starting – only the focus on his/her reaction to the gun.

And for me, the "fun" would not come from being allowed to false start, but does come from the challenge and execution of something difficult – getting a good, reactive start and running a good race with my fellow sprinters – on the first gun! □

TEN YEARS AGO October, 1987

- Laurie Binder Sets W40 Record (1:18:31) in America's Finest Half-Marathon
- Chris McCubbins (M40, 30:57) and Barbara Filutze (W40, 35:31) Win Asbury Park 10K
- Twin Cities Marathon Offers \$40,000 in Masters Prize Money

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The Foot Beat

by JOHN W. PAGLIANO
D.P.M.

Neurological Foot Problems

Q. I am a 45-year-old female runner who periodically experiences very severe pain in my toes. The soreness is mainly in the middle area of my foot, and is sometimes accompanied by a numbness or tingling sensation. What could be causing this problem, and what can I do to alleviate it?

A. The condition you describe may be attributed to some type of neurological disturbance in the foot. The most common ailment of this type in runners is called Morton's Neuroma.

The nerve that runs between the third and fourth toes is very susceptible to damage in active sports such as running. When it becomes irritated, it swells, causing a painful neuroma. The pain is often aggravated by squeezing the foot sideways, or by pressing between the third and fourth toes. In severe cases, the pain may even shoot up into the entire foot.

Neuromas are irritated by poorly-cushioned shoes, and shoes that are too narrow. Changing to a well-cushioned, wider shoe that does not squeeze the forefoot is a good idea. Adding an insole of a 1/4-inch metatarsal pad to the shoe should help

relieve forefoot pain.

If the condition persists, you should be examined by a foot specialist. In many cases, a custom-designed foot orthotic can help to control excessive foot pronation. Steroid injections can help reduce nerve inflammation, and, if all else fails, the neuroma can be removed under local anesthesia. □

(Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or Achilles question, write to Dr. John Pagliano, The Foot Beat, NMN, Box 50098, Eugene, OR 97405.)

Elvis Spotted at the Hood to Coast Relay!

by JANNA WALKUP

7:30 a.m. – It's August 22, Hood to Coast Relay morning and although this is my fourth HTC relay, I'm a bit nervous. This year, instead of organizing our usual team – the Cheese Zombies – my husband, Chris, and I decided to enter the Zombies in the less congested Mt. Rainier to Pacific Relay in June and sign up as "extra" runners for Hood to Coast. A week before the race, our phone rang. The Pace Invaders, a team sponsored by a Portland law firm, needed two extra runners. Could we do the race? "Sure," we said. So here I stand with my running bag, at the home of someone I don't know, surrounded by five other runners I don't know. Possibly all lawyers. Chris wishes me luck and jumps back into our Subaru. He's in the other van with five runners he doesn't know. They'll meet us at the first major van exchange in Sandy.

8:30 a.m. – The van ride up to Mt. Hood is fairly quiet. I ask my teammates how many of them are "real" lawyers. It turns out none of them is. I start to feel better, a bit more loquacious, especially when I make note of the goofy hats and Super-soakers resting quietly – for now – in the front of the van.

10:15 a.m. – At Mt. Hood, Dianna, our lead runner who will make the killer 2,000-foot descent from Timberline Lodge, is taking in the scene with the

wide-eyed look typical of HTC novices. Her husband, Jim – another novice – will run leg two, which drops 1500 feet. Having run leg two last year, I tactfully keep quiet about screaming, burning quads.

10:45 a.m. – "Get out of here!" screams the race starter as Dianna takes off with 14 other runners down the mountain. The starter will be screaming a lot today. Ever since 9 a.m., he's been sending 15 runners down the mountain every 15 minutes. He'll keep starting teams until approximately 9 p.m., when he'll send off the elite teams. With 12 runners per team and 850 teams entered in the Hood to Coast – plus all the teams competing in the Portland to Coast running and walking relays – a gigantic crowd is already making its way toward Seaside.

11:15 a.m. – Dianna is somewhere on the mountain. We're in the parking lot at Government Camp, decorating our van and filling up water bottles and Super-soakers. I discover a latent talent for painting "Pace Invaders" on the van in colorful neon script. Our van driver, Mel, compliments me on my letters. I begin to feel a bit of team spirit, even if these aren't the Cheese Zombies.

11:43 a.m. – Dianna comes running in and hands off to Jim, who has told us he absolutely does not want us to stop, and to give him water along his 5.6-mile leg.



The M50-59 team silver medalists from the Snohomish TC, USATF National Masters 8K Cross-Country Championships, Pasco, Wash., Sept. 1, (l to r): Chris Steer, David Jones, Mike Donoghue, Peter O'Neil, John Hahn, and Gale Pfueller. Photo by Carole Langenbach

National 8K XC

Continued from page 1

Iffrig, 63, was second in 33:31. The remaining men's winners were Pat Devine, 68, 37:26, Floyd Henschen, 76, 55:47, and Wilbur Inks, 80, 56:51. Jule Crabtree, 83, an eastern Washington resident, was the oldest finisher, toughing it out in the heat with a 75:35.

Peggy Renish, 46, in 49:02, and Dawn Russell, 73, with a 56:45, were the other women's age-group winners. After the race, Russell, from Eugene, Ore., said, "It was 85 degrees at ten o'clock in the morning. I'm not used to running in weather that hot. In some places, the course was covered with

two to three inches of mulch grass clippings from a golf course. I would have worn spikes if I owned any."

Team champions were the five-man 3 RRC M40-49 team; the Fast Masters quintet in the M50-59; and the M60-69 Snohomish trio. □

Clubs Update

Next month, NMN will publish its semi-annual updated list of clubs. Any additions or corrections must be received by Oct. 10 to be included in the November issue.

Factory. The sun is slowly setting and vans filled with runners in all shapes and sizes are pulling into the parking lot. An announcer is calling out team numbers. I'm wearing one of the silly hats – the sombrero – and Joe is walking around wearing the purple-and-black Mad Hatter hat. The hats work. Van 2 spots us. Their number 12 runner, Lynne, should be coming to the exchange in about 10 minutes. She'll hand off to Dianna and Van 1 will take over once again.

11:45 p.m. – Dianna and Jim have completed their night legs with quads intact. We tell them that they're almost done, just one leg to go. They collapse into the back of the van to try to get some sleep.

1:00 a.m. – Midway through my night leg a cool breeze is blowing and I'm enjoying running on back country roads. My lungs are telling me that this 4.4-mile "easy" leg is definitely uphill. As my lungs ponder why the Hood to Coast people would call an uphill run "easy," I see vans and flares and hear people yelling up ahead in the darkness. I come into the Exchange at the Columbia County Fairgrounds just under my projected time and hand off to Rich, who will start the Van 2 runners on their second set of legs.

1:20 a.m. – We talk briefly with Van

12:00 noon – It's hot. We pull over and offer Jim water. He gulps it down.

12:33 p.m. – Jim comes in soaked with sweat and hands off to Debbie, our most fashionably attired runner. Debbie informs us that she wants water and the Super-soakers at least once along her 4.3-mile leg. We're happy to oblige.

4:15 p.m. – Van 1, done with our first set of legs, is headed to Justin's house – the "pit stop" where we'll refuel and relax. We're ahead of our projected time. Runners four and five, Justin and Joe, finished well under their predicted paces. I finished just over pace on my 6.8-mile hilly trek into Sandy, but I'm not concerned. Running in the heat of the day with no shade cover, I had no problem holding back. Last year, Tom, our leg nine runner for the Cheese Zombies, pushing the pace in 106-degree heat, collapsed at the finish and was rushed to the hospital. He still doesn't remember running the last mile. We have a picture of him in the Gresham hospital, smiling, a bit dazed, wearing his finisher's medal.

6:00 p.m. The pit stop rates four stars. Although we haven't stopped at Kentucky Fried Chicken for my usual post-first-leg mashed potatoes, it's more than made up for by the giant spread of food, hot showers, and a British masseuse.

8:10 p.m. – We're waiting to meet Van 2 at Portland's Old Spaghetti

Continued on page 12



Track and Field Report

Minutes of National T&F Meeting

National Masters T&F Championships Athletes Meeting, August 8, 1997.

The meeting was convened by Chairman Ken Weinbel. He reported that this was not to be a legislative meeting and no official business would be conducted, but that it would be informative and informal only.

Present Budget Crisis – In January, a request was made to make further reductions in the masters committee budget. The committee was only allowed \$22,700 instead of the \$36,000 originally planned for. There were cuts all the way across the board. The team manager was given a budget of \$2180 for expenses for South Africa. Every committee had to make do with less for this year, and, hopefully, USATF will be in better financial shape next year.

Meet Management/Marketing – Weinbel reported there were concerns about the present meet and the problems caused by moving from venue to venue. Appreciation was expressed to the meet management for a job well done, but the event was not working as well as it could because the organizing committee has no meet manual. A manual would tell the directors what to expect and how to run a masters meet. The committee will work to create one and present it at the convention in Dallas for approval. Interested persons may submit information to Ken Weinbel by mid-November for the manual.

Suggestions by Athletes – Seeding for heats was a problem and should be done before athletes get to the meet, to avoid placing all the fastest runners in a single heat. Some of the top runners were eliminated before the finals. The steeplechase seems to be consistently held late in the schedule and athletes have been unable to attend the entire athletes' meeting. The awards ceremony needs to be in a more prominent location and announced regularly. It was suggested that the pentathlon be omitted from the championships because it adds another day to the meet. The weather for the 5K races was too hot. They should be run at cooler times. The distance runners are willing to trade with steeplechase runners since they run in the cool of the evening. Team trophies were suggested to stimulate interest and growth. A representative from Nike World Masters Games was present and available for questions and comments. People were encouraged to attend the National Championships in Maine next year.

Sponsorship – The marketing committee has been working for sponsorship and stability and to add income to our masters committee. Progress of the committee will be published in the *National Masters News*.

Law and Legislation – Nine pages in the rule book define how masters differ from open athletes. The by-laws and administrative rules are in the directory. Graeme Shirley, rules chairman, stated that this is the year to amend the USATF directory at the convention in Dallas. Changes must be sub-

mitted 90 days before the convention.

WAVA Meet – Dick Hotchkiss gave a report on the meet in Durban, South Africa. The computer system was chaotic and meet organizers and officials were not experienced enough to handle the athletes. There were four different declaration areas for an event, and the implement-loan system also didn't work. If we go to a Third World country again, the officials need to be better prepared.

1998 Nationals – Paul Morency from Orono, Maine gave a brief statement regarding the 1998 National Championships to be held in Orono, Maine. They will have a web page on the Internet soon.

Awards – Awards for 1996 were presented to the athletes in attendance for track and field and racewalking.

Internet – Al Sheahan was commended for running for WAVA president in Durban. Ken Stone introduced his web page for masters track and field and is working on one for USATF.

It was pointed out that the steeplechase group who wanted to see the schedule changed so they could attend the entire athletes' meeting left early.

—Submitted by Suzy Hess, Secretary

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Conley Clears 7'

Continued from page 1

had been shooting for it since I was 35 and even thought of 2.20/7-2 1/2."

His pending mark breaks Barrineau's M40-44 record of 2.11/6-11 and age-grades to a 99.1% or 2.43/7-11 1/2 open performance.

Conley, 6-2 and weighing in at 165 lbs., came in when the cross-bar was at 1.98/6-6. "I rushed my first attempt at 2.15," he said. "I actually wanted the bar to be set at 2.13/6-11 1/4, but the head official came over and said that it had to go to 2.15 for it to be a record."

After clearing 2.15, Conley had the bar raised to 2.20, but failed to clear it. "My final attempt was a good one, but I hit the bar with my hand," he said afterward.

About his achievement, which some track and field followers are equating with Eamonn Coghlan's running under four minutes (3:58.15) for the indoor mile in 1993, Conley commented, "I was a decent but not a great jumper. I jumped six-feet in high school, and nobody looked at me. I was injured when I was 38 and 39, but I got healthy and started to do heavy, lower body lifting with power snatches, cleans, and squats."

In the 1991 National Masters Championships in Naperville, Ill., he won the M30-34 high jump with a

2.13. At the 1997 National Masters Indoor Championships in Boston, he tied for first place with Barrineau in the M40-44 division at 2.00.

Conley had set his sights higher for Boston. After driving all day in a chartered bus to Newburgh on his way back from a spring break vacation in Myrtle Beach, S.C., Conley then drove to Boston the night before the high jump. "I had high hopes, but my legs were gone," he explained.

Conley, married and the father of two children, attended Middlefield High School in Ohio, graduated from Bowling Green State University in Ohio in 1979, and coached at Edinboro State College in Pennsylvania before taking a position at the U.S.M.C., where he coaches the sprinters and hurdlers.

His next goal is to break the indoor masters record of 2.06/6-9 1/4 held by Barrineau and to do it with a seven-foot leap at an indoor meet at West Point on Nov. 25. He hopes to compete in the 1998 National Indoor Championships in Boston.

Whatever his marks are after his historic jump at RPI in Troy, Conley won't be wearing the "relative newcomer" cloak any more. He'll be the man to watch in the high jump for the rest of his masters career. □

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Masters Racewalking

by ELAINE WARD

Observations On The 12th WAVA Meet

A South African Perspective by Lionel Lawson

Just a few days after the 12th World Veterans Athletics Championships ended in Durban, South Africa, veterans of the WAVA office slowly tried to recover their wits, composure and posture as they wrapped up their reports to the various authorities. In one corner an accountant sifted through piles of invoices, claims and ledger papers as the battle to balance the books started. The rushed breathing of a staff run off their feet had changed to the concentrated frowning of brows and snorts of dismay as invoices were juggled to fit into the puzzle that was the administration life-line. Two weeks later, the staff was still sorting through piles of checks and verifying that the money payable was pinned to the correct invoice and placed in the correct envelope. Almost like numbering the athletes before and after a race.

For us, this was the biggest athletics administration task we had ever tackled. Nothing had come even close. Not Rugby, nor Soccer finals, nor the African championships had come near in complexity or participation. While some of the overseas visitors quite rightly had a legitimate complaint or two, to us the miracle was that it worked. Yes, sometimes events were late – very often to something we know

well – mañana, or Africa time.

This was the first time we used the champion electronic chip for a walk event. We learned two major lessons. The champion chip cannot be guaranteed to give accurate time and we missed one set of times because the timekeeper who had the recording clock was late.

As for the course, next time we will be stronger in our request of the municipal authorities that they give us an accurate 2.5K or 2K course. We were dragooned into accepting the 2.712K course on the grounds of costs, but it was not satisfactory. The moving kilometer markers were a little too variable for competitors already under stress. Also a 2K course would have made for better judging. As it was, the judges were a little too spread out as we were limited to nine judges, each 300 meters apart. Not good.

And yet, when it was over, we said, "What fools we were, but we made it." Yes, the computers glitched at times and the telephones went faulty. But those were the manifestations of an administrative setup where 90% of the staff had never coped with an event of more than a few hundred. And remember, we were also in the middle of an affirmative action campaign with the majority of the helpers being taught on the job. No wonder some of us, me included, lost more hair than we cared to admit.

An American Perspective
by Karl Acosta

The weather conditions were a factor in the 10K race, particularly as the M60s were combined with M65, M70 and up. They had us racing at 1:30 in the afternoon. I didn't feel the heat, personally, but I knew it was there as I slowed down drastically the last 5K. It was almost like walking in slow motion. However, others had real problems, and some couldn't finish the race. One walker was listing so badly to the right, the support crew called for aid



All five entrants in the W60-64 5000 racewalk, Hayward Classic, Eugene, Ore., June 28-29, from left: Peg Peters, Margaret Seewerker, Joe Anne Parks, Anne Whitaker, and Bev LaVeck.

Photo from Jo Anne Parks

and he was taken off the course. I don't know why they put our age group in the heat of the day, while the young guys were racing in cooler weather.

There were two water stations – one near the start/finish and one at the turnaround. The heat problems weren't from lack of water. However, to put the 20K at midday was pretty rough. The 5K for M60 was at noon. So, in both races, they had the older men last.

There was considerable chaos before the race started. The course itself was pretty well managed. The lap counters were excellent. We all wore chips on our shoes and were automatically recorded every time we passed over the finish line. You would think, however, with such high technology that we would have had quick results, but we didn't. I know there was some protesting, in the women's races especially, which probably caused some delay.

In the 5K, there were eight judges. They were at every turn and the halfway point. We were constantly being chased. I was hit by every judge on that course though I wasn't DQ'd. There was a lot of delay with warnings on the board. I stuck around for 30 minutes after the race and kept looking at the board. No "X's" appeared. Then at dinner I was told I had two warnings. I never saw my name on the board.

A Crowded Start

There was a large field of participants. In Japan, they broke the M60 into two divisions. But in Durban they kept us in one group which made the start pretty crowded. There was a restart because the clock was not functioning right. However, the competitors spread out quite quickly and the lap counters were very efficient.

One incident that had to be a nightmare for the judges occurred because one of the women refused to get off the track when she was DQ'd. They didn't want her to go across the finish line

because of the automatic timing. She was protesting, "What are you DQing me for?" They had already given her warnings and the red paddle, way before the end. But she kept going. When she got to the end, they moved her off the track physically. She fought them. They wrestled her to the ground. She got up struggling and still got through that start/finish line. That is how determined she was to finish that race.

Mixed Feelings

I know WAVA has a strong financial organization. You would think they would learn. However, here again, I am spoiled from Miyazaki, Japan. The Japanese did so well, but Buffalo was bad and Durban wasn't better.

After 11 days in South Africa, I returned home with mixed feelings. There were many confrontations right in our hotel as well as in the streets during broad daylight. We learned to walk in groups. At the Holiday Inn, where we stayed, there were knife- and gun-point confrontations, and robberies in the hallways. The woman in the room next to us was assaulted by two young men who followed her into her room. One U.S. runner was robbed at knife-point in an alley at midday.

We were vulnerable because we were walking around with our U.S.A. uniforms on. I kept as little money on my person as possible, as any one of us could have been confronted at any time. In contrast, some women who were with our tour went right into a poor area of downtown without any problems.

Cape Town, on the other hand, offered a complete contrast. A beautiful resort, one could envision that city anywhere in the United States. The weather was great. Clean streets. No worry about being attacked. I would recommend Cape Town to anyone. □

(Karl Acosta completed the M60 20K in 2:07:45 and 5K in 29:01:65.)



Philip Rabinowitz, 93, South Africa, won gold medals in the 5000m and 20K racewalks, WAVA Championships, Durban.

Photo by Leo Benning



Book Review

by JERRY WOJCIK

National Road Race Encyclopedia

Compilations such as the *Video Movie Guide* (More Than 15,000 Movies! More Than 1,000 New Entries!) or the *Oxford English Dictionary* (dozens of scholars working for decades) have always impressed me by the amount of research that went into their creations.

Now, *The National Road Race Encyclopedia*, a compilation for road runners, joins the list of those definitive works. The book, co-edited by Michael Weddington and Barry Perilli, lists 100 races, starting with the Advil Mini Marathon in NYC and ending with the Wharf to Wharf in San Francisco.

Information on each race ranges from giving its location, date, and distance to the inclusion of a COURSE MAP! In between, you'll find data on the start (when, where, and what determines a runner's position), course, restrictions, aid, registration, divisions, awards, accommodations, results, contact, sponsorship, benefitters, and miscellaneous facts. All of this is followed by a brief excerpt about an earlier race or its history, entitled "What Makes Us Special."

Keep on reading; the best is yet to come.

After that is listed the top 100 men and women finishers, with their times, year, and country or state, and also the overall winners since the race's origin (NYC Marathon winners start at 1970), plus the best 20 times for ages 19-and-under, 40-49, 50-59, 60-69, 70+, and wheel chair competitors. The four pages devoted to each race are spiced up with photos of past winners, or the start, etc.

The lists are preceded by an acknowledgement from Weddington and Perilli that data for specific years may be missing, and a request for the readers to supply missing or incorrect data. It's worth buying the book just to read the Preface and Introduction to find out how they went about its compilation.

Selection of the 100 races was based primarily on size (who says it doesn't matter?) but not exclusively. Races, as opposed to "fun runs," with detailed records of the top finishers and well-marked courses, which awarded achievement, not just participation, were given first consideration. Revisions of the book, say Weddington and Perilli, could change the original 100 races by as much as 20%.

Typical Entry

Let's take a jog through a typical race entry. It isn't a high profile event like the NYC Marathon or Gasparilla

with which most runners would be familiar – the 1997 Great Cow Harbor Run 10K – however, I like the name.

After the dope on when (September 20) and where (Northport, Long Island, N.Y.), we find the altitude (sea level); 1996 finishers (2900); average temperatures for the date (high about 70, low in the mid-50s); the start (baggage bus, parking, shuttle bus, directions if you're driving); USATF certification (NY88006BN); restrictions (no baby strollers, animals, etc.); registration (no race day); divisions (top is 65+); awards (special ones to first overall masters, but no duplication); amenities (T-shirt, goody bag, race program, post-race refreshment and festivities); the contact; sponsorship (North Fork Bank, mostly); and race benefitters (Suffolk County Special Olympics). The examples I chose (parentheses) are a small sampling; there's much more.

The map shows the start is on Laurel Ave. and the finish on Main St., just past Union St., if you want to position your family and friends.

The 1996 winners were Jeff Jacobs, Illinois, in 29:02, and Senoria Clark, Maryland, in 33:54. The best times of the top open 100 men and women belong to Steve Binns, of Great Britain, who ran a 28:29 in 1984, and Jan Omoro, of Kenya, who ran a 32:33 in 1994.

Fastest times of the 20 men and women listed in the M40-49 groups were by Ted Haiman, New York (31:56 in 1983) and Cindy Dalrymple, New York (34:49 in 1983). The best times are also listed 20 deep for the 50-59, 60-69, and 70+ groups. No wheel-chair results were available.

Excerpts of coverage from the *Northport Observer* of the first race in 1977 and the second in 1978 are included to add a little background and color.

Supplemental Data

After the final race listing, a supplemental section of some 20 pages gives runners the following useful information: an explanation of what USATF is and how to contact them; a list of the USATF Associations; course certification advice with a sample course measurement certificate; tips on how to conduct a road race; the whys and where-



Donna Howard (l) of Sponsor VYTRA Healthcare and Race Co-Directors Irene Robinson (r) and Barry Saltsberg congratulate the second-place masters team from the host Plainview-Old Bethpage RRC Fast Feet team (l to r): Margarita Marascia, 41, Andrea Otto, 46, and Elizabeth Penagos, 49, with Margarita's daughter, Maria.
Photo by Mike Polansky

fores of LDR championships for open men and women and masters; information about the Road Runners Club of America (including a list of RRCA clubs by state) and about the Road Race Management group; and the lowdown on the *National Masters News*.

The extent of the data in this book is enthralling and makes it a must for runners, sportswriters, aficionados, stats nuts, or running groupies. You'll find yourself reading about each race as if you're reading chapters in a mystery, unable to stop after just one.

All of this information between two covers is well worth the price. Just the maps alone are worth the cost. The book is soft cover, about 450 pages, and 8 1/2 x 11 in size. I hope that Weddington and Perilli don't read this far and jack up the price, because it's a steal at \$24.95, plus \$3.00 for shipping/handling for a single book order (California residents add 7.5% sales tax); add \$1.00 for each additional book. It is available from Weddington's Running Series, P.O. Box 5469, Santa Rosa, CA 95402-5469. 707-528-8226; fax: 528-8226; e-mail: wedrun@sonic.net. □

10th Annual

SRI CHINMOY

MASTERS TRACK & FIELD

40 AND OVER

Sunday, October 12, 1997 CSU Long Beach

<p>USATF SANCTIONED</p> <p>DATE: Sunday, October 12, 1997</p> <p>LOCATION: California State University (CSU) Long Beach</p> <p>DIRECTIONS: Exit Fwy 405 at Bellflower Blvd. South, left (east) on Atherton, right on Farwood Dr. (CSULB parking lot); straight ahead, to Administration parking lot (don't park at the meters)</p> <p>DIVISION: 5 year age groups</p> <p>FACILITIES: New, 8-lane artificial surface track, 7mm (1/4") spikes, concrete rings</p> <p>ENTRY FEE: First event \$13.00, additional events \$5.00 each. No refunds. Stunning, multi-colored, high-quality t-shirt included. (Availability on race day not guaranteed!)</p> <p>DEADLINE: All entries must be postmarked no later than Oct. 4, or phoned-in no later than Oct. 6. Late/day-of-race entries add \$2.00.</p> <p>AWARDS: Sri Chinmoy Marathon Team medals to first three men/women in each event and age group.</p> <p>AID: Water, fruit and refreshments throughout day to all participants free.</p> <p>ACCOMMODATIONS: Ramada Inn, Long Beach, (\$59 plus tax per room), call direct 310/597-1341 for reservations.</p> <p>NOTE: 1997 USATF registration required (available at meet for \$15).</p>	<p>TRACK EVENTS</p> <table border="0"> <tr><td>9:30 am</td><td>5000m Race Walk</td></tr> <tr><td>10:15 am</td><td>2000m Steeplechase</td></tr> <tr><td>10:30 am</td><td>3000m Steeplechase</td></tr> <tr><td>11:00 am</td><td>3000m Run</td></tr> <tr><td>11:45 am</td><td>100m Sprint</td></tr> <tr><td>12:30 pm</td><td>800m Run</td></tr> <tr><td>12:50 pm</td><td>80/100/110 Hurdles</td></tr> <tr><td>1:25 pm</td><td>200m Sprint</td></tr> <tr><td>1:55 pm</td><td>1500m Run</td></tr> <tr><td>2:15 pm</td><td>400m Sprint</td></tr> <tr><td>2:35 pm</td><td>300/400 Hurdles</td></tr> <tr><td>2:45 pm</td><td>4 x 100m Team Relay</td></tr> </table> <p>FIELD EVENTS</p> <table border="0"> <tr><td>9:00 am</td><td>Hammer</td></tr> <tr><td>10:00 am</td><td>Long Jump</td></tr> <tr><td>11:00 am</td><td>Triple Jump</td></tr> <tr><td>11:30 am</td><td>Javelin</td></tr> <tr><td>11:30 am</td><td>High Jump</td></tr> <tr><td>12:30 pm</td><td>Shot Put</td></tr> <tr><td>1:15 pm</td><td>Pole Vault</td></tr> <tr><td>2:00 pm</td><td>Discus</td></tr> </table>	9:30 am	5000m Race Walk	10:15 am	2000m Steeplechase	10:30 am	3000m Steeplechase	11:00 am	3000m Run	11:45 am	100m Sprint	12:30 pm	800m Run	12:50 pm	80/100/110 Hurdles	1:25 pm	200m Sprint	1:55 pm	1500m Run	2:15 pm	400m Sprint	2:35 pm	300/400 Hurdles	2:45 pm	4 x 100m Team Relay	9:00 am	Hammer	10:00 am	Long Jump	11:00 am	Triple Jump	11:30 am	Javelin	11:30 am	High Jump	12:30 pm	Shot Put	1:15 pm	Pole Vault	2:00 pm	Discus
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Mail Entry To: Sri Chinmoy Marathon Team, 6199 Canterbury Dr. #202, Culver City, CA 90230.
Make checks payable to: SCMT. For more information please call (310) 645-0271 or (310) 822-4813.

ENTRY FORM

Mail or call in to the Sri Chinmoy Marathon Team, 6199 Canterbury Dr. #202, Culver City, CA 90230. Phone: (310) 645-0271.

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ADDRESS _____ CITY _____ STATE _____ ZIP _____

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PLEASE ENTER ME 1) _____ 2) _____ 3) _____

4) _____ 5) _____ 6) _____

ATHLETE'S WAIVER: In consideration of your acceptance of my entry, I hereby for myself and my heirs, assigns, and assigns, release and forever discharge any and all claims for damages which I may have, or may hereafter accrue, against CSU Long Beach, the Sri Chinmoy Marathon Team, field officials, and all other sponsors and sports facilities or their officials or agents. I certify that my level of training is such that I am prepared to compete and recognize the right of any duly authorized members of the medical staff to require my withdrawal from competition and will do so if directed.

Athlete's Signature _____ Date _____



On The Run

by HAL HIGDON

Are Runners Cheapskates?

What is the actual cost of road racing? How much does it cost to put on a 5K race? A marathon? A masters track and field meet? (That question has been raised recently because of the \$200 fee being asked for the Nike Masters Games in Eugene, Oregon next summer.) The entry fee for the Boston Marathon jumped from \$50 to \$75, making many runners unhappy. Are runners cheapskates, unwilling to pay a fair share of the costs of staging their sport?

Recently I received the following question addressed to my "Ask The Experts" column on America Online:

"I recently submitted an entry for Grandma's Marathon, what was to be my first. Unfortunately, I tore my medial meniscus and had to have my knee scoped last Tuesday. The double bad news is that the kind folks in Duluth won't refund the entry fee, even though they typically fill up by this time every year and leave runners out in the cold. It seems to me like a rip. I wouldn't put a customer of mine in a similar situation (especially if I expected to keep him long-term). Is this normal for a professionally run marathon?"

Economics of Road Races

A lot of runners – including, obviously, this reader – don't understand the economics of road race management. So I contacted Scott Keenan, director of Grandma's Marathon, for his side of the story. (First this caveat: Scott is a good friend of mine, and I have enormous respect for Grandma's Marathon, so I'm probably not going to say anything negative about that June race in Duluth, Minnesota.)

The cost of entry to Grandma's Marathon is \$30, less than for any major marathon, Scott claims. And, yes, Grandma's has a "no-refunds" policy – for good reason. "The runner registered in January," Scott explains, "but we'd already spent his money by June." Grandma's has a budget of \$700,000 and a field (in three races) of 11,000 runners. Ignoring the fact that runners in the shorter (half marathon, 10K) races probably cost less to service than marathoners, the cost per runner is \$63.64. (Scott suggested the cost per marathoner was \$91.)

Scott explained that approximately one-third of the Grandma's budget comes from subsidiary income, such as sales of T-shirts, the pasta dinner, beer at the post-race party, etc. (A lot of non-runners attend the Grandma's post-race party, which features music and a festive atmosphere.) Another third of the budget comes from sponsorships. Only a third of the actual race cost comes from entry fees. Without the "other" income, this "professional-

ly run race" would cost runners three times as much to enter.

Exception to the Rule

Scott said that despite their "no-refund" policy, they did refund the entry fees of those entering from Grand Forks, Minnesota, figuring that those runners might not have been able to train this spring because of the floods. So don't rag Grandma in my presence.

