

# NATIONAL MASTERS NEWS

The official world and U.S. publication for masters track & field, long distance running and racewalking

273rd Issue

May 2001

\$2.50

## 814 Athletes Set 16 World Indoor Records at USA Championships

By JERRY WOJCIK

A record rainfall in Boston on Thursday was followed by a record deluge on the weekend at Boston's



SUZY HESS

Ray Blackwell broke his U.S. M40 400 record with a 49.62, National Masters Indoor Championships, Boston.

Reggie Lewis Track & Athletic Center, site of the USATF National Masters Indoor Championships, March 23-25.

The meet drew 814 entrants, 658 men and 156 women, who set 16 world and 28 U.S. pending age-group records. This year's turnout was second only to the 849 in 2000, who broke, established, or tied 35 world and 33 U.S. records.

Three Californians accounted for seven of the world records. Ted Hatlen, of Santa Barbara, who turned 90 on March 16, broke world marks in the 60m, high jump, and shot put, and the U.S. record in the long jump, with large margins.

Johnnye Valien, 75, of Los Angeles, set W75 world records in the 60H and pole vault, and national records in the triple jump and shot put, after winning the first of her eight gold medals in the pentathlon with the best total (3923) of all women competitors.

Coming off a record performance in the Masters Mile in the Open Championships in Atlanta, Nolan Shaheed, 51, of Pasadena, broke the M50 11-year-old world record for the 3000 on Friday evening, and his world record for the 800 on Sunday.

Texan Bill Collins, 50, had to run an

Continued on page 15



VICTOR SAILER/PHOTO RUN

Eddy Hellebuyck, 40, won (14:34) the USATF National Masters Championships at the Carlsbad 5K, a week after tying the M40 U.S. 10K record with a 29:37 in the Azalea Trail Run, Mobile, Ala., March 24.

## Karori's 14:12 Tops Hellebuyck in National 5K

By RYAN LAMPPA

Running USA wire

CARLSBAD, Calif. — Under the strains of "Let It Roll" by Bachman Turner Overdrive and a heavy marine layer, some of the best masters in the country and the world took off at 7:00 a.m. on April 1, in the Carlsbad 5000, host of the USATF Masters Men's Championships for the sixth consecutive year.

From the gun, Kenyan Simon Karori, 42, led off with Eddy Hellebuyck, 40, Albuquerque, N.M., the only U.S. runner brave enough to go with him. The pair hit the first mile in 4:28 with the rest of the field far behind. Going up Carlsbad Boulevard, Karori shook off the feisty Hellebuyck with a 4:33 second mile.

From the two-mile mark on, it was all Karori as he ran unchallenged to the

Continued on page 13

## Hellebuyck, Knisely Blossom at Azalea

By SUSANNAH BECK

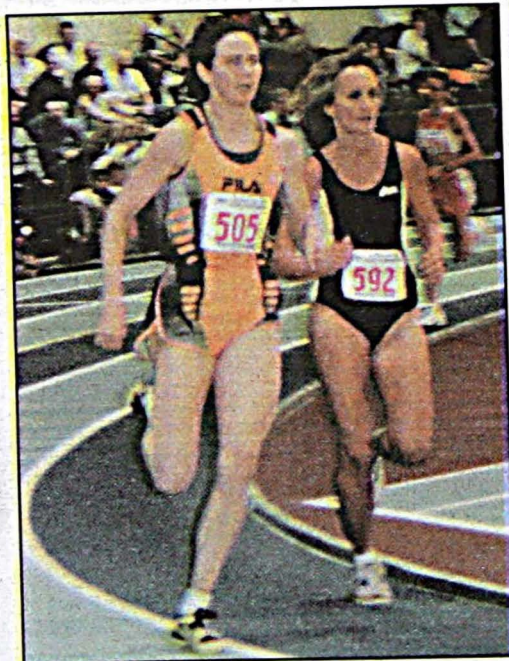
Ah, March in Mobile. Pink azaleas, white dogwoods, purple wisteria, world record course. Lucky star Eddy Hellebuyck, 40, Albuquerque, NM,

tightened his grip on the season's Hottest Masters Runner title with a 29:37 in the Azalea Trail Run 10K, Mobile, Ala., March 24. Mary Knisely, 41, Naperville, Ill., featherfooted it to a 34:41 female masters win.

The 24th running of the Azalea Trail had 3300 finishers tour the course that circles old Mobile, and features oak-shaded streets passing by stately old houses and a million blossoms.

Hellebuyck, the Belgian-born winner of 2001 masters titles at such Southeast standbys as the Gate River Run 15K, Virginia Beach Shamrock 8K, and the Naples Half-Marathon, finished 17th overall, and was the third U.S. runner. His time, an age-graded 94.1%, equaled the M40 U.S. record held by Steve Plasencia, set in 1998, but fell short of Mexican Martin

Continued on page 11



SUZY HESS

Rose Monday passes Elaine Rancatore to win the W40 mile in 5:05.34, National Masters Indoor Championships, Boston. Monday broke the W40 U.S. record for the 800 (2:16.01) later in the meet.

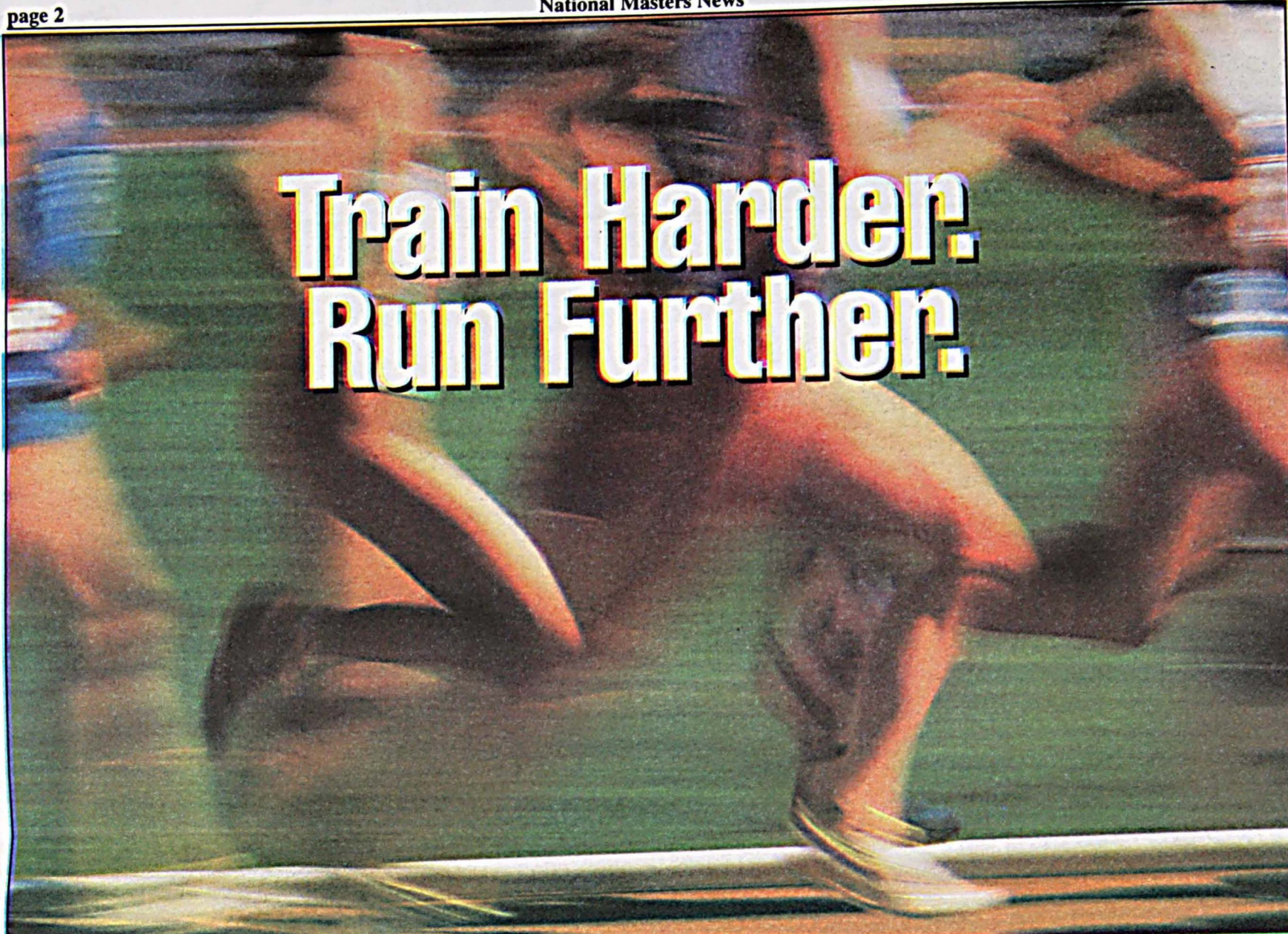


JERRY WOJCIK

Angel Roman, in 4:24.43, nips Conor O'Driscoll, #544, (4:24.59) and Chris Yorges (4:24.60) in a thrilling finish in the M35 mile, Masters Indoor Championships, Boston.

### INSIDE:

- National Champions — p. 14
- Training Advice  
by Earl Fee — p. 16
- Masters Clubs List — p. 18
- Ezzher Breaks Marathon  
Record — p. 22



# Train Harder. Run Further.

## Runners Advantage<sup>™</sup> Creatine Serum<sup>™</sup>

**FINALLY, YOU CAN USE CREATINE** to improve your training. New Runners Advantage<sup>™</sup> Creatine Serum<sup>™</sup> is a safe, effective and stable liquid creatine supplement. It's formulated specifically for runners and other endurance athletes.

Runners Advantage delays fatigue by combating lactic acid buildup. It will aid in building muscle to improve sprint times and increasing your long distance endurance. But it won't add bulk to your body.

Traditional creatine powders cause water retention, dehydration and bloating. These are three side effects no endurance athlete needs. However, Creatine Serum is a stabilized liquid, so it's absorbed directly into your bloodstream and from there into your muscles. That means you can finally take full advantage of creatine's energy boosting properties.

Runners Advantage also contains other important ingredients such as magnesium, glucosamine, L-glutamine and L-taurine to help maximize your performance and protect your joints from stress-related injuries. Now available in both male and female formulations and many delicious flavors, it will also aid athletes in sports activities such as swimming, cycling, tennis or soccer.

Just take 5ml once, a few minutes before exercise. You'll go harder. And further.



Male

Female

### SERUM VS POWDER

Does not cause water retention, bloating or cramping	Causes water retention resulting in dehydration, bloating and cramping
Stay with your normal water intake	Must consume extra water to counteract dehydration
Convenient and easy-to-use	Inconvenient and time-consuming
Instant absorption	Takes one hour or more to digest
Completely assimilated into the muscles in minutes	Up to 80% wasted during the digestion process
100% stable: 2-year shelf life	Unstable: rapidly degrades into waste product creatinine
No loading: take just minutes before exercise	Loading required: must be taken in large amounts for 5 days prior to exercise
No maintenance: take only on training days	Daily maintenance: must be taken even on non-training days
Delicious flavors	Chalky, unpleasant taste



Inventors of the world's only stabilized creatine liquid.

Call to order: 1-877-488-7433 for 24-hour service and 3-5 day delivery. Retailers and technical information call toll-free: 1-877-MUSCLES (687-2537), 9am-4pm PST. Available at **GNC LiveWell**, **VITAMIN WORLD**, and other selected health food stores and gyms. Order online at: [www.creatine.com](http://www.creatine.com)

CONTENTS

DEPARTMENTS

USATF Officers ..... 3  
 Letters to the Editor ..... 4  
 Third Wind ..... 6  
 The Foot Beat ..... 8  
 Rankings Report ..... 9  
 Racewalking ..... 10  
 On the Run ..... 12  
 Five Years Ago ..... 12  
 Twenty Years Ago ..... 13  
 The Weight Room ..... 14  
 Training Advice ..... 16  
 Masters Clubs ..... 18  
 Track & Field Report ..... 19  
 Countdown to Brisbane ..... 20  
 WAVA/USATF Specs ..... 20  
 WAVA Officers ..... 20  
 International Scene ..... 21  
 Fifteen Years Ago ..... 22  
 Masters Scene ..... 23  
 Ten Years Ago ..... 23  
 Schedule ..... 24  
 All-American Standards ..... 28  
 Results ..... 29  
 New Age-Group Athletes ..... 38

FEATURES

Indoor Championships ..... 1  
 Carlsbad 5000 ..... 1  
 Azalea Trail 10K ..... 1  
 Don Tavolacci ..... 4  
 Marathon Growth ..... 7  
 Midwest Regional Meet ..... 9  
 Boston Marathon ..... 12  
 National Championships ..... 14  
 Pending A-G Records ..... 15  
 Stampede of Races ..... 17  
 Paris Marathon ..... 22  
 European Championships ..... 22

ENTRY FORMS/RACE & PRODUCT INFO

Muscle Marketing ..... 2  
 NMN Subscription Form ..... 4  
 Outdoor Championships ..... 5  
 Gettysburg 5K ..... 6  
 National Cup Relays ..... 7  
 Western Regional Meet ..... 8  
 Illinois Meet ..... 9  
 Randolph Classic ..... 9  
 Larry Stuart Video ..... 10  
 Crown Valley Sr. Olympics ..... 11  
 Publications Order Form ..... 13  
 No. Calif. Meet ..... 15  
 Earl Fee - Book ..... 16  
 The Masters Board ..... 17  
 Air Force Marathon ..... 17  
 Hayward Classic ..... 19  
 On Track ..... 21  
 Age-Graded Tables ..... 22  
 M-F Athletic ..... 39  
 New Balance ..... 40



# NATIONAL MASTERS NEWS

The official world and U.S. publication for masters track & field, long distance running and racewalking.

**Publisher and Editor:** Al Sheahan  
**Senior Editor:** Jerry Wojcik  
**Associate Editor:** Angela Egremont  
**Administrative Editor:** Suzy Hess  
 PO Box 50098 Eugene, OR 97405  
 541-343-7716, Fax: 541-345-2436  
 e-mail: natmanews@aol.com  
**Web site:** http://www.nationalmastersnews.com  
**Assistant Editors:** Susannah Beck, Jane Dods, Erich Reed  
**Schedule:** Jerry Wojcik  
**Marketing Director:** Sue Hartman  
**National Advertising Director:** Claudia Malley  
**Sales Representatives:**  
 Suzy Hess 541-343-7716 (T&F)  
 Heidi Shelhamer 610-967-8758  
**Billing/Production Coordinator:** Lisa Binder  
**Production:** Carol Covey, Kim McGill  
**Printing:** American/Foothill Publishing Co.  
**Track & Field Records:** Pete Mundle  
**Long Distance Records:**  
 Road Running Information Center  
**Racewalking Records:** Bev LaVeck  
**Track & Field Rankings:** Jerry Wojcik  
**Contributing Editors:** Hal Higdon, Dr. John Pagliano, Mike Tymn, Elaine Ward  
**Correspondents:** Ruth Anderson (CA), George Banker (MD), Maury Dean (NY), Bob Fine (FL), Paul Heitzman (KS), Bob Koch (CA), Carol Langenbach (WA), Ron Marinucci (MI), Marilyn Mitchell (NY), Phil Mulkey (GA), Paul Murray (NY), Jim Oaks (VA), Mike Polansky (NY), Phil Raschker (GA), Pete Taylor (AL), Mike Tymn (HI).

**International Correspondents:** Jorge Alzamora (CHI), Ron Bell (GBR), Leo Benning (RSA), Torsten Carlus (SWE), Bridget Cushen (GBR), Martin Duff (GBR), Jim Tobin (NZL).  
**Internet Correspondent:** Ken Stone, Web site: www.masterstrack.com; e-mail: trackceo@aol.com.  
**Photographers:** George Banker (MD), Suzy Hess (OR), Mike Polansky (NY), Vic Sailer (NY), Tesh Teshima (HI), Jerry Wojcik (OR).  
**Creative Art:** Eugene Paasinen, Herb Parsons  
 The *National Masters News* (ISSN-07442416) is published monthly, with an annual subscription rate of \$26.00. Main office address: 14155 Magnolia Blvd. #338, Sherman Oaks, CA 91423. Periodicals postage paid at Van Nuys, CA 91409.  
 The *National Masters News* is an official publication of USA Track & Field and of the World Association of Veteran Athletes. As an independent publication, its editorial policy is not necessarily that of USATF or WAVA.  
**Executive Officers of USATF:** Bill Roe, President; Craig Masback, Executive Director.  
 To inquire about a USATF card, call USATF in your area, or 317-261-0500.  
**NMN welcomes contributions** — results, schedule info., photos, letters, articles, and opinions. Manuscripts should be typed, doubled-spaced, but legibly handwritten material is also acceptable. Results should be typed, single-spaced. Please include a stamped, self-addressed envelope if return is desired.  
**Disclaimer:** All advertisements and articles printed in the *National Masters News* are believed to be from reliable sources. However, the opinions expressed by individuals or advertisers are their own. No state

ments made in any advertisement or article are to be necessarily construed as a recommendation or an endorsement by NMN.  
**Advertising information and rates:** Please call 610-967-8896 or 541-343-7716 and request current rate card. Send all printed material and ad copy to: Carol Covey, Foothill Publishing, 10001 Commerce Ave., Tujunga, CA 91042. Closing date for all copy and ad space reservations is the 10th of the month prior to the cover date.  
**Mailing:** The issue is mailed the last week of the month prior to the cover date.  
**Postmaster:** Send address changes to: National Masters News, P.O. Box 16597, No. Hollywood, CA 91615.  
**Subscriptions:** A one-year subscription (12 issues) is \$26.00 (mailed 2nd class). Add \$16 for 1st class (USA & Canada) or \$19 for foreign air mail. Please send all correspondence on subscriptions to NMN, P.O. Box 16597, No. Hollywood, CA 91615. 818/760-8983.  
**Address change:** At least four weeks is required for a change of address. Please furnish your new address and an old label from a recent issue to the subscription Dept.  
**No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior written permission of the publisher. National Masters News Copyright © 2001 by National Masters News. All rights reserved.**

**Chair:**  
 George Mathews  
 18642 68th Ave. So.  
 Kent, WA 98032  
 (425) 251-9700 (P)  
 (425) 251-5776 (F)  
 MTFCHAIR@ofanswers.com

**Vice-Chair:**  
 Suzy Hess  
 PO Box 5272  
 Eugene, OR 97405  
 (541) 343-7716 (W)  
 (541) 345-2436 (Fax)  
 mtvicechair@aol.com

**Secretary:**  
 Bob Cahners  
 4535 Lighthouse Lane  
 Naples, FL 34112  
 (941) 793-4574 (H)  
 (941) 793-5744 (W)  
 mtfscc@aol.com

**Treasurer:**  
 Frank Lulich  
 2315 Shields  
 Eugene, OR 97405  
 (541) 343-8604 (H)  
 mtftreas@aol.com

**Championships Sites:**  
 Ken Weinbel  
 4103 Hillcrest Ave., S.W.  
 Seattle, WA 98116  
 (206) 938-3895 (H)  
 KWeinbel@home.com

**Championships Games:**  
 Sandy Pashkin

**301 Cathedral Pkwy, #6U**  
 New York, NY 10026  
 (212) 666-8603  
 spashkin@aol.com

**Rankings:**  
 Jerry Wojcik  
 P.O. Box 50098  
 Eugene, OR 97405  
 jerrywoj@aol.com

**Records:**  
 Pete Mundle  
 4017 Via Marina #C-301  
 Venice, CA 90291  
 pmundle@juno.com

**Racewalking:**  
 Rod Larsen  
 104 Eleventh Ave.  
 Windermere, FL 34786  
 (407) 876-4467 (H)  
 (407) 876-5843 (Fax)  
 larsenrod@aol.com

**Multi-Events:**  
 Rex Harvey  
 6744 Connecticut Colony Cir.  
 Mentor, OH 44060  
 (440) 255-0751 (H)  
 (440) 954-8122 (W)  
 (440) 954-8111 (Fax)  
 rexjh@aol.com