More on the subject: I contacted the complaining reader to try and determine the cause of the injury – whether or not it was running-related. He said that the tear had occurred during his mileage build-up. He was up to 8-10 miles with his long runs. Several months before, he actually had my "Ask The Experts" column with a question about cross-training. I don't specifically remember the Q&A, but apparently I had advised against his playing in a basketball tournament while training for a marathon. He played in the tournament anyway, but despite some bumps and bruises doesn't know if he injured the knee at that time.

Regardless, in April he ran in a 5-mile race as a break from his long Sunday runs. He reports: "I went out too fast for me and felt after the first mile that I was dragging my right leg behind me. There was some pain the next day, but no big deal. I took Monday off to rest the knee. Tuesday, I ran four miles then did some upper-body lifting and afterwards shot some basketballs. I noticed the pain was building as I shot some jumpers. The next day, my knee was extremely stiff, and it felt there was 'junk' in the middle of the joint." His self-diagnosis was correct. An MRI confirmed a torn meniscus and a cyst in the back of the knee.

What If?

That's partly beside the point, but does a marathon race director owe an entered runner his fee back if he injures himself playing basketball? What if the runner injures himself because of going out too fast in a race, or training too hard, or some other running-related injury? What if the injury is from some non-sports reason, such

as tripping over a curb? What if the runner decides to not run the marathon for some unrelated reason? (This is certainly a possibility for Grandma's, since the field often is filled by January for a June race.) Should that runner now be permitted to write and request his money back? If your area suffers a major flood, okay. Otherwise, I vote no to all of the above.

In addition to those reasons already cited, there is another good reason why marathons refuse to refund entries, even to runners who become injured. Refunding entries would add to their logistical headaches, particularly in the busy last few weeks before the race. Marathons are not department stores, exchanging merchandise. If the marathon had to process several hundred refund requests, it would cost extra staff time. If I were a race director (and I have been in the past), I wouldn't refund entries either. If the word of a refund policy got out, it would just prompt some runners, who chose to pass on the race for no good reason, to file frivolous requests for their money back.

Taking a Rain Check

As an example, there was a story from the Napa Marathon this year of a rainstorm that came through on race eve. This panicked one runner who checked out of the hotel at 2:00 in the morning. Later, he demanded his money back on the grounds that "officials couldn't guarantee him a dry run." The only problem was it didn't rain during the race!

Joe Henderson reported that story in the June 1997 issue of his *Running Commentary*, and also told one more: "Even the slight possibility of rain (at Napa) caused another runner to wear the high-priced rainsuit he'd bought the day before. He soon overheated and handed the suit to a stranger beside the course – and later demanded that officials retrieve it for him."

Least Costly Sport

This is more than everybody needs to know about road race management, but running is among the least expensive of all sports. Our racing also is subsidized by the efforts of hundreds of volunteers who give their time to make a good day's run possible for all of us. Race directors – thankfully – now do get paid, but you probably won't find their names on any *Forbes* list of the most highly paid executives in America.

Scott got started as race director at Grandma's in his early 20s and used to drive what would have ranked among the Ten Top Junk Cars in history. He didn't quite sleep each night in the back seat, but close to it.

In summary, it wasn't the management of Grandma's Marathon's fault that this reader tore his meniscus. You pays your money, you takes your chances. □

(Hal Higdon is a Senior Writer for *Runner's World* and also the author of 30 books, including the recently published *How To Train*. His writing and training schedules can be found on the Internet at: www.halhigdon.com)



Toni Cruz, 46, Winchester, Va., first masters woman (5:50), Loudoun Street Mile, Winchester. Photo by Kathy Smart

Hood to Coast

Continued from page 8

2, then head on to Mist.

3:00 a.m. – True to form, the small Coast Range town of Mist had been transformed into a Twilight Zone for Hood to Coast. A thin shroud of – what else? – mist hangs over the countryside as vans maneuver around in the congested parking lot. The eerie effect is magnified by the loud sucking noise of porta-potties being pumped out. Runners are sleeping under and on top of vans. I move aside some bags, shoes, and smelly socks on the floor of our van and curl up for a good two hours of restless sleep. I hear a man outside say, "Rub Elvis for good luck." I'm not sure what he means.

5:05 a.m. I've stumbled out of the van, sleeping bag wrapped around my shoulders, and am wandering to the Exchange area. The sucking noises have been replaced by a loud generator. Van 2 has arrived at Mist and I see Chris holding the clipboard and stopwatch. He asks me if Dianna is at the Exchange and ready to run; Lynne should be coming soon. "She's up," is all I manage to say, unsure of Dianna's whereabouts.

7:00 a.m. – Debbie is getting ready to run her final leg. She looks at the pace chart, noting she's projected to run approximately 60 minutes for the distance. "I'm going to take the full hour," she says. We tell her this isn't a lunch break.

7:21 a.m. – Elvis Is In The Exchange. That's the name of a team, but Elvis is in the Exchange. A rumpled Elvis, his hair looking like beginning dreadlocks and his sky blue-and-white, too-tight satin outfit clinging to his unrunnerlike body, is waiting for one of his runners to come in. Elvis isn't running, but he's providing king-size support for his teammates.

7:50 a.m. – I'm standing outside the van, waiting to cheer on Debbie midway through her lunch break/run. Joe and Mel are the only two other alert inhabitants of Van 2. Dianna and Jim are sound asleep in the back and Justin, who will be running in less than 30 minutes, is stretched across one of the seats.

Continued on page 13

Hood to Coast Relay

Continued from page 12

Unlike the rest of us, Justin has been sleeping soundly a good part of the journey. A runner in a green cape has gone by, as has a runner from the eventual winning team, Nike Mambu Baddu. Compared to everyone else, the Nike runner looks like he's running the 400 meters. He doesn't, however, look like he's having as much fun as the caped runner or Debbie, who stops for water and some major blasts from the Super-soaker.

8:30 a.m. - Not sleep-deprived, Justin is picking up the pace on his last leg. Van 1 is almost done.

9:15 a.m. - We stop to cheer Joe on, who is conquering what is arguably the toughest Hood to Coast leg of all. His 6.0-mile "very hard" (this time it's accurate) leg is famous for its start - 3.5 miles of very steep uphill switchbacks through the Coast Range. He looks happy and waves as we pass. We're glad it's him, not us.

9:37 a.m. - Ready for my final 5-mile leg and looking forward to lots of downhill, I'm stretching out and chatting with another runner when suddenly I hear my name being screamed. Joe has arrived. I grab the official Hood to Coast wrist wrap, which is quite grimy by now, and take off down the hill. I finish well under my projected time and hand off to Rich, who will begin Van 2's trek to the finish. It dawns on me that I've never actually seen Rich. I didn't meet him before the race, and all I remember of him at the Exchange is an outstretched arm and the number 251.

2:00 p.m. - We're milling around on the beach in Seaside as teams finish and a band plays 50s and 60s covers. Two people are dancing stiffly. The cell phone - the phone that hasn't worked a good part of the race because we've been trying to use it in obscure towns like Birkenfeld and Mist - rings. It's Van 2. Lynne is about a mile into her last leg and the rest of them are headed for Seaside.

2:30 p.m. - We've met up with Van 2 and we're listening for our team number. Then we hear it: "Team 251! You're on the prom!" We squint to search for Lynne making her way down the promenade to the sand. A few minutes later we can see her in the distance. We gather in the finishing chute, then join Lynne for the last 100 yards as she leads us under the FINISH banner. We congratulate our new friends and running comrades. We've made it to Seaside and we know that Elvis lives. □

(Associate Editor Janna Walkup finished her fourth Hood to Coast Relay on Aug. 23. The Pace Invaders completed the 195-mile relay in 27:43:13, well behind Nike Mambu Baddu's 16 hours and change, and also behind Elvis Is In The Exchange, but ahead of the green-caped team. Although she and Chris enjoyed the four-star accommodations provided by the Pace Invaders, they will be chartering yet another wild Cheese Zombie adventure in next year's Hood to Coast relay.)

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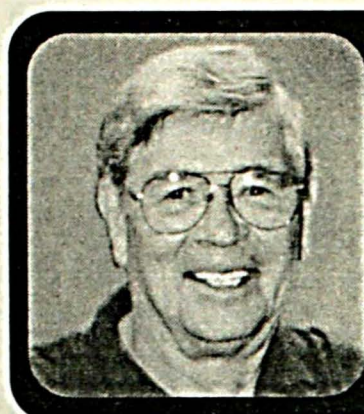
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The Weight Room

by JERRY WOJCIK

How I Spent My Summer Vacation

A subscriber, a thrower, came up to me at the Nationals in San Jose and said how much he enjoyed reading the NMN. Then, he said, "Jerry, you're getting soft. Your August column on the ways to get to San Jose could have been written by the AAA. How come no ranting and raving about rotten conditions for throwers recently?"

My answer was, "I haven't been to many meets this year, and the ones I've gone to were all pretty good. I'm sorry I haven't been carping at meet directors lately. Next year, I'll look for some bad meets to keep you happy." Well, that's not exactly what I said, but I should have.

The two indoor meets I went to, the Reno Meet in February and the Boston Championships in March, were fun for me as a spectator and competitor, despite going from a PB with the weight (outdoors with outdoor weights) in Reno to a PW in Boston (indoors with indoor weights). Both facilities are superior, and the host cities have a great deal to offer besides a track meet.

Fun and Games in Oregon

My first outdoor meet was the Portland Masters in the middle of June at Mt. Hood Community College, where Jim Puckett, the meet director, came over to the discus area, inspected our implements, and said, "They look okay to me. If anybody sets a record, we'll check the discus." Is that a sensible way to handle implements, or what? Puckett has put on masters national championships and other major meets, so if that's good enough for him, it's good enough for me. They ran out of something - T-shirts, programs, medals, or whatever. It couldn't have been too critical, because I can't remember what it was, but they did supply free drinks and some finger food. A favorable meet to start off the season. I'll try to show up next year.

My next meet was the Hayward Classic in Eugene at the end of June. This was a four-star meet: top-notch officials, terrific facility, a well-attended athletes' reception, and good weather. It wasn't perfect. Parking is somewhat of a problem if you don't know where to park for free or don't carry a roll of quarters. A meet of this caliber that I can drive to in five minutes rather than in five hours tops my list of all-time favorites.

More West-Coast Fun

I followed the Hayward Meet with the Northwest Regionals in Seattle in July. While the rich and famous masters were in Durban, 200 of us showed up at West Seattle Stadium for an

enjoyable, pleasantly warm two days of competition under cloudless skies (that alone was worth the trip to Seattle). Officials here were well-experienced and masters friendly. Meet organizers provided food and drinks. My marks were borderline awful, but of my own doing. West Seattle Stadium is a choice site for meets and will improve after further refurbishing.

The Nationals on the track and in the field events were well run, despite complaints about off-the-track problems. A major beef, probably from throwers, was that beer and wine were not available (public school grounds) at the Saturday evening BBQ. There was a flare-up in the discus area about warm-ups, and some athletes objected to having to report to a staging area, while others went directly to the venue, but any nationals that can start the hammer on time, without the traditional two-hour, bumped-by-the-pentathlon wait, gets my nod of approval.

A week after San Jose, I returned to Seattle for the Weight & Superweight Championships for another day of great weather, competition, and conviviality. Athletes who have never been to this meet or the post-meet Ultra Weight Classic snicker at the thought of throwers manipulating implements of up to 300# in weight. Throwers who opt for the Ultra Weight Classic give it all they can, but they also treat it with a degree of levity. I've had more than one person tell me that this is their favorite meet, and they were women.

Revisiting 1997

From what I hear and read in letters sent to me by athletes who went to Durban, I might be taking a different view of the season if I had gone to South Africa. I suspect that my blood pressure would have increased as well as my proclivity for the employment of foul language if I had suffered the treatment that throwers underwent there. Next month, some thoughts on the three major meets in 1997 - the USNSS Classic in Tucson; the WAVA Durban meet; and the San Jose Nationals. Hopefully, I'll be back to my old critical, perhaps even vitriolic, self again. □

Weight Championships

Continued from page 1

weight and an 8.79/28-10 1/4 for the 56-lb. superweight.

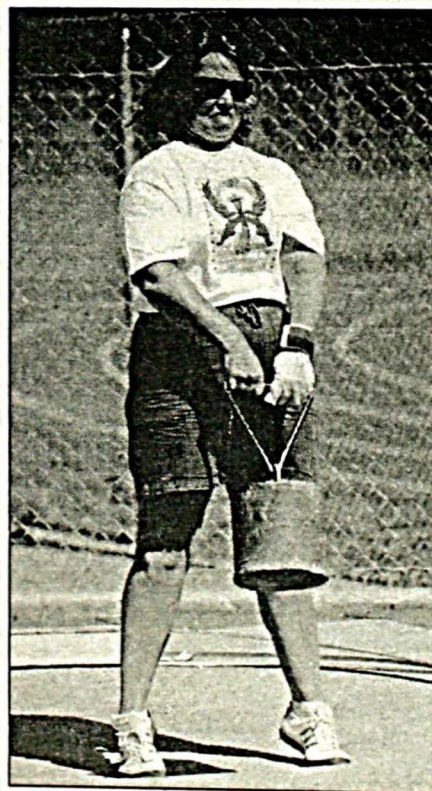
Tom Gage, 54, of Montana, and Thomson were the male standouts, Gage winning the 35-lb. weight throw with a 16.32/53-6 1/2 and the 56-lb. superweight with a 9.71/31-10 1/4, both meet bests, and the farthest distance (1.07/3-6) with the 300-lb. weight.

Pauline Thomas, W45, of Washington, and Carol Young, W55, of Georgia, were the top throwers among the women. Thomas had the best throws of the day with a 10.66/34-11 1/4 for the 20-lb. weight and a 5.76/18-10 1/4 for the 35-lb. superweight. Young prevailed in a field of three, with an 8.70/28-6 1/2 with the 16-lb. weight and a 5.68/18-7 1/2 with the 25-lb. superweight.

After a short break, most of the entrants opted to compete in the Ultra Weight Classic, in which contestants' marks are age-grade scored for four weights: the superweight, plus the next three heavier weights. For instance, the M30-59 were scored by their 56-lb., 98-lb., 200-lb., and 300-lb. marks; the W50+ were scored on their 25-lb., 35-lb., 56-lb., and 98-lb. marks.

Gage, 54, was the winner of the M30-59 division with an age-graded score of 66.06. Pay Carstensen, 65, of Florida, won the M60+ contest with a 60.23. Thomas, 48, was first among the women with a 49.38 score.

The Seattle Masters Athletic Club provided a post-meet buffet and refreshments for officials and contestants throughout the day.



Women's top age-graded scorer in the Ultra Weight Classic, Pauline Thomas, 48, of Washington, hurls the 200-lb. weight a distance of two feet, the final implement for her in the event, which followed the National Masters Weight & Superweight Championships, Seattle, Aug. 16. Thomas was also the winner in both championship events.

Photo by Maureen McLaughlin



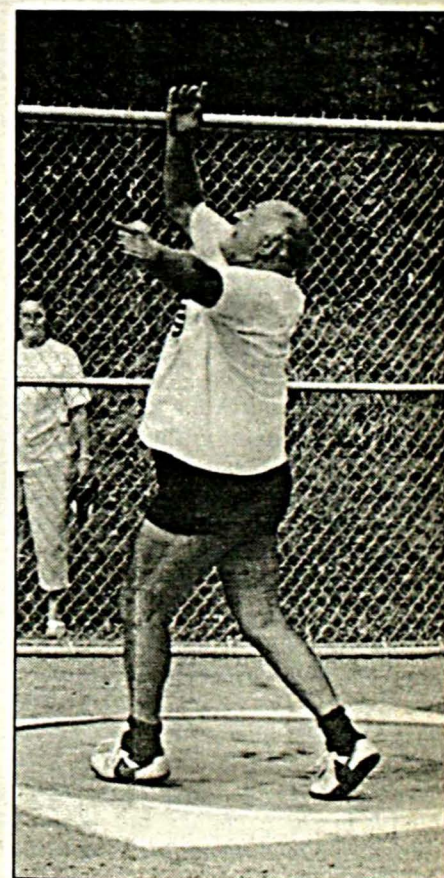
Steve Torgensen, M50, gives the 35-lb. weight a whirl, USATF Northwest Regional Masters Championships, Tacoma, Aug. 3-4.

Photo by Jerry Wojcik

Hosts for the meet were the USATF Pacific Northwest Association, Seattle Parks and Recreation, and SMAC. The meet was organized and directed by SMAC's Ken Weinbel, George Mathews, and Fred Shanaman.

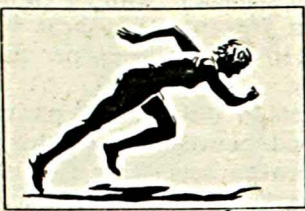
The first three in each division were awarded championship medals, and all contestants received T-shirts. Special plaques were awarded to the Ultra Classic top three scorers in each of the three groups.

Throwers have one more national championship left in 1997 - the Weight Pentathlon at the Orlando/Disney Sports Complex in Florida on Oct. 11. □



Stewart Thomson, of California, won both events in the M60 division, USATF National Masters Weight & Superweight Championships, Seattle, Aug. 16.

Photo by Jerry Wojcik



Health and Fitness

Exercise Has Many Benefits

Strength Training Past 50 by Wayne Westcott and Tom Baechle contains 39 exercises, plus a 10-week training plan to help replace lost tissue and build strength in aging muscles. The 240-page book uses data collected and analyzed in a five-year study that examined the effects of regular strength training on previously sedentary adults.

For a copy, send \$16.95 to Human Kinetics, PO Box 5076, Champaign, IL 61825. 217-351-5076. Fax: 217-351-2674.

"Exercise is an effective antidote for depression and poor sleep in older people," according to researchers at Tufts University Research Center on Aging.

Leg, hip and upper torso exercise on resistance equipment relieved depression for more than half of the 32 seniors – aged 60-80 – in the study.

"Exercise significantly improved the volunteers' strength, vitality, morale, and ability to maintain social activities compared to the control group," the researchers said.

Middle-aged men who feel hopeless or think of themselves as failures may develop atherosclerosis – the narrowing of the arteries that leads to heart attacks and strokes – faster than their more optimistic counterparts, researchers report.

People who had high levels of despair had a 20% greater increase in atherosclerosis over four years, according to the American Heart Association.

"This is the same level of increased risk that we see in comparing a pack-a-day smoker to a non-smoker," lead author Susan Everson said. "Steps should be taken to try to change one's situation so they gain hope or become more optimistic."

A chemist at the University of California-Davis found the smell of freshly-brewed coffee is caused in part by chemicals that form potent cancer-fighting antioxidants.

Takayuki Shibamoto said his preliminary study shows chemicals in fresh-brewed coffee might be equal to the amount found in three oranges.

Sports massage therapy does more than just relieve the fatigue and muscle soreness of hard training and competition. It also assists athletes in achieving more power, speed, endurance and peak performance, according to Dr. Myk Hungerford, author of *Beyond Sports Medicine: Injury Prevention and Care Through Sports Massage*.

Hungerford says European and Russian athletes "wouldn't think of travelling without their sports massage therapists, but the U.S. is behind in using, benefitting and winning with the use of sports massage."

For more info, call 714-642-0735.

Why do some people, like Bing Crosby and Frank Sinatra, retain strong voices well into their 70s and 80s, while others have trouble maintaining a strong, energetic voice? Is it genetics, lifestyle practices, or just plain luck?

It's a combination of all three, according to researchers. Over time, the vocal cords may thin and the larynx may become somewhat rigid. "Fluids are important for maintaining moist and flexible tissues, including those in the voice mechanism," says Sue Hartenbaum, a speech pathologist at Kaiser's Los Angeles Medical Center. She suggests people in general good health drink between 64 and 80 ounces of non-caffeinated, non-alcoholic liquids daily.

Other activities that support and strengthen the vocal cords include singing, speaking, and vocal exercises that focus on breath support and flexibility.

A UCLA neurosurgeon has developed a new treatment that reversed the results of stroke in five of the first seven patients treated.

Still in the experimental stage, the procedure reroutes the blood flow to force it back into the parts of the brain starved for oxygen, and helps remove clots causing the damage.

Dr. John Frazee, a UCLA Medical Center professor of neurosurgery, said: "The stroke victims need to be treated within seven hours of the stroke. After that the damage is done."

Frazee expects the procedure to be available to the public in three to five years. Until then, Frazee suggests stroke patients ask for the new clot-busting drug, TPA.

"Clearly, exercise will help minimize the risk of stroke," Frazee said, "as will a low-fat/low-cholesterol diet and not smoking." □

East Regionals Offer Preview for '98 Nationals

by JERRY WOJCIK

The University of Maine played host to the USATF East Regional Masters Championships on July 12, where entrants had an opportunity to test the facility – site of the 1998 USATF Masters Championships.

Sprinters found the track to their liking, recording 15 marks in the 90%+ age-graded range in the 100, 200, and 400. John O'Neil, 73, ran a 13.60 in the 100 to top all sprinters' performances with a 97.2%. Alethea Morris, 33, was a triple winner in the sprints with times over the 83% range.

Rob Jackson, 47, edged Sal Allah, 37, for the best performance in the 800, with a 90.8% 2:05.6h to Allah's 90.0% 1:57.8h. Vic Zwolak, 58, outshone the field in the 1500 with a 91.2% 4:37.55.

Hurdler Jim Stookey, 67, scored a 90.5% 17.52 in the 100H and a 93.3% in the 300H. Jo Welch, W40, was the best pole vaulter with an 85.0% 1.53/5-0¼.

Shot putters Carl Wallin, 55, 14.63/48-0 with the 6kg, and Len Olson, 65, 12.92/42-4¼ with the 5kg, tied for honors among the throwers, with both at 87.8%.

The meet featured five athletes in the M80-84 division: Bob Sorlien, 80, Robert Matteson, 81, Frank Finger, 82, Bruno Maki, 80, and Ian Hume, 82, of Canada.

Rolland Ranson directed the meet and will be in charge of the 1998 Championships at Orono, July 30-Aug. 2. □



Mitchell Lovett, M35, winning the 100, USATF East Regional Masters Championships, Orono, Me. Photo by Abrey Jones

CLAUDE PEPPER FOUNDATION

TALLAHASSEE SENIOR CENTER

CELEBRATION OF SENIOR WELLNESS COMPETITIONS SATURDAY, OCTOBER 25, 1997

NO ENTRY FEES, FREE T-SHIRTS, EXHIBITS, CONCESSIONS, HEALTH TESTS

ELIGIBILITY: 55 YEARS OR OLDER

DEADLINE: Registration must be received by October 18, 1997.

DIVISIONS: Men and women; compete in 5-year age groups; 5K run; 3K racewalk.

AWARDS: CASH PRIZES, one in each category plus a prize to male and female overall winners in the run and overall winners in the racewalk. Trophies will be awarded to runners-up.

FACILITIES: Florida State University all-weather track.

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Mail to: Frances Campbell, Claude Pepper Foundation, 210 S. Woodward Avenue, Tallahassee, Florida 32304, Phone: (850) 222-5146, Fax: (850) 561-9264

Waiver: In consideration of your accepting my entry, I, extending to be legally bound, do hereby for myself, my heirs, executors or administrators waive and release forever any and all rights, claims or damages I may accrue against the Claude Pepper Foundation and all sponsors of the "Celebration of Senior Wellness" competitions, their successors, representatives and assigns of any and all injuries which I may suffer while traveling to and from, and while participating in the competitions held October 25, 1997 at the Florida State University, Tallahassee, Florida. I certify that I am in a state of health that permits me to participate in these events.

Signed _____ Date _____



Training Advice

by EARL FEE

Training For The 800

Earl Fee, 68, of Mississauga, Ontario, Canada, became the world M65 800-meter record-holder (2:14.33 in 1995 at age 66), when he won the gold medal at the 11th World Veterans Championships in Buffalo, N.Y. He successfully defended his world title at the 12th World Championships in Durban, South Africa this year in 2:19.08 – 99.4% on the age-graded scale. In Buffalo, he also set an M65 WR in the 400 (57.97/97.9%), and won the 300 hurdles (45.71/98.7%). In addition, he holds world indoor records at 800 for M60 (2:16.04) and M65 (2:16.80), and at 400 for M65 (59.53). We asked him what kind of training he did to achieve these phenomenal performances, and he was kind enough to detail for us his 800-meter regimen. Admittedly, he spends a lot of time at this, which he has plenty of since he retired from the Atomic Energy Commission, where, as a mechanical engineer, he helped design power plants. He is currently working on a book, tentatively titled "Secrets of a Champion," and promises to send additional training tips for NMN readers in future issues.

The 800-meter run is roughly 50% anaerobic and 50% aerobic. Therefore, training on these energy systems should be roughly in those proportions. If either is neglected for over a week, performance will suffer by a few percent. Mileage should be at least 35 miles per week, including warmups and cool-downs.

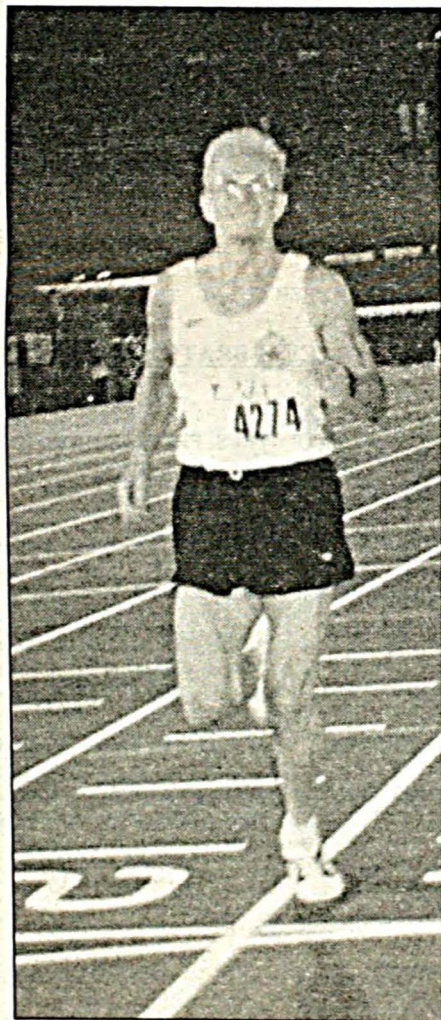
Have a Long-Term Plan

It is essential to build a good base for at least 2½ months including hills and some speed work, in order to have endurance for interval training. Remember, it takes 6 to 8 weeks for the body to adapt. Do a lot of race pace training. Do not train hard for more than 12 weeks.

The recovery days are as important as the training days – with more rest days there is more quality and fewer injuries. To run 2% faster may require 40% more work, but it is worth it. Be sure to have fun and to taper about 1½ weeks before the big race.

Success also depends on low body fat (mine is 5%). Also counteract aging with weights and lots of stretching.

Your speed in the 800 depends a lot



Earl Fee, Canada, winning the M65 800 (2:19.08), 12th WAVA Championships, Durban, South Africa, July 17-27. Photo by Suzy Hess

on your 400 speed. Normally your 800 time = two times your best 400 time, plus about 12 to 18 seconds. So you have to work on the 400 too. Some 400 workouts are included below. Also you should be able to run a good 5K.

Pool and Track Training

A lot of my training is in the pool and anaerobic threshold runs on the

track. These are described briefly below:

Run in the water in the deep end: wear a vest or belt for flotation, run as naturally as possible – keep upright, don't bob up and down, and keep hands straight up. Use these workouts for recovery mainly, but once a week a hard session of intervals is recommended.

Duplicate the land workout with the same perceived effort, the same reps, but much shorter rest intervals. Do not workout hard within four days of a meet or your legs will get tired during the race. Several times I've made this mistake. Do ABCs in the shallow end of the pool at least twice a week for at least 12 minutes.

Runs at the anaerobic (lactic or ventilatory) threshold are essential to increase the $\dot{V}O_2$ maximum (i.e., the volume of oxygen per unit time per unit of body mass). This training should be done at least once per week; i.e., run mile, or 2000 or mile-and-a-half repeats at 10K race pace for a mile, plus 15 seconds or preferably slightly faster. If your 10K pace is 6 minutes and 45 seconds per mile, then run at 7 minutes per mile. Alternately, run for 15 to 25 minutes at the above pace.

Typical Week

Following is a typical schedule after building a sound base:

Sunday: Long slow run (about 6 miles) or 30 minutes slow run plus 30 minutes pool run.

Monday: Run in the water, or 100 or 150 stride repeats on earth or grass.

Tuesday: Fast short intervals.

Wednesday: Anaerobic threshold training.

Thursday: Longer fast intervals.

Friday: Rest day. This could be light cross-training.

Saturday: Sprint training or short fast intervals on track. Take one-hour rest and coffee. Go to park for downhill repeats on wood chips or long runs on grass.

If possible, do two workouts per day, or at least on the weekend. Retirees no excuse. One of the two workouts is normally the pool workout for recovery, or a weights-plus stretching session.

Anaerobic Training

Typical anaerobic workouts when in top shape are:

Note: race pace is target 800 race pace (with spikes on an artificial surface) unless otherwise specified. These are each a complete workout but could be followed by slow 150 repeats. At the start of speed training, rep times should be slower and take more rest and/or reduce the number of sets if you need to.

- 3 sets (4 x 200 at race pace with 30 to 40 seconds between reps) with 5 minutes between sets.

- 4 sets (200 at race pace plus 2 or 3 seconds, rest 30 seconds, run 100 at race pace or faster, rest about 2 minutes, repeat) with 5 minutes between sets.

- 3 sets (run 250 at race pace plus 2 to 4 seconds, rest 45 seconds, run 150 fast, rest about 2½ minutes, repeat)

with 6 minutes between sets.

- 3 sets (200 race pace, rest 1 minute, 200 race pace, rest 1 minute, 300 race pace) with 6 minutes between sets or heart beat below about 110 to 120 beats per minute (b.p.m.).

- 3 sets (3 x 300 at race pace with 75 seconds between reps) with 8 minutes between sets. This is a tough workout.

- 2 or 3 x 500 gradual accelerations, start slow and finish fast, with a total time equal to race pace plus 0 to 3 seconds.

- 2 x 500 runs at race pace, run evenly. Full rest between.

- 5 x 250 at 400 race pace, rest 6 minutes or until heart returns to below 100 b.p.m. between reps.

- 3 or 4 x 200 steep uphill run at 95% effort, jog down, rest until heart beat goes down to 100 b.p.m.

- time trial 600 at race pace – usually 1 or 2 weeks before race.

- 8 to 10 x 100 starting slower than 400 race pace and progressively faster, ending up faster than race pace, walk back plus rest about 30 seconds more. Work on relaxation and form.

- 300 at 400 race pace, rest 1 minute to 75 seconds, run 100 as fast as you can, rest 8 minutes or when heart rate returns to below 100 b.p.m. Repeat 3 times.

- 2 or 3 x 400 between 400 and 800 race pace about five days before a race. Rest until heart is below 100 b.p.m.

- 5 or 6 x 150 at 400 race pace three days before an important race. Rest until heart is below 100 b.p.m.

This is a small part (excerpts) of a book I have written on fitness/running training which is planned for publication next year. □

(Next month: More Training Advice from Ross Dunton.)



Scott Shields, 32, Seattle, won the M30 800 in 2:04.2, USATF Northwest Regional Masters Championships, Seattle, July 19-20. Photo by Jerry Wojcik

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Speaker's Corner

by PHIL MULKEY

Entry Fee Rejected At Nationals

Maybe Hank Nottingham had it right when he said we are being controlled by an elite, autocratic administration whose dictatorial aims are not in sync with the best interests of the athletes or, indeed, the masters program, itself. Example: upon returning from South Africa, I decided on somewhat a whim of detached loneliness to join some of my favorite people at the Nationals in San Jose.

After spending \$750 for a flight and dealing with the ever-present bane of every vaulter's existence (the poles), I arrived Thurs., Aug. 7. In hand was my entry form with the necessary fees, plus the now required extra \$50 for late entry (as so stated on the official entry form).

"We cannot accept your entry," spoke the friendly, but steely-eyed meet director. "You are too late."

"How can that be?" I asked, holding back tears welling in my eyes. "The official form states that I may do so, providing I am desperate enough to weaken my daughter's dowry by depleting its value by enough to cover the required \$50."

"That's not exactly what we meant," he said. "What we failed to say on the form was that we would take entries, plus the \$50, up to Aug. 4. Good lord, man, don't you read the *National Masters News*? That fact was mentioned in the story."

I replied that I was in Africa and hadn't read the latest issue, but I did read the *New York Times* on occasion and wondered if I might have overlooked it there.

"The colorful red, blue, and black form looked so official," I whined. "I thought I could depend on its words."

Then he turned and I was almost certain I heard him say, "That's probably true in a court of law: it's a jungle out there."

Wandering somewhat aimlessly, I finally divested myself of another \$80 at the stunning, though less than ostentatious, San Jose Hyatt.

A troublesome night forced me to an early breakfast and, considering my loneliness was delighted to be joined by Al Sheahen, editor of the aforementioned NMN. Asking what events I would enter, amid consumption of breakfast fare, I informed him of my situation.

Moving more quickly toward the phone bank than any man should that early in the morning, he dialed the room of Chairman Ken Weinbel and relayed the story.

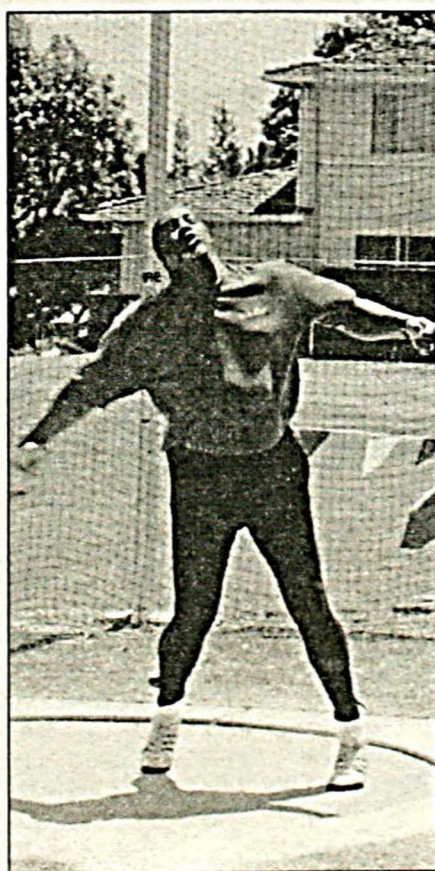
The Chairman, protector of all that is right and good in masters track & field, called for a gathering of the

Games Committee — six noble and honorable men and women, including the meet director — to settle the issue.

As I observed the meeting, my sympathy grew for the meet director as the committee seemingly railed against him, admonishing that, indeed, despicable and abhorrent as Mulkey may be, he certainly stood on firm, legal ground.

But the director was magnificent, boldly defending his actions, standing proudly on his personal principle, refusing to be persuaded by logic.

Yet, while in admiration of him, I couldn't help wonder why he didn't just say, "Look, I really don't care. Why don't you as a committee relieve me of this nonsense and allow me to get back to my real work?" Plus, he might have winked, "We can always use the money, can't we?"



Lloyd Higgins, of California, second M55 in the discus (170-9), National Masters Championships, San Jose, Calif., Aug. 7-10.

Photo by Jerry Wojcik



Marietje Ceronio, of Georgia, won the W40 5000 (18:11.65) and broke the world record for the 2000 steeplechase with a 7:47.56, USATF National Masters Championships, San Jose, Calif., Aug. 7-10. Photo by Jerry Wojcik

But in a brilliant shift of position that would have brought glory to Johnny Cochran, he summoned forth an argument that completely shut down the clamoring committee. It was not a question of money. It was not a question of right or wrong. It was not even a question of what was legal. The real question was: "What are we going to do about all the previous individuals who had tried to enter and had been turned down? What would all those poor souls think?"

Unable to answer such a query, the committee acquiesced and, rejection complete, harmony was once again restored. And the good and honorable people of the noble committee thanked me for my understanding and even offered to allow me employment at the on-site concession stand that I might recoup at least a portion of my more than \$800 expenses. But, then, what are friends for?

Sadly, my own interpretation of this decision was tantamount to a jury finding all of its previous victims guilty and, later, to be innocent after their execution. And then, finding that the only way to be right with the next victim was to execute him, too, in fairness to the others. □

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Kilgallon Triumphs in British Sugar Marathon

by MARTIN DUFF

Peter Kilgallon won his first BVAF title, August 31, at the British Sugar Marathon, Stoke Ferry, despite being badly affected in the second half by the hills and humidity. Taking the lead soon after the five mile mark, Kilgallon

was through the half distance in 72:30, two minutes clear of the field and on course for his 2:26 clocking.

The hills at the 19/20 mile mark took their toll, but Kilgallon overcame a bad patch and hung on for a final 2:34:31 timing. Behind him, Dave Hollins collected BVAF silver.

Alan Carroll, winner of his category in the seven day tour of Thameside, Greater Manchester, showed no ill effects from his six races there, when he finished a fine fourth overall to take the M50 title in 2:43:57.

There was a disappointing turnout in the women's section as only four of the six runners entered actually finished the race. BVAF Road Race supremo Peter Duhig was at a loss to understand the women's reluctance to contest the championship. The men's race had been well supported with 138 entries, but the women simply gave it a miss.

Thus it was left to Victoria Manley, from local club Diss, to take the open event, the BVAF open and the W45 award. □



Wilma Perkins, Australia, first W45 in the pole vault (2.40/7-10 1/2), WAVA Championships, Durban, South Africa. 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

WAVA/USATF Hurdles and Implements Specifications

HURDLES

WOMEN

Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	No. of Hurdles
30-39	100m	.840m 33"	13.00m 42'8 1/2"	8.5m 27'10 1/2"	10.5m 34'5"	10
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	8
50-59 60-69 70 Plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
30-39 40-49	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
50-59 60-69 70 plus	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7

MEN

30-39 40-49	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
50-59	100m	.914m 36"	13.00m 42'8"	8.50m 27'10 1/2"	10.50m 34'5"	10
60-69	100m	.840m 33"	13.00m 42'8"	8.50m 27'10 1/2"	10.50m 34'5"	10
70 plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.0m 62'4"	8
30-49	400m	.914m 36"	45.00m	35.00m	40.00m	10
50-59	400m	.840m 33"	147'7 1/2"	114'9 1/2"	131'2 1/2"	
60+	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7

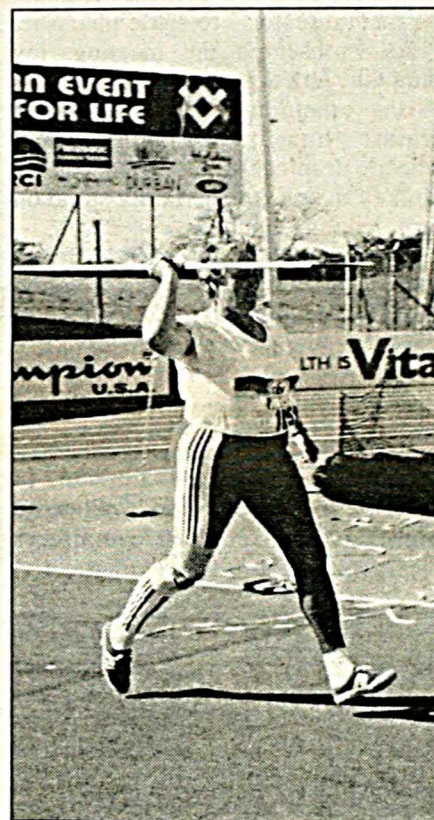
IMPLEMENTS

AGE	SHOT PUT	DISCUS	HAMMER	JAVELIN	WEIGHT	
Women					WAVA	USATF
30-49	4.00k	1.00k	4.00k	600gms.	20#	20#
50 plus	3.00k	1.00k	3.00k	400 gms.	16#	16#
60 plus					12#	16#
Men						
30-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.	35#	35#
50-59	6.00k	1.50k	6.00k	800 gms.	25#	35#
60-69	5.00k	1.00k	5.00k	600 gms.	20#	25#
70-79	4.00k	1.00k	4.00k	600 gms.	16#	25#
80 plus	4.00k	1.00k	4.00k	600 gms.	12#	25#

Steeplechase: men 30-59: 3000m/36" (.914m); men 60+ and women: 2000m/30" (.762m)

Superweight: M30-69 56-lb.; M70+ 35-lb.; W30-49 35-lb.; W50+ 25-lb.

WAVA weights are used for USATF weight pentathlons.



Karin Illgen, Germany, third (33.06) in the W55 javelin, 12th WAVA Championships, Durban, South Africa, July 17-27. Photo by Suzy Hess



Janis Lusis, M55, Latvia, third (50.44/165-6) at the WAVA Championships, Durban, shows the form that earned him a gold medal in the 1968 Olympics. Photo by Leo Benning



Women selling pots, baskets, and beads at the venue of the 12th WAVA Championships, Durban, South Africa, July 17-27. Photo by Suzy Hess

Masters Scene

NATIONAL

• The 19th annual USA Track & Field Meeting will take place in Dallas, TX, Dec. 2-6, at the Fairmont Hotel. See National T&F Schedule for details. Ken Weinbel, USATF National Masters T&F Chairman, urges athletes and others involved in the masters program to forward items for possible inclusion on the agenda to him or members (addresses on p. 3) of the Masters T&F Committee by the end of October.

• Carol Johnston, 85, Whittier, CA, broke the M85-89 WR for the pole vault at the 1997 National Championships in San Jose, with a 2.24/7-4 1/4. His record was not listed with the pending world and U.S. records from the Nationals printed in the September issue. Ahita Pajunen, Finland, holds the present mark at 1.90/6-2 1/4 and has a pending 2.00/6-6 1/4. Johnston already holds the WRs for the M75 and M80 age groups.

• The Boston Marathon is dropping its requirement that entrants be USATF members, but the NYC Marathon has no immediate plans to follow because of the support the fees offer to local USATF associations.

• The Road Runners Club of America (RRCA) and its 600 constituent clubs nationwide are sponsoring the first annual RRCA National Run to Work Day on Tuesday, Oct. 21, to promote health, fitness, and enjoyable exercise through running. A National Run to Work Day MEDIA Kit is available from National Run to Work Day MEDIA Kit, RRCA, 1150 S. Washington St., Suite 250, Alexandria, VA 22314. 703-836-0558; fax 703-836-4430.

• The results of the women's 5000 and 10K racewalks from the National Masters Championships in San Jose were mislabeled in the September issue. The corrected results are in this issue.

• Corrections to the WAVA Championships results from Durban in the September issue: members of the first-place M45 4x100 relay team from the USA were Hahn, Bowen, Radliff, and Gonera and the second-place M45 4x400 relay USA team members were Constantino, Bowen, Radliff, and Gonera.

EAST

• John Barber, M40, 52:11, and Gillian Horovitz, W40, 60:32, were first masters in the Yankee Homecoming 10 Mile/USATF NE Championships, Newburyport, MA, July 29. Standouts included Larry Olsen, M50, 53:51, and Bill Riley, M60, 61:45. In the Salem Heritage Days 10K/USATF NE Championships, Salem, MA, Aug. 10, Barber (31:53) and Rebecca Stockdale-Woolley, W45, 38:04, nabbed masters wins. Olsen (32:59) and Riley (37:50) again produced top performances.

• Martin Mondragon, 43, and Joan Benoit-Samuelson, 40, steamed to masters wins, worth \$1200 each, in the Utica Boilemaker 15K, Utica, NY, July 13. Mondragon ran a 46:47, leaving second place to Ted Jaleta, 42, with a 47:34; Samuelson finished in 53:23, over a minute ahead of Regina Joyce, 40, who closed in 54:30. Joseph Nzau, 48, and Bill Rodgers, 49, duelled for the M45 win, Nzau prevailing by a scant second in 49:35.

• Fourth woman overall, Karl Proffitt, 40, aced the masters division in 1:24:53 at the NYRR Manhattan Half-Marathon, Central Park, Aug. 3. Alan Ruben, 40 topped the men's division with a 1:14:32. Susan Pavesi (59, 1:33:53) crossed the line nearly 17 minutes ahead of her nearest competitor to take the W55 title.

• Top masters competition in both the men's and women's fields was very tight at the Reservoir Run 5K, Central Park, July 26. First

place honors went to Greg Diamond (40, 16:46) and Mary Diver (43, 20:35). Hot on their heels were John Kenney (41, 16:52) and Darcy Winters (41, 20:41).

• Winnie Ng, 45, from Hong Kong, was second woman overall in the NYRR Roosevelt Island 10K, NYC, Aug. 10, grabbing the masters title in 37:45. Alan Ruben (40, 33:28) triumphed in the men's race. In the M60 division, Epifanio Morales (62, 37:46) turned in an 87.6% A-G performance.

MIDWEST

• Tom Stevens, 42, scored an age-graded 90.3% with a 31:18 masters first in the Clarksburg 10K, Clarksburg, WV, on Aug. 2, but best performance honors went to Bill Rodgers, 49, third M40+, with an A-G 90.9% 32:48. Connie Young, 42, was the W40+ winner in 41:41. Opal Conaway, 81, won the W70+ division race with a 97:47.

• The Masters Return To Illinois Meet attracted 137 athletes to Libertyville, July 12, where Roger Phillips, M50, posted the best marks for all M40+ in the 100 (12.83) and 200 (25.44). Vic Heckler, 54, prepped for his M50 title (4:25.49) in the Nationals at San Jose later in August, with a 4:31.44. Andrew Boyce, 32, second in the LJ by 1/4-inch with a 21-4 in San Jose, hit the 21-11 1/4 mark.

MID-AMERICA

• Senovio Torres, 43, Cordova, NM, and Deborah Shulman, 40, Bellevue, CO, were the quickest masters to travel up and down in the Pikes Peak Marathon, Colorado Springs, Aug. 17. Senovio was fifth of 530 men with a 4:02:21 (2:36:13 ascent, 1:26:09 descent); Shulman was also fifth, of 137 women, with a 5:10:04 (3:18:31, 1:51:33). First masters in the Ascent, Aug. 16, were Dale Petersen, 40, Denver, in 2:28:15, and Virginia Eggers, 44, Telluride, CO, in 3:08:14.

• Tatiana Pozdnyakova, 42, finished second female in 77:12, Trinity Hospital Hill Half-Marathon, Kansas City, MO, June 1. Jane Hutchison, 51, powered to a third W40+ in 89:33. First M40+, Valery Svaytogor, 41, placed ninth with a 70:29; Charlie Gray, 43, tenth in 70:43. Joseph Nzau, 48, was fourth M40+, with a 74:56.

SOUTHWEST

• David Washburn, 41, did yeoman's work in the St. Joseph Hospital Men's 100x1 Mile Relay at Rice University track, Houston, Aug. 24, running a 4:28 to help the open team of 100 runners break the WR with a 7:41:14, and later clipping off the last leg in 4:33 for the M40-49 group, which finished with a 9:04:02 (5:26 pace). A veterans team (50+) finished in 11:08:12 (6:41 pace), led by David Chester, 51, with the best time of 5:24.

• According to an article, dated July 28, in the El Paso Herald-Post, Larry Jessee broke the M45 WR with a 16-1 PV at UT-El Paso's Kidd Field on July 27. Until Jessee's record is verified at the USATF Dallas Convention, Jerry Cash holds the record at 15-7 1/2.

WEST

• Arnie Gaynor, 69, Orange, CA, hit a single-age AR in the shot with a 12.72/41-8 1/4, USATF/SCA Championships, Los Angeles, June 8. The old record was 11.78/38-8.

• Kenneth Wilson, 42, Albuquerque, NM, posted the fifth best masters time ever in the event, with a 70:57, an age-graded 87.5%, America's Finest City Half-Marathon, San Diego, Aug. 17. First W40+, Jeanne Lasee-

Johnson, 40, Chula Vista, CA, recorded the third best W40+ time with an 82:22. Hal Goforth, Jr., 52, El Cajon, CA, and Wayne Mitchell, 52, Silverado, CA, staged the closest age-group contest, with Goforth prevailing by three seconds, with an 82:02.

• Raul Santana, M45, in 2:38:53, and Philomena Chandra, W40, with a sixth-place 3:02:33 in the women's race, garnered masters titles, San Francisco Marathon, July 13. Santana held off Carlos Reyes, M45, who closed in 2:38:59. M65s Edward Salkin and Dick Yaeger supplied the tightest race, Salkin winning by one second with a 3:49:44.

• Joy Upshaw-Margerum, W35, who won five individual gold medals in the Nationals at San Jose, garnered seven firsts at the Northern California Seniors Meet, Union City, Aug. 30, competing in some events (SP, DT, JT, PV) that aren't her specialties. Javelinists Ken Hall, 31, with a 61.86/202-11, and Tom Silva, 38, with a 59.68/196-9, were in good late season form.

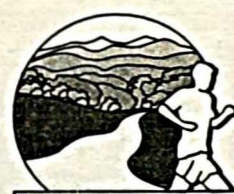
INTERNATIONAL

• The International Olympic Committee announced on Sept. 5 in Lausanne, Switzerland, that Athens had been awarded the Summer Games for the year 2004. Athens, snubbed for the 1996 Games in favor of Atlanta, was the sentimental favorite over rival bidders Buenos Aires, Argentina; Cape Town, South Africa; Stockholm, Sweden; and Rome, Italy. Athens beat Rome by 25 votes, 66-41, in a fourth and final of a secret ballot by IOC members at the Beaulieu Palace in Lausanne. The margin was one of the biggest in IOC history, equalling Seoul's 25-vote win over Nagoya, Japan, for the 1988 Games. Greek and IOC officials said that the Athens bid benefited from its promise to bring the Games closer to its roots and away from the crass commercialism of the Atlanta Games.



Larry Dickerson, 65, Burke, Va., first M65 (42:41), 1997 Run To The Rescue/Crystal City 10K, Arlington, Va. Photo by George Banker

• Tom Jordan, WAVA Executive V-P, is developing a WAVA organizers' manual, which he hopes to complete in time for Gateshead (host of the 1999 WAVA Championships) to use.



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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 generally limited to age 50 and over. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. International T&F meets are generally limited to men over 40 and women over 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

October 11. USATF National Masters Weight Pentathlon Championships, Orlando/Disney Sports Complex. Jeff Wentworth, PO Box 10000, Lake Buena Vista, FL 32830-1000. 407-363-6627; fax: 407-363-6601.

December 2-6. USATF National Convention, Dallas. Fairmont Hotel, 1717 N. Akard, Dallas, TX 75201. 214-720-2020. USATF, PO Box 120, Indianapolis, IN 46225. 317-261-0500; fax: 261-0481.

July 30-August 2. 31st annual USATF National Masters Championships, U. of Maine, Orono. U. of Maine, 5747 Memorial Gym, Orono, ME 04469-5747. 207-581-1077; fax: 207-581-3474; e-mail: ranson@maine.maine.edu. Web site: <http://www.ume.maine.edu/~track/trackfield.html>

EAST

Connecticut, Delaware, Massachusetts, Maryland, Maine, New Hampshire, New Jersey, New York, No. Virginia, Pennsylvania, Rhode Island, Vermont

January 9-11. 29th annual Dartmouth Relays, Leverone Fieldhouse, Dartmouth College, Hanover, N.H. Carl Wallin, meet director, Dartmouth Athletic Dept., 6083 Alumni Gym, Hanover, NH 03755-3512. 603-646-2848.

January 11 & 25. DCRRC Indoor Meets, Jefferson Community Center, Arlington, Va. 8 am-noon.

February 8. DCRRC Indoor Meet, Jefferson Community Center, Arlington, Va. 8 am-noon.

SOUTHEAST

Alabama, Florida, Georgia, N. Carolina, S. Carolina, Tennessee, Virginia

October 8-17. Tampa Bay Senior Games. 50+. Sandy Fiallo, 1420 N. Tampa St.,

FIVE YEARS AGO October, 1992

- Mexico Hosts North American Championships
- National Decathlon Held in Des Moines
- 1st World Vets Road Race Held in England
- Gary Romesser (41, 30:43) and Carol McLatchie (40, 35:25) Win in Asbury Park 10K

Tampa, FL 33602. 813-274-8117.

October 21-25. Sarasota County Senior Games. 50+. Kelly Shoemaker, 4430 S. Lockwood Ridge Rd., Sarasota, FL 34231. 941-316-1268.

October 22-November 2. South Florida Senior Games, Ft. Lauderdale. 50+. Dori Horowitz/Judy Thom, 1350 W. Broward Blvd., Ft. Lauderdale, FL 33312. 954-761-5383.

October 25. Celebration of Senior Wellness, Florida St. U., Tallahassee, FL. Frances Campbell, Claude Pepper Foundation, 210 S. Woodward Ave., Tallahassee FL 32304. 850-222-5146. Fax: 850-561-9264.

November 23. Space Coast Senior Games, Brevard County, Fla. 50+. SCSG, 1575 Central Ave., Merritt Island, FL 32952. 407-459-0518.

MID-AMERICA

Colorado, Iowa, Kansas, Minnesota, Missouri, New Mexico, N. Dakota, Nebraska, S. Dakota

October 2-5. Kansas Senior Games, Topeka. 50+. Deadline: Sept. 5. Marge Rightmeier, Topeka Parks & Rec., 1534 SW Clay, Topeka, KS 66604. 913-368-3798.

October 5. Denver TC 20K 4-Runner Relay, All-City Stadium. Andre Raveling, 303-320-0750.

WEST

Arizona, California, Hawaii, Nevada

October 4. Club West Meet, Santa Barbara City College, Santa Barbara, Calif. Beverley Lewis, 805-969-5851.

October 12. Sri Chinmoy Masters Games, Cal State Long Beach, Long Beach, Calif. 40+. Bigalita Egger, 310-645-0271.

October 23-24. Huntsman World Senior Games, St. George, Utah. 1-800-562-1268.

October 17-19. Napa Senior Games. 50+. Virginia Mosher, PO Box 660, Napa, CA 94559. 707-255-1800.

November 15. Long Beach Senior Games, Long Beach City College, Long Beach, Calif. 50+. Karla Yuki, 562-570-1776.

November 22. Tucson Senior Track Meet, Drachman Stadium, U. of Arizona. Tucson Parks & Rec., 220 S. 5th Ave., Tucson, AZ 85701. 520-791-4865; fax: 791-5314.

INTERNATIONAL

October 24-November 1. Australian Masters Games, Canberra. The Games Company, GPO Box 2697, Canberra 2601, Australia. Hotline: 06-207-9097.

November 14-16. XVII International Veterans Meet, Montevideo, Uruguay. Presidente del Comité Organizador, Canelones 982, Montevideo-C.P. 11.100

Uruguay. Fax: 598-2-96 34 23; 96 32 72.

January 17-28. 9th Oceania Veterans Games, Hawkes Bay, Jim Tobin, Box 7144, Taradale Napier. Phone/fax: 06-844-5072; mobile phone: 025-240-8880.

August 9-22. NIKE World Masters Games (multi-sports), Portland, Ore. 1-800-98-GAMES. Northwest Event Management, PO Box 10825, Eugene, OR 97440. 541-687-1989; 687-1016.

LONG DISTANCE RUNNING

NATIONAL

October 5. USATF National Masters Marathon Championships, Minneapolis/St. Paul, Minn. Indy Life Circuit Race. 1 1/2 X points. Scott Schneider, 708 N. First St., #CR-33, Minneapolis, MN 55401. 612-673-0778.

October 25. USATF National Masters 15K Championships, Tulsa, Okla. Indy Life Circuit Race. Jack Wing, 4038 E. 48th St., Tulsa, OK 74135. 918-742-5418.

November 14-16. Road Race Management's Race Directors' Meeting & Trade Show, Washington, D.C. RRMRD Meeting, 2300 Ninth St. South, Suite 300B, Arlington, VA 22204. 703-685-7181.

EAST

Connecticut, Delaware, Massachusetts, Maryland, Maine, New Hampshire, New Jersey, New York, No. Virginia, Pennsylvania, Rhode Island, Vermont

October 12. Army 10 Mile, Arlington, Va. Army 10, 103 Third Ave., Bldg. 48, Fort McNair, DC 20319. 202-685-3361.

October 13. Tufts 10K For Women, Boston. USATF Open Championship. Conventures, Inc., One Design Center Place, Boston, MA 02210. 617-439-7700.

October 18. Greater Hartford Marathon. Masters money. GHM, 221 Main St., Hartford, CT 06106. 860-525-3435; fax: 860-724-7317.

October 18. Oyster Festival 5K, Roosevelt Memorial Park, Oyster Bay, N.Y. Mike Polansky, 516-433-0919.

October 19. Atlantic City Marathon & Half-Marathon. SASE to ACM, Dept. RT, PO Box 2181, Ventnor, NJ 08406-0181. Jennifer, 609-822-6911; fax: 609-823-7694.

October 19. NYRRC Kurt Steiner 5K Cross-Country, Bronx, NYC. NYRRC, 212-860-4455.

October 26. Mohawk-Hudson River Marathon/USATF Adirondack Championship, Schenectady to Albany, N.Y. SASE to M-HRM, PO Box 4146, Albany, NY 12204. 518-435-4500.

October 26. Marine Corps Marathon, Washington, D.C. MCM, PO Box 188, Quantico, VA 22134-0188. 703-784-2225; 800-RUN-USMC.

October 26. Cape Cod Marathon/Relay, Falmouth, Mass. SASE to CCM, PO Box 699, West Falmouth, MA 02574.

November 1. Syosset Sprint 4 Mile, L.I., N.Y. Lynn Kotler, 516-746-0144.

November 2. New York City Marathon. SASE for "How to Apply" brochure to NYC Marathon, 9 E. 89th St., NY, NY 10128. 212-860-4455; fax: 860-9754.

November 9. Ocean State Marathon/USATF New England Championships, Narragansett to Warwick, R.I. Masters

ON TAP FOR OCTOBER

TRACK AND FIELD

The USATF National Masters Weight Pentathlon Championships should draw one of the largest fields in the event's history to the Orlando/Disney Sports Complex on the 1st. The lure of Santa Barbara will again entice a strong post-season turnout to the Club West Meet on the 4th. Touring athletes who attend that meet can stick around for the Sri Chinmoy Masters Games in Long Beach, Calif., on the 12th, or the Huntsman Senior Games, St. George, Utah, on the 23rd-24th. Florida is awash in Senior Games activity all month.

LONG DISTANCE RUNNING

Two National Masters Championships, both also Indy Life Circuit Races, highlight the schedule: the Twin Cities Marathon, Minneapolis/St. Paul, on the 5th, and the Tulsa 15K in Oklahoma on the 25th. Other available marathons range from the St. George in Utah on the 4th; the Indianapolis, on the 11th; the Chicago, Detroit, St. Louis, Motorola in Arizona on the 19th; the Marine Corps in Washington, D.C., and Kansas City in Missouri on the 26th. For less stressful and less taxing runs, options are the Barber to Boise 10K in Idaho on the 4th; Phoebus 8K in Virginia on the 11th; Army 10 Mile, Arlington, Va., on the 12th; or Oyster Festival 5K on Long Island on the 18th.

RACEWALKING

Contestants in the National Masters One-Hour Championships will "have at it" for 60 minutes on the 12th in Cambridge, Mass. A 10K and clinics are set for the 4th in Bowling Green, Ky., and the Henry Laskau Invitational 10K & 5K hits the streets of Coconut Creek, Fla., on the 25th.

money. OSM, 5 Division St., East Greenwich, RI 02818. 401-885-4499; fax: 885-3188.

November 23. NYRRC Turkey Classic 5 Mile, Central Park, NYC. NYRRC, 212-860-4455.

November 23. Philadelphia Marathon & 8K. 215-685-0054. Marathon, PO Box 18543, Philadelphia, PA 19129. 215-685-0054; fax 685-0154.

November 27. Manchester 4.75 Mile. M Road Race, Box 211, Manchester, CT 06040. 860-649-6456.

Continued on next page

Continued from previous page

SOUTHEASTAlabama, Florida, Georgia, N. Carolina,
S. Carolina, Tennessee, Virginia

October 4. Mulberry Island 5K & Half-Marathon, Ft. Eustis, Va. Mike Cicero, 757-878-2097.

October 4. Isle of Palms Connector Run & Walk, 10K, Isle of Palms, S.C. Rosalie Bradham, PO Box 1976, Mt. Pleasant, SC 29464. 803-884-2278 (x1062).

October 11. Phoebus 8K Run On The Fort, Hampton, Va. Masters money. Tim & Isabel Clapp, 757-722-3108.

October 11. Cartersville 10K, Cartersville, Ga. Atlanta TC, 3097 E. Shadowlawn Ave., Atlanta, GA 30305. 404-231-9064.