**Weight Events:**  
 Dick Hotchkiss  
 14005 Meadow Dr.  
 Grass Valley, CA 95945

**(530) 273-3660**  
 ashglaze42@hotmail.com

**Team Manager:**  
 Don Austin  
 P.O. Box 39148  
 San Antonio, TX 78218  
 (210) 699-0265  
 margdc@aol.com

**Rules Coordinator:**  
 Graeme Shirley  
 11212 Via Carroza  
 San Diego, CA 92124  
 (858) 292-6132

**Web Site Chair**  
 Rex Harvey (as above)

**Regional Coordinators:**  
**Southwest:**  
 Courland Gray  
 801 Legacy Dr., #1414  
 Plano, TX 75023  
 (972) 527-9960  
 cpgray@home.com

**Midwest:**  
 Ruth Welding  
 1212 Old Mill Ln.  
 Elk Grove Village, IL 60007  
 (847) 640-8907  
 ironbody@meginet.net

**Northwest:**  
 Becky Sisley  
 310 East 48th  
 Eugene, OR 97405  
 (541) 342-3113 (H)

**(541) 346-3383 (W)**  
**(541) 346-3583 (Fax)**  
 bsisley@oregon.uoregon.edu

**East:**  
 Rox Katz  
 170-11 65th Ave.  
 Flushing, NY 11365  
 (718) 358-6233  
 throwercaf@aol.com

**Southeast:**  
 Bob Fine  
 3250 Lakeview Blvd.  
 Delray Beach, FL 33445  
 (561) 499-3370  
 Bobfine@aol.com

**Mid-America**  
 Doug Schneebeck  
 4250 Aspen Rd., NE  
 Albuquerque, NM 87110  
 (505) 255-4222 (H)  
 dgs@swcp.com

**West:**  
 Mark Cleary  
 18 Charca  
 Rancho Santa Margarita, CA 92688  
 (949) 589-0242  
 runnermark@home.com

**Awards:**  
 Phil Mulkey  
 P.O. Box 71022  
 Marietta, GA 30007  
 (770) 977-5242  
 philroy@cs.com

**Law Chair:**  
 Tom Light  
 P.O. Box 1550  
 Chugiak, AK 99567  
 (907) 694-4623 (H)  
 (907) 786-7431 (W)  
 (907) 786-7401 (Fax)

**WAVA Delegates**  
 George Mathews  
 Rex Harvey  
 Al Sheahan

**Alternates:**  
 1) Suzy Hess  
 2) Phil Byrne  
 3) Don Austin  
 4) Joan Stratton  
 5) Marilyn Mitchell  
 6) Bob Fine  
 7) Pete Mundle  
 8) Mary Trotto

**WAVA Delegates: Women**  
 Rose Monday  
 Suzy Hess  
 Joan Stratton

**Alternates:**  
 1) Sandy Pashkin  
 2) Becky Sisley

**Substance Abuse Education & Testing**  
 Rose Monday  
 805 Pinon Boulevard  
 San Antonio, TX 78258  
 (210) 481-7301  
 rosarita@swbell.net

**Chair:**  
 Jerry Crockett  
 1124 W. Eskridge  
 Stillwater, OK 74074  
 (405) 372-4010/(405) 372-3116 (Fax)

**Secretary:**  
 Norm Green  
 407 Freedom Blvd.  
 West Brandywine, PA 19320-1559  
 runnorm@aol.com

**Vice Chair:**  
 John Boyle  
 P.O. Box 1700  
 DeLand, FL 32721  
 (904) 736-0002  
 (904) 740-1047 (Fax)

**Road Records & Rankings:**  
 Basil & Linda Honikman  
 Road Running Information Center  
 5522 Camino Cerralvo  
 Santa Barbara, CA 93111  
 (805) 683-5868  
 (805) 967-5958 (Fax)  
 Honikman@silcom.com  
 www.usaldr.org

**Team Manager:**  
 Charles DesJardins  
 PO Box 2281  
 Carson City, NV 89702-2281  
 (775) 884-9448  
 CRDJ@interqwest.com

**Awards:**  
 Ruth Anderson - Women  
 1901 Gaspar Drive  
 Oakland, CA 94611  
 (510) 339-0563 (h)  
 dogdew@earthlink.net  
 John Boyle - Men (address above)

**Law and Legislation:**  
 Mary Rosado  
 102 West 80th St., Apt. 23  
 New York, N.Y., 10024-6303  
 (212) 874-0822 (Home)  
 (212) 758-2104 (Work)  
 (212) 308-8582 (Fax)  
 mvrosadoesq@prodigy.net

**Rules Coordinator:**  
 George Kleeman  
 5104 Alhambra Valley Rd.  
 Martinez, CA 94553  
 (925) 229-2927  
 (925) 229-2940 (Fax)  
 georgeklee@aol.com

**WAVA Delegates:**  
 Norm Green, Mary Rosado

**Championships:**  
 John Boyle (address above)

**Championship Stats:**  
 Norm Green (address above)

**Marketing Representatives:**  
 Don Lein  
 13 Crosswinds Estates  
 Pittsboro, NC 27312  
 (919) 542-4790  
 (919) 542-5157 (Fax)  
 dmlein@earthlink.net

**Jack Wing**  
 4038 East 48th St.  
 Tulsa, OK 74135  
 (918) 742-5418 (H, W, Fax)  
 (918) 292-2860 (Fax)

**IAAF Veterans Committee:**  
 Charles DesJardins (address above)

**Athlete Information & Publicity Coordinator:**  
 Barbara Arveson  
 3216 Charing Cross  
 Plano, TX 75025  
 (972) 673-0735 (h)  
 (972) 673-0094 (Fax)  
 barveson@wtd.net

**Cross-Country Representative:**  
 Carole Langenbach  
 4261 S. 184 St.  
 Sea-Tac, WA 98188  
 (206) 433-8868 (H, Fax)  
 pntf@wolfenet.com

**Mountain, Ultra, Trail Representatives:**  
 Theresa Daus Weber  
 Douglas Laufer  
 Jim Garcia



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

### VISALIA CLASSIC

I had the pleasure of participating at Visalia for the first time last year and wondered what had taken me so long to discover what a wonderful meet this is. Let me urge all masters athletes who can possibly do so to attend the Visalia Classic Masters Meet on May 19.

The event is held at a great facility, the Mineral King Bowl (formerly Sunkist Stadium). But what truly makes this event so very special is the team of dedicated organizers. Led by Bob Higginbotham, they ensure that this is not only one of the best run meets, but, above all, that it is one of the most athlete-friendly meets on the calendar.

It is very apparent that Bob and his team consider all masters athletes to be part of an extended family, for the feeling at Visalia is clearly that of a reunion.

Bring your families. Come on down. See y'all at Visalia!

*Diane Heil  
Santa Monica, California*

### SOUTHEAST VENUE CHANGE

The USATF Southeast Regional Masters Championships/Birmingham TC Classic, June 8-9, Birmingham, Ala., has been moved to the Samford University track because of construction work at Hoover H.S., the site listed previously in the schedule. Samford has a new eight-lane track and is a beautiful campus.

The entry form appeared in the April issue. Directions and changes can be found on the BTC web site: [www.birminghamtrackclub.org](http://www.birminghamtrackclub.org).

*Gordon Seifert  
Birmingham, Alabama*

### WEIGHT CHANGES

Who would favor or oppose changing the M60 and M65 superweight from 56# to 35# and the W60+ superweight from 25# to 20#? Responses can be sent to me (not the *National Masters News*) at 103 Crestwood Dr., Greer, SC 29651, or by e-mail: [RBBLOOMFIELD@email.msn.com](mailto:RBBLOOMFIELD@email.msn.com). Please include reasons for your opinion. I'll make the results known in the NMN.

*Dick Bloomfield  
Greer, South Carolina*

### MASTERS MEET SCHEDULES

The *National Masters News* is the nearest thing USATF, Senior Games, and State Games participants have to a national coordinator, especially in the schedule. To those responsible for scheduling events in those three areas, what's wrong with this picture?

Mississippi Senior Olympics, June 4-9; Southeast Regional Masters, Birmingham, June 8-9; Indiana Senior Games, June 4-9; Indiana Hoosier State Games, June 9; Illinois Masters Championships, June 9; Michigan Masters & Open Championships, June 10; Iowa Senior Games, June 7-10; Mid-America Regional Masters - Wichita, June 9; Louisiana Games - New Orleans, June 8-10.

This is the year of the conjoined National Senior Olympics and the National Masters Championships in Baton Rouge. I am in both. I was looking forward to getting in all the meets I could before then. I was in four of the above last year. I am representing two of the states in different events in the Senior Olympics.

Thanks to the lack of coordination

and foresight of those responsible for meet scheduling, I will make one meet this year. This condition also exists in the East and West, the same as these in the center of the country.

Network television executives frequently schedule their best programs all at the same time, the same night. Are people responsible for schedules going to continue to be that stupid, also?

*Louis Vodopya  
Clarksville, Tennessee*

### MIKE TYMN

I have been reading Mike Tymn's articles for over 20 years and have enjoyed them all. His recent profile of Ray Hatton has to rank with the best Tymn has done, only this one should have come sooner.

I followed Ray's progress in the records but don't recall ever reading an article on him during the years that he was an inspiration. Due to his superior speed, I targeted only one of Ray's records, the masters hour run mark of 11 miles 718 yards. Following much hard work, my effort fell 200 yards short of my goal, and my respect for his ability rose higher.

To Tymn, I say "Thank you" for great work.

*Ken Mueller  
Bellingham, Massachusetts*

### RACEWALK RECORDS

A change in the USATF rules now requires five certified judges for USATF racewalk track records. As in the past, one judge must be masters-level certified and two more must hold at least national-level certification. As before, a minimum of six certified judges are required for road records.

I am recommending a grace period through April 1 for pending records that adhered to the former rule requiring only four judges for track records.

*Bev LaVeck  
USATF Masters Racewalk Records*

### DOCTOR'S LETTER FOR AGE 70+?

I've read in NMN that all athletes over age 70 going to Brisbane need health insurance and a doctor's letter confirming their level of fitness and ability to travel.

Yet when I applied for an Australian visa at the Australian consulate—explaining I was a 72-year-old who intended to compete at the World Championships—I was told no doctor's letter or insurance were required.

Is the Australian consulate wrong or is the Brisbane information wrong? I'm concerned about investing a few thousand dollars for the Australian trip



SUZY HESS

Tom Fahey, M50 discus gold medalist (52.64), 2000 National Masters Championships, Eugene, Ore. The 2001 Championships will be held July 25-28 in Baton Rouge, La.

and then being denied entry into Australia or the Championships.