October 18. Peachtree City Classic 5K/RRCA Championships. Joe & Bernice Wassell, 707 Orleans Trace, Peachtree City, GA 30269. 770-631-7658.

October 18. First Of America Running Festival 10 Mile, St. Petersburg, Fla. SASE to Running Festival, PO Box 66252, St. Pete Beach, FL 813-363-7866; fax: 813-360-9710.

November 1. Coast Guard Semper Paratus 10K, CG RTC, Yorktown, Va. Sandy Harrison, 757-898-2226.

November 1. Atlanta TC 10 Mile & 15 Mile, Stone Mountain Park, Atlanta. ATC, 3097 E. Shadowlawn Ave., Atlanta, GA 30305. 404-231-9064.

November 8. Vulcan Run 10K, Birmingham. Birmingham TC, PO Box 530363, Birmingham, AL 35253. 205-995-5344.

November 15. Yorktown Battlefield 10 Mile & 5K, York HS, Yorktown, Va. Masters money. Marty Fisher, 757-898-9448; Rick Platt, 757-229-7375.

November 16. Old Reliable 10K, Raleigh. Butch Robertson, PO Box 1229, Raleigh, NC 27602. 919-829-4843.

November 27. Atlanta Marathon & Half-Marathon. SASE to Atlanta TC, Nov. 1.

December 13. WZYP Rocket City Marathon, Huntsville, Ala. \$5000 Masters purse. Huntsville TC, c/o Malcolm Gillis, 1001 Opp Reynolds Road, Toney AL 35773. 205-828-6207. Entry form in October issue.

February 28. Myrtle Beach Marathon & Marathon Relay, Myrtle Beach, S.C. Myrtle Beach Marathon, PO Box 8780, Myrtle Beach, SC 29578-8780. 803-349-2733.

MIDWESTIllinois, Indiana, Kentucky, Michigan, Ohio,
Wisconsin, West Virginia

October 11. Indianapolis Marathon, Laurence, Ind. Joel Sauer, PO Box 36214, Indianapolis, IN 46236. 317-826-1670.

October 19. Detroit International Marathon, Windsor, Canada, to downtown Detroit. DM, 300 Stroh River Place, Suite 2600, Detroit, MI 48207. 313-393-7749.

October 19. Chicago Marathon. Marathon, Dept. 2100, 134 S. LaSalle St., Chicago, IL 60674-2100. 888-243-3344; fax: 312-243-5652.

November 9. Columbus Marathon. Time incentive for masters also. CM, 6660 Doubletree Ave., Suite 308, Columbus, OH 43229. 614-433-0395; fax: 614-433-0330.

MID-AMERICAColorado, Iowa, Kansas, Minnesota,
Missouri, New Mexico, N. Dakota, Nebraska,
S. Dakota

October 19. St. Louis Marathon, SLTR,



Donna Howard (l) of Sponsor VYTRA Healthcare and Race Co-Directors Irene Robinson (r) and Barry Saltsberg congratulate the second-place masters team from the host Plainview-Old Bethpage RRC Fast Feet team (l to r): Margarita Marascia, 41, Andrea Otto, 46, and Elizabeth Penagos, 49, with Margarita's daughter, Maria.

Photo by Mike Polansky

2385 Hampton Ave., St. Louis, MO 63139. 314-781-3926.

October 26. Greater Kansas City Marathon 10K & 5K, Kansas City, MO. Karen Raymore, PO Box 1216, Raymore, MO 64083.

November 2. Omaha Riverfront Marathon. Gary Meyer, 5822 Ohio St., Omaha, NE 68104. 402-553-8349.

November 8. Rim Rock Run V, 37K, Grand Junction, Colo. Contact: Dave, PO Box 3685, Grand Junction, CO 81502. 970-242-0383.

SOUTHWESTArkansas, Louisiana, Mississippi,
Oklahoma, Texas

October 19. Motorola Arizona 10K, Phoenix. Rob Wallach, 6505 N. 16th St., Phoenix, AZ 85016. 602-277-4333.

November 9. San Antonio Marathon. SASE to SA Marathon, 1123 Navarro, San Antonio, TX 78205. 210-246-9652.

WEST

Arizona, California, Hawaii, Nevada

October 4. St. George Marathon, Utah. 4000 limit; registration closed. 801-634-5850.

October 5. Sacramento Marathon & 5K, Sacramento, Calif. 916-678-5005.

October 11. Wrightwood Mountain Challenge, Half-Marathon & 5K, Wrightwood, CA. Kathy Smith, PO Box 1815, Wrightwood, CA 92397.

October 19. Humboldt Redwoods Half-Marathon, Weott, Calif. 707-443-1220.

November 2. Los Angeles County Race For The Cure 5K, Rose Bowl, Pasadena. Kinane Events, 2987 Highland Dr., Carlsbad, CA 92008. 760-434-7706.

November 8. La Salida Del Sol 5K & 10K, Cal State U-Fullerton. Oscar Rosales, 714-841-5417.

November 9. Santa Clarita Marathon & 10 Mile, Santa Clarita, Calif. Suburb north of Los Angeles. 888-823-3455.

November 15. Mission Bay 25K, Fiesta Island, San Diego. SDTC, Joni Shirley, 619-292-6132.

November 16. Phoenix 10K. Harvey Beller, 1201 E. Jefferson St., Phoenix, AZ 85034. 602-229-1060.

November 30. Run To The Far Side 5K, San Francisco, Calif. RhodyCo Productions, 1417 Irving St., San Francisco, CA 94122. 415-759-2690.

INTERNATIONAL

October 26. Athens Marathon, Athens, Greece. Apostolos Greek Tours, Inc., 3145 S. Akron St., Denver, CO 80231. 970-669-8377.

April 11. Two Oceans Marathon (56K), Cape Town, South Africa. Chet Saintsbury, director, TO Marathon, PO Box 2276, Clareinch 7740, South Africa. Tel: 27-21-619407; fax 27-21-618724.

RACEWALKING

October 4. Bowling Green 10K Classic Racewalk. Seminars & clinics all weekend. Rick Kelley, Director, PO Box 1802, Bowling Green, KY 42102. 502-782-3660; 800-599-7223; fax: 800-599-4278.

October 12. USATF National Masters 1-Hour Racewalk Championships, Cambridge, Mass. Justin Kuo, USATF New England, PO Box 1905, Brookline, MA 02146-1905. 617-821-3000; 731-9062.

October 25. Henry Laskau Invitational 10K & 5K Racewalks, Tradewinds Park, Coconut Creek. R. Sidelko, 2910 Luckie Rd., Ft. Lauderdale, FL 33331. 954-349-1984.

November 9. USATF Florida 20K Racewalk Championships, Orlando. P. Betz, 407-876-4467.

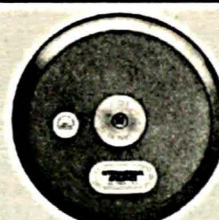
November 15. Alan Ranofsky Invitational 10K Racewalk/Run & 5K Racewalk, Cooper City, Fla. Mary King, 7503 W. Sunrise Blvd., Plantation, FL 33313. 954-581-8755.

December 6. Pharr 3rd Winter Festival 5K Racewalk, Pharr Plantation, Texas. A.C. Jaime, Race Organizer, P.O. Box 271, Pharr, TX 78577.

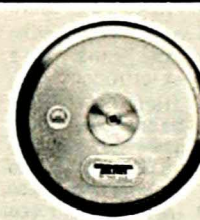
NORTHWESTAlaska, Idaho, Montana, Oregon,
Utah, Washington, Wyoming

October 4. Barber to Boise 10K, Idaho. Tim Severa, YMCA, 1050 State St., Boise, ID 83102. 208-344-5502.

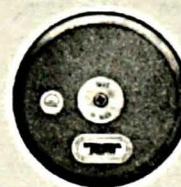
November 29. Seattle Marathon & Half-Marathon. Marathon Assoc., PO Box 31849, Seattle, WA 98103. Hotline: 206-524-RUNS; 800-343-4411.

**INTERNATIONAL ATHLETICS
DISCUS**

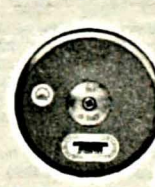
2 k - \$42.00



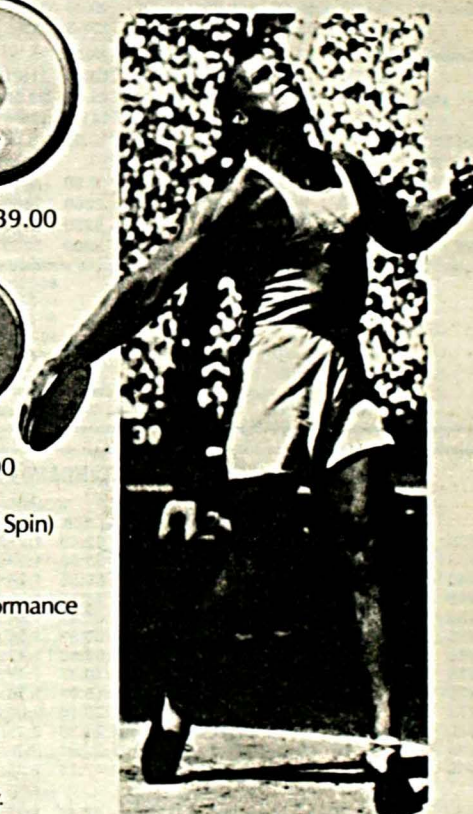
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1.5 k - \$39.00



1 k - \$34.00



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RECIPIENTS OF CERTIFICATES/PATCHES AS ALL-AMERICANS FOR ACHIEVING U.S. STANDARDS OF EXCELLENCE

M30-34 Ted Campbell Kenneth Hall Brian Coushay	800 Javelin Triple Jump	2:01 66.94 13.86	6-22-97 8-10-97 6-29-97
M35-39 Ted Campbell	400H	58.8	8-7-10-97
M40-44 Robert Bowen	100 200 200 400 100 200 400	11.22 23.18 23.31 52.06 11.02 22.84 52.55	7-13-23-95 7-5-9-95 8-15-18-96 8-15-18-96 4-19-97 4-19-97 7-17-27-97
James Kerman Randy Ware	Shot Put 1500	13.13 4:21.96	8-7-10-97 8-8-97
M45-49 Gene Bard Jim Corridan David Craig	Pole Vault 800 100 200	13-7 1/4 2:11.1 11.6 24.5	8-9-10-97 7-22-97 6-28-97 6-28-97
Bill Fitzpatrick Terry Holland John Oleski Dale Wilcoxson	800 Shot Put Long Jump Discus	2:11.91 12.05 18-5 1/2 134-5 1/2	6-8-97 8-9-97 6-1-97 7-20-97
M50-54 John Darlington Gary Geiger Warren Gillette Wayne Grip	800 100 Long Jump 400 200 100	2:18.40 12.3 5.24 54.60 24.36 11.79	5-28-97 7-1-97 8-9-97 6-26-97 7-24-97 7-31-97
Mike Grace William Hendricks Robert Pratte Chip Smith	Discus Pentathlon 10K Javelin	42.14 2783 35.35 45.74	8-8-97 7-12-97 8-9-10-97 7-10-97
M55-59 Charles Fennelle Joe Johnson Lionel Low	35# Weight Shot Put 100 200 Long Jump Triple Jump	9.96 11.87 12.92 25.16 16-0 34-1	4-5-97 6-22-97 7-12-97 7-12-97 4-20-97 6-12-97
Bob Shoemaker	100	12.69	5-10-97
M60-64 Larry Carter David Lard Robert Miller	High Jump Mile 100 200 5K High Jump Triple Jump	4-9 5:33.6 13.5 28.4 19.35 1.44 8.9	8-31-97 7-26-97 8-6-97 7-30-97 8-22-97 5-3-97 3-3-97
Wendell Ware Glenn Yoder	High Jump Triple Jump	1.44 8.9	5-3-97 3-3-97
M65-69 Rudy Bredenbeck	Shot Put Discus Triple Jump Superweight 100HH Hammer 25# Weight Superweight Discus	35-7 123-11 27-10 1/4 4.95 20.16 33.62 10.66 4.37 137-4	7-12-97 6-14-97 6-14-97 8-16-97 6-28-29-97 8-7-97 2-17-97 8-16-97 7-19-20-97
John Cauldwell Michael Devlin Alan Maxwell Jerry Wojcik	Shot Put Discus Triple Jump Superweight 100HH Hammer 25# Weight Superweight Discus	35-7 123-11 27-10 1/4 4.95 20.16 33.62 10.66 4.37 137-4	7-12-97 6-14-97 6-14-97 8-16-97 6-28-29-97 8-7-97 2-17-97 8-16-97 7-19-20-97
George Whiting	Discus	137-4	7-19-20-97
M75-79 Francis Albaugh	5K	24:57	5-29-97
M85-89 Paul Narcessian	Hammer	22.40	6-15-97
M90-94 Burt De Groot	Discus	53-6	5-21-28-97
W30-34 Shannon Walsh	Mile Racewalk	7:31	7-25-97
W40-44 Leslie King	5K	20:53.2	5-3-97
W55-59 Suzy Hess	16# Weight Superweight	7.89 5.63	6-15-97 8-16-97
W60-65 Fei-Mei Chou	High Jump Long Jump Triple Jump Discus Throw	1.05 3.10 6.30 18.60	8-15-18-96 8-15-19-96 8-15-19-96 9-2-95
JoAnne Parks	Mile RW 5K RW 1500 RW	9:27.73 30:18.54 8.54	6-28-97 6-27-97 6-19-97

U.S. MASTERS STANDARDS OF EXCELLENCE

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
100	11.0	11.33	11.67	12.0	12.5	13.0	13.5	14.0	15.0	16.5	18.0	20.0
200	22.4	23.3	24.2	25.1	26.0	27.2	28.5	29.8	32.4	35.8	39.8	44.0
400	51.0	52.5	54.0	56.0	58.5	61.5	65.0	70.0	76.5	84.5	94.0	105.0
800	2:01	2:04	2:08	2:13	2:19	2:27	2:37	2:49	3:06	3:27	3:54	4:24
1500	4:11	4:15	4:22	4:32	4:45	5:02	5:24	5:47	6:22	7:03	7:59	9:15
Mile	4:31	4:35	4:42	4:53	5:07	5:25	5:49	6:14	6:51	7:38	8:42	10:10
5000	15:30	15:42	16:06	16:44	17:30	18:24	19:36	21:08	23:30	26:00	29:00	32:30
10000	32:11	32:35	33:30	34:45	36:15	38:10	40:30	44:15	48:30	54:30	61:15	68:30
110H	15.3	16.4	17.75	18.75								
100H					18.0	19.0	20.0	21.3				
80H									18.0	21.0	25.0	30.0
400H	57.6	59.7	62.0	64.4	67.2	70.6						
300H					48.0	51.0	55.0	60.0	66.5	74.5	84.0	95.0
3K-SC	10:00	10:20	10:55	11:40	12:30	13:20						
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30
HJ	1.94	1.85	1.76	1.68	1.59	1.50	1.41	1.32	1.23	1.13	1.02	.92
	6-4 1/4	6-7 1/4	5-9 1/4	5-6	5-2 1/4	4-11	4-7 1/4	4-4	4-1/2	3-8	3-4	3-1
PV	4.40	4.15	3.90	3.60	3.30	3.05	2.80	2.55	2.30	2.05	1.80	1.50
	14-5 1/4	13-7 1/4	12-9 1/4	11-9 1/4	10-10	10-0	9-2 1/4	8-4 1/4	7-6 1/4	6-8 1/4	5-11	4-11
LJ	6.55	6.20	5.85	5.45	5.10	4.75	4.40	4.00	3.65	3.35	3.00	2.65
	21-6	20-4 1/4	19-2 1/4	17-10 1/4	16-9	15-7	14-5 1/4	13-1 1/4	11-11 1/4	11-0	9-10	8-8 1/4
TJ	13.35	12.65	11.90	11.15	10.40	9.65	8.90	8.20	7.50	6.80	6.10	5.50
	43-9 1/4	41-6	39-1 1/4	36-7	34-1 1/4	31-8	29-2 1/4	26-11	24-7 1/4	22-4	20-1 1/4	18-1 1/4
Shot	15.20	14.10	13.00	12.00	12.40	11.20	12.00	10.80	10.00	8.80	7.65	6.50
	49-10 1/4	46-3 1/4	42-8	39-4 1/4	40-8 1/4	36-9	39-4 1/4	35-5 1/4	33-0	28-10 1/4	25-1 1/4	21-4
Discus	44.80	42.60	40.60	38.00	40.00	36.40	40.00	36.80	31.60	26.40	21.40	16.20
	147-0	139-9	133-2	124-8	131-3	119-5	131-3	120-9	103-8	86-7	70-2 1/4	53-2
Hammer	47.24	44.20	41.14	38.10	38.40	36.00	36.00	33.00	29.00	25.00	22.50	18.00
	155-0	145-0	135-0	125-0	126-0	118-1	118-1	108-3	95-2	82-0	73-10	60-0
Jav	62.00	57.00	52.00	48.00	43.00	38.50	40.00	35.00	29.00	24.00	19.00	15.00
	203-5	187-0	170-7	157-6	141-1	126-4	131-3	114-10	95-2	78-9	62-4	49-2
35#Wt.	15.00	14.00	13.00	12.00	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.00
25#Wt.							11.00	10.00	9.00	8.00	7.00	6.00
56#Wt.	9.50	9.00	8.50	8.00	6.00	5.00	4.50	4.00	3.50	3.00	2.50	2.00
Pen	2800	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600
Dec	5500	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250
Wt. Pen	2800	2800	2800	2900	3000	3000	3000	3000	2900	2800	2700	

- 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+: 30"
3) Long hurdles: 30-49: 36"; 50-59: 33"; 60-69: 30"
4) Shot put: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k
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; 60+: 600g
8) Metric heights and distances are the standard; feet and inches listed for convenience.
9) Pen/Dec/Wt.Pen: 30-39 IAAF pts.; 40+ WAVA factoring (new WAVA).

U.S. MASTERS ALL AMERICAN STANDARDS OF EXCELLENCE FOR RACEWALKERS

WOMEN

Event	1.5K	Mile	3K	5K	8K	10K	15K	20K	25K	30K	40K	50K
W30	7:13	7:47	14:50	25:38	42:04	52:43	1:21:56	1:52:06	2:24:43	2:59:15	4:08:45	5:37:30
W35	7:22	8:03	15:18	26:27	43:11	53:56	1:23:29	1:53:32	2:26:51	3:01:53	4:12:21	5:42:23
W40	7:37	8:21	15:53	27:26	44:47	55:56	1:26:37	1:58:06	2:32:33	3:08:56	4:22:13	5:55:48
W45	8:03	8:41	16:32	28:33	46:35	58:10	1:30:08	2:03:00	2:38:56	3:17:00	4:33:31	6:11:25
W50	8:25	9:05	17:15	29:49	48:36	1:00:41	1:34:08	2:08:30	2:46:11	3:26:08	4:46:23	6:29:09
W55	8:55	9:31	18:05	31:14	50:54	1:03:33	1:38:40	2:14:48	2:54:26	3:36:33	5:01:03	6:49:24
W60	9:17	10:01	19:01	32:51	53:32	1:06:50	1:43:51	2:21:54	3:03:54	3:48:29	5:17:54	7:12:43
W65	9:48	10:35	20:06	34:43	56:33	1:10:37	1:49:50	2:30:12	3:14:51	4:02:20	5:37:25	7:39:46
W70	10:26	11:15	21:22	36:54	1:00:02	1:15:01	1:56:49	2:39:54	3:27:38	4:18:30	6:00:18	8:11:30
W75	11:10	12:01	22:51	39:28	1:04:10	1:20:14	2:05:05	2:51:18	3:42:50	4:37:46	6:27:35	8:49:28
W80	12:03	12:58	24:41	42:37	1:09:13	1:26:38	2:15:15	3:05:24	4:01:36	5:01:39	7:01:26	9:47:35
W85	13:13	14:15	27:05	46:45	1:15:50	1:35:01	2:28:37	3:24:00	4:26:20	5:33:10	7:46:16	10:39:15
W90	14:56	16:06	30:36	42:14	1:25:30	1:47:18	2:48:13	3:51:12				

MEN

Event	1.5K	Mile	3K	5K	8K	10K	15K	20K	25K	30K	40K	50K
M30	6:31	7:01	13:21	23:05	37:57	47:49	1:13:10	1:38:18	2:05:12	2:32:17	3:27:30	4:31:00
M35	6:43	7:14	13:47	23:46	38:55	48:53	1:14:28	1:39:43	2:06:56	2:34:14	3:30:17	4:34:53
M40	6:58	7:29	14:16	24:24	40:15	50:32	1:17:03	1:43:13	2:11:29	2:39:47	3:37:53	4:44:49
M45	7:13	7:46	14:47	25:31	41:44	52:25	1:19:58	1:47:10	2:16:35	2:46:05	3:46:36	4:56:24
M50	7:33	8:05	15:23	26:33	43:25	54:32	1:23:14	1:51:37	2:22:20	2:53:13	3:56:29	5:09:29
M55	7:50	8:26	16:04	27:43	45:19	56:55	1:26:56	1:56:38	2:28:52	3:01:19	4:07:41	5:24:22
M60	8:13	8:51	16:50	29:02	47:28	59:38	1:31:10	2:02:23	2:36:20	3:10:33	4:20:30	5:41:23
M65	8:38	9:19	17:43	30:33	49:56	1:02:45	1:36:01	2:08:58	2:44:53	3:21:11	4:35:15	6:01:01
M70	9:08	9:50	18:44	32:18	52:46	1:06:21	1:41:37	2:16:35	2:53:56	3:33:31	4:52:23	6:23:51
M75	9:43	10:28	19:55	34:20	56:04	1:10:35	1:48:13	2:25:34	3:05:02	3:48:05	5:12:40	6:50:54
M80	10:26	11:14	21:22	36:50	60:06	1:15:44	1:56:15	2:36:31	3:20:50	4:05:57	5:37:34	7:24:11
M85	11:21	12:13	23:14	40:04	65:20	1:22:26	2:06:43	2:50:48	3:39:31	4:29:18	6:10:11	8:07:50
M90	12:41	13:39	25:58	44:45	72:52	1:32:08	2:21:52	3:11:28	4:06:38	5:03:17	6:57:43	9:11:37

Age-graded time/8 for mid-point of each 5-year interval (e.g., age 32, 37, 42, 47, etc.).

U.S. MASTERS STANDARDS OF EXCELLENCE

FOR WOMEN

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
100	13.8	14.2	14.6	15.0	15.6	16.2	16.9	17.8	18.8	20.0	21.2
200	28.0	29.2	30.3	31.4	32.5	34.0	35.7	37.5	40.0	43.5	47.0
400	63.5	65.5	67.5	69.5	71.5	73.5	78.5	83.7	90.0	96.5	103.3
800	2:32	2:35	2:40	2:46	2:54	3:05	3:19	3:36	3:56	4:09	4:35
1500	5:10	5:19	5:29	5:40	5:58	6:20	6:48	7:23	8:04	8:52	9:48
Mile	5:34	5:44	5:55	6:07	6:26	6:49	7:19	7:46	8:47	9:39	10:45
5000	19:45	20:30	21:20	22:16	23:12	24:16	26:08	28:08	30:08	32:21	34:26
10000	41:00	42:40	44:40	47:00	49:30	52:00	56:00	60:00	66:00	76:00	86:00
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	75.5	79.9	84.4	88.8							
300H					66.0	72.0	79.0	87.0	96.0		
HJ	1.42	1.35	1.27	1.19	1.12	1.07	1.02	.97	.92	.89	.84
	4-8	4-5 1/4	4-2	3-11	3-8	3-6 1/4	3-4 1/4	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	6-11	5-11	4-11	3-11	3-7 1/4	3-3 1/4	2-11	2-7 1/4	2-3 1/4
LJ	5.00	4.60	4.25	3.90	3.55	3.20	2.85	2.60	2.35	2.10	2.00
	16-5	15-1	13-11 1/4	12-9 1/4	11-8	10-6	9-4 1/4	8-6 1/4	7-8 1/4	6-11	6-7
TJ	10.00	9.20	8.60	7.80	7.18	6.40	5.70	5.20	4.70	4.20	3.80
	32-10	30-2 1/4	28-2 1/4	25-7 1/4	23-7	21-0	18-8 1/4	17-1	15-5	13-9 1/4	12-5 1/4
Shot	10.30	9.30	8.40	7.70	7.95	7.20	6.50	5.80	5.25	4.70	4.25
	33-9 1/4	30-6 1/4	27-7	25-3 1/4	26-1	23-7 1/4	21-4	19-0 1/4	17-3	15-5	13-11 1/4
Jav	39.50	33.50	27.50	21.50	25.00	19.00	18.00	16.00	15.00	14.00	13.50
	129-7	109-11	93-6	70-6 1/4	82-0	62-4	59-1	52-6	49-2	45-11	44-4
Discus	30.0	27.8	26.0	24.0	22.0	20.0	18.0	16.0	15.0	14.0	13.5
	98-5	91-2	85-4	78-9	72-2	65-8	59-1	52-6	49-2	45-11	44-4
Hammer	35.0	32.5	30.0	25.0	23.0	22.0	20.0	18.0	14.0	12.0	9.0
	131-3	114-10	98-5	82-0	75-6	72-2	65-8	59-1	45-11	39-5	29-7
20#Wt.	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.50	3.25	3.00	2.75
16#Wt.					8.00	7.00	6.00	5.50	5.25	5.00	4.75
Sup.Wt.	6.50	6.00	5.50	5.00	5.25	5.00	4.75	4.50	4.00	3.50	3.00
Wt.Pen.	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. To keep information current, we generally do not publish results more than 3 months old. Results that are typed (maximum 28 spaces / 2 1/2" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

NOTICE: The National Masters News will no longer process results that are submitted handwritten.

NATIONAL

USATF National Masters Weight & Superweight Championships

Seattle, WA; Aug. 16

Weight		
W40 Midge Yergen	9.15	
W45 Pauline Thomas	10.66	
W50 Georgia Cutler	8.84	
W55 Carol Young	8.70	
Suzi Hess	7.60	
Jane Shanahan	6.09	
M35 Blake Surina	12.09	
Jeff Crothers	11.73	
M40 Gary Zaslomovich	10.05	
M45 Tim Edwards	13.10	
Bob Sager	11.98	
Paul Brown	11.20	
Jan Grisby	8.98	
Bill Geller	7.36	
M50 Tom Gage	16.32	
George Mathews	13.73	
Steve James (BC)	11.80	
Todd Taylor	11.70	
M55 Steve Biddinger	6.67	
M60 Stewart Thomson	17.57	
Bob Lawson	12.91	
Udo Grady (BC)	11.68	
Fred Shanahan	11.31	
Frank Miller	10.84	
M65 Pay Carstensen	12.63	
Ken Weinbel	12.18	
Jerry Wojcik	10.01	
Michael Devlin	9.93	
M70 Vince Sempronio	10.50	
M75 Armondo Ricciardi	8.12	
M85 Leon Joslin	6.06	
Superweight		
W40 Midge Yergen	6.12	
W45 Pauline Thomas	5.76	
W50 Georgia Cutler	5.56	
W55 Carol Young	5.68	
Suzi Hess	5.63	
Jane Shanahan	4.68	
M35 Jeff Crothers	7.23	
Blake Surina	7.10	
M40 Gary Zaslomovich	6.42	
M45 Bob Sager	7.69	
Paul Brown	7.30	
Jan Grisby	5.86	
Bill Geller	4.30	
M50 Tom Gage	9.71	
George Mathews	8.73	
Todd Taylor	8.47	
Steve James (BC)	6.48	
M55 Steve Biddinger	4.59	
M60 Stewart Thomson	8.79	
Bob Lawson	5.62	
Fred Shanahan	5.55	
Frank Miller	4.54	
Udo Grady (BC)	4.49	
M65 Ken Weinbel	5.79	
Pay Carstensen	5.27	
Michael Devlin	4.95	
Jerry Wojcik	4.37	

M70 Vince Sempronio	7.92
M75 Armondo Ricciardi	5.39
M85 Leon Joslin	4.82

(Weight: M30-59 35#; M60+ 25#; W30-49 20#; W50+ 16#; Superweight: M30-69 56#; M70+ 35#; W30-49 35#; W50+ 25#)

EAST

Massachusetts Senior Games

Springfield, MA; June 13-15

100m		
M50 Roger Pierce	12.10	
Ralph Souppa	12.70	
George Illingworth	13.70	
M55 Thomas Ranuga	13.20	
Philip Byrne	13.20	
Richard Muldowney	14.50	
M60 Bill Wright	12.90	
Jack Kartekamp	13.80	
Richard Atkinson	14.40	
M65 Walter Sanders	14.90	
Guy Pellegrinelli	15.10	
Harold Miller	15.30	
M70 John Gilligan	14.30	
Frank Brako	15.00	
Arthur Geddes	15.00	
M80 George Craig	20.60	
M85 David Ryan	25.20	
W50 Lorraine Tucker	15.10	
W55 Arlene Dunais	18.10	
Judy Scott	20.20	
Ruth Griesel	22.50	
W60 Joan Burgess	17.60	
Lucy Duffy	20.10	
W70 Ann McGowan	20.60	
Jean Marra	29.00	
200m		
M50 Roger Pierce	24.50	
Ralph Souppa	25.90	
Peter Eberlin	29.50	
M55 Thomas Ranuga	28.00	
Philip Byrne	33.60	
George Demers	36.10	
M60 Bill Wright	27.00	
Ken Hultstrom	31.30	
Richard Atkinson	33.50	
M65 Walter Sanders	31.20	
Walter Gale	31.30	
Horst Langer	44.10	
M70 Frank Brako	32.60	
Arthur Geddes	34.00	
George Lothrop	37.60	
M75 Bill Tribou	39.20	
M80 George Craig	45.90	
M85 David Ryan	56.20	
W50 Sheila McKenna	38.80	
Judy Scott	43.20	
Faith Borden	56.30	
W60 Joan Burgess	37.90	
Mary Roman	39.30	
W65 Brigitte Langer	1:43.90	