*Patrick Devine  
Rancho Palos Verdes, California  
(Perhaps this is a rule that is not widely known or is not being enforced. Australian consulates and Qantas Airlines never heard of it. The chances are next to zero that 70+ individuals will be denied entry into Australia. The chances are zero that 70+ athletes will be denied entry into the Championships - Ed.)*

### Don Tavolacci

Don Tavolacci, 76, Billings, Mont., died March 4. For the past 13 years, he was executive director of the Montana Senior Olympics.

Tavolacci was born Sept. 23, 1924, in Los Angeles. Immediately after high school graduation, he joined the Navy and served in the Pacific during WWII. Upon his discharge in 1946, he attended and graduated from Fresno State College. He married Christine Bray in 1977.

His lifetime vocation was teaching and coaching, first in Central California, and later, after moving in 1968, in British Columbia, where he was director of athletics at Trinity Western College. After retirement, he moved to Billings in 1977.

Besides his participation in track and field, Tavolacci's interests included his grandchildren, oil painting, and studying and teaching the Bible.

He is survived by Christine, his wife of 53 years, a brother, three children, and seven grandchildren. He was interred with military honors.

## NATIONAL MASTERS NEWS Subscription Form

The *National Masters News* is the official world and U.S. publication for masters track & field, long distance running and race walking. It contains information you can't get anywhere else. Subscribe Now.

#### 2nd Class rates:

(USA, Canada, Mexico)

6 months \$15  
 1 Year \$26  
 2 Years \$48  
 3 Years \$70

#### 1st Class rates:

(USA, Canada, Mexico)

1 Year \$42  
 2 Years \$80  
 3 Years \$115

#### Foreign rates:

(Air mail)  
 1 Year \$45  
 2 Years \$85  
 3 Years \$125

Payment enclosed  
 Bill me later  
 \$\_\_\_\_\_ as a contribution to your work

Circle applicable sports: T L R (T=T&F; L=LDR; R=RW)

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Send to: National Masters News  
Subscription Dept.  
P.O. Box 16597  
North Hollywood, CA 91615-6597

Or Call:  
818/760-8983

CZZMN



# 2001 USA National Masters Outdoor Track & Field Championships



Hosted by the

Baton Rouge Area



July 25-28, 2001

Baton Rouge, Louisiana • Bernie Moore Track Stadium  
**Athlete Registration Information**

**WELCOME TO BATON ROUGE**

Now, "Let the Good Times Roll" We are excited about the opportunity to serve you and your families with not only an excellent Track & Field Championship, but also the "Louisiana Experience". Our culture, music, Cajun/Creole cuisine, festivals, antebellum homes and our Southern Hospitality will make your stay in our capital city a memorable one. For more information, visit us at [www.brasf.com](http://www.brasf.com).

**ELIGIBILITY**

Competition is open to all men and women 30 years of age and older with current USATF Membership. Your age as of July 25, 2001 will determine a competitor's age group. Individual competition will be held in age groups of 5-year increments starting at age 30. Relays will be held in age groups of 10-year increments.

Proof of registration with USA Track & Field will be required from all U.S. citizens. Membership registration will be made available at the competition. To expedite your entry, please contact your local association to obtain your USA Track & Field membership card before sending your Athlete Registration Form.

USA Track & Field rules of competition will govern the 2001 Outdoor Championships. The standard masters track & field events will be scheduled for both men and women. Foreign competitors may compete as guests without the required USATF membership.

**ENTRY FEES & REGISTRATION**

The entry fee for all athletes is \$25 for the first event, \$15 for the second & third event, and \$10 for all additional events. Pentathlon entry is \$30 even if other individual events are also entered. For information on Relays, see Relays section below.

A photocopy of a valid passport or birth certificate will be required from all competitors and must be submitted with your Athlete Registration Form. Furthermore, full payment needs to accompany your Athlete Registration Form in order for it to be considered complete. Athletes who submit a complete Athlete Registration Form (entry form and complete payment) by July 2, 2001 will be mailed a letter of confirmation.

Please make your check or money order payable to: Baton Rouge Sports Foundation. Entries can be mailed to the Baton Rouge Local Organizing Committee, P.O. Box 18944 Baton Rouge, LA 70893.

Athlete Registration Forms must be received by July 2, 2001. Entries postmarked after July 2, 2001 will be charged a \$50.00 late fee. Under no circumstance, will any entry be accepted or changes made after July 9, 2001. There are no refunds of entry fees for any reason.

**AWARDS**

USATF Championship medals will be awarded to the top three Americans in each event in each age group. Foreign competitors are eligible to receive an award for the top three non-Americans. Ribbons will be given to finishers who place 4<sup>th</sup> through 6<sup>th</sup>. Championship patches will be provided to each first place winner. Championship patches are limited to one per participant. All athletes will receive a commemorative Certificate of Participation.

**HOUSING/AIR/RENTALS**

**American World Travel Your One Stop Travel Store**

• **Toll Free Calling & Extended Hours:** Visitors to Baton Rouge call 1-800-269-5885 to book hotel, airfare and car rental. Hours of operation are Monday through Friday, 8:00 am to 8:00 pm and Saturday, 9:00 am to 1:00 pm.

• **Hotel Bookings:** American World Travel has contracts with Baton Rouge area hotels offering special rates for this year's Outdoor Championships. We require the hotels to provide the lowest possible rates to our event participants. Also, contact American World Travel in regards to Residence Hall rooms located on the campus of Louisiana State University.

• **Airfare Discounts:** We compare all airlines to Baton Rouge and New Orleans to provide the best possible airfare options. Customers are given the available options and are allowed to make a choice that best fits their plan and budget.

Groups of 10 or more people are eligible for discounts off the lowest price airfares to Baton Rouge. Booking and ticketing 60+ days prior to travel may be eligible for a 10% discount. Booking and ticketing 59-30 days prior to travel may be eligible for a 5% discount. We also offer all travelers 15% discount off any TWA airfare to any city, except St. Louis, which is a 10% discount, at any time. (Currently TWA services New Orleans) In all cases, airline rules pertaining to advance booking, minimum & maximum stay and flight times/specificity must be followed.

• **Automobile Rental:** Athletes can receive special rates on AVIS car rental. Discounts are available when no special programs are offered.

• **Website Presence:** Visit [www.americanworldtravel.com](http://www.americanworldtravel.com) to see how they can service you.

**EVENT SCHEDULE**

Please note that the order the events are listed are not necessarily the order that they will be scheduled on that day. They will not be changed from the days listed. The exact order of events and starting times will be determined after all completed entries have been received.

**Wednesday  
July 25, 2001**

Shotput W/M All Ages  
Pentathlon W All Ages  
(HH, HJ, SP, LJ & 800m)  
Pentathlon M All Ages  
(LJ, JV, 200, DT & 1,500m)  
Pole Vault W All Ages & M 60+  
5,000m W/M  
800m W/M - Prelims  
400m W/M - Prelims

**Thursday  
July 26, 2001**

Discus W/M All Ages  
Pole Vault M 50-59  
High Jump M 30-49  
Long Jump W All Ages & M 60+  
Race Walk 5,000m W/M All Ages  
100m W/M - Prelims  
1,500 W/M - Prelims  
400m W/M - Finals  
High Hurdles W/M - Prelim & Finals  
Steeplechase W/M - Finals

**Friday  
July 27, 2001**

Javelin W/M All Ages  
Pole Vault M 30-49  
High Jump M 50+  
Long Jump M 30-59  
10,000m W/M - All Ages  
100m W/M - Finals  
800m W/M All Ages - Finals  
200m W/M - Prelims

**Saturday  
July 28, 2001**

Hammer Throw W/M All Ages  
High Jump W All Ages  
Triple Jump W/M All Ages  
Road Walk 10,000m W/M All Ages  
200 W/M - Finals  
1,500 W/M - Finals  
Age Graded 100 W/M\*  
Int. Hurdles W/M All Ages  
Relays W/M - Finals  
\*Non-Championship Event

**Athlete Registration Form**

First \_\_\_\_\_ M. I. \_\_\_\_\_ Last \_\_\_\_\_  
Street \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Postal \_\_\_\_\_  
Code \_\_\_\_\_  
Country \_\_\_\_\_ Email \_\_\_\_\_  
Date of Birth (MM/DD/YYYY) \_\_\_\_\_ Age as of July \_\_\_\_\_  
25th, 2001 \_\_\_\_\_  
Daytime Phone \_\_\_\_\_ Evening Phone \_\_\_\_\_  
Male/Female (M/F) \_\_\_\_\_ U.S. Citizen (Y/N) \_\_\_\_\_ 2001 USATF # \_\_\_\_\_

Mark an "X" to Enter	Event	Best Mark in 2000 - 2001	Date & Location	Women's Age Groups	Men's Age Groups
	1. 100m Dash			All Age Groups	All Age Groups
	2. 200m Dash			All Age Groups	All Age Groups
	3. 400m Dash			All Age Groups	All Age Groups
	4. 800m Dash			All Age Groups	All Age Groups
	5. 1,600m Dash			All Age Groups	All Age Groups
	6. 2,000m Steeplechase			All Age Groups	M60 & Older
	7. 3,000m Steeplechase			None	M30 M55
	8. 5,000m Run			All Age Groups	All Age Groups
	9. 10,000m Run			All Age Groups	All Age Groups
	10. 80m Hurdles			W40 & Older	M70 & Older
	11. 100m Hurdles			W30 W35	M50 M65
	12. 110 Hurdles			None	M30 M45
	13. 300m Hurdles			W50 & Older	M60 & Older
	14. 400m Hurdles			W30 W45	M30 M55
	15. 10km Road walk			All Age Groups	All Age Groups
	16. 5,000m Walk			All Age Groups	All Age Groups
	17. High Jump			All Age Groups	All Age Groups
	18. Pole Vault			All Age Groups	All Age Groups
	19. Long Jump			All Age Groups	All Age Groups
	20. Triple Jump			All Age Groups	All Age Groups
	21. Shot Put			All Age Groups	All Age Groups
	22. Discus Throw			All Age Groups	All Age Groups
	23. Javelin			All Age Groups	All Age Groups
	24. Hammer Throw			All Age Groups	All Age Groups
	25. Pentathlon			All Age Groups	All Age Groups

Check here if you DO NOT want your name listed on the entrant list on the internet:

**REGISTRATION ENTRY FEES**

1st Event ----- \$25.00  
2nd & 3rd Event (\$15.00) -----  
Additional Events (# of Events @ \$10.00) -----  
Pentathlon (\$30.00) -----  
Late Registration Fee (\$50.00 for Entries Postmarked after July 2, 2001) -----  
USATF Masters Committee Surcharge\* ----- \$10.00  
Optional Masters Championship Honor Roll\*\* (\$10.00) -----  
Championship T-Shirt (S M L XL XXL # of Tees @ \$8.00 Pre-sale) -----  
Cajun Bayou Fais-Do-Do (Championship Dinner, # of Tickets @ \$14.00) -----  
Tiger Express Debit Card (# of Cards @ \$75.00 See Entry for Info) -----  
Grand Total -----

\* The funds received will be forwarded to the National Masters Track & Field Committee to assist and support Committee members to attend the Championships.

\*\* This is an optional fee. If you choose to be a Championship Honor Roll Supporter, your name will be listed in the Official Souvenir Program as a supporter of the 2001 National Masters Outdoor Track & Field Championships.

Checks or Money Orders can be made out to the Baton Rouge Sports Foundation.

Please mail full payment and your completed entry to the  
Baton Rouge Organizing Committee, P.O. Box 18944, Baton Rouge, LA 70893  
Visit our website at [www.brasf.com](http://www.brasf.com) for more information

**TO AVOID A LATE FEE, REGISTRATION FORMS MUST BE  
POSTMARKED BY JULY 2, 2001  
NO REGISTRATION FORMS WILL BE ACCEPTED AFTER JULY 9, 2001**

In consideration of my participation in the 2001 USA National Masters Outdoor Track & Field Championships, hosted by the Baton Rouge Area Sports Foundation and the Baton Rouge Local Organizing Committee, I agree to assume the risks incidental to such participation (which risks may include, among other things, property damage, bodily injury and death) and on my own behalf, and on behalf of my heirs, executors and administrators, release and forever discharge the released parties defined below, of and from all liabilities, claims, actions, damages, costs or expenses of any nature arising out of or in any way connected with my participation in such activity, and further agree to indemnify and hold each of the released parties harmless against any and all such liabilities, claims, actions, damages, costs or expenses, including, but not limited to, all attorney's fees and related disbursements.

The released parties are the Baton Rouge Area Sports Foundation (BRASF), the Baton Rouge Local Organizing Committee (BRLOC), USATF, USATF - Southern Association, Louisiana State University, related and affiliated companies, and the officers, directors, employees, agents, representatives, volunteers, successors and assigns of each of the foregoing entities. I understand that this release and indemnity agreement includes any claims based on the negligence, action, inaction or fault of any of the above released parties and covers bodily injury (including death) and property damage, whether suffered by me before, during or after such participation. I declare that I am physically fit and have the skill level required to participate in this particular event. I further authorize medical treatment for myself, at my cost, if the need arises.

I further grant BRASF, BRLOC, their sponsors and marketing partners as well as the media, the right to photograph, videotape and/or otherwise record me and further use my name, face, likeness, voice and appearance for any purpose including, but not limited to, exhibitions, publicity, advertising, and promotional materials without reservation or limitation. Said parties are, however, under no obligation to exercise the rights set forth in this paragraph.

This Agreement shall be governed by the laws of the State of Louisiana, and any legal action relating to or arising out of this Agreement shall only be commenced and maintained in the Nineteenth Judicial District Court, Parish of East Baton Rouge, and State of Louisiana, which court shall have exclusive jurisdiction and venue, the parties hereto consent to the jurisdiction of such court and to service of process outside the State of Louisiana.

Your signature is required in order to complete the registration process and further indicates that all the information on this form is accurate. Any alteration of this form is not permitted.

Print Name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_



## Marathon Growth in U.S. and Worldwide

April was marathon month across the country and around the world – from Boston to Big Sur, from Paris to London and points in-between. A review of the 1999 and 2000 marathon data by the USATF Road Running Information Center indicates another period of growth here and worldwide. See tables and lists below.

The preliminary race data, from the larger and more established U.S. events, show nearly an 8% increase in finishers for the same 116 marathons from 1999 to 2000, while outside the U.S., the same 32 marathons from 1999 to 2000 reported a 20% increase. If the Paris Marathon is excluded (it grew by over 10,000 finishers), the non-U.S. growth rate is an impressive 15%. In short, over the past couple of years, marathon mania has become global.

The demographic data indicate that numbers of masters are increasing (by about 2% of total race finishers per year), but so are the numbers of younger participants. As a result, the median ages of marathoners have remained steady over the last five years.

### U.S. Marathon Growth

YEAR	Estimated # of finishers
1976	25,000
1980	120,000
1990	260,000
1995	347,000

1996	396,000 (Boston's 100th)
1997	396,000
1998	419,000
1999	435,000
2000	451,000

### World's Largest

Marathons (2000)	Finishers
Flora London, GBR	31,648
New York City, NY	29,375
LaSalle Bank, Chicago, IL	27,889
Paris, FRA	27,596
Real Berlin, GER	23,039
Honolulu, HI	22,652
City of Los Angeles, CA	17,192
Marine Corps, DC	17,048
Suzuki Rock 'n' Roll, CA	15,918
Boston, MA	15,668

### U.S. Largest

Marathons (2000)	Finishers
New York City, NY	29,375
LaSalle Bank, Chicago, IL	27,889
Honolulu, HI	22,652
City of Los Angeles, CA	17,192
Marine Corps, DC	17,048
Suzuki Rock 'n' Roll, CA	15,918
Boston, MA	15,668
Portland, OR	7,751
Walt Disney World, FL	7,660
Country Music, TN	6,349
Grandma's, MN	6,074
Twin Cities, MN	5,907
Houston, TX	4,699
Philadelphia, PA	4,266
St. George, UT	4,161

### Demographic Breakdown

	1980	1995	1998	1999	2000
Women	10.5%	26%	34%	36%	38%
Juniors	5%	2%	1%	1%	2%
Masters	26%	41%	40%	42%	44%

### Median Age

	1980	1995	1998	2000
Male	34	38	38	38
Female	31.3	35	34	35

-USATF Road Running Information Center



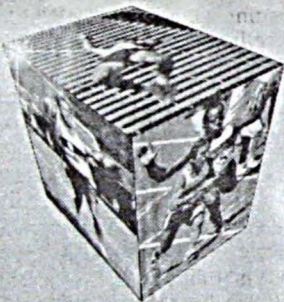
KEN STONE/MASTERSTRACK.COM  
Lynn Naftel, 56, won the W55 60m, 100, and 300, Saddleback Masters Relays, Mission Viejo, Calif., March 10.

## Third Wind

Continued from page 6

When I was competing in the masters arena 20-plus years ago, shoe companies were supporting top masters and providing expense money for them to travel to big races. Apparently, this is no longer the case, except for a few top masters in the 40-44 division. I think the whole competitive scene was much more interesting and much more fun then than it is now.

My solution is to do away with prize money altogether and use that money to pay race directors and their staffs while just providing expenses for elite runners, including elite masters. Race directors would be rewarded financially for their time and would not have to depend on the ego gratification that comes with rubbing elbows with the top runners, being catered to by agents, picking up a free trip to a race to scout elite runners, etc., however they now get their rewards. I doubt that the sport would suffer. Many elite foreign runners would, but I don't know why that should be our concern. □



LOOKING FOR **HOT** COMPETITION?

GO HEAD TO HEAD AGAINST AMERICA'S BEST CORPORATE TEAMS

# USCAA NATIONAL CORPORATE CUP RELAYS

JULY 21-22, 2001  
RENTON, WASHINGTON



Contact Us:  
USCAA  
[www.uscaa.org](http://www.uscaa.org)  
or  
call Debbie Woolman  
(856) 273-6096



- ◆ Teams of all sizes, 2-100
- ◆ All events team scored
- ◆ Master, Senior, and Open Men & Women needed
- ◆ Track relay distances 100m - 2 miles
- ◆ 5K and 10K road races
- ◆ Field Events: long jump high jump, discus, shot

— FUN — FITNESS — TEAM-BUILDING — HOT COMPETITION



PAGLIANO'S PODIATRIC POINTERS

# The Foot Beat

By JOHN W. PAGLIANO  
D.P.M.

## Toenail Trials and Tribulations Revisited

**M**ost runners, at one time or another, have developed a bad case of toenail fungus. This is usually due to trauma to the toenails and excessive sweating. These nails are unsightly and can cause pain and discomfort if they become thickened.

Onychomycosis is a common fungal infection usually involving the nail bed or nail plate. The infection is usually caused by dermatophytes or, in some cases, non-dermatophytes with yeasts. It is more common with advancing age, although it is common in runners or other athletes who have damaged their toenails.

In severe cases, onychomycosis can cause considerable pain and discomfort due to pressure on the nail

bed. The infected nail appears disfigured and discolored and, in most cases, is malodorous.

The danger with this pathology comes with secondary medical complications such as cellulites, ulceration, and sepsis, especially in those with diabetes or peripheral vascular diseases.

There are several ways to treat toenail fungus and there is a lot of publicity on the various medications. I advocate a combination of

## EFFECTIVE ANTI-FUNGAL TREATMENTS

Topical Agent	Active Ingredient(s)	Why Used
Tea Tree Oil	Tea tree oil is found within the cells of the tea tree melaleuca alternifolia leaves	Antifungal, antiseptic, germicidal and antibacterial properties.
Bleach	Sodium hypochloride	Disinfectant/deodorant against fungi. Bleaches nail.
Mycoside NS	Allantoin and benzalkonium chloride	A surface-based antifungal.
Fungi-Nail	Undecylenic acid	Fungistatic/antifungal topical agent.
Fungoid Tincture	Triacetin, sodium propionate, benzalkonium chloride, cetylpyridinium chloride and chloroxylenol	Topical antifungal agent for treatment of superficial fungal infections of the skin (nails).
Ciclopirox Nail Lacquer	Ciclopirox	Topical antifungal agent.
Tineacide	Tea tree oil (5.4%), lavender oil (1%), clotrimazole, undecylenic acid, and urea	Topical antifungal cream.
Sporanox Capsules	Itraconazole	Oral antifungal.
Lamisil Tablets	Terbinafine HCL	Oral antifungal.