W70 Ann McGowan	47.80
Jean Marra	1:08.80
400m	
M50 Roger Pierce	56.10
Ralph Souppa	56.80
Warren Graff	1:00.60
M55 Thomas Ranuga	1:00.50
Philip Byrne	1:10.80
Paul Favreau	1:25.60
M60 Peter Muzeroll	1:08.70
Philip Schaffer	1:17.30
John Waller	1:18.50
M65 Philip O'Connell	1:13.30
Walter Gale	1:13.30
Walter Sanders	1:15.50
M70 George Lothrop	1:25.10
Tinn Sugrue	1:44.40
M75 Bill Tribou	1:24.80
M80 George Craig	1:59.80
W55 Judy Scott	1:42.40
Faith Borden	2:23.40
W60 Joan Burgess	1:31.50
Nancy Lund	1:34.40
W65 Brigitte Langer	4:02.50
W70 Jean Marra	2:45.70
800m	
M50 Paul Albright	2:24.00
Ralph Souppa	2:26.20
Sam Baumgarten	2:30.80
M55 James Evans	2:34.20
Philip Byrne	2:59.80
Richard Osgood	3:10.30
M60 John Conner	2:36.30
Peter Muzeroll	2:40.50
Christopher Noble	2:41.70
M65 Walter Gale	2:45.90
Raymond Lussier	2:54.30
Horst Langer	3:49.80
M70 Sid Toabe	3:20.30
Y M Naci	3:46.30
Tim Sugrue	4:08.60
M75 Bill Tribou	3:16.70
W50 D Van Voorhis	3:25.00
W55 Sheila McKenna	3:33.20
Winifred Hopfe	4:04.90
Faith Borden	5:23.90
W60 Lucy Duffy	4:11.60
1500m	
M50 Paul Albright	5:26.50
Peter Eberlin	5:38.20
M55 Philip Byrne	6:14.30
Fred Wellman	6:17.00
Richard Osgood	8:03.40
M60 John Conner	5:20.70
Peter Muzeroll	5:29.80
Christopher Noble	5:37.80
M65 Walter Gale	5:59.40
Arthur Sotak	8:04.10
Horst Langer	8:05.50
M70 Sid Toabe	6:36.20
Raymond Fell	7:24.10
Tim Sugrue	7:56.40
M75 Bill Tribou	6:31.60
M50 D Van Voorhis	6:35.10
W55 Sheila McKenna	7:11.80
W60 Lucy Duffy	7:56.80
W70 Jean Marra	11:23.90
High Jump	
M50 John Campbell	4-10
M55 Philip Byrne	4-8
Peter Gartner	4-6
Richard Osgood	3-5
M60 Joel Stinson	4-4
Richard Atkinson	4-2
John Cushing	3-10

M65 Kenneth Perkins	3-8
Lou Massoia	3-8
Miles Tipton	3-5
M70 Frank Brako	4-2
John Neumann	3-4
John Sheridan	3-3
W55 Arlene Dupuis	3-4
W60 Joan Burgess	3-5
Dorothy Bemis	3-5
Amy Hicks	3-1
W65 Joyce Finley	2-11
Pole Vault	
M55 Philip Byrne	6-11
M60 Peter Perkins	7-11
M65 Donald Levesque	4-5.50
W55 Arlene Dupuis	3-11
W60 Amy Hicks	4-9
Long Jump	
M50 John Campbell	13-6.25
K Boateng	13-4.74
M55 Philip Byrne	9-11.75
M60 R Atkinson	12-11.25
Joel Stinson	12
Ken Hultstrom	11-7
M65 Lou Massoia	12-8
Richard Arpante	11-7.75
Horst Langer	9-9.75
M70 Frank Brako	11-9.50
John Neumann	9-9.25
James Galipault	8-3.25
M75 Vernon Mattson	3-11
M80 George Craig	6-5
M85 David Ryan	6-1
W55 Arlene Dupuis	8-7.25
Judy Scott	6-3.50
W60 Amy Hicks	8-5.50
Lorelei Ruben	7-8.50
Mary Roman	6-3.50
W65 Brigitte Langer	4-4.25
W70 Ann McGowan	7-5.50
Shot Put	
M50 C Thompson	41-5.50
David McDowell	40-3.50
J Bookin-Weiner	38-4.50
M55 Philip Byrne	32-2
Robert Rosoni	32
Peter Gartner	28-1.50
M60 Leonard Rosen	40-6.50
William Barker	34-3
George Cormey	33-9.50
M65 A Xanthopoulos	37-2
Wm Garrahan	34-11
William Clew	34-4
M70 Alex Leishman	32-2.75
John Sheridan	31-7
B Power-Waters	29
M75 Vernon Mattson	16-2
M85 Frank Rubin	22-11
M90 George Conway	15-3
W50 Patricia Fogg	27-7.25
M85 Frank Rubin	33-2
M90 George Conway	28-6
W50 Patricia Fogg	56-7
Margaret Ricci	44-7
W55 Mary Dowling	80-11
Annie Lands	60
Arlene Dupuis	39-3
W60 Joan Youngs	67-5
Amy Hicks	64-3
Dorothy Bemis	51
W65 Violet Presz	47-9
Lena Peloquin	39
Harriet Patch	35-6
W70 Estelle O'Connor	40-5
Doris Berlepsch	39-11
Ann McGowan	34-1

1500m RW		
M50 K Roateng	10:19	
M55 Paul Schell	8:13	
M60 Robert Beaudet	8:33	
Harry Brooks	8:54	
Dean Kavanagh	8:59	
M65 Louis Candido	8:48	
Valio Lieder	8:54	
William McCann	9:40	
M70 Stuart Corning	10:56	
Jay Charles	11:50	
M80 Irving White	13:56	
M85 Frank Rubin	11:53	
M90 George Conway	13:57	
W50 Pat Cleland	10:06	
W55 Margaret Keogh	8:46	
Sandra Shaw	10:36	
Karen Tatro	13:58	
W60 Rachel Beaudet	10:16	
Frances O'Brien	10:45	
Monica Donegan	12:06	
W65 Helen Lavelle	11:32	
Esther Hafey	12:47	
W70 Minna Charles	12:12	
Eunice Kavanagh	12:14	
Barbara Hennig	12:45	
5000m RW		
M50 James DiPasqua	34:43	
M55 Thomas Knatt	28:57	
Paul Schell	29:13	
M60 Robert Beaudet	31:24	
Harry Brooks	32:24	
Richard Huie	33:40	
M65 Louis Candido	31:23	
Valio Lieder	31:39	
William McCann	32:42	
M70 Stuart Corning	38:00	
M80 Irving White	46:54	
M85 Frank Rubin	41:19	
W50 Pat Cleland	35:27	
Judith Yando	37:47	
W55 Margaret Keogh	31:02	
W60 Jeanne Shephardson	31:35	
Rachel Beaudet	34:44	
Frances O'Brien	37:28	
W65 Helen Lavelle	37:43	
W70 Minna Charles	41:15	
5K Road Race		
M50 Paul Albright	18:52	
Sam Baumgarten	19:44	
Peter Eberlin	20:10	
M55 Pal Schell	20:52	
Fred Wellman	21:11	
Richard Osgood	26:31	
M60 John Dromsky	20:59	
Thomas Killilia	22:38	
Raymond Miller	22:42	
M65 Russell Lane	28:13	
Horst Langer	28:25	
Arthur Sotak	28:50	
M70 Kenneth Folsom	23:50	
Raymond Fell	26:04	
W50 Mary Ryzek	20:14	
D Van Voorhis	23:21	
W55 Winifred Hopfe	26:23	
Judy Scott	29:48	
W60 Nancy Lund	25:09	
Lucy Duffy	28:04	
Doris Costello	34:35	
10K Road Race		
M50 William Lord	38:27	
Tom Cleland	43:40	
M55 Paul Schell	43:45	
Fred Wellman	43:55	
M60 Jim O'Toole	42:56	
Raymond Miller	46:28	

John McCartie	49:58
M65 Raymond Lussier	44:10
Russell Lane	57:28
Arthur Sotak	1:00:54
M70 Kenneth Folsom	49:30
W50 Mary Ryzek	41:36
D Van Voorhis	48:44
W60 Lucy Duffy	58:54
W65 Phyllis Mays	1:01:49

Masters 400, Atlantic Coast Invitational

Jamaica, NY; July 5

1 Ed Goner 45	51.2
2 Keith Royster 40	53.8
3 Adrian Sterrett 41	54.3
4 Rob Jackson 47	54.7
5 Alex Constantino 46	55.6
6 Sid Howard 58	60.7
7 Cliff Pauling 62	63.7

Syracuse Chargers Meet

Syracuse, NY; July 11 & 15

July 11		
W35 Cathy McKeever	15.1	
W40 Irene Thompson	12.9	
W45 Kathy Cirina	14.6	
400m		
M30 Pat Roth	56.8	
M40 Steve Gadziola	58.5	
M55 John Allen	61.9	
W40 Irene Thompson	64.8	
800m		
M40 Mike Roberson	2:24.0	
M45 Kevin Morrisroe	2:22.5	
M55 John Allen	2:23.2	
1 Mile		
M30 Dave Patrino	5:05.1	
M35 Rich Galkowski	6:14.8	
M75 Nate Heard	8:22.2	
W65 Lois Bell	7:31.3	
Hurdles 39"		
M45 Ray Panek Sr	21.9	
High Jump		
M35 Dennis Rhoades	6-4	
Shot Put		
M75 Erwin Rice	25-9.5	
W35 Cathy McKeever	25-5	
W45 Kathy Cirina	28-6.5	
Discus		
M75 Erwin Rice	79-8	
Hammer		
M75 Erwin Rice	64-8	
July 15		
5000m		
M30 John Trowse	15:22	
M35 Rich Galkowski	22:29	
M45 Dave Oja	19:56.3	
M55 Jack Ucci	21:27.8	
W40 Patti Ford	18:34.4	
W45 Jean Queal	21:16.8	
W55 Carol Rider	24:52.8	
100mH		
W35 Cathy McKeever	20.7	
4x800m Relay		
M40-49 SCTC	9:20.0	
(Roberson/Caldwell/McConnell/Oja)		
Pole Vault		
M40 Pete McGinnis	12-6	
Long Jump		
M50 Paul Stelmazyk	15-8	
W45 Kathy Cirina	13-8	
Triple Jump		
W45 Kathy Cirina	27-4	

Continued from previous page

W30	Alan Muir	42	4:17.00	86.5	W30	Alethea Morris	33	1.32	66.6	M45	Karl Johnson	45	13.92	74.0	M55	Carl Wallin	55	39.10	64.7					
Alethea Morris	33	25.92	83.9	W40	Larry Cunningham	46	5:03.81	75.4	W40	Dennis Chandler	49	11.66	67.7	Ed Rowan	56	26.82	45.3							
Dawn Best	32	30.13	71.8	M50	Bob Weiner	50	5:13.48	75.4	Jo Welch	41	1.53	85.0	Blair Schneider	48	6.88	39.1	M60	George Scott	62	27.24	47.7			
W35	GraceMariJohnson	36	30.79	72.3	Alan Taplin	51	5:15.67	75.4	Pole Vault				M50	Ken Straley	52	13.52	76.1	M65	Len Olson	65	40.02	74.5		
W40	Jo Welch	41	31.59	73.4	M55	Vic Zwolak	58	4:37.55	91.2	M35	Rob Doran	38	2.74	49.8	Jerry BookinWeiner	51	12.11	66.7	M75	Nate Heard	79	25.02	55.8	
W45	Elizabeth Riordan	49	30.92	80.1	Ken Skinner	57	5:24.58	77.3	M45	John Hoogasian	48	3.65	76.3	Bill Walsh	51	11.26	62.0	M80	Ian Hume	82	21.78	53.0		
W60	Maureen Murphy	61	33.87	81.0	John Hurley	59	6:24.55	66.4	Jim Bell	49	2.59	54.9	M G Brown	50	10.31	55.5	W55	Annie Lands	56	24.64	54.5			
Barbara Jordan	61	34.13	80.4	M60	John Connor	62	5:21.98	81.7	Charles Hill	46	2.43	49.3	John Maley	50	9.21	54.1	W60	Evelyn Wright	60	22.76	54.5			
W65	Jeannine Casey	67	41.57	70.1	Bruce Marsh	62	5:27.06	80.4	M50	Bill Dehorn	50	3.20	68.8	Buster Byrnes	54	7.94	46.7	M65	Amy Hicks	64	22.46	58.2		
400m				Chris Noble	62	5:40.33	77.3	Mike Zahner	50	3.04	65.3	Dale Dickie	54			M60	Marcia Hicks	63	18.86	48.0				
M30	David Sullivan	34	61.68	71.9	M65	Walt Gale	66	5:50.28	78.3	Bill Walsh	51	2.74	59.8	M55	Carl Wallin	55	14.63	87.8	Joan Youngs	60	17.08	40.9		
M35	Mitchell Lovett	35	48.70	91.7	M75	Bill Tribou	76	6:56.70	74.8	Buster Byrnes	54	2.59	58.8	M60	Ed Rowan	56	9.75	59.8	Javelin					
M40	Keith Royster	40	54.43	84.7	Bill Tribou	78	7:47.55	68.8	M60	Peter Perkins	61	9-0	68.8	Len Rosen	63	12.56	81.9	M30	Tom Blanchard	31	55.20	57.7		
Francis Schiro	44	55.57	85.2	W35	Jim McGilvray	78	7:47.55	68.8	Rusty Hamilton	61	8-0	61.1	Alan Brooks	61	12.30	76.8	M35	Bob Saul	39	46.66	56.4			
Bill Dubois	40	63.68	72.4	Karen Rapallo	39	4:58.65	81.5	W60	Amy Hicks	64	4-7.5	53.2	Chuck Yost	62	12.04	76.8	M40	David Tolson	38	45.30	53.8			
M45	Rob Jackson	47	56.26	86.0	Joan Green	39	5:03.91	80.1	Long Jump				Meemo Maasik	63	11.00	71.8	M45	Tom Nielsen	44	58.94	78.3			
Tom Cunningham	47	56.44	85.7	Karen Lein	39	5:34.31	72.8	M35	Kevin Cranford	38	6.37	78.0	George Scott	62	10.69	68.2	M40	Tom MacDowell	44	44.14	58.6			
Roger Pierce	52	55.65	90.2	5000m				M40	David Tolson	38	5.21	63.8	Joe Carozzi	60	10.52	64.2	M45	Karl Molitoris	42	42.96	55.0			
Ralph Souppa	50	56.64	87.3	M55	Dick Haines	59	19:27.33	80.6	Bob Saul	39	5.07	62.9	M65	Len Olson	65	12.92	87.8	Bill Dubois	40	42.18	51.9			
Warren Graff	51	62.73	79.4	M60	John Hurley	59	28:34.17	54.9	M40	Bill Dubois	40	5.40	68.0	M70	Chas Pistorino Sr	74	9.58	70.9	M45	Dennis Chandler	49	49.92	72.9	
Donny Wilcox	50	64.79	76.3	M65	Karen Lein	39	23:10.31	64.6	Chris Polakowski	41	5.02	64.0	M75	Ken Wheeler	76	9.32	72.0	Blair Schneider	48	21.66	31.0			
John Hurley	59	85.38	62.2	M75	Chris Polakowski	41	20.98	66.5	Mike Cassamasse	43	4.56	59.7	Ed Coyle	76	7.65	59.1	M50	Russ White	53	53.86	84.9			
Bob Dobbs	63	61.98	88.9	Hurdles				M45	John Oleski	47	5.03	69.5	Nate Heard	79	7.16	59.0	Bill Walsh	51	47.42	71.9				
C C Rush	61	72.72	86.2	M40	Ivan Black	48	20.60	72.3	Ivan Black	48	4.93	69.1	Vern Mattson	76	4.74	36.6	Bill Dehorn	50	40.46	60.2				
Haig Bohigian	61	69.96	77.3	M50	Bill Dehorn	50	16.38	82.6	M50	Bill Walsh	51	4.67	68.1	Brno Maki	80	8.96	75.4	Buster Byrnes	54	32.22	51.7			
M65	Walt Gale	66	69.07	82.2	Bill Walsh	51	20.54	66.6	Gary Vanidestine	51	4.58	66.8	Ian Hume	82	8.06	72.8	Gary Vanidestine	51	30.50	46.2				
Bill Bergen	69	75.30	77.8	M60	Haig Bohigian	61	24.26	60.3	Buster Byrnes	54	3.54	53.8	Jo Welch	41	6.92	35.4	M55	Fred Parmenter	58	41.10	71.1			
M70	Howard MacMillan	71	84.15	71.2	M65	Jim Stookey	67	17.52	90.5	M55	Ed Mezzapelle	59	3.27	53.1	W55	Annie Lands	56	9.87	66.1	M60	Frank Illuzzi	60	44.80	74.1
M75	Jim Manno	76	79.99	79.9	M70	Jim Duncan	65	19.93	77.3	M60	Haig Bohigian	61	3.99	66.6	W60	Evelyn Wright	60	8.70	64.9	M65	Bob Youngs	63	42.34	74.2
Bill Tribou	76	84.56	75.5	M70	Joe Carozzi	60	3.64	59.9	Haig Bohigian	61	3.99	66.6	W40	Amy Hicks	64	7.11	59.3	M60	Chuck Yost	62	37.48	64.5		
M80	Bob Matteson	81	88.70	77.7	M65	Jim Stookey	67	4.82	87.3	M65	Ed Mezzapelle	59	3.27	53.1	W50	Marcia Crooks	63	7.09	57.6	M65	Meemo Maasik	63	34.36	60.2
W30	Joe Varrone	40	60.77	83.4	M70	Jim Duncan	65	4.23	74.6	M60	David Tolson	38	37.32	52.4	W55	Discus			M65	George Scott	62	24.84	42.7	
Alethea Morris	33	59.12	82.7	W60	Barbara Jordan	61	19.51	69.8	M70	Frank Brako	71	3.83	73.2	M60	David Tolson	38	37.32	52.4	Haig Bohigian	61	23.40	39.5		
Arlene DiLorenzo	32	65.62	74.0	Long Hurdles				M40	Blair McFarlane	74	3.79	75.5	W40	Bob Saul	39	24.52	34.4	M65	Len Olson	65	36.58	66.5		
Elizabeth Riordan	49	68.57	80.9	M40	Chris Polakowski	41	72.48	70.6	Bill Townsend	70	3.61	68.1	W50	Ed Daniels	44	30.06	45.3	M70	Chas Pistorino Sr	74	31.92	68.8		
Maureen Murphy	61	80.41	77.3	M45	Ivan Black	48	69.55	78.8	M75	Ken Wheeler	76	2.72	55.6	M45	Karl Johnson	45	41.98	64.6	Frank Brako	71	16.66	33.9		
800m				Jesse Norman	46	69.57	77.2	Ken Wheeler	76	2.72	55.6	M40	Dennis Chandler	49	31.00	52.1	M50	Ken Wheeler	76	20.44	45.7			
M30	David Sullivan	34	2:17.1h	75.8	Warren Graff	51	68.53	81.5	Nate Heard	79	2.34	49.7	M45	Blair Schneider	48	16.78	27.6	M80	Bruno Maki	80	25.78	62.2		
M35	Sal Allah	37	1:57.8h	90.0	M65	Jim Stookey	67	49.01	93.3	Ian Hume	82	2.31	52.0	M50	Ken Straley	52	41.12	65.2	Ian Hume	82	24.26	62.2		
M40	Rick Smith	40	2:03.3h	87.8	M80	Frank Finger	82	75.23	78.9	W30	Helena Nelson	34	4.00	56.3	M55	M G Brown	51	41.06	63.7	W40	Valaree Foss	43	18.12	32.4
M45	Tim O'Keefe	44	2:20.2h	79.5	W30	Dawn Best	32	78.7h	67.5	W40	Dawn Best	32	3.13	42.8	M60	Jerry BookinWeiner	51	39.58	61.4	W50	Pat Fogg	51	20.80	38.8
Rob Jackson	47	2:05.6h	90.8	W35	GraceMariJohnson	36	82.2h	67.2	Jo Welch	41	4.01	62.5	M55	Buster Byrnes	54	38.84	64.3	W55	Annie Lands	56	22.88	48.5		
Don Drozd	47	2:10.1h	87.6	Steeplechase				M40	Barbara Jordan	61	3.24	67.3	M60	Bill Walsh	51	35.34	54.8	W60	Evelyn Wright	60	24.24	56.9		
Stephen Viegas	48	2:21.7h	81.1	M40	Brent Ayer	42	11:34.30	76.1	Evelyn Wright	60	2.23	45.7	M50	Ed Rowan	56	27.80	48.0	M65	Amy Hicks	64	21.48	55.9		
M50	Alan Taplin	51	2:20.02	84.0	M45	Tim O'Keefe	44	11:59.39	74.9	Jeannine Casey	67	2.49	56.4	M55	Horace Andrews	58	25.76	46.5	M60	Joan Youngs	60	20.24	47.5	
Robert Weiner	50	2:22.18	82.0	M40	Bob Weiner	50	13:15.34	71.9	Triple Jump				M60	M60				M65	Marcia Crooks	63	16.66	42.3		
Donny Wilcox	50	2:23.55	81.3	M45	M50			M45	Kevin Cranford	38	13.59	79.2	M50	Ken Straley	52	41.12	65.2	Weight						
Jonathan Tetherly	52	2:27.19	80.5	M55	John Hurley	59	15:39.54	67.4	M40	Bill Dubois	40	11.67	79.2	M55	M G Brown	51	41.06	63.7	M45	Blair Schneider	48	4.70	23.9	
Larry Smith	52	2:31.73	78.1	4x100m Relay				M45	Bob Richardson	44	11.49	73.0	M60	Jerry BookinWeiner	51	39.58	61.4	M50	Bill Walsh	51	9.30	41.8		
M55	Ken Skinner	57	2:28.01	83.6	M30-39			M60	Mike Cassamasse	43	9.83	61.6	M50	Buster Byrnes	54	38.84	64.3	M65	Buster Byrnes	54	8.34	39.3		
John Hurley	59	3:01.6h	69.4	Central Park TC				M65	M45				M55	Bill Walsh	51	35.34	54.8	M60	Bill Walsh	51	9.30	41.8		
M60	C C Rush	61	2:26.0h	87.9	M40-49			M60	Ivan Black	48	10.82	72.9	M60	Ed Rowan	56	27.80	48.0	M65	Buster Byrnes	54	8.34	39.3		
Art Conno	60	2:28.0h	85.9	Boston				M65	John Oleski	47	9.71	64.4	M50	Horace Andrews	58	25.76	46.5	M60	Carl Wallin	55	13.76	65.9		
John Connor	62	2:29.0h	87.0	High Jump				M60	M50				M55	M60				M65	Ed Rowan	56	8.80	42.8		
Bruce Marsh	62	2:35.6h	83.3	M35				M65	Bill Walsh	51	10.08	70.9	M60	Ken Straley	52	41.12	65.2	M60	George Scott	62	8.98	42.9		
Chris Noble	62	2:37.9h	82.1	M40	Rob Doran	38	5-0	68.7	Buster Byrnes	54	8.12	59.6	M50	M G Brown	51	41.06	63.7	M65	M65					
M65	Walt Gale	66	2:38.3h	85.4	M45	Chris Polakowski	41	5-4	75.3	M60	Haig Bohigian	61	8.62	70.0	M55	Alan Brooks	61	39.32	63.2	M60	Len Olson	65	13.54	67.7
Joe Kernan	67	3:03.0h	74.7	M45	Richard Sobel	49	5-0	77.1	M45	Jim Stookey	67	10.13	89.8	M60	Chuck Yost	62	35.60	58.5	M65	Ian Hume	82	6.84	35.1	
M75	Bill Tribou	76	3:09.61	80.8	M50	Ivan Black	48	5-0	76.3	M70	Frank Brako	71	8.25	77.4	M60	Dick Camp	60	35.42	55.6	W55	Annie Lands	56	8.90	66.0
Jim McGilvray	78	3:44.11	70.5	M50	Bill Dehorn	50	1.63	83.5	M45	Bill Townsend	70	8.16	75.4	M50	Joe Carozzi	60	33.56	52.7	W60	Ed Rowan	56	8.80	42.8	
M80	Bob Matteson	81	3:37.08	76.5	Alan Taplin	51	1.48	76.6	M60	Nate Heard	79	5.52	58.2	M55	George Scott	62	30.20	49.6	M65	George Scott	62	8.98	42.9	
W30	Dawn Best	32	2:36.19	73.0	Buster Byrnes	54	1.37	73.2	M70	Ed Coyle	76	4.55	45.9	M60	Haig Bohigian	61	28.90	46.4	M60	Bill Walsh	51	9.30	41.8	
W45	Elizabeth Riordan	49	2:36.88	83.7	Bill Walsh	51	1.22	63.2	M45	M80			M55	Len Olson	65	44.12	77.2	M65	Buster Byrnes	54	8.34	39.3		
W60	Maureen Murphy	61	3:25.2h	72.2	M55	Horace Andrews	58	1.22	68.1	M60	Bob Sorlien	80	6.82	72.9	M60	Chas Pistorino Sr	74							

Continued from previous page

**Potomac Valley TC Meet
Alexandria, VA; July 20**

100m	
M30 David Barmer Jr	10.80
M35 Jeff Gold	10.80
M40 Wilson Varga	12.80
M55 Walter Gibson	13.30
M65 Nelson Oertel	15.60
M70 John Martin	15.60
W30 Pamela Gunby	14.00
W75 Carla Convery	22.70

200m	
M30 David Barmer Jr	22.80
M35 John-Hans Melcher	32.00
M40 Wilson Varga	27.10
M45 J J Wind	35.50
M75 Bud Averitt	51.90
W75 Carla Convery	54.70

400m	
M35 Dennis Coleman	56.30
M40 John Winkert	59.50
M45 Wayne Harris	59.20
M65 Don McCarten	1:31.80
M75 Bud Averitt	2:07.40

800m	
M35 Dennis Coleman	2:05.90
M40 Jim Braden	2:39.90
M45 Jack Barrar	2:22.10
M50 Randall Washburn	2:51.10
W30 Janie Philpott	2:37.30

1 Mile	
M30 Charles Ferguson	4:48.90
M35 Dave Keaton	5:02.80
M40 Kerry Lanham	5:04.80
M45 Jack Barrar	5:06.40
M50 R Washburn	6:12.90
M55 Jim Verdier	5:49.70
M75 Bud Averitt	12:29.60
W30 Monika Bracken	5:47.60
W50 Joy Chambers	9:37.30

3000m	
M30 Jim Garster	9:10.70
M35 Gene Warner	10:06.90
M45 J J Wind	10:29.60
M60 Robert Premo	20:04.00
M65 Nelson Oertel	14:26.50
M75 Bud Averitt	25:49.00
W50 Joy Chambers	18:46.10

Short Hurdles	
M35 Karl Smith	14.30
M65 James Stookey	17.20

Long Hurdles	
M55 Walter Gibson	51.40
M65 James Stookey	50.20

Long Jump	
M65 Nelson Oertel	12-1
W30 Pamela Gunby	14-4
W75 Carla Convery	7-3

Shot Put	
M45 A J Starks	40-1.50
M45 Eric Gyaki	25
M70 Charles Pistorino	30-6

Discus	
M45 A J Starks	82-8
Margaret Ricci	14-3
W55 Annie Lands	31-3
Judy Scott	21-7
Arlene Dupuis	18-10
W60 Mary Roman	28-4
Dorothy Bemis	23-7.75
Marcia Crooks	23-1.50
W65 Harriet Patch	18
Lena Peloquin	17-4.75
Violet Presz	16-0.75
W70 Estelle O'Connor	18-10.75
Ann McGowan	18-1.50
Doris Derlepsch	16-1.50

5k Shot Put	
M50 C Thompson	141-4
J Bookin-Weiner	135-7
David McDowell	131-3
M55 Philip Byrne	103-9
M60 Leonard Rosen	135-6
William Barker	125
Dean Kavanagh	113-1
M65 A Xanthopoulos	130-4
Charles Dolecki	111-9
Donald Levesque	111-9
M70 Alex Leishman	100
John Shericann	99-3
John Neumann	97-4
M75 Vernon Mattson	45-10
W50 Patricia Fogg	81-10
Lorraine Tucker	81-6
Margaret Ricci	36-8

W55 Annie Lands	78-9
Arlene Dupuis	43-2
P Hertzler	36-3
W60 Amy Hicks	72-9
Marcia Crooks	68-2
Joan Youngs	67-6
W65 Violet Presz	44-6
Joyce Finley	43-7
Harriet Patch	43-5
W70 Estelle O'Connor	45-7
Doris Berlepsch	42-9
Ann McGowan	35-10

Hammer	
M50 C Thompson	149
Jim Chamberas	104-6
Carl Levine	80-1
M55 Philip Byrne	78-5
M60 William Barker	102-9
George Cormey	68-4
Richard Atkinson	61-5
M65 A Xanthopoulos	108-10
Donald Levesque	91-6
Robert Carlson	72-3
M70 Arthur Crawford	116-8
Alex Leishman	89-5
John Sheridan	81-8
W50 Margaret Ricci	54-3
W55 Annie Lands	78-8
Arlene Dupuis	45-8
Marjorie Vallone	24-9
W60 Amy Hicks	72-1
Marcia Crooks	67-4
Dorothy Bemis	59-11
W65 Joyce inley	44-9
Doris Berlepsch	41-1
Estelle O'Connor	31-10
Ann McGowan	27-6

Javelin	
M50 Harry Schneider	124-3
Carl Levine	85-5
M55 Philip Byrne	118-6
Robert Tosoni	109-8
Chet Stokloza	86-11
M60 Robert Youngs	136-9
Richard Atkinson	110-9
George Cormey	92
M65 A Xanthopoulos	110-3
William Garrahan	100-1
John Pakulis	93
M70 Alex Leishman	90-7
John Neumann	86-3
Frank Brako	77-1
M75 Vernon Mattson	30-3
M50 Bill Walsh	114-6
M70 Charles Pistorino	93-10
W30 Michelle Jezyski	117-7
W75 Carla Convery	31-7

Javelin	
M45 Randy Yohe	106-4
M50 Russ White	182-1
W30 Michelle Jezyski	96-8
W75 Carla Convery	40-1

1600m RW	
M35 J-H Melcher	8:51.30
M60 Robert Premo	12:03.60
W60 M A Stookey	13:00.40

Dartmouth Weight Meet Hanover, NH; July 26	
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6k Shot Put	
Carl Wallin 55	47-10
Bob Harvey 54	41-3.50
Al Neville 53	37-4.50
Ed Rowan 56	30-9

16# Shot Put	
Carl Wallin	44-5.50
Don Filkins 43	41-5.0
Bob Harvey	36-2.50
Ed Rowan	29-2

5k Shot Put	
Len Rosen 63	40-9.50

Discus	
Len Rosen 1k	138-3
Bob Harvey 1.5k	127-6
Don Filkins 2k	118-6
Carl Wallin 1.5k	118-4
Ed Rowan 1.5k	90-1