## WESTERN REGIONAL MASTERS



### TRACK & FIELD CHAMPIONSHIPS

Saturday, June 23, 2001, 7:00 a.m.  
San Diego State University

**FACILITIES:** Brand new, fast Mondo track; Mondo Javelin & Jump runways. 3/16" pyramid spikes required (will be enforced), 1/4" for Javelin. Underground free parking below track.

**HOSTED BY:** San Diego Senior Sports Festival

**ENTRY FEE:** \$20 registration fee plus \$5 per event entered. (\$5 fee per relay participant - participant must be registered)

**PRE-REGISTRATION:** All events DEADLINE 13 JUNE. Late entry \$5 if space available.

**ORDER OF EVENTS:** First event begins at 7:00 am. Women first - oldest to youngest in 5 year age groups for ages 30 & up. Races may be combined at meet director's discretion. (If there are not enough competitors to run heats, the final will be run at the scheduled time.)

**AWARDS:** USA Track and Field championship medals to first three registered competitors in each age group.

**DIRECTIONS:** (I-5, I-805, or I-15) south to I-8 east. Take Fairmount/Mission Gorge exit south. East on Montezuma to 55<sup>th</sup> street. North on 55<sup>th</sup> to stoplight, left into parking garage.

**SCHEDULE:** Posted on website: [www.SANDIEGOUSATF.ORG](http://www.SANDIEGOUSATF.ORG) after entry deadline of 13 June.

#### Track Events

##### MORNING (7:00 am)

5000m Run  
5000m Racewalk  
300m/400m Hurdles  
100m/200m Prelims (if needed)  
1500m  
400m  
100m

##### AFTERNOON

80/100/110m Hurdles  
800m  
200m  
2000m/3000m Steeplechase  
4x400m Relay  
4x1600m Relay  
4x3200m Relay

#### Field Events

##### MORNING (9:00 am)

High Jump  
Pole Vault  
Long Jump  
Discus  
Shot Put  
Hammer

##### AFTERNOON

Javelin  
Triple Jump

Name \_\_\_\_\_ Credit One M/F \_\_\_\_\_ Age \_\_\_\_\_ Birthdate \_\_\_\_\_ MO / DAY / YEAR

Address \_\_\_\_\_

City/State/ZIP \_\_\_\_\_ E-Mail Address: \_\_\_\_\_

Events Entered \_\_\_\_\_

Club Affiliation \_\_\_\_\_ USA Track & Field Registration Number \_\_\_\_\_

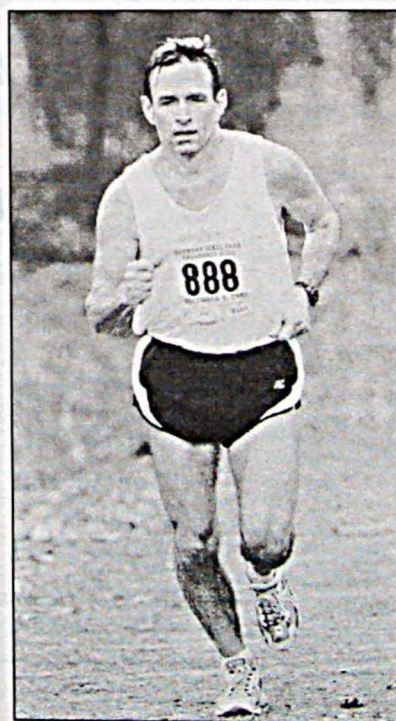
**Fees enclosed:** Registration Fee: \$20.00  
(number of events x \$5 per event): \_\_\_\_\_  
Total amount enclosed: \$ \_\_\_\_\_  
Make check payable & mail to:  
SAN DIEGO SENIOR SPORTS FESTIVAL  
P.O. Box 84202  
San Diego, CA 92138-4202  
For information call: (619) 226-1324  
Fax (619) 226-1304

**WAIVER:** In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors and administrators, waive and release forever any and all rights, claims or damages I may accrue against USA Track and Field, SDSU, San Diego Senior Sports Festival and all sponsors of this meet, their successors, representatives and assigns, for any and all injuries suffered by me while traveling to and from the meet and while competing in the meet.

SIGNATURE: \_\_\_\_\_ DATE \_\_\_\_\_

treatment modalities, and for those who do not like medications, there are inexpensive and non-invasive types of treatment that are very successful.

I usually recommend, in severe cases, an oral medication along with a topical medication. A Q-tip with bleach once a week works wonders. Also a soak in apple cider vinegar and water has proven to be successful.



JOHN WELCH  
John Weiser, 55, Houston, Texas, third M55 (4:21:57), 2000 Sunmart Texas Trail 50K, Huntsville, Texas.



JERRY WOJCIK  
Susan Hill, 41, fourth (5:48.1) in the 2000 NYRRC 5th Avenue Mile Masters Women's race.

Be warned that the oral medications and some topicals are very expensive.

(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. He can also be reached by e-mail at [TheFootBeat@aol.com](mailto:TheFootBeat@aol.com).)



## Masters Tune Up in Midwest Regionals

By MIKE DAVIS

Eighty-five competitors in 15 events came together at the excellent indoor track of the Lincoln Way



JERRY WOJCIK

Harry Brown, 71, M70 winner in the 60m, with an age-graded 98.6% 8.54, the 200, and 400, Masters Indoor Championships, Boston.

Central Campus field house, New Lenox, Ill., on March 10, in the USATF Midwest Regional Masters Championships. Many were getting in their final test before the National Indoor Championships in Boston.

As always in this meet, there were many fine efforts. Harry Brown, 71, U.S. M70 200 record holder (27.75), was the star in the sprints, winning the 55m (8.40), 200 (29.54), and 400 (68.5).

The 45-49 divisions produced some of the meet's best marks. Denise McField, 45, posted the fastest times in the women's 55m (7.84), 200 (28.31), and 400 (67.2). Tom Smith, 47, won the 200 from a solid field, with a 25.95. David Bradley, 45, ran a 4:32.8 1500, and Leo Vandervlugt, 48, did a 9:47.7 in the 3000, both top times of the meet.

Mike Skoflanc, 45, outleaped everybody else in the long jump (18-0). Jeff Watry, 45, elevated to a meet's best 5-9 in the high jump. Ruth Welding, 45, hit the longest weight throw of the day for men and women with a 38-8.

Mishga Gutzler, 31, won the 55mH in 9.27. Mel Buschman, who turned 80 the day before the meet, competed in the long jump, high jump, shot, and 55m.

Gerry Krainik provided the FAT for the running events. □

## Final Call for Indoor Rankings Marks

By JERRY WOJCIK

Masters T&F Rankings Coordinator

The 2001 McMahon Family Trust Indoor Rankings will be published in the July issue. If your best marks for the indoor season have not appeared in the results sections by this issue, send them (in meters for field events) with documentation (name of meet, date, site, contact person, etc.) before **May 16** to the rankers below:

**55m/60m/200** - Larry Patz, 534 Gould Hill Rd., Contoocook, NH 03229.

**400/800** - Ruth BreMiller, 590 W. 29th Ave., Eugene, OR 97405. E-mail: brem@oregon.uoregon.edu.

**55mH/60mH/3000** - David Ortman, 7043 22nd Ave. NW, Seattle, WA 98117. E-mail: deom@jps.net.

**LJ/TJ/SP** - James Gerhardt, 834 Thornvine Lane, Houston, TX 77079.

**1500/Mile/PV/HJ/WT/SW/3000 RW** - Jerry Wojcik, NMN, P.O. Box 50098, Eugene, OR 97405. E-mail: jerrywoj@aol.com. □



SUZY HESS

Bill Collins, Missouri City, Texas, broke the M50 60m world record (7.23) and the U.S. 400 record (52.78), National Masters Indoor Championships, Boston.

## 2001 USATF ILLINOIS MASTERS STATE CHAMPIONSHIPS

June 9, 2001 - 10 a.m. Field - 11 a.m. Run - Wilde Field, Lisle, Illinois, 5-Year Age Divisions: 30-34 thru 90-over

LJ (TJ, SLJ)	<b>WEIGHT PENTATHLON</b> HT, SP, DT, JT, WT	1. 3000	5.300-400H
HJ		2. 80-110H	6. 400
PV		3. 100	7. 800
		4. MILE	8. 200

### REQUEST ENTRY-INFORMATION FORM

USATF Illinois, PO Box 7019, Villa Park, IL 60148  
(Enclose Self-Addressed Stamped Envelope, Including MAILING Address)



630/953-2052 or -2011

Email: usatfvn@aol.com

Website: www.usatf.org

## THE SIXTEENTH ANNUAL GSAC/RANDOLPH CLASSIC TRACK & FIELD MEET SUNDAY, JUNE 3, 2001 • RANDOLPH, NEW JERSEY

The GSAC/Randolph Classic is for Athletes of all ages.

Back again by Popular Demand! F. A. T. !

TRACK EVENTS		FIELD EVENTS	
5000 Meters	10:00 am	Pole Vault	10:00 am
High Hurdles	10:30 am	Shot Put, 60 & up	10:00 am
Youth Mile	11:00 am	followed by under 60	
Mile Run	11:15 am	Long Jump	10:00 am
USCAA 4 X 200 Relay	11:45 pm	Javelin	10:00 am
100 Meter Dash	12:00 noon	Discus, under 60	10:00 am
Youth 100 Meter Dash	1:00 pm	followed by 60 & up	
USCAA Medley Relay	1:15 pm	High Jump	10:30 am
400 Meter Dash	1:30 pm	Weight Throw	1:00 pm
Youth 400 Meter Dash	2:00 pm	Triple Jump	2:00 pm
RW Mile	2:15 pm	Note: Some field events may not start as early as listed.	
800 Meter	2:45 pm	<b>Additional Information</b>	
200 Meter Dash	3:15 pm	Mort Hahn (days) 973-625-1764	
Youth 4X400 Relay	3:45 pm	FAX 973-625-5195	
4X400 Relay	4:00 pm		



Divisions: Open (Age 15-29), Submasters (Age 30-39), Masters (Age 40+) in 5 Year Age Groups, Youth (9-10, 11-12, 13-14) Athletes age 14 and under may compete only in Youth Events. All events will be run Youngest to Oldest, Males first. Times are approximate. Events may run ahead or behind schedule. Meet director may combine age divisions if the size of the fields warrant.

**Registration Closes 30 Minutes Prior to Each Event. Don't be Shut Out! Pre-enter!**

**SPIKES ALLOWED** - 1/4" or less. **HURDLE HEIGHTS & IMPLEMENTS** - USATF Open and Masters Rules. **STARTING BLOCKS** are permitted but not provided by the meet director. **USATF MEMBERSHIP REQUIRED!** Card must be presented, NO EXCEPTIONS! Can apply at meet \$20.00 - Youth - \$12.00.

**FEES** - Free to Randolph residents who pre-register. Randolph residents must still be USATF member. Pre-registered - Received on or before May 28, - \$ 7.00 per event. Post-entry (after May 28) - \$ 9.00 per event.

Relay Teams - \$16.00 per Open and Masters Teams. \$12.00 per Youth Teams. \$20.00 per USCAA Teams.

**AWARDS** - Medals for First, Second, and Third place in each age division.

**CONCESSION STAND** on Site.

**SHOWERS AVAILABLE**

**DIRECTIONS** to Randolph High School - From the George Washington Bridge, take Route 80 West to Route 287 South. Route 10 West Exit. Continue on Route 10 West for about 7 miles. Look for Dunkin Donuts on the left at the intersection of Millbrook and Route 10. Turn left onto Millbrook Avenue by making a right onto the jug-handle ramp to cross Route 10. Travel about 1.5 miles on Millbrook. The High School complex is on the right, at the top of long hill. Take the first entrance into the complex.

Fill out and return to: GARDEN STATE ATHLETIC CLUB, Post Office Box 458, Ironia, NJ, 07845.

AMOUNT - \$ \_\_\_\_\_

Last Name \_\_\_\_\_ First \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

Club \_\_\_\_\_ USATF No. \_\_\_\_\_ Age on June 3, \_\_\_\_\_ Sex \_\_\_\_\_

EVENTS ENTERED: Field -  PV  SP  WT  HJ  JT  DT  LJ  TJ

Track  5K  H Hurdles  Mile  100  400  Mile RW  800  200  4X400 Relay

I hereby waive any or all claims I or my heirs may have against Randolph Township Parks & Recreation Department, Randolph Township, the Randolph Board of Education, Garden State Athletic Club, or the Meet Directors and Officials resulting from my participation in this meet. I understand that the activity will be supervised and the Township of Randolph DOES NOT INSURE participants with accident insurance and I will participate at MY OWN RISK. It is understood that this program is a physical activity and various injuries may occur. I also understand that it is my responsibility to make sure that the registrant is physically capable of participating in this program and that a medical physical by a doctor is recommended.

SIGNATURE \_\_\_\_\_ Date \_\_\_\_\_  
Parent or Guardian if competitor is under 18



## Masters Racewalking

By ELAINE WARD

### Indoor Nationals – Competitors' Reflections Part I

**M**iriam Gordon and Bill Patterson set new 3000m American Records at the Masters Indoor National Championships in Boston, Mass., on Sunday, March 25. Miriam's time of 21:24.68 broke the old W75 record of 22:7.08 established by Millie Crews in 1990. Bill established an M85 record of 24:29.58.

Following are reflections of competitors who responded to my e-mail questions about the event. (If you would like to be contacted about subsequent races, please send me your e-mail address at NARWF@aol.com.)

These responses are presented in two parts by ascending age groups except for two. Maryanne Torrellas and John Nervetti have top billing as they express the special spirit of masters competition. Part I includes W35, W40, M50, M55 and M75. Part II, to be published in June, includes W50, W55, W60, M50, M55, M60 and M65.

**Maryanne Torrellas (W40)** 4th place: 20:26.12.

(Maryanne is one of America's finest women competitors. As a member of the women's national team in the late '80s and '90s, she represented our country internationally with distinction. At the same time, she excelled in indoor competition, winning a string of gold medals. —EW)

As many know, I was a kidney donor in December. The first three weeks post-surgery, I felt like a shark made a picnic of my left side, but even in the hospital my cousin Peter (the kidney recipient) and I had a comic competitive moment.

Due to the nature of the surgery, the recipient is up and walking before the donor, a fact that was not fully explained to me. The second day after surgery, my big accomplishment of the day was sitting up and reaching for a glass of water. I was seeing stars just doing that. At that moment, Peter passed my door with his I-V pole in tow and waved at me. "Damn," I thought, "if he can be up walking, so

can I." I nearly killed myself trying to catch up to him in the hallway.

At first, just walking to the mailbox was all I could do. The wonderful capacity of the body to heal had me doing more each week. After two months, I knew I needed more incentive to go beyond comfortable, very slow walking. I had one of my good friends constantly remind me to straighten up. I started using racewalking technique, and told myself I would compete in the Indoor Masters. I knew I would most likely finish dead last, so what was the purpose?

Beyond the cloak of the ego, there is a deeper desire to be a part, to participate, to be in the midst of competition, most of all to connect with all of the athletes and share their strong sense of camaraderie. That tangible energy of expectation on the starting line still thrills me, no matter what condition I am in. In this wonderful sport of track and field one can always compete against one's own expectation according to circumstances. I was in the kidney donor, chubby legs, defective heart



JERRY WOJCIK

Raisa Sinyavina, 47, finished in the 5000m racewalk in 28:58.68, 13th WAVA Championships, Gateshead, Great Britain.

valve, long-car-ride division, and I won!

**John Nervetti (M75)**, bronze medallist: 20:38.47.

I had a terrible race. I was feeling very good up until five days before the race when I suddenly developed a very bad cold with a sore throat and cough. I went to Boston only because I like to compete and I like to participate.

The indoor air kind of choked me. Other walkers were also bothered by the dry atmosphere. It made breathing hard and almost painful. But, I'm very glad I went. If no one showed up because of having a cold, it wouldn't be good. I know people who don't go to a race because they think, "I am not going to win, so I won't go."

That is a poor sport. Sport is participation, which is akin to life. I feel like a winner whenever I participate.

**Marcia Gutsche (W35)**, gold medallist: 14:52.03

The National Masters Indoor Meet is a special event for me as it marks my anniversary in racewalking. This year signals the start of my fourth season. Every year as I enter the Reggie Lewis Athletic Center, my mind is flooded with memories from my first race in 1998. I was overwhelmed by the athletes of all ages and abilities, nervous about my ability to compete in a "real" judged racewalk, surprised by my third place overall finish, and impressed by the very warm, supportive and friendly welcome that I received from the other racewalkers.

I always put a fair amount of pressure on myself to have a strong performance for the Masters Indoors. Last year's very surprising 14:33 finish was spurred solely by the great competition between myself, Sally Richards and Donna Chamberlain. This year I had a goal to go sub-15 minutes and to win my age group for my final year in the 35-39 age group. I was disappointed that neither Sally nor Donna was present.

As the gun went off, Victoria Herazo (W40, 1st, 14:50.85) and others darted

out fast, but I stuck to my plan to start conservatively. Lee Chase (W45, 1st, 15:34.99) stayed with me for several laps while Victoria continued her one-quarter to one-third lap lead.

My focus was to be consistent and smooth through laps 8 to 10 and then to increase my pace. By lap 10, Victoria, Lee and myself were a fair distance apart doing our own races. I missed the advantage of last year's close competition with Sally and Donna, trying to keep up and waiting to see who would make the first move.

In the end, my racing plan worked. I did negative splits in the latter half of the race and to my surprise, with one lap to go, I realized from the crowd's reaction that I had made headway in closing the gap with Victoria. While Victoria carried the day with a 1.18-sec. advantage, I got my sub-15:00 and first place in my age group.

**Ross Barranco (M50)**, 5th place: 17:43.48.

Generally I like to try to force myself to start slow and then concentrate on catching the person ahead of me. On a track I try to overtake one person per lap. Toward the bell lap for the lead walker (never me), I like to encourage winners to the finish line and perhaps faster times. I find this the most fun part of the race.

My favorite race scenario, of course, is that I win. However, that has only happened twice for me. The first time (1995) was a 25K in Albany where the weather (heat and humidity) and the judges teamed up to make me the only survivor of the race in my age division. The second time (1999) was in Orlando at the 20K, where again I was the only one in my age division to brave the heat and humidity and make it past the judges.

After the 3K this year, I hung around waiting to see if I picked up a third DQ. I had two marks on the DQ board and was nervous about getting another one. One judge gave me a caution for my first lap. It became a warning. I also picked up a caution and warning from another judge who was working the same curve on the track. I didn't hear a caution from a third, but the record showed one. I felt relieved when the third judge's tally card was turned in late without a DQ.

**David Baldwin (M55)**, bronze medallist: 16:28.92.

Even though I managed a bronze medal, I did not feel that I raced my best. I have no excuses, just simply did not perform up to my own expectations. I've had a couple of slow races this spring, even though I feel good. I think I was overly cautious as I picked up a couple of cards early and had to race smart.

In this race, my splits were fairly even, which is not how I like to race. I really prefer to start moderately and race with negative splits to finish very strong. I like being pushed and I also enjoy the chase. Basically, there are two things I really enjoy in a race: (1) catching and passing someone I admire and respect, and (2) winning!

Continued on page 11

### THE ONE VIDEO THAT EVERY THROWER & COACH SHOULD HAVE



## LARRY STUART ON JAVELIN THROWING

ADD 30' TO YOUR THROWS!