6k Hammer	
Carl Wallin	152-11
Don Filkins 16#	139-4
Al Neville	130-6
Ed Rowan	106-3

Empire State Games Syracuse, NY; Aug. 1-2	
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100m	
M30 Forika McDougald	11.7
M35 William Vaughn Jr	12.5

M40 John Brooks	11.4
M45 Smokey Santillo	11.7
M50 Richard Jones	12.7
M55 Paul Gansle	13.0
M60 Clifford Pauling	13.7
M65 Theodore Swanson	13.8
M70 Howard Macmillan	14.7
M75+ Russell More	17.0
W30 Althea Morris	12.4
W35 Helena Nelson	13.9
W40 Denise Avent	14.3
W45 Sharon Warren	13.7
W50 K Cirinacorsivo	14.2
W55 Adlin Mair	14.5
W60 Helgi Mephram	18.7
W65 B J Sotile	18.1

200m	
M40 Chris Best	24.1
M45 Jesse Norman	23.8
M50 Ron Johnson	24.5
M55 Paul Gansle	27.0
M60 Clifford Pauling	27.8
M65 Robert Bruce	28.8
M70 Howard Macmillan	31.6
M75+ Russell More	36.8
W30 Althea Morris	25.9
W35 Helena Nelson	27.8
W40 Denise Avent	30.3
W45 Sharon Warren	29.3
W50 K Cirinacorsivo	30.0
W55 Adlin Mair	30.3
W60 Helgi Mephram	39.7

400m	
M30 Tracy Fox	48.9
M35 Rocco Serafini	52.0
M40 Chris Best	58.9
M45 Errol Lee	54.0
M50 Ron Johnson	57.9
M55 Walter Thorne	1:01.0
M60 Clifford Pauling	1:02.7
M65 Harold Larkin	1:13.9
M70 H Macmillan	1:12.1
M75+ Russell More	1:30.9
W30 Althea Morris	NTA
W35 Louise Clark	1:06.0
W40 Meg Benke	1:14.3
W45 Shelley Zansky	1:12.1
W50 Jean Preston	1:23.3
W60 Helgi Mephram	1:32.6

800m	
M30 D Andy Hastings	2:02.7
M35 Michael Bromm	2:13.2
M40 Bob Carroll	2:02.3
M45 Duane Green	2:12.6
M50 Frank Handelman	2:18.2
M55 John Allen	2:23.3
M60 Clifford Pauling	2:26.9
M65 Harold Larkin	2:51.0
M70 Anthony Nero	3:11.8
M75+ Russell More	3:54.3
W35 Sue O'Malley	2:46.8
W40 M McLeod	2:47.2
W45 K Ambrosio	3:00.5
W50 Judith Carroll	3:04.7
W55 Carolin Langford	3:22.3
W60 Edna Hyer	3:40.6

1500m	
M30 D Andy Hastings	4:11.6
M35 C O'Driscoll	4:12.7
M40 Bob Carroll	4:06.4
M45 Bob Pertak	4:38.9
M50 Charles Bennett	5:35.4
M55 Carlos Cuprill	4:56.5
M60 Bruce Marsh	5:42.0
M65 Robert Gauvreau	6:05.5
M75+ Russell More	3:54.3
W35 Sue O'Malley	5:41.5
W40 Marybeth Steffan	5:51.3
W60 Edna Hyer	7:47.2
W65 B J Sotile	9:18.2

5000m	
M35 Gerald Scholder	16:19.6
M40 Bob Carroll	15:58.6
M45 William Weigel	18:26.5
M50 Patrick Glover	NTA
M65 George Freeman	23:13.1
M75+ Josef Steiniger	34:01.5
W30 A Zahnleuter	21:12.9
W35 Sue O'Malley	19:52.1
W45 Jean Queal	20:50.4
W50 Tina Chang	23:46.7
W65 Minna Charles	38:55.2

10,000m	
M35 Richard Zwirn	35:48.25
M40 George Bailie	36:07.50
M45 D Delfavero	37:41.17
M50 Patrick Glover	35:59.56

M55 Joe Cordero	39:25.21
M60 Jim Tierney	45:23.71
M65 R Gauvreau	47:42.80
W35 Sue O'Malley	41:24.12
W40 Joan Spinelli	44:16.10
W45 C Steinbach	43:21.00
W50 L Dinapoli	56:55.40

Short Hurdles	
M35 Chet Boehlke Jr	20.4
M40 Anthony Torre	18.8
M50 Michael Milove	16.9
M60 Ed Kent	15.1
M75+ Edwin Lukens	15.1
W35 Karen Wameling	18.3
W40 Marbry Gansle	17.6
W50 Linda Adams	17.9

Long Hurdles	
M35 Garry Preece	1:01.7
M40 Anthony Torre	1:05.5
M45 Rodney Wiltshire	1:00.4
M50 Michael Milove	1:08.3
M55 Paul Gansle	1:13.8
M60 Ed Kent	56.8
M65 Theodore Swanson	56.2
W30 Althea Morris	NTA

Sleeplechase	
M40 Thomas Green	11:26.6
M45 William Weigel	11:66.9
M50 G Wiseman	13:56.8
M60 John Hurley	9:26.1
M65 George Freeman	9:52.8

4x100m	
M40 Kienzle/Norman/	47.4
Lee/Norman	
M50 Hassenger/Taft/	51.0
Rappazzo/Gansle	
M60 Gauvreau/Tiemey/	1:04.3
Marsh/Rush	
M70 Macmillan/More/	1:06.1
McFarlane/Lukens	

4x400m	
M30 Ryan/Martin/	3:58.2
Miller/Caswell	
M50 Billman/Milove/	5:05.9
DiCesare/Johnson	
M60 Gauvreau/Marsh/	5:22.7
Hettrich/Peter	

4x800m	
M35 Martin/Ryan/	9:01.90
Goldberg/Miller	
M40 Coridan/Taylor/	9:08.44
Green/Skinner	
M50 Cuprill/Skinner	10:36.62
Allen/Glover	
M60 Marsh/Tiemey/	11:19.41
Gauvreau/Hettrich	
W40 McLeod/Burns/	11:22.31
Faist-Stanton/	
Michalek	

High Jump	
M30 David Olson	1.83
M40 Thomas Greene	1.73
M45 Michael Saffir	1.62
M50 Norman Chambliss	1.42
M60 Roger Burke	1.17
M65 David Rider	1.22
M70 Blair McFarlane	1.11
M75+ Edwin Lukens	1.22
W30 Althea Morris	1.47
W50 K Cirinacorsivo	1.22
W65 Rosalia Gioia	NA

Long Jump	
M30 David Cafarelli	5.30
M35 Jimmy Retzos	5.87
M40 Marbry Gansle	4.10
M45 Rodney Wiltshire	5.43
M50 Michael Milove	5.05
M55 Willie Lightfoot	3.67
M60 Ronald Peoples	4.31
M70 Blair McFarlane	3.58
M75+ Edwin Lukens	4.17
W30 Dawn Best	4.21
W50 K Cirinacorsivo	4.15
W65 Rosalia Gioia	2.63

Triple Jump	
M40 Michael Sayers	10.15
M45 Rodney Wiltshire	12.21
M50 Norman Chambliss	10.20
M60 Ronald Peoples	9.02
M65 Chuck Schroeder	8.05
M75+ Edwin Lukens	9.55
W40 Marbry Gansle	8.15
W50 K Cirinacorsivo	8.56
W65 Rosalia Gioia	5.50

Shot Put	
M40 Demmos Hansen	12.60
M45 James Nichols	11.49

M50 Kenneth Straley	12.97
M55 Gary Crawford	10.90
M60 Chuck Yost	11.69
M70 John Sheridan	9.59
M75+ Donnie Kasprzak	8.40
W30 Virginia Palmer	9.73
W35 Judy Roehr	10.12
W40 Marbry Gansle	7.95
W50 K Cirinacorsivo	10.05
W55 Annie Lands	9.53
W60 Dortha Swanson	7.36
W65 Rosalia Gioia	7.08

Discus	
M30 S Puddington	34.72
M40 James Fruscella	35.06
M45 Ed Ferraro	34.78
M50 Geoffrey Brown	42.30
M55 Robert Decker	31.33
M60 Chuck Yost	37.85
M65 Edward Keene	27.98
M70 John Sheridan	31.74
M75+ Erwin Rice	22.20
W30 Virginia Palmer	24.98
W35 Judy Roehr	25.66
W40 Barbara McCuen	20.44
W45 Kathleen Radler	14.64
W50 K Cirinacorsivo	26.24
W55 Annie Lands	24.82
W60 Dortha Swanson	20.02
W65 Rosalia Gioia	16.02

W60	Dortha Swanson	7.36
W65	Rosalia Gioia	7.08
Discus		

Continued from previous page

Evelyn Wright 59	3260
(22.11/8.10/25.15/19.20/10.98)	
Bob Leishear 68	3092
(29.71/9.13/33.13/24.54/10.10)	
Gerald Snyder 61	2792
(23.34/1.07/36.25/23.40/7.93)	
Dick Fox 57	2316
(22.98/8.21/25.25/28.29/7.98)	
Wally Dashiell W73	2190
(11.62/5.04/15.35/11.58/3.74)	
Bob Lupinacci 53	1997
(20.34/8.10/28.95/24.70/8.19)	
Randy Yohe 47	1827
(23.10/7.43/25.66/28.09/7.64)	
Sharon Good 64	1744
(12.34/4.93/12.10/8.60/4.69)	
Blair Schneider 48	1326
(-16.57/17.20/21.97/5.52)	
Weight Throw	
Bill Walsh 35#	9.80
Bob Leishear 25#	8.79
Dick Fox 35#	8.55
Gerald Snyder 25#	7.93
Randy Yohe 35#	7.64
Evelyn Wright 16#	8.24
Bob Lupinacci 35#	6.11
Blair Schneider 35#	5.10
Sharon Good 16#	4.69
Wally Dashiell 16#	3.74
Non-WP	
SP: John Sellers, 60, 9.85	
Howard Cohen, 60, 9.48	
DT: John Sellers, 60, 34.30	
Herman Blinichikoff, 63, 25.10	
Howard Cohen, 60, 24.30	
JT: Herm Blinichikoff, 60, 29.76	
John Sellers, 60, 25.50	

Dartmouth Weight Meet	
Hanover, NH; Aug. 23	
16# Shot	
Carl Wallin 55	45-5.75
Bob Mead 53	43-4.5
Don Filkins 43	43-2.5
Jim Driscoll 32	42-2.75
Luke Hotte 50	41-8.75
Carmen Letizia 44	38-3
6K Shot	
Carl Wallin 55	50-4
Bob Mead 53	49-7
Luke Hotte 50	46-3.5
Jerry Bookin-Weiners1	39-7.5
Packey Fusco 54	37-4.5
Ed Rowan 56	32-5
Discus 1.5kg	
Bob Mead 53	143-9
Jerry Bookin-Weiners1	137-2
Luke Hotte 50	125-8
Packey Fusco 54	123-3
Carl Wallin 55	122-0
Don Filkins 43 2kg	119-6
Carmen Letizia 44 2kg	100-7
Ed Rowan 56	92-11
Hammer	
Bob Mead 53 6kg	160-3
Carl Wallin 55 6kg	150-8
Don Filkins 43 16#	143-7
Carmen Letizia 44 16#	109-0
Ed Rowan 56 6kg	102-4

MIDWEST

Michigan Senior Games	
Frankenmuth, MI; June 19-21	
100m	
M50 Robert Lloyd	12.31
M55 Tim Butts	12.51
M60 Wendell Roehrs	13.22
M65 Tom Phillips	13.34
M70 Chuck Sochor	14.87
M75 Mel Buschman	16.99
M80 Abe Ulanoff	20.22
W50 Ruth Thelan	15.05
W55 Mary Robinson	16.26
W60 Carol Eisenbraun	15.70
W65 Georgia Johnson	19.94
W70 Winifred Koester	17.90
W80 Dorothy Ray	27.22
200m	
M50 Robert Lloyd	24.80
M55 Frank Bonham	26.25
M60 Wendell Roehrs	28.16
M65 Tom Phillips	28.69
M70 Chuck Sochor	31.02
M75 Mel Buschman	38.85
M80 Ken Elliott	41.76
W50 Ruth Thelan	31.89
W55 Mary Robinson	33.15
W60 Carol Eisenbraun	33.78
W65 Georgia Johnson	45.40
W70 Mary Holland	44.14
W80 Dorothy Ray	1:02.15
400m	
M50 Robert Lloyd	55.24
M55 Travis Jones	1:20.46
M60 Jerry White	1:06.50

M65 Earl Fee	1:05.05
M70 Chuck Sochor	1:12.26
M75 George Grantham	1:54.04
M80 Neil Rust	1:36.40
W50 Ruth Thelan	1:16.27
W55 Mary Robinson	1:19.33
W60 Carol Eisenbraun	1:18.72
W80 Dorothy Ray	2:38.94
800m	
M50 Leland Barringer	2:50.09
M55 Joseph Iskra	2:48.39
M60 Jerry White	2:36.01
M65 Earl Fee	2:25.19
M70 Chuck Sochor	3:47.00
M80 Max Bird	5:54.31
W55 Marilyn Morehead	3:13.79
W60 Merion Knight	3:14.89
1500	
M50 Leland Barringer	6:32.36
M55 Dave Fiscella	5:45.17
M60 Jerry White	5:44.30
M80 Max Bird	11:40.62
W60 Merion Knight	6:44.30
5000	
M50 Jim Schaffer	21:15.00
M55 Harry Tellman	19:51.00
M60 Al Ravenscroft	20:51.00
M70 Kingsley Sears	24:50.00
M75 Wm Hahnenberg	26:20.00
W50 Carol Griffith	29:43.00
W55 Ellen Nitz	22:45.00
W60 Sue Merlo	28:05.00
W65 Phyll Coykendall	35:22.00
W80 Mary Nichols	43:20.00
10,000	
M55 Harry Tellman	40:09.00
M60 Wilbert Griffin	47:42.00
M70 Kingsley Sears	52:36.00
W55 Remedios Young	57:17.00
W60 Jan Landry	1:15:23.00
W70 Marion Medler	1:10:08.00
High Jump	
M50 Walter Kooyer	5-0
M55 Pete Lundell	4-4
M60 Roger Newman	4-6
M65 Tom Phillips	4-4
M70 Karlis Ezerins	4-0
M75 Mel Buschman	3-6
M80 Ken Elliott	3-8
W55 Nancy Hinshon	3-4
W60 Edith Gray	3-10
W65 Alvern Sidor	3-2
Pole Vault	
M50 Walter Kooyer	11-0
M65 John Lamb	8-6
M75 Art Holland	6-6
Long Jump	
M50 Walter Kooyer	16-4.5
M55 Tom Murphy	14-7.2
M60 Richard Otzman	14-1
M65 Loren Monroe	14-5.3
M70 Richard Soller	12-9.5
M75 Mel Buschman	9-11.6
M80 Ken Elliott	9-8.5
W50 Sue Pandak	10-9.6
W55 Nancy Hinshon	10-10
W60 Carol Eisenbraun	10-6
W65 Dee Dee Garagiola	7-6
W70 Mary Holland	8-6.2
Shot Put	
M50 Gerald Bowersox	40-0
M55 Pete Lundell	35-2
M60 Art Hesskamp	37-8
M65 Tom Phillips	32-10
M70 Cliff Sampson	36-9
M75 Robert Ettig	30-11 1/2
M80 Ken Elliott	26-5
M85 Alden Huisjen	18-10
W50 Marika Blumerick	24-11
W55 Audrey Gasdorf	24-7
W60 Edith Gray	28-0
W65 Dee Dee Garagiola	20-0
W70 Lucille Sampson	24-3
W75 Virginia Reimann	18-9
W80 Dorothy Ray	17-4
Discus	
M50 Gerald Bowersox	130-11
M55 Eugene Johnson	129-2
M60 William Rothley	121-11
M65 Ed Phillips	122-4
M70 Cliff Sampson	124-1
M75 Robert Ettig	90-4
M80 Ken Elliott	84-4
M85 Alden Huisjen	62-6
M70 Phyllis Shunn	43-5
W65 Beverly Rutz	53-0
W70 Lucille Sampson	67-2
W75 Jerry Gawura	42-4
W80 Dorothy Ray	27-1
Javelin	
M50 Ken Kenney	97-2
M55 Malachi McGruder	130-6
M60 Robert Verbanec	106-3
M65 Ed Phillips	105-0
M70 Karlis Ezerins	94-9
M75 Art Holland	87-4
M80 Wayne Vanhuss	63-4

W50 Carol Griffith	85-0
W60 Pat Lemanski	58-5
W65 Bev Rutz	47-6
W70 Mary Holland	37-0
W75 Jerry Gawura	44-3
W80 Dorothy Ray	18-1
USATF Michigan Championships	
Charlevoix, MI; June 28	
100m	
M30 Steve Gallero	11.63
M45 Richard Kanski	12.78
M50 Chet Dow	13.46
M65 Chuck Sochor	14.82
M80 Ken Elliot	21.28
W40 Carol Rice	15.47
200m	
M30 Steve Gallero	25.35
M45 Bob Eastley	26.90
M65 Chuck Sochor	33.16
M80 Ken Elliot	42.28
W40 Carol Rice	31.50
400m	
M30 Steve Gallero	57.60
M35 Ken Plude	55.52
M45 Bob Easterly	58.60
M55 Rod Smith	1:08.17
M65 Chuck Sochor	1:23.21
W40 Carol Rice	1:15.19
W55 Ellen Nitz	1:28.61
800m	
M35 Jeff Endres	2:24.18
M40 Steve Hulst	2:04.84
M45 Gene Darst	2:29.68
M55 Patrick Van Buren	2:26.51
M60 Glen Taylor	2:44.60
W55 Ellen Nitz	3:09.06
W60 Merion Knight	3:07.46
1500m	
M35 Jeff Endres	4:53
M40 Steve Hulst	4:25
M55 Doug Goodhue	4:54
M60 Jack Miller	4:57
W60 Merion Knight	6:32
5000	
M40 Tom Kirminovic	NTA
M45 Mike Cornelius	21:00
M50 John Hunt	18:12
M55 Gerald Malaczynski	18:42
M60 Glen Taylor	20:40
W50 Jeanne Bocci	28:22
Short Hurdles	
M50 Chet Dow	18.22
M80 Ken Elliot	21.28
Long Hurdles	
M65 Chuck Sochor	1:02.46
Long Jump	
M35 Ken Plude	18-9 1/2
M45 Stan Kus	15-6
M55 Chet Dow	14-8 1/2
M65 Chuck Sochor	13-1
M80 Ken Elliot	8-10
Pole Vault	
M45 Steven Smith	9-0
Shot Put	
M35 Ken Plude	28-5
M45 Ken Michelsen	37-2
M55 Stephen Cohen	40-9
M80 Ken Elliot	29-9
Discus	
M35 Ken Plude	92-3
M45 Jerry Bowersox	116-8
M55 Bill Rykhus	115-7 1/4
M80 Ken Elliot	79-10
W50 Carol Griffith	77-11 1/2
5000m Racewalk	
M45 Bill Reed	26:04
M65 Loren Portorz	33:30
W55 Robin McIntosh	32:26
W50 Jeanne Bocci	39:57
W70 Thelma Fallows	39:55
Masters Return To Illinois Meet	
Liberty; July 12	
100m	
M30 Andrew Boyce	11.40
Jim Birgans	12.76
M35 Gary Redmond	12.02
M40 Mike Skoflanc	12.48
Jay Preston	12.99
Jim Gruenwald	13.53
M45 Charlie Powell	12.96
Ken Mueller	13.47
Terry Tierney	13.70
M50 Roger Phillips	12.83
John Albanese	13.69
Greg Miller	13.79
M55 Darrell Huey	13.93
Chas Townsend	14.70
Darrell Huey	13.93
M60 Pierre Dobrovolsky	13.59
Lou Edelman	16.75
John Morrison	18.44
M65 Harry Brown	13.88
Bob Alexander	14.76

Chuck Sochor	15.10
M70 Bob Gand	20.39
M75 Lee Farmer	17.10
M80+Mel Flachs	20.57
W30 Joanna Childress	13.34
W35 Kimberly Gant	14.03
W75 Gertrude Antonijevic	32.29
200m	
M30 Jim Duncan	22.13
Jim Brigans	22.96
M35 Ty Williams	23.81
M40 Bob Zahn	25.92
Steve Hulst	26.53
Jim Gruenwald	27.92
M45 Charlie Powell	26.22
Terry Tierney	27.52
Turan Harper	28.89
M50 Roger Phillips	25.44
John Albanese	27.55
Kingsley Clarke	27.80
M55 Darrell Huey	28.10
Don Williams	29.43
Dave Ellis	32.53
M60 Pierre Dobrovolsky	28.16
M65 Bob Alexander	29.56
Clarence Trinkner	31.56
Chuck Sochor	32.35
M70 Bob Gand	46.53
M80+Mel Flachs	45.62
W30 Joanna Childress	27.96
W35 Kimberly Grant	29.31
W40 Sandra O'Brien	36.71
W50 Diane Graham-Henry	39.69
W55 Terry Untz	57.51
W75 Carol Peebles	46.90
400m	
M35 Joe Schwieterman	58.12
M40 Jeff Watry	59.40
Jim Gruenwald	62.00
M45 Charlie Powell	57.28
Stan Druckrey	58.34
Ken Mueller	60.88
M50 John Albanese	62.24
Kingsley Clarke	62.73
M55 Darrell Huey	66.03
Don Williams	69.04
M60 Lou Edelman	83.27
M65 Harry Brown	64.09
Bob Alexander	69.75
Clarence Trinkner	72.94
M70 Henry Luric	1:47.80
Gene Primm	1:58.75
W35 Kimberly Grant	69.05
W40 Sandra O'Brien	84.76
W55 Theresa Untz	2:30.92
W75 Carol Peebles	1:59.44
800m	
M30 Ty Williams	2:10.41
Ben Gorecki	2:13.20
M35 Clint Leiter	2:12.78
M40 Steve Hulst	2:04.02
Dave Bradley	2:12.99
Scott Lewis	2:16.96
M45 Jerry Feldhausen	2:12.39
Turan Harper	2:14.84
Scott Lewis	2:16.96
M50 Bob O'Connor	2:18.91
M65 Alfred Dubois	3:09.53
M70 Bob Gand	4:15.26
W50 Dody Burke	2:52.59
W55 Terry Untz	5:39.44
W75 Carol Peebles	4:56.11
1500m	
M40 Drew McPhee	4:46.05
Chuck Wathen	4:50.18
M45 Tim Payne	4:42.49
Paul Willett	5:40.56
M50 Vic Heckler	4:31.44
M60 Don Foster	6:33.66
John Morrison	8:05.04
M70 Bob Gand	8:17.29
M75 Henry Kuric	8:17.88
3000m	
M40 David Engelke	9:42.36
Chuck Wathen	9:59.27
M45 Craig Dean	10:04.5h
Bob Holliday	10:10.74
Paul Willett	12:28.28
M70 Bob Gand	17:05.86
W35 Sandee Doll	16:17.85
Hurdles	
M35 Joe Schwieterman	16.99
M40 Bob Zahn	18.59
M45 Stan Druckrey	16.48
Al Wright	21.40
Neal Schuster	23.24
M50 Chet Dow	18.59
Bob Kuric	21.81
M55 Dave Ellis	19.75
W30 Joanna Childress	17.17
W35 Sandee Doll	22.66
High Jump	
M30 Andrew Boyce	6-1
M40 Jeff Watry	5-6

George Lehman	5-0
Chuck Wathen	4-2
M45 Paul Willett	4-0
M50 Chet Dow	3-10
M55 Chas Townsend	4-2
M60 Floyd Smith	4-6
M65 Clarence Trinkner	4-4
Arthur Jones	3-8
M70 Tom Coughlin	4-0
W35 Sandee Doll	4-2
Pole Vault	
M40 Jeff Kingstad	15-0
John Anderson	13-6
Jeff Watry	10-6
M45 George Lehman	13-0
Neal Schuster	7-0
M65 Tom Hinkes	10-0
Long Jump	
M30 Andrew Boyce	21-11.25
M35 Gary Redmond	17-2
M40 Mike Skoflanc	18-0
Jay Preston	16-11.5
Jim Gruenwald	15-11.25
M45 Al Wright	17-8.75
George Lehman	16-1.25
M50 Chet Dow	15-8.75
Bob Kuric	14-4
M55 Al Matheis	15-5.25
M60 Lou Edelman	11-4.5
Floyd Smith	11-8
M65 Richard Molokie	12-2
Art Jones	11-8.25
M70 Ken Yahiro	12-2
M80+Mel Flachs	8-5
W35 Sandee Doll	11-5.5
Triple Jump	
M40 Mike Skoflanc	36-5
Jay Preston	31-9.5
M60 Floyd Smith	23-1.5
Lou Edelman	21-11.75
M65 Art Jones	24-11
Don Sibigtroth	21-1.25
Shot Put	
M35 Walt Shields	46-9.25
M40 Matt Byrnes	47-3.75
M45 Jerry Senters	38-3
Jerry Amundson	36-6.5
Larry Readman	34-10.5
M50 Lee Englund	39-5.5
John Hess	36-3
M55 Stephen Cohen	40-11
Gene Primm	30-11.5
Al Matheis	29-5.75
M60 Floyd Smith	32-0
M70 Tom Coughlin	34.25
Ken Yahiro	29-11
W40 Sandra O' Brien	17-1
W50 Marylou Platis	24-9
W75 Gertr Antonijeivic	16-7.5
Discus	
M40 Jeff Watry	101-8
M45 Jerry Senters	131-9
Larry Redmond	118-9
Jerry Amundson	116-4
M50 Lee Englund	156-7
John Hess	121-9
M55 Larry Pratt	169-8
Stephen Cohen	110-1
Gene Primm	90-10
M65 Don Mather	131-1
M70 Tom Coughlin	107-3
Ken Yahiro	92-10
M75 Henry Kuric	59-3
W50 Marylou Platis	73-11
W75 GertrAntonijeivic	24-8
Javelin	
M45 Walt Kuc	143-9
Neil Schuster	121-3
M50 John Hess	105-6
M55 Al Matheis	100-1
Gene Primm	88-7
M70 Tom Coughlin	104-2
Ken Yahiro	74-11
1500m Racewalk	
M35 Daniel Vogel	7:24.28
Mike Rose	7:52.21
M45 Mike Dewitt	6:44.72
Rick McGuire	7:07.75
Al Kaiser	8:43.60
M50 Don Mowles	7:24.31
Mike Burris	7:50.96
M65 Alfred Dubois	7:50.54
Don Sibigtroth	10:33.38
M70 Al Goldman	10:21.78
W30 Sarah Prince	9:00.27
W40 Lynn Tracy	8:41.00
W45 Nancy Goldman	9:13.18
Nancy Mackrola	10:30.96
W60 Liz Michels	11:03.48
W65 Carolyn Selby	10:41.10
W65 RoselynBingham	11:41.66
3000m Racewalk	
M35 David Vogel	15:16.3

Continued from previous page

MID-AMERICA**Denver TC Meets**

Denver, CO; July 17 & Aug. 21

-July 17-

100m

M30 Gerald Owens	10.89
M35 Bob Pankey	13.31
M50 Jack Ferris	13.17
M60 Larry Carter	14.03
M65 Don Weiss	15.17
M70 Jack Greenwood	14.34
M60 Joyce Franks	19.99

200m

M30 Gerald Owens	22.31
M35 Lewis Kelley	24.40
M60 Larry Carter	29.16
M65 Don Weiss	30.60
W40 Teresa Drotar	30.99
W60 Joyce Franks	47.71

400m

M30 Andre Duren	66.62
M35 Bob Pankey	72.22
M40 Bob Brustad	64.31
M45 Jeff Underwood	66.93
W40 Teresa Drotar	72.22
W60 Joyce Franks	1:45.9

800m

M40 Bob Brustad	2:25.50
-----------------	---------

1 Mile

M30 Jim Bogus	5:16.50
M40 Bill Harvey	5:06.00
M55 B vanDoominck	6:08.50

High Jump

M45 Gene Iwen	4-6
M60 Larry Carter	4-8

Long Jump

M30 Andre Duren	14-7
M45 Jeff Underwood	13-10

Triple Jump

W45 Deb Vestal	19-6
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Shot Put

M45 Tim Fuehrer	31-3.5
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Discus

M45 Tim Fuehrer	82-6
W45 Deb Vestal	48-0

-Aug. 21-**100m**

M30 Warren Bridges	12.36
M35 Lewis Kelley	11.89
M40 Trip Reynolds	12.54
M60 Ray Franks	14.11

200m

M30 Chas Bedford	28.36
M35 Lewis Kelley	25.12
M40 Trip Reynolds	27.48
M45 Fred Wagener	27.00
M60 Larry Carter	28.93

400m

M30 Chas Bedford	65.62
M35 Bob Pankey	69.56
M40 Trip Reynolds	62.66
M45 Jeff Underwood	66.30
M60 Ray Franks	70.20
W35 L Abercrombie	62.88

800m

M30 Chas Bedford	2:30.95
M40 Dave Caprera	2:54.32
M55 B vanDoominck	2:47.60

1500m

M30 Chas Bedford	4:34.23
M40 Bill Harvey	4:47.94
M55 B vanDoominck	5:36.63

21st Century Ageless/Early

Morning "R" Games

Twin Cities, MN; Aug. 3

50m

M35 Robert TeschStevson	5.93
M45 Mike Sharratt	6.53
M60 Fred Biederman	7.07
M75 Ben Bjergo	33.31
W60 Rachel Lyga	8.81

100m

M35 R TeschStevson	11.0
M60 Fred Biederman	13.94
M65 Chas Bispala	20.88

200m

M40 Howard Morris	29.75
M50 Pat O'Regan	31.00
M60 Fred Biederman	27.22
W60 Rachel Lyga	41.50

800m

W60 Rachel Lyga	4:43
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1600m

M40 Howard Morris	5:38.32
M50 Pat O'Regan	5:58.47

Hurdles 100m/36"

M55 George LaBelle	18.85
W60 R Lyga 50m/27"	12.10

High Jump

M35 R TeschStevson	6-0
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M40 Kevin McLaughlin	5-4
Pat Boulay	5-2

M55 George LaBelle	4-2
--------------------	-----

M60 Tom Langenfeld	5-1
--------------------	-----

M65 Emmet Edwards	4-0
-------------------	-----

W40 Marcia Kull	4-8
-----------------	-----

W60 Rachel Lyga	3-10
-----------------	------

Pole Vault

M40 Jeff Kingstad	14-4
-------------------	------

Long Jump

M40 Long Jump	13-3.5
---------------	--------

M55 Alan Slater	17-4
-----------------	------

M65 Charles Bispala	9-6
---------------------	-----

W40 Marcia Kull	14-8
-----------------	------

W60 Rachel Lyga	10-5
-----------------	------

Triple Jump

M55 Al Slater	35-3
---------------	------

W60 Rachel Lyga	21-11
-----------------	-------

Shot Put

M55 George LaBelle	30-4
--------------------	------

M65 Emmett Edwards	33-5
--------------------	------

Charles Bispala	31-4
-----------------	------

M75 Ben Bjergo	18-3
----------------	------

W60 Rachel Lyga	21-7.5
-----------------	--------

W65 Barb Thorgrimson	23-10.5
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W70 Helen Johnson	11-10
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Discus

M55 George LaBelle	96-11
--------------------	-------

M65 Emmett Edwards	115-1
--------------------	-------

Charles Bispala	97-3
-----------------	------

M75 Ben Bjergo	27-6
----------------	------

Hammer

M55 George LaBelle	50-6
--------------------	------

W60 Rachel Lyga	64-2
-----------------	------

W65 Barb Thorgrimson	50-10
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Javelin

M40 Howard Morris	74-0
-------------------	------

M50 Alan Slater	74-9
-----------------	------

M55 George LaBelle	95-10
--------------------	-------

M65 Emmett Edwards	82-2
--------------------	------

Chas Bispala	80-1
--------------	------

W60 Rachel Lyga	36-0
-----------------	------

W65 Barb Thorgrimson	40-5
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Weight (M35# & W16#)

M50 Pat O'Regan	37-2
-----------------	------

M55 George LaBelle	25-3.5
--------------------	--------

M75 Ben Bjergo	14-0
----------------	------

W60 Rachel Lyga	19-6
-----------------	------

W65 Barb Thorgrimson	23-2
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Rocky Mountain Senior Games

Greeley, CO; Aug. 5-10

100m

M50 Stan Suichta	13.03
------------------	-------

M55 Jim Francis	14.09
-----------------	-------

Darrel Short	14.32
--------------	-------

M60 Richard Camp	13.28
------------------	-------

Richard Getz	14.37
--------------	-------

M65 Donal Weis	14.16
----------------	-------

M70 Ben Knaub	14.35
---------------	-------

M75 Jack Davison	14.93
------------------	-------

M80 Bob Broughton	21.78
-------------------	-------

W55 June Fletcher	17.87
-------------------	-------

W60 Gertrude Holtzlag	18.93
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W65 Jein Buie	18.81
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W70 Marilyn Olen	23.18
------------------	-------

W80 Velma Jacobs	21.9
------------------	------

200m

M50 Max Peters	31.22
----------------	-------

M55 Darrel Short	29.81
------------------	-------

M60 Jim Leggett	28.60
-----------------	-------

Larry Carter	28.90
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M65 Don Weiss	30.59
---------------	-------

M70 Ben Knaub	29.62
---------------	-------

M75 Jack Davison	30.72
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M80 Bob Broughton	44.19
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W60 Gertrude Holtzlag	41.25
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W65 Jein Buie	41.23
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W70 Jo Kiesecker	43.69
------------------	-------

W80 Velma Jacobs	61.93
------------------	-------

400m

M50 Stan Suichta	60.25
------------------	-------

M55 Jim Francis	66.34
-----------------	-------

M60 Jim Leggett	68.75
-----------------	-------

M65 Don Weiss	69.56
---------------	-------

M70 Ben Knaub	67.81
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M75 Carl McGraw	1:51.09
-----------------	---------

M80 Bob Broughton	1:56.28
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800m

M50 Terry Lauhon	2:55.59
------------------	---------

M55 Jim Peterson	2:58.28
------------------	---------

M60 George Mathes	2:43.41
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M65 Richard Hayes	2:56.47
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M70 Ben Knaub	2:37.24
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M80 Bob Broughton	4:42.50
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W60 Gertrude Holtzlag	3:25.53
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W70 Jo Kiesecker	3:46.28
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1500m

M50 Terry Lauhon	6:21.20
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M55 Larry Brooks	5:30.94
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M60 George Mathes	5:32.28
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M65 Richard Hayes	6:03.59
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M70 Ben Knaub	5:34.00
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M80 Bob Broughton	10:35.21
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W55 Beth Bryant	7:47.96
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W60 Gertrude Holtzlag	7:02.22
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W70 Jo Kiesecker	7:27.08
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High Jump

M50 Mike Martinez	4-6
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M55 Darrel Short	4-2
------------------	-----

M60 Larry Carter	4-8
------------------	-----

M65 George Brewster	4-0
---------------------	-----

M70 Ben Knaub	4-2
---------------	-----

M75 F P Bowles	4-0
----------------	-----

M80 Wilbur Ragland	3-4
--------------------	-----

W50 Sandy Blunt	3-3
-----------------	-----

W70 Marilyn Olen	3-4
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W75 Elnora Martinelli	3-4
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Long Jump

M50 Stan Suichta	17-1
------------------	------

M55 Darrel Short	14-3
------------------	------

M60 Richard Getz	14-3
------------------	------

M65 Paul Loopo	9-6
----------------	-----

M70 Ben Knaub	13-5
---------------	------

M75 Jack Davison	12-9
------------------	------

M80 E Lee Todd	11-3
----------------	------

W60 Marian Seder	8-8
------------------	-----

W70 Marilyn Olen	7-1
------------------	-----

Triple Jump

M75 Ed Hewitt	16-3.5
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M80 Phil Simon	17-4.5
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W70 Charlotte Acton	10-9
---------------------	------

W70 Hattie Davis	9-6.5
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Shot Put

M50 Ron Broce	43-2
---------------	------

M55 Roger Corliss	31-10
-------------------	-------

M60 Vern Spencer	33-3.5
------------------	--------

M65 Floyd Jack	33-9.5
----------------	--------

Bill Brazelton	32-9.5
----------------	--------

M70 Chuck Mandsager	32-6
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M75 F P Bowles	34-3.5
----------------	--------

M80 E Lee Todd	32-4
----------------	------

W50 Sandy Blunt

Continued from previous page

Short Hurdles	
M35 Jeff Brower	16.03
Dan Cook	16.26
M40 Michael Mitchell	18.18
M60 George Gillar	20.57
Long Hurdles	
M40 Michael Mitchell	48.50
High Jump	
M30 Guvener Isak	1.96
M35 Jeff Brower	1.83
Randal Williams	1.57
M40 Coy Akers	1.57
Michael Mitchell	1.52
Gary Dzuris	1.32
M50 Darel Petty	1.63
Jerry Wright	1.32
David Middour	1.32
M60 Don Crook	1.32
George Gillar	1.32
M65 Roy Morgan	1.32
M70 Alvin Williams	0.91
Pole Vault	
M30 Brian Clute	3.51
M35 Rodney Johnson	3.66
M40 James Fountain	4.27
M50 Jerry Wright	2.90
David Middour	2.90
M55 Steve Warr	3.05
M65 Roy Morgan	2.44
Long Jump	
M30 Kevin Lendo	6.63
Alan Sims	5.93
M35 Randal Williams	6.59
Monzell Baker	6.32
M40 Michael Mitchell	5.41
Nathan Hollis	5.22
Gary Dzuris	4.09
M50 Edward Jones	5.97
Jerry Wright	4.44
David Middour	4.25
M55 Don Denson	5.18
M60 George Gillar	4.53
M70 Alvin Williams	1.70
M75 Tom Kennell	3.78
Triple Jump	
M30 Tanju Yurtsever	13.45
Kevin Lendo	13.18
M35 Donald Hardy	13.32
Monzell Baker	13.10
M40 Michael Mitchell	10.33
Nathan Hollis	10.11
Gary Dzuris	7.75
M50 David Middour	9.70
M75 Tom Kennell	8.14
Shot Put	
M40 Army Ferrando	9.35
Gary Dzuris	8.99
M50 Jerry Brewer	12.14
Jerry Poulson	11.10
M55 John Conniff	13.16
M60 Milton Brady	10.16
M65 Jim Gerhardt	10.62
M70 Fred Adams	7.65
Alvin Williams	4.42
M85 J Pearce	7.37
Discus	
M40 Brad Reid	46.10
Coy Akers	35.43
Gary Dzuris	25.12
M50 Jerry Brewer	41.02
Jerry Poulson	35.71
Jeff Champion	30.15
M55 John Conniff	48.62
M60 Milton Brady	32.69
Jim Carney	29.48
M65 Jim Gerhardt	40.98
Roy Morgan	35.64
M70 Fred Adams	19.71
Alvin Williams	12.93
M85 J Pearce	20.49
Hammer	
M40 Gary Dzuris	32.66
M50 Jerry Brewer	24.92
M55 John Conniff	28.83
M60 Milton Brady	27.00
M70 Fred Adams	24.03
M85 J Pearce	17.70
Javelin	
M40 Army Ferrando	50.60
Gary Dzuris	37.13
Coy Akers	36.83
M50 Darel Petty	40.56
Jerry Poulson	40.06
David Middour	32.64
M55 John Conniff	36.14
M60 Z Przewodek	36.68
Milton Brady	28.07
M65 Skip Meneely	37.57
Roy Morgan	20.88
M70 Fred Adams	12.85
Alvin Williams	11.61
M85 J Pearce	15.80
1600m Racewalk	
M35 Bobby Watson	7:52.20
M45 Dave Gwyn	9:29.44
Clint Harris	11:22.36

M55 John Knifton	8:56.20
M70 Leonard Stern	10:48.55
M75 John Calvarese	13:08.94
W50 Cindra Jenkins	13:01.00
W60 Martina Watson	11:22.36

Oklahoma Masters Athletic Meet, Track & Field in the Heartland Tulsa, OK; Aug. 1-2

100m	
M30 Christian Boda	10.94
M35 Cornell Sowell	12.13
M40 Willard Thompson	11.79
M45 Jim Dolezel	12.36
M50 Mike Steinmetz	12.02
M55 Dale Lance	13.32
M60 Glen Stone	13.43
M75 Bob Warwick Sr	18.11
W35 Julia Barber	15.79
W40 Dawn Jacobson	16.29
W50 Nina Bryant	16.12
200m	
M30 Christian Boda	22.90
M35 Cornell Sowell	25.26
M40 Ronald Boleware	24.46
M45 Jim Dolezel	26.02
M50 Mike Steinmetz	25.94
M60 Glen Stone	30.02
M75 Bob Warwick Sr	42.76
W30 Anne Chesny	33.10
W35 Julia Barber	33.26
W40 Dawn Jacobson	34.49
W50 Nina Bryant	35.39
400m	
M30 Kevin Lendo	54.18
M35 Jeff Lindsay	52.54
M40 Ronald Boleware	54.39
M45 Emmett Roberts	56.29
M50 Tom Fisher	59.24
M55 John Klos	1:06.23
M60 Glen Stone	1:07.20
800m	
M40 Steve Hicks	2:10.83
M50 George Marchetti	2:26.63
M55 Richard Martin	2:32.82
M60 Don Robbins	4:01.32
1 Mile	
M40 Steve Hicks	4:49.73
M45 Steve Caloney	5:32.38
M50 George Marchetti	5:19.74
M55 Max Price	6:30.17
5000	
M40 Roger Mass	20:26.84
M50 Pete Schwiering	20:38.89
W30 Trish Beckett	27:46.45
Short Hurdles	
M35 Ken Ellis	16.37
M40 Michael Mitchell	18.40
M75 Bob Warwick Sr	21.01
W40 Dawn Jacobson	16.78
Long Hurdles	
M35 Ken Ellis	1:02.09
M40 Michael Mitchell	1:07.47
M60 Glen Stone	53.30
4x100 Relay	
M40 TOK	52.54
(Lance, Santine, Fisher, Stei)	
4x400 Relay	
M50 TOK	3:58.81
(Marchetti, Clark, Fisher, Hi)	
High Jump	
M40 Michael Mitchell	1.47
M45 Jim Dolezel	1.42
M50 Dale Deuval	1.22
M55 Mike Wilhite	1.17
M60 Bobby Woodruff	1.02
M65 Ross Vrooman	1.37
M70 Dick Donley	1.17
M75 Doc Bennett	1.12
Pole Vault	
M40 James Fountain	4.27
M45 Jim Dolezel	3.35
M50 Dennis Schmitt	3.05
M55 Dale Lance	3.05
M75 Bob Warwick Sr	1.83
Long Jump	
M30 Kevin Lendo	5.93
M40 Michael Mitchell	4.77
M45 Jim Dolezel	4.92
M50 Renn LaCroix	4.60
M55 John Klos	3.76
M75 Doc Bennett	3.04
Triple Jump	
M30 Kevin Lendo	12.44
M35 Ken Ellis	10.63
M40 Michael Mitchell	10.46
M50 Dennis Schmitt	8.76
M55 Mike Wilhite	7.60
M75 Doc Bennett	6.09
Shot Put	
M40 David Rhatigan	12.72
M45 Steve Cox	10.64
M50 Jack Crawford	11.82
M55 Stephen Cohen	13.77
M60 John Cantrell	13.25
M65 Reed Quinn	10.27

M75 Doc Bennett	7.52
Discus	
M35 Ken Ellis	37.30
M40 David Rhatigan	38.84
M50 Jack Crawford	34.46
M55 John Conniff	45.58
M60 Tom Wesselowski	39.82
M65 Floyd Jack	37.56
M70 Ed Hooker	40.72
M75 Doc Bennett	18.20
W80 Betty Jarvis	13.16
Javelin	
M35 Ken Ellis	43.48
M40 David Rhatigan	33.00
M45 Mike McDonald	41.56
M50 Jack Crawford	34.74
M55 Dale Lance	39.26
M60 John Cantrell	35.24
M65 Bill Brazelton	36.24
M75 Bob Warwick Sr	18.64
W80 Betty Jarvis	10.82
1 Mile Racewalk	
M55 Jim McFadden	8:46.39
M60 Don Robbins	12:15.03
M70 Dick Donley	11:04.97
5000m Racewalk	
M55 Jim McFadden	29:31.43
M70 Dick Donley	36:34.80

WEST

USATF/SCA Masters Championships	
Los Angeles; June 8	
Shot Put	
M65 Amie Gaynor 69AR	12.72
Harry Hawke	11.78
Carlos Martinez	10.29
Hal Wallace	9.96
M70 Ed Chenoweth	11.34
M75 Jerry Siefert	9.21

Northern California Seniors Classic Union City; Aug. 30

100m	
M35 Alan Tucker	11.44
Tom Weatherspoon	11.57
Warren Washington	12.21
M40 Rick Logan	14.02
M45 Paul Raymond	12.27
Lex Freitas	13.06
200m	
M35 Alan Tucker	22.79
Tom Weatherspoon	24.04
M45 Paul Raymond	25.05
Lex Freitas	26.74
M50 Steve Gillman	27.89
Tom Ryan	32.17
M55 Martyn Adamson	26.46
Phil Maresca	29.87
John Caudill	31.88
M60 Marvin Smoller	29.05
Robert Fuller	29.45
M75 Frank Toner	35.34
M85 Wilfred Bigelow	64.51
W35 Edith Moutos	34.67
W40 Karen Haynes	36.94
W45 J Slaton Camargo	34.80
W50 Nancy Nevin	38.39
400m	
M35 Nikos Moutos	58.61
M50 Larry Navarro	61.36
Lamar Turner	61.85
M55 Martyn Adamson	59.98
M60 Marvin Smoller	66.40
W35 Mary Woo	74.85
Edith Moutos	87.52
W45 J Slaton Camargo	89.88
800m	
M30 Noah Hinkston	2:04.2
M40 Dave Clingan	2:05.1
M45 Francisco Verdugo	2:22.9
M50 Fred Martin	2:24.4
Lamar Turner	2:37.3
W35 Mary Woo	2:46.6
Edith Moutos	3:09.7
W45 Sharlet Gilbert	2:39.8
W50 Nancy Nevin	3:19.5
1500m	
M35 Scott Kistner	4:16.9
Tad Gouting	4:17.0
Nikos Moutos	4:35.6

M40 Jose Cabrera	4:26.6
M50 Fred Martin	4:54.6
W35 Mary Woo	5:57.6
W45 Melinda Morse	5:22.6
Sharlet Gilbert	5:24.3
5000m	
M45 Steve Sidney	17:50.8
M75 Lyman Glenney	28:21.0
W45 Sharlet Gilbert	19:32.9
Hurdles (110m)	
M30 David Bradley	21.48
High Jump	
M40 Stan Vegar	1.83
Mike Hatjes	1.63
M45 Ed Baskauskas	1.68
M50 Gary Wuest	1.38
Dale Nelson	1.23
M60 John Steinman	1.38
Steve Richmond	1.33
M70 Jerry Silsdorf	1.08
M75 Jim Johnson	1.03
M85 Wilfred Bigelow	0.87
W35 J UpshawMargerum	1.38
W50 Barbara Stratton	1.08
Pole Vault	
M30 Matthew Kindall	14-6
M35 Paul Sinatra	16-0
M40 Stan Vegar	14-0
M45 Steve Morris	13-0
M50 Joseph Miyoshi	11-0
M60 John Steinman	9-0
M70 Don Grosh	8-6
M75 Jim Johnson	7-0
W35 J UpshawMargerum	7-0
Long Jump	
M35 Warren Washington	6.41
Lavell Davenport	6.37
M45 Angel Cachinero	5.71
Roger Trujillo	5.53
M50 Gary Wuest	4.80
Joseph Miyoshi	4.64
Dale Nelson	3.31
M55 Johnny Lawson	4.68
Richard Imperiale	4.52
M60 Steve Richmond	4.41
M75 Jim Johnson	3.04
M85 Wilfred Bigelow	1.79
W35 J UpshawMargerum	5.08
W50 Barbara Stratton	3.03
Nancy Nevin	2.83
Triple Jump	
M35 Lavell Davenport	14.89
Tom Weatherspoon	13.57
M45 Roger Trujillo	12.09
Angel Cachinero	11.61
M50 Dale Nelson	7.18
M55 John Lawson	10.18
W35 J UpshawMargerum	10.47
W50 Barbara Stratton	7.13
Nancy Nevin	6.03
Shot Put	
M30 Dennis DeSoto	18.54
M40 Stan Vegar	13.23
M50 Paul Thiel	12.05
David Smith	11.19
Gary Wuest	10.20
M55 Dick Hotchkiss	12.49
Richard Noble	11.39
RasalTerhuneYoung	9.43
M60 Jim Hart	12.18
John Steinman	10.46
M70 Ed Chynoweth	11.22
Jerry Silsdorf	8.04
M75 Bob Stone	5.93
W35 Barbara Springer	9.01
J UpshawMargerum	8.70
W40 Karen Haynes	7.28
W45 K Slaton Camargo	6.67
W50 Kathy Noble	6.44
Discus	
M50 Mike Grace	38.84
David Smith	32.48
M50 Paul Thiel	31.62
M55 Dick Hotchkiss	42.60
R TerhuneYoung	34.80
Richard Noble	28.78
M60 Jim Hart	44.44
John Steinman	36.16
M70 Jerry Silsdorf	20.62
M75 Bob Stone	15.00
W35 J UpshawMargerum	8.70
M40 Karen Haynes	18.56
W70 Shirley Dietderich	16.44
Javelin	
M30 Ken Hall	61.86
M35 Tom Silva	59.68
M45 Bob Powers	51.18
M50 David Smith	27.02
M55 R TerhuneYoung	35.38
John Caudill	30.44
Dick Hotchkiss	27.70
M60 Phil Conley	46.06
M70 Ed Chynoweth	31.46
M75 Bob Stone	11.46

W35 J UpshawMargerum	24.04
W40 Patricia Bruketta	21.84
Weight (25#)	
M50 David Smith	11.78
M55 Dick Hotchkiss	16.28
R TerhuneYoung	14.59
M60 Jim Hart	12.20
NORTHWEST	
Montana Senior Olympics	
Missola, MT; June 20-21	
60m	
M50 Michael Bove	10.50
M55 Thomas Lorenz	10.50
M60 Charles Stark	9.80
M65 J Hollensteiner	9.30
M70 George Cross	10.60
W65 Flora Wong	13.10
W70 Minnie Fragnito	14.20
100m	
M55 Thomas Lorenz	16.70
M60 James Zuber	15.30
M65 J Hollensteiner	14.50
W50 Ruth Ann Duperron	16.80
W65 Flora Wong	21.10
200m	
M50 Fred Clark	28.90
M55 Mervin Armstrong	28.20
M60 James Zuber	33.50
M65 J Hollensteiner	31.00
M70 Charles Jannings	36.80
W50 Ruth Ann Duperron	34.50
W60 Nancy MacLennan	48.50
400m	
M65 J Hollensteiner	1:11.00
800m	
M55 Bill Mercer	2:44.00
W65 Flora Wong	4:21.30
W70 Dorothy Dryden	4:41.40
1500m	
M50 Eric Feaver	5:08.30
M55 Mervin Armstrong	7:04.70
M65 William Hill	9:17.60
M70 Charles Jannings	9:22.00
M75 Jim Curran	9:40.20
W50 Donna Sims	7:16.00
Short Hurdles	
M60 Charles Stark	21.50
M65 William Hill	23.50
High Jump	
M60 Charles Stark	4-4
M65 William Hill	4-3
M70 Charles Jannings	3-9
M75 Thomas Regan	3-6
M80 Manual White	3-4
Pole Vault	
M60 Charles Stark	7-2
M65 William Hill	6-0
M70 Charles Jannings	5-8
Long Jump	
M55 Fred Clark	13-11
M60 Charles Stark	14-8
M65 Jack Hurd	12-0
M70 Charles Jannings	11-6
W60 Mae Schroeder	8-3 1/4
Standing Long Jump	
M50 Michael Bova	7-1 1/2
M55 Robert Redpath	5-2
M60 Jim Jenkins	7-3 3/4
M65 Jack Hurd	7-2
M70 George Cross	6-5
W60 Mae Schroeder	3-6
Triple Jump	
M55 Mervin Armstrong	27-6
M65 Jack Hurd	12-3 1/4
M70 Charles Jannings	22-5 1/4
Shot Put	
M50 C Widdicombe	42-2 1/2
M55 Larry Stednitz	27-8
M60 Murdo Campbell	37-4
M65 Joe Havlovick	34-8 1/2
M70 Arnold Scott	34-5 1/4
M80 Manual White	30-6
W50 Carole Conklin	21-9 1/2
W60 Rosina Benischke	25-4
W65 Paula Maloy	18-9 1/2
Discus	
M50 C Widdicombe	132-2
M60 Dean Conklin	117-11
M65 William Hill	109-11
M70 George Cross	82-5
M80 Manual White	96-4
W50 Carole Conklin	76-10
W60 Rosina Benischke	60-5
Hammer	
M50 Grady Udo	112-3
M65 Joe Havlovick	59-2
M70 Charles Jannings	62-7
M80 Manual White	74-6 1/2
W60 Mae Schroeder	34-7
W65 Paula Maloy	55-8
Javelin	
M50 Fred Clark	87-2
M55 Tony Dumay	146-7 1/4
M60 Murdo Campbell	109-9 1/2
M65 John Rolten	76-3 1/2

Continued from previous page

M80 Robert Asin	58-6
W55 Harriet Kaufman	40-7
5K RW	
M50 Larry Vander Meer	44:20
M55 Larry Flowers	38:26
M65 Bill Schaffer	56:34
M75 Roy Homsher	42:29
W55 Jean Dihgs	51:33

Ultra Weight Classic
Seattle, WA; Aug. 16
Age Graded Partridge Tables (modified)

Women 45:	(35# 56# 98# 200#) A-G Score
Pauline Thomas 48	5.76 3.64 2.02 0.61 49.38
Women 55:	(25# 35# 56# 98#) A-G Score
Carol Young 57	5.68 4.12 3.03 1.39 48.66
Suzy Hess 55	5.63 4.35 2.40 0.80 39.76

Men 35-59	(56# 98# 200# 300#) A-G Score
Tom Gage 54	9.71 3.84 1.74 1.07 66.06
Tim Edwards 49	8.75 4.24 1.53 1.01 57.19
Steve James 50	6.48 2.99 1.64 0.89 48.54
Paul Brown 45	7.30 3.31 1.44 0.69 42.80
Blake Surina 38	7.10 3.41 1.54 0.81 41.74
Gary Zasimovich 41	6.42 3.15 1.32 0.78 39.10
Jan Grisby 47	5.86 2.72 1.14 0.58 36.08
Jeff Crothers 38	7.23 3.04 1.19 0.42 33.67
Steve Biddinger 59	4.59 2.60 0.88 0.13 32.09

Men 60 - 69	(56# 98# 200# 300#) A-G Score
Pay Carstensen 65	5.27 2.81 1.56 0.78 60.23
Ken Weinbel 69	5.79 3.37 1.22 0.29 56.54
Udo Grady 63	4.49 2.49 1.12 0.66 47.20
Mike Devlin 65	4.95 2.64 0.86 0.34 42.28
Frank Miller 63	4.54 2.39 0.85 0.51 41.24
Bob Lawson 62	5.12 2.31 0.77 0.28 37.89

Men 70 plus	(35# 56# 98# 200#) A-G Score
Vince Sempronio 71	7.92 4.45 2.53 1.05 56.45
Arm. Ricciardi 77	5.29 2.92 1.58 0.53 41.67

Ultra Weight Award Winners:

M35-59 1)Tom Gage 54 2)Tim Edwards 49

3)Steve James 50

M60+ 1)Pay Carstensen 65 2)Ken Weinbel 69

3)Vince Sempronio 71

Women: 1)Pauline Thomas 48 2)Carol Young 57

3)Suzy Hess 55

LONG DISTANCE RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene, OR 97405. To keep information current, we generally do not publish results more than 3 months old. Results that are typed (maximum 28 spaces / 2 1/4" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

NATIONAL

Chicago Distance Classic
(Indy Life Circuit) 5K
Chicago, IL; July 20

Overall	
Fred Kieser 26	14:31
Cindy James 37	16:37
M40 Craig Young	15:07
Lloyd Stephenson	15:25
David Engelke	17:03
Bill Buhmann	17:12
Ron Shepard	17:40
M45 Doug Kurtis	15:34
Gary Romesser	15:52
Rigoberto Gonzalez	17:56
M50 Peter Hallop	16:14
Ken Sparks	16:25
Bernard Wright	17:44
M55 Fay Bradley	17:19
M60 Bill Ulrich	17:45
Robby Kincaid	19:00
Sonny Monioz	19:35
M65 Paul Heitzman	19:05
Clayton Hall	21:35
M75 Warren Utes	20:03
W65 Lois Gilmore	24:46

20K Results

Overall	
Ron Piro 42	1:06:53
Naoko Ishibe 28	1:14:13
M40 Ron Piro	1:06:53
Miguel Rojas	1:09:26
M45 Hal Carlson	1:13:19
M50 Thys Bax	1:13:50
M60 Otto Zorn	1:27:01
Joe Arnold	1:27:45
M65 Dick Wilson	1:28:03
Danny Kelleher	1:29:03
M70 Gerry Hopkins	1:42:16
Chuck Hinde	1:45:06
W40 Laura Kennedy	1:21:57
W45 Charlene Soby	1:22:41
W50 Nancy Rollins	1:28:36
Deborah Pausz	1:34:39
W55 Dorothy Tanner	1:36:56

USATF National Masters 8K
Cross-Country Championships
Pasco, WA; Sept. 1

M40 Pete Metzmaker	27:46
Dustin Ashley	28:23
Dennis Villeneuve	28:30
Tim Mahan	29:26
Jack Prestrud	30:09
Keith Fuller	30:28
David Flowers	31:08
Bill Mahoney	32:16
Mark Krueger	32:19
Mark Smith	33:24
Stuart Kretschmar	33:40
Frank Purdy	36:19
Steve Eggers	36:24
M45 Tom Cotner	28:34
Tim Shaw	31:15
Dana Ward	31:45
Randy Johnson	34:11
M50 Alan Beck	29:55
Rolly Moore	30:03
Joe Nelson	31:17
Bill Leahy	31:36
Gale Ptuelier	31:52
Peter O'Neill	32:47
Tom Heaton	33:29
John Hahn	33:50
David Jones	34:02
Joe Craig	34:07
Chris Steer	36:05
Tim Trudeau	38:09
M55 Mike Donoghue	32:52
Mel Lacey	34:20
Des O'Rourke	34:31
M60 Roger Davies	33:17
Bill Ifrig	33:31
J Robert Byers	35:55
Derek Mahaffey	36:01
Larry Wright	36:06
Mel Preedy	36:13
Ken Ogden	36:46
Jim Hilton	36:56
Eric Page	37:03
Brian Barrett	37:13

Bill Harper	37:22
Ben Grevstad	38:04
Patrick Quinn	39:07
Edwin Gookin	41:35
Bob Langenbach	49:19
M65 Pat Devine	37:26
Field Ryan	43:05
M75 Floyd Henschen	55:47
M80+Wilbur Inks	56:51
Jule Crabtree	nta
W40 Debbie Greenman	41:19
Carol Dagan	42:16
Sharon Sedlacek	59:09
W45 Peggy Renish	49:02
W60 Sylvia Quinn	38:14
Suzi MacLeod	43:20
Donna Gookin	47:43
W70 Dawn Russell	56:45

Teams:	
M40-49	1 CNW 1:47:47 (Villeneuve/Cotner/Mahan/Prestrud/Flowers)
2 3RRC 159:24 (Fuller/Shaw/Ward/Mahoney/Kretschmar)	
M50-59	1 Fast Masters 156:20 (Beck/Moore/Nelson/Leahy/Heaton)
2 Snohomish 165:23 (Lacey/Ptuelier/O'Neill/Donoghue/Hahn)	
M60-69	1 Snohomish 105:38 (Ifriq/Mahaffey/Wright)
2 Calgary 60+Club 106:25 (Davies/Byers/Barrett)	
3 Snohomish A 112:03 (Hilton/Page/Grevstad)	

EAST

Howard County Women's
Midnight 5K
Columbia, MD; July 11

Overall	
Kelly Barton	18:55
W40 Jan Tripp	19:52
Betty Blank	20:09
Debbie Shomberg	21:10
W45 Marilyn Bevans	21:35
Robin McKenzie	22:29
Linda Votey	22:41
W50 Joyce Albro	24:45
Muffet Chatterton	24:49
W55 Janet Newburgh	23:25
Anna Berdahl	25:24
W60 Joanne Mallet	25:01
Mary Gludt	34:28
W70+Mildred Lieder	36:18
Cathy Hahn	50:58

Utica Boilermaker 15K
Utica, NY; July 13

Overall	
Joseph Kimani	42:54
Lomah Kiplagat	49:58
M40 Martin Mondragon	46:47
Ted Jaleta	47:34
Chuck Crabb	47:46
Tom Stevens	48:58
Steve Housley	49:53
M45 Joseph Nzau	49:35
Bill Rodgers	49:36
Richard Hoebeke	52:45
M50 Thomas Lamme	57:41
Darryl Ferguson	58:57
Clyde Hess	59:15
M55 Rodger Robinson	58:51
Jim Lupton	60:47
Calvin Loomis	61:42
M60 Wayne Decker	65:31
Donald Farley	66:03
Sam Graceffo	66:56
M70+Anthony Napoli	71:40
John Burke	76:35
Herbert Taylor	82:48
W40 Joan Samuelson	53:23
Regina Joyce	54:30
JenniferMacDonnell	58:43
Marg Hartmann	61:02
W45 Diane LeGare	56:19
Carolyn DeWitt	66:55
Gloria —	67:15
Coreen Steinbach	68:31
W50 Marjorie Kos	72:09
MaryAnneGoldman	73:28
Carol Schermerhorn	74:17
W55 C Meadowcroft	76:43
Cindy Sutliff	80:47
W60+Gloria Brown	75:57
Jeannette Cyr	83:40

Reservoir Run 5K
Central Park, NYC; July 26

Overall	
Abedikrim El Mouni 27	15:41
Stephanie Kessler 39	19:00
M30 S Marsalese 31	16:34
N Tsilibes 30	16:45
M Henschel 34	16:48
M40 Greg Diamond	16:46
John Kenney	16:52
Skip Murphy	16:56
M45 Edward Arbeiter	17:56
Rob Jackson	18:32
Robert Francis	18:43
M50 Samuel Skinner	17:36
Julio Aguirre	18:16
M55 James Fillis	19:54
Ramon Ruiz	20:15
M60 Epifano Morales	18:33
M65 Robert Kahn	20:50
M70 John McManus	23:44
M75 Thomas Gibbons	27:48
M80+ Wilfredo Rios 80	30:22
V Carnevale 80	32:24
A Weintraub 87	35:56
W30 Lilian Kroner 31	19:16
Nancy Rowe 34	19:51
Laura Lambert 32	20:11
W40 Mary Diver	20:35
Darcy Winters	20:41
Wendy Silverstein	21:14
W45 Teiko Schultz	20:38
Carol Gellman	21:07
Bonny Omara	21:43
W50 Kyrstyna Turowska	21:29
Ann Makoske	22:15
W55 Wendy Burns	23:18
Joan Bondell	24:21
W60 Wen-Shi Yu	24:35
W65 Dolly Finkelstein	29:25
W70 Muriel Merl	27:50

Yankee Homecoming 10 Mile/
USATF NE Championship
Newburyport, MA; July 29

Overall	
Houssine Siba	49:06
Michelle Maton	57:26
M40 John Barbour	52:11
M45 Vladimir Krivoy	54:59
M50 Larry Olsen	53:51
M55 Charles Kellogg	62:19
M60 Bill Riley	61:45
M65 Mike Sullivan	69:34
M70 Julius Marzul	69:46
M75 Carlton Mendell	nta
W40 Gillian Horowitz	60:32
W45 R StockdaleWooley	62:16
W50 Sue Gustafson	67:07
W55 Carrie Parsi	72:58
W60 Delores Sullivan	98:43
W65 Lillian Christmas	2:07:31
W75 Louise Rosetti	1:56:51
M40+ Teams:	
(5 score 40+ 50+ & 60+)	
M40 Greatr Lowell RR	4:34:26
M50 CambridgeSprtsU2	59:01
M60 Boston AA	3:37:39
W40+ Teams: (3 score)	
W40 Central MA Stridr	2:57:08
*W50 Liberty AC	3:34:48

Long Island Women's 5K
Farmingdale, NY; July 29

Overall	
Kathy Franey 29	16:25
W35 Marilyn Caulfield	18:03
Jean Chodnicki	18:20
Ellen Giambalvo	20:04
W40 Diane Gordon	19:47
Kathy Gribbon	19:55
Anastasia Stekas	20:01
W45 Andrea Otto	21:19
Estella Clasen	22:00
Jacquie Gow	22:40
W50 Betty Horstmann	21:23
MaryAnneGoldman	22:06
Judith Carroll	22:47
W55 Mary Nathan	21:06
Annette Frisch	23:25
Wendy Burns	23:40
W60 Wen-Shi Yu	23:55
Alexandra Finger	29:08
Julie Shapiro	29:25
W65 Thelma Wilson	25:27
Chickie O'Toole	29:15
W70+AltheaWetherbe	78:40:23
Yetta Sokol 70	40:55

NYRR Manhattan
Half-Marathon
Central Park, NYC; Aug. 3

Overall	
Rachid Razgaoui 29	1:07:39
Regina Ronan 27	1:19:08
M30 Trevor Murray 31	1:07:58
A Hammani 32	1:12:20
S Polikarpov 38	1:13:10
M40 Alan Ruben	1:14:32
Manoel Leal	1:15:25
Jaime Palacios	1:16:05
M45 Jack McShane	1:18:49
Theodore Truet	1:21:04
Hari Rohl	1:22:48
M50 Julio Aguirre	1:25:49
Hector Rivera	1:27:38
Ricardo Andrade	1:28:26
M55 Luis Flores	1:28:34
Jose Mendez	1:35:23
Hilary Peterlin	1:36:29
M60 Epifanio Morales	1:25:02
Herbert Navarro	1:29:33
Alfred Finger	1:38:50
M65 Joseph Burns	1:38:07
Edwin Peets	1:50:33
Phil Brennan	1:56:02
M70 Arthur Bowen	1:57:24
Frank Mortillo	1:58:51
Sab Koide	2:04:28
M75+ T Gibbons 76	2:14:45
Wilfredo Rios 80	2:22:37
Mel Freidel 76	2:31:52
W30 Jean Chodnicki 38	1:23:05
Ana Rios 36	1:25:53
Susan Yang 32	1:26:31
W40 Kari Proffitt	1:24:53
Kathy Gribbon	1:30:48
Mary Diver	1:35:14
W45 Teiko Schultz	1:37:02
Leah Whipple	1:38:01
Bonna Omara	1:41:13
W50 Irene Jackson	1:39:31
K Turowska	1:40:49
Marjorie Kos	1:44:30
W55 Susan Pavesi	1:33:53
Patty Parmalee	1:50:17
Angela Conte	1:57:43
W60 Wen-Shi Yu	1:50:47
Sue Medaglia	1:53:48
Rosa Nales	1:57:32
W65 Bertha McGruder	2:38:26
W70+ Edith Farias 73	2:17:05
Daisy Klein 71	2:36:40
Vivian Lowery 73	2:58:37

Salem Heritage Days 10K/
USATF NE Championship
Salem, MA; Aug. 10

Overall	
Houssine Siba	29:56
Elena Viasova	34:40
M40 John Barber	31:53
M45 Jerry Learned	34:21
M50 Larry Olsen	32:59
M55 Colin Gouldson	40:12
M60 Bill Riley	37:50
M65 Ray Lussier	45:44
M70 Doug Blanchard	48:14
M75 Phil Campbell	61:54
M80 Bob Phinney	70:09
W40 Marge Bellisle	39:01
W45 R StockdaleWooley	38:04
W50 Sue Gustafson	41:15
W55 Carrie Parsi	45:29
W60 Ruth Craven	55:11
W65 Lillian Christmas	78:16
W75 Louise Rosetti	74:47
M40+ Teams:	
(5 score 40+ & 50+ 60+)	
M40 Central MA Striders	
M50 CambridgeSprtsU3	13:14
M60 Boston AA	2:17:16
W40+ Teams:	
(5 score 40+ 50+)	
W40+ Cental MA Stridr	1:57:09
W50 Liberty AC	2:12:19

NYRRC Roosevelt Island 10K
Roosevelt Island, NYC; Aug. 10

Continued from previous page

Marilyn McKinley	51:56
Della McIntyre	53:18
W50 Mary Minarcik	45:36
Karen Swiney	58:46
W55 Marty Owings	70:17
Frances Roser	71:30
W60 Janet Hayden	63:57
W70+Opal Conaway	81:97:47

MID-AMERICATrinity Hospital Hill Runs
Kansas City, MO; June 1

-Half-Marathon-

Overall

Gert Thys 25	63:31
Irina Bogacheva 36	76:24
M40 Valery Svyatogor	70:29
Charlie Gray	70:43
Charles Brandon	74:45
M45 Joseph Nzau	74:56
Bob Busby	78:35M
Bill Woolsey	82:25
M50 Gary Julin	81:24
Rick Hogan	81:31
Bob Fernandez	89:14
M55 Fay Bradley	79:48
Gerald Glass	86:53
Dick Wootton	88:27
M60 Mel Yoder	91:06
Louis Joline	93:30
Walt Wozniak	97:28
M65 Bob Rodarte	1:57:28
Federico Adler	2:06:13
M70 Ralph Ratcliff 74	2:05:39
Okross Waltzer75 2:16:34	
W40TatianaPozdnyakova77:12	
Maria Rhoden	86:39
Kim Campo	89:37
W45 Dee Boeck	1:36:26
Marilyn Nolan	1:39:47

Charlotte Lindley	1:43:55
W50 Jane Hutchison	1:29:33
Suzi Kilbride	1:36:31
Margie Rogers	1:49:03
W55 Chris Shea	1:55:03
Janet Littlefield	2:02:06
W60 Carolyn Defonso	2:06:21
Fritzi Hazelrigg	2:12:31
W65 Dorothy Davis	2:37:04
W70 Mary Otte 72	2:42:39

Pikes Peak Marathon
Colorado Springs, CO; Aug. 17

Overall

Riccardo Mejia 34	3:30:55
Danell Ballengee 26	4:43:46
M40 Senovio Torres	4:02:21
Dennis Peffer	4:39:14
Norton Compton	4:43:16
WolfgangSchuetz5:01:10	
Gary Pyke	5:02:40
M45 Chris Reveley	4:39:54
David Adams	4:50:56
Mike Donovan	4:58:49
Vic Selenow	5:03:54
M Anaya-Alevedo5:04:03	
M50 J B Chavez	4:49:49
Zeke Zucker	5:05:05
Jim Oberheide	5:08:42
M55 Richard Hillestad	5:12:05
Stephen Utley	5:14:17
Robert Lynes	5:47:02
M60 Jim Braden	6:01:47
Jack Henney	6:13:25
Paul McDermott	6:36:10
M65 Louis Joline	6:09:50
Ed Mighell	6:45:40
Eckhart Lemberg	7:12:57
M70 John Moran	8:15:07
Burt Carlson	10:53:52
M75 Lionel Ortega	7:40:33
Vern Collins	9:52:12
W40 DeborahShulman5:10:04	

Kathy Gebhardt	5:20:52
Shannon Patrizio	5:31:13
W45 Linda Quinlisk	5:12:39
Diane Ridgway	5:52:56
Jeri Botsford	6:19:47
W50 Joyce Taylor	6:45:09
Dafna Lotan	7:05:49
W55 Marilyn Self	7:25:21
Jill Gates	8:26:05
W60 Grace Rome	7:57:05
Vici A DeHaan	8:16:53
W70 Jan Richards	9:13:31
Po Adams	10:43:00
Finishers: 530m/137w	

Menorah Medical Center

5K & 10K

Leawood, KS; Sept. 1

--10K--

Overall	
Phil Hudnall	31:39
Leann Reed	38:20
M40 Dmitry Voldman	35:36
M45 Michael Goodwin	40:19
M50 Richard Ebel	40:57
M55 Roger Wilson	43:17
M60 P. Stauffacher	46:31
M65 Dick Wilson	40:27
M70 Frank Creason	52:33
W40 Betsy Lubis	49:49
W45 Maggie McCoy	54:13
W50 Diana Bahr	56:26
W55 Donna Murphy	58:42
W60 Janice Talge	57:28
--5K--	
Overall	
Gordon Way	15:37
Darla Moberly	17:02
M40 Charles Brandon	16:20
M45 Bill Woolsey	17:59
M50 John Richardson	19:17
M55 Joe Lechner	18:40
M60 Mel Yoder	19:59
M65 Paul Heitzman	18:43
M70 Bob McCallister	20:55
W40 Marla Rhoden	18:38
W45 Marcia Dowling	19:31
W50 Suzi Kilbride	22:14
W55 Pat Brayman	24:22
W60 Carolyn DeFonzo	27:16

207 John Roberts	57 0:07:23
208 Bob Rodriguez	50 0:06:59
209 Jessie Smalls	50 0:06:10
210 Reese Stalcup	54 0:07:53
211 Bill Fisherman	54 0:07:28
212 Bill Duer	63 0:06:31
213 Carl Maples	99 0:06:39
214 Phil Bradley	50 0:09:26
215 Bob Hoekman	55 0:06:39
216 Robert Ellis	66 0:06:24
217 Jack Lippincott	52 0:05:56
218 Bill Sharp	52 0:06:19
219 Bob Snider	54 0:06:25
220 Gunnar Sanden	57 0:06:20
221 Jay Stabler	59 0:06:52
222 Daton Dodson	56 0:06:25
223 Jim Knieval	51 0:05:49
224 Roy Johnson	53 0:09:12
225 Phil Baker	58 0:07:18
226 Akbar Sheriff	54 0:07:22
227 Steve Ohnismus	51 0:06:34
228 Skip Milton	51 0:06:29
229 Carl Olson	59 0:06:31
230 Tom Woltz	50 0:06:00
231 Buddy Schorre	53 0:06:24
232 Bob Cozens	61 0:06:21
233 Townes Pressler	61 0:06:45
234 Mac Stewart	59 0:05:46
235 Robert Fletcher	65 0:07:24
236 Mike Dawson	51 0:07:02
237 Phil Ziegler	59 0:06:13
238 Corey Barrett	53 0:06:29
239 Don Slocumb	63 0:06:07
240 David Chester	51 0:05:24
241 Chris Chaston	56 0:05:43
242 Harold Kaufman	67 0:07:35
243 Mike Harju	52 0:07:20
244 Chuck Nelson	73 0:09:09
245 Carlos Domino	54 0:07:21
246 J R Shannon	72 0:09:44
247 Al Lawrence	67 0:07:56
248 John Gilligan	62 0:07:14
249 Delmor Williams	56 0:06:49
250 Tim Murphy	50 0:06:54
251 James Thurmond	51 0:05:43
252 David Parro	51 0:05:42
253 Don Ruggles	52 0:06:32
254 Jack Henny	60 0:06:04

255 Larry Jensen	59 0:07:23
256 Jack Garzon	52 0:06:12
257 K K Sekharan	60 0:07:25
258 Larry Lindeen	56 0:06:10
259 John Wieser	52 0:06:14
260 Paul Pena	55 0:05:59
261 Rich Vega	51 0:05:42
262 Greg Silva	55 0:06:36
263 Wayne Gilbert	50 0:06:23
264 Ino Cantu	63 0:05:58
265 Jimmy Jones	53 0:05:37
266 Dave Jantzen	51 0:06:20
267 Daryl Aldridge	57 0:06:58
268 Garland Smith	51 0:08:25
269 Rudi Gonzales	62 0:06:45
270 Roger Hunt	57 0:06:08
271 John James	52 0:06:09
272 Bob Duzan	54 0:06:43
273 Paul Esler	51 0:06:37
274 Coye Jones	54 0:06:28
275 Jeri Brown	62 0:07:55
276 John Hoover	59 0:07:10
277 Jeff Gilbert	50 0:06:40
278 Richard Halle	50 0:06:02
279 David Gochmour	67 0:07:06
280 John Sumner	51 0:05:49
281 Johney Key	51 0:08:05
282 Alan Anderson	52 0:07:45
283 Nagindra Prashad	62 0:07:21
284 Louis Gonzales	53 0:06:36
285 Martin Houg	60 0:06:11
286 Fred Wright	63 0:06:27
287 Randy Carlson	53 0:06:29
288 David Wise	54 0:06:22
289 Lloyd Carey	55 0:05:52
290 Terry Hollister	57 0:06:17
291 Mick Midkiff	51 0:05:38
292 Jack Barnett	54 0:06:14
293 Orville Kremmer	65 0:06:24
294 Richard Ferguson	57 0:06:16
295 Frank Hyatt	53 0:06:34
296 Charles Delgado	68 0:07:35
297 Carlo Concha	50 0:05:46
298 Ken Ruane	55 0:05:53
299 Ken Hodges	55 0:05:34
300 Bill Harding	58 0:05:40

Total Time = 11:08:12

Per Mile Pace = 06:40.9

SOUTHWESTSt. Joseph's Hospital
Men's 100 x 1-Mile Relay
Houston, TX; Aug. 24

Master's Team

Bib #	Name	Age	Split
101	Ken Yanowski	41	0:04:59
102	John Rodriguez	46	0:05:58
103	Steve Costello	41	0:05:15
104	John Lauten	43	0:05:22
105	Ron Morgan	47	0:05:50
106	John Polisini	43	0:05:38
107	David Chester	51	0:05:16
108	Victor Aguirre	45	0:05:26
109	Doug Storey	44	0:05:22
110	Derek Taylor	43	0:05:14
111	Thomas Woltz	50	0:06:00
112	Roger Boak	48	0:05:25
113	Mike Romanko	40	0:05:18
114	Bill Butzner	42	0:05:28
115	Bernie Weber	40	0:05:07
116	Rich Fredrich	40	0:05:08
117	Doug Beagle	47	0:05:40
118	Tom Rodosovich	43	0:05:54
119	James Darcy	47	0:05:17
120	Jack Henney	60	0:05:45
121	Mac Stewart	59	0:05:31
122	Dave Brennan	42	0:05:14
123	Hersh Levitt	47	0:05:56
124	Jelani Williams	42	0:05:31
125	Brian Smyth	43	0:05:09
126	Darrick Givens	42	0:05:30
127	Patrick Chimes	41	0:05:13
128	Mark Hunter	46	0:04:58
129	David Odum	41	0:04:52
130	Chuck Hull	43	0:04:53
131	Corey Barrett	54	0:06:22
132	Tim Daponte	42	0:05:44
133	Ralph Wheeler	42	0:05:11
134	Bryan Richards	40	0:05:09
135	James Keily, Jr.	40	0:05:17
136	Ty Schmalz	49	0:05:24
137	Alex Galbraith	46	0:05:25
138	Andy Stewart	40	0:05:41
139	Dan Green	49	0:05:15
140	Darrell Sterns	46	0:05:10
141	Charlie Greenwell	45	0:05:14
142	Mickey Vann	43	0:04:54
143	Rudy Alvarez	42	0:05:39
144	Duane Baz	41	0:05:08
145	Paul Falgout	40	0:05:14
146	David Kinder	40	0:05:26
147	Mark Anderson	45	0:05:30
148	Larry Tidwell	41	0:05:16
149	Willem Maas	40	0:05:28
150	David Parro	51	0:05:36
151	Paul Holzhauer	46	0:05:42
152	Randy Weber	42	0:05:36
153	Mick Midkiff	51	0:05:41

154 Edward Fry	42	0:05:13
155 Matt Docis	40	0:04:55
156 Steve Honea	42	0:05:21
157 Larry Austin	54	0:05:49
158 Paul Cooley	47	0:05:52
159 Stephen Shepard	42	0:05:38
160 Gary Johnson	42	0:05:08
161 Ino Cantu	63	0:05:26
162 Jim Griffiths	44	0:05:40
163 Bill Wilson	48	0:05:49
164 Fred Reupert	42	0:05:52
165 Stan Timmer	45	0:05:09
166 Miguel Lopez	45	0:05:12
167 Jose Torres	43	0:05:24
168 Bill Harding	58	0:05:34
169 Doug Earle	44	0:05:27
170 Richard Verm	44	0:05:14
171 Ray Viada	43	0:05:41
172 Jeffrey Walker	47	0:05:21
173 Daryl Beatty	43	0:05:25
174 Nath Ighodaro	41	0:05:41
175 Ken Hodges	55	0:05:22
176 Jim Hammond	42	0:05:35
177 Jeff Gill	42	0:05:25
178 Kevin Hellman	41	0:05:18
179 Bill Anthony	43	0:05:27
180 Allen McDaniel	57	0:05:26
181 Rick Callison	43	0:05:38
182 Randy Calison	43	0:05:37
183 Brian Binash	42	0:05:44
184 Lloyd Carey	55	0:05:31
185 James Thurmond	51	0:05:45
186 Rodney Orand	40	0:04:46
187 Steve Liston	41	0:05:40
188 Bill Broadhead	43	0:05:25
189 Tosone Harbin, Jr.	48	0:06:17
190 Russell Henderson	40	0:05:24
191 Lawrence Fossi	40	0:05:22
192 James Carlson	49	0:05:37
193 Art Townsend	40	0:05:25
194 Michael Rusnak	41	0:05:16
195 Robert Sanders	41	0:05:18
196 David Partridge	44	0:05:34
197 Alex Adams	45	0:05:44
198 David Harvey	43	0:05:19
199 Richard Vega	51	0:05:32
200 David Washburn	41	0:04:33

Total Time = 9:04:02

Per Mile Pace = 05:25.2

Veterans Team

Bib #	Name	Age	Split
201	Larry Austin	54	0:05:55
202	Charlie Blalack	62	0:06:20
203	Nathaniel Collins	61	0:08:35
204	Arlen Ishan	53	0:06:53
205	Allen McDaniel	57	0:05:37
206	Charles Rhodes	52	0:06:14

WESTSan Francisco Marathon
San Francisco, CA; July 13

Overall

Hamid Miloudi	2:26:49
Kristen Orr	3:02:33
M40 Ismael Solis	2:50:50
Ed Casey	2:53:39
Peter Kim	2:56:16
M45 Raul Santana	2:38:53
Carlos Reyes	2:38:59
Don Slusser	2:51:46
M50 Gary Julin	2:58:58
Chuck Cammack	3:02:37
Harvey Kunz	3:11:15
M55 Brent Pinder	3:04:36
Norm Weinstein	3:08:29
Rich Leutzinger	3:23:03
M60 Tom Walsh	3:34:25
David Woody	3:40:36
Mel Alvisio	3:41:14
M65 Ed Salkin	3:49:44
Dick Yaeger	3:49:45
Ed Mooney	4:12:52
M70+Wen Chang Lai	4:02:06
Robert Dorren	4:36:26
W40 PhilomenaChandra3:08:05	
K Estep-Thomas	3:16:06
Donna Troyna	3:18:24
W45 Barbara Smith	3:23:06
Sue MacDonald	3:36:10
Mary Denitto	3:37:13
W50 Gudrun Fink	3:18:42
Joan Keeney	3:31:33
Barbara Thomas	3:35:49
W55 Judy Shipman	3:51:01
Ann Grove	3:59:54
Marit Roman	3:59:54
W60 Marlet Ott	4:19:30
Helene Violette	4:32:36
W65 Kathy Callaway	5:04:20
Dorrie Edgerton	5:20:03
W70+Etta Palmer	4:22:31

Continued from previous page

RACEWALKING

USATF National Masters
Championships
San Jose, CA; Aug. 7-10

5000m Racewalk

W30			
1 Loribeth Jacobs	33	CA	33:28.46
2 Camille Johnson	33	CA	33:58.66

W35			
1 Teresa Aragon	36	NM	27:32.83
2 Marlene Coe	35	CA	29:41.34
3 Elaine Taft	37	HI	30:13.97
4 Karen Toy	35	HI	39:06.28

W40			
1 Lyn Brubaker	40	PA	23:57.93
2 Therese Iknoian	40	CA	26:57.80
3 Peggy Miller	43	CO	27:16.40
4 Roswitha Sidelko	44	FL	27:44.87
5 Karen Stoyanowski	42	CA	27:59.58
6 Sandra DeNoon	42	IL	28:07.90
7 Laura Cribbins	40	CA	28:08.66
8 Terri Brothers	41	CA	29:03.08
9 Robin Helm	40	WA	30:39.28
10 Virginia Fong	42	CA	32:06.13

W45			
1 Marianne Martino	47	CO	27:29.82
2 Ann Gerhardt	45	CA	27:32.36
3 Karen Davis	48	AZ	27:50.82
4 Jeanette Smith	48	IN	27:58.11
5 Christine Vanoni	46	CO	28:20.61
6 Mary Snyder	46	ID	29:05.40
7 Carol Wilkinson	47	NM	30:45.04

DQ-Ann Lee, 48, CA; Christi Elniff, 48, CA; Lida Smith, 46, OR.

W50			
1 Jo Ann Nedelco	54	CA	28:15.00
2 Jo Owen	50	NM	29:14.56
3 Jolene Steigerwalt	53	CA	29:17.13
4 Donna Cunningham	50	CA	29:36.93
5 Brenda Carpino	50	CA	30:08.96
6 Judy Heller	51	OR	30:59.90
7 Pat Walker	50	IN	35:57.11
8 Maureen Donahue	51	GA	36:54.46

W55			
1 Elton Richardson	58	NY	29:18.96
2 Virginia Scales	55	CA	30:27.75
3 Nancy Brinkley	57	CA	31:58.15
4 Pat Morgan	55	OR	32:11.10
5 Doris Cassels	58	CA	32:12.76
6 Phyllis Abbate	56	CA	34:29.90
7 Marj Gamero	56	CA	35:03.99

DQ-Kaye Duncan, 57, OR			
W60			
1 Bev LaVeck	61	WA	29:08.08
2 Shirley Dockstader	64	CA	31:22.78
3 JoAnne Parks	64	MI	31:32.46
4 Beth Young Grady	60	IN	33:50.53
5 Carol Ferris	61	CA	35:22.63
6 Anne Whitaker	60	OR	35:36.68
7 Linda Burnett	60	CA	36:17.53
8 Pat McCaron	64	CA	40:17.15

W65			
1 Grace Moremen	66	CA	38:27.31
2 Doris Hansen	65	CA	42:30.70

Portland To Coast Walk
126 Miles - Portland to
Seaside, OR; Aug. 22-23

Masters Women			
Intimidating Recyc Athl	24:57:13		
Team Highwalkers	25:21:20		
Master Babes	27:24:54		
Girls from the Hood 1	27:41:33		
Buns and Roses Too	27:47:44		
Bleu by You	27:47:51		
River Walkers	27:50:35		
Nike Supremes	27:52:09		
Supermasters Women			
Blister Sisters	29:26:34		

The Sightseers	29:36:35		
Mixed Supermasters			
Team Energizers	27:09:57		
Dirty Old Dozen	29:52:08		

Golden Gate Racewalkers
Founder's Day
Championships
Oakland, CA; Sept. 7

-5K-			
W35 Silvia Garcia	40:31		
W45 Janet Hutton	42:40		
W50 Bonnie Turner	39:00		

W55 J Williams-France	46:56		
W60 Pat Draves	40:24		

-10K-			
M35 Ron Day	60:18		
M40 Art Klein	59:44		
M50 John Doane	61:30		
M55 Stu Kinney	74:16		
M65 Bill Moremen	63:42		
M70 Rich Hansen	76:25		
W45 Sandy Womack	63:53		
W50 Jo Ann Nedelco	58:58		
W65 Grace Moremen	77:16		
W70 Barbara Chang	90:12		

W70			
1 Joan Rowland	71	NY	34:56.50
2 Miriam Gordon	72	FL	35:10.82
W75			
1 Jane Dana	76	CA	36:12.32
W85			
1 Dorothy Roberts	87	CA	46:21.43
10K Roadwalk			
W30			
1 Helen Storrs	31	CA	68:30
2 Camille Johnson	33	CA	68:39
W35			
1 Kim Wilkinson	38	CA	49:39
2 Kelly Murphey Glen	36	ID	54:45
3 Chris Sakelarios	37	CA	55:46
4 Teresa Aragon	36	NM	59:42
5 Janet Sirett	36	CA	64:34
6 Karen Toy	35	HI	82:09
DQ-Lee Harris, 35, NV			
W40			
1 Lyn Brubaker	40	PA	49:34
2 Theresa Iknoian	40	CA	56:29
3 Peggy Miller	43	CO	56:55
4 Sandra DeNoon	42	IL	57:27
5 Karen Stoyanowski	42	CA	57:41
6 Laura Cribbins	40	CA	58:10
7 Roswitha Sidelko	44	FL	59:56
8 Terri Brothers	41	CA	60:00
9 Robin Helm	40	WA	62:35
10 Virginia Fong	42	CA	65:03
W45			
1 Marianne Martino	47	CO	57:44
2 Jeanette Smith	48	IN	57:58
3 Ann Gerhardt	45	CA	58:58
4 Christine Vanoni	46	CO	60:53
5 Carol Wilkinson	47	NM	63:58
6 Christi Elniff	48	CA	72:35
DQ-Ann Lee, 48, CA			
W50			
1 Jo Ann Nedelco	54	CA	59:03
2 Jo Owen	50	NM	60:40
3 Jolene Steigerwalt	53	CA	60:43
4 Judy Heller	51	OR	64:28
5 Mary Baglin	50	NV	69:58
6 DeEtta Nicely	51	CA	73:09
7 Pat Walker	50	IN	73:49
8 Mona Dible	51	NV	77:57
9 Maureen Donahue	51	GA	78:45
W55			
1 Nancy Brinkley	57	CA	67:37
2 Pat Morgan	55	OR	69:37
3 Phyllis Abbate	56	CA	71:30
4 Hansi Rigney	55	CA	nta
DQ-Kaye Duncan, 57, OR; Elton Richardson, 58, NY; Doris Cassels, 58, CA			
W60			
1 Bev LaVeck	61	WA	62:36
2 JoAnne Parks	64	MI	67:45
3 Beth Young Grady	60	IN	69:47
4 Anne Whitaker	60	OR	72:26
DQ-Shirley Dockstader, 64, CA			
W65			
1 Grace Moremen	66	CA	79:57
W70			
1 Miriam Gordon	72	FL	72:32
DQ-Joan Rowland, 71, NY			
W75			
1 Jane Dana	76	CA	76:50
2 Ruth VanSandt	75	CA	77:14

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