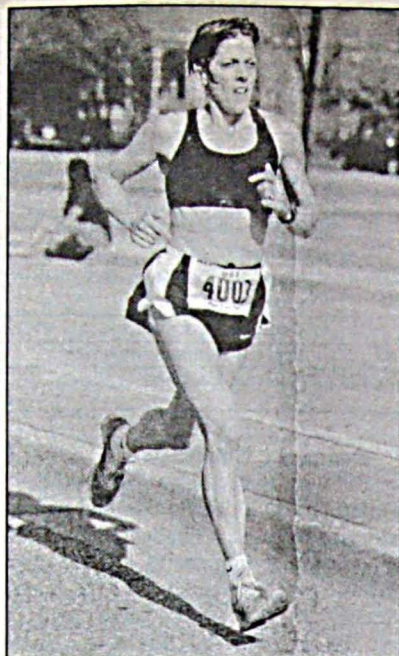
50 minutes. Broadcast quality. \$39.95 plus \$3.00 S&H

Mail your check to Sportsmen on Film  
P.O. Box 1818, Kerrville, Texas 78029

For MasterCard or Visa orders, call Sportsmen on Film at:

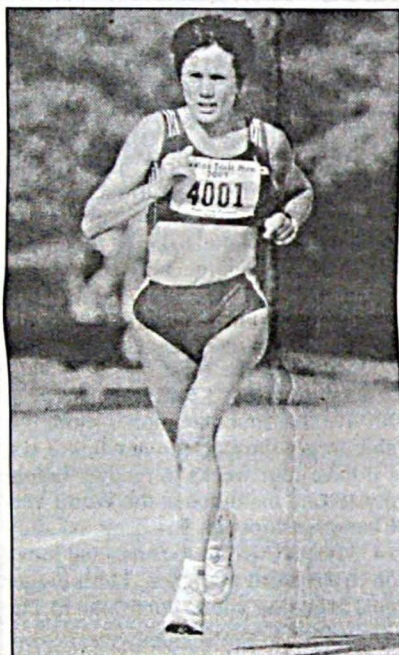
800-910-4868  
or FAX 830-792-4224

Former AAU National Champion  
World Masters Champion from  
ages 45 to 60



VICTOR SAILER/PHOTO RUN

Mary Knisely, 41, Naperville, Ill., first W40+ (34:41), Azalea Trail Run 10K, Mobile, Ala.



VICTOR SAILER/PHOTO RUN

Tatyana Pozdnyakova, 46, Ukraine/Florida, second W40+ (35:38), Azalea Trail Run 10K, Mobile, Ala., March 24.

## Azalea Trail 10K

Continued from page 1

Mondragon's masters world best (28:56) set on this course in 1994.

Andrey Kuznetsov, 43, RUS/Rockville, Md., was runner-up to Hellebuyck with a 30:06, A-G 94.6%, duplicating their one-two finish several weeks previously at Gate River in Florida. Peter Fleming, 40, Scotland, was four seconds back in 30:10.

Gary Romesser, 50, Indianapolis, was fourth master in 32:55, winning the M50 division over Bill Rodgers, 53, seventh master in 34:33, also copying their finish at the Gate River Run.

James Peller, 63, Tucson, Ariz., was the first age 60-69 runner, with an

M60 victory in 40:55. John Cahill, 76, Salt Lake City, who is making a tour of road races this spring, won the M70+ division with a 46:46.

Knisely, the former Olympian at 3000 and one-time field-hockey standout, took the women's masters garlands with a 34:41. Two-time Azalea masters champ Tatyana Pozdnyakova, 46, Ukraine/Fla., was second in 35:38, A-G 92.1%. Marie Boyd, 41, Albuquerque, was third in 36:03.

Judith Hine, 51, Marietta, Ga., won the W50 race in 40:15. Lois Gilmore, 70, took first in the W70+ race with a 54:58. □

(Jerry Wojcik contributed to this article)

## COACHING UPDATE

An updated Masters Coaching/Training list will be published in the June issue. The list contains contact information of individuals and groups who offer coaching and training advice to masters men and women in track & field, long distance running, and racewalking. Additions and changes should be sent to the *National Masters News*, P.O. Box 50098, Eugene, OR 97405, or e-mail natmanews@aol.com before the May 10th deadline.

# Crown Valley Senior Olympics



Track & Field - Sunday, June 10, 2001

Pasadena City College

1570 East Colorado Blvd., Pasadena, CA. - Robinson Stadium

Meet Director: Christel Miller

Track & Field Coordinator: Pete Clentzos

Race Walk & Assistant Director: Jim Hanley

A Qualifier for the 2002 California Senior Games Championships, San Jose

### Schedule of Events

Track		Field	
9:00 a.m.	5,00M Walk	10 a.m.	Pole Vault
10:00 a.m.	5,000M Run	10 a.m.	Javelin
10:45 a.m.	50M Dash	10 a.m.	Long Jump
11:15 a.m.	1,500M Run	11:15 a.m.	Shot Put
11:45 a.m.	1,500M Walk	12:15 p.m.	Discus
12:15 p.m.	Grandparent Relay	1:00 p.m.	High Jump
12:40 p.m.	400M Run	Conclusion	Softball Throw
1:00 p.m.	100M Dash		Discus
2:00 p.m.	800M Run		
2:40 p.m.	200M Dash		
3:20 p.m.	800M Walk		

**Entry Fees:** \$25.00 Registration Fee, plus \$5.00 per event  
**Divisions:** 5 year age divisions, for men and women, age 50 and above

**Entry Deadline is May 21, 2001**

**Miscellaneous:** Competition order - oldest to youngest, women first (except HJ & PV which start at lowest height); Throwing implements **not** provided, except SP; must bring own vaulting pole; PV for **experienced vaulters only**.

**Surface:** All-weather track.

For more information, please call: Cynthia Rosedale  
 Crown Valley Senior Olympics - Pasadena Senior Center  
 85 East Holly Street, Pasadena, CA. 91103 (626) 685-6754; cpv@pasadenaseniocenter.org

## Racewalking

Continued from page 10

**Charles Mansbach (M55), 4th: 18:25.73.**

My first thought upon crossing the finish line was, "Hey, that could have been worse." It could have been better, too, but I took encouragement from my times for the first lap, first kilometer, and first mile, and decided not to dwell on how much I faded. After a long winter of training amid ice and snow on imprecisely measured roads, I'm happy to go on an indoor track and get a clearer idea of what I'm capable of.

The personal challenge, the camaraderie, the simple joy of taking part, are why you find me at this event year after year. □

### Entry Form (please print)

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Sex: M \_\_\_ F \_\_\_  
 Address \_\_\_\_\_  
 Phone \_\_\_\_\_ Age as of 6/10/01 \_\_\_\_\_ DOB \_\_\_\_\_ T-Shirt: M \_\_\_ L \_\_\_ XL \_\_\_ XXL \_\_\_  
 Events: 50M \_\_\_ 100M \_\_\_ 200M \_\_\_ 400M \_\_\_ 800M \_\_\_ 1,500M \_\_\_ 5,000M \_\_\_ PV \_\_\_ JT \_\_\_ LJ \_\_\_ SP \_\_\_  
 \_\_\_ HJ \_\_\_ DT \_\_\_ ST \_\_\_ 800M Walk \_\_\_ 1,500M RW \_\_\_ 5,000M RW \_\_\_ Grandparent Relay

**Make checks payable & mail to:**

**Pasadena Senior Center, 85 E. Holly St., Pasadena, CA. 91103**

**WAIVER:** In consideration of your accepting my entry, I, intending 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 Pasadena Senior Center, Pasadena City College, the Meet Directors and all sponsors of the Crown Valley Senior Olympics, their successors, representatives or assigns of any and all injuries which I may suffer while traveling to and from and while participating in the Meet held June 10, 2001 at Pasadena City College. I certify that I have no physical defects or injuries that would prevent me from competing in this Meet.

Signature \_\_\_\_\_ Date \_\_\_\_\_



## On The Run

By HAL HIGDON

### 7/7/70: Seven Marathons in Seven Months for Seven Charities

In celebration of my 70th birthday this year, I plan to run 7 marathons in 7 months and help raise a total of \$700,000 for 7 separate charities. That's my goal. It's an ambitious one, but my 7/7/70 quest is how I plan to motivate myself to keep running as I move into a new decade of life.

The first of the 7 is Grandma's Marathon in Duluth, Minn., one day before my 70th birthday on June 17, 2001. Because of the Minnesota connection, I decided to designate Carleton College in Northfield, Minn., as the recipient charity. I graduated from Carleton in 1953 and am on the committee planning our 50th reunion two years from now.

I'm asking my classmates to contribute some extra money to the Alumni Fund in my name, so much for each of the 26.2 miles I run at Grandma's, or the 183.4 total miles I

will run in all 7 marathons, ending at Disney World in January.

#### Next on the List

Second on my marathon list is the World Veterans Championships in Brisbane, Australia, in July. Appropriately enough, the recipient charity will be The Alzheimer's Association. One of my friends (a well-known member of the masters community) recently informed me that his wife had Alzheimer's Disease. My wife Rose and I spent an evening with them recently, and you would never know it. But it's a ticking time bomb for that couple.

Alzheimer's is a problem we all need to worry about as we age, not only for ourselves, but also for our friends. It can hit you as early as your 50s. I hope this column encourages you to contribute to The Alzheimer's Association. (See the accompanying box for information on how to contribute to this worthy cause).

#### Money Per Mile

Using marathons to raise money for charity has become very popular in the last half dozen years. Indeed, it has helped fuel the current running boom. The Leukemia and Lymphoma Society has been particularly successful, raising tens of millions of dollars each year through its Team in Training. Other charities have followed suit. Prevent Blindness America recently named me National Spokesperson for

#### FIVE YEARS AGO May 1996

- 727 Athletes Set 28 Indoor World Records at Indoor Nationals in Greensboro, N.C.
- Herbert Steffny (42, 2:19:33) and Lorraine Moller (40, 2:32:02) Top Masters at 100th Boston Marathon
- Boguslaw Maminski (40, 14:28) and Mary O'Connor (40, 16:45) Set Masters Course Records in Carlsbad 5000/National Masters 5K Championships

#### Contributing to The Alzheimer's Association

Whether or not you run in the World Veterans Championships in Brisbane, you can support Hal Higdon in his 7/7/70 quest and help find a cure for Alzheimer's Disease. A dollar for every mile run by Hal at the World Vets would provide \$26 for this cause. A more generous donation would tie your pledge to all his marathon miles, thus \$183. Please decide your own level of commitment, but every dollar counts in this campaign.

"The disease impacts so many older people, regardless of gender, race and socio-economic status," states Nancy Ali, a director for The Alzheimer's Association. "The most frightening aspect is that it is being diagnosed in individuals who are in their 50s and 60s, much too young. While in Washington, DC, for a Public Policy Forum recently, I met over a dozen individuals who had been diagnosed, or had a loved one, who was diagnosed with Alzheimer's - all under the age of 60!"

Please make out your checks to "The Alzheimer's Association" and identify them as "7/7/70." Mail them to: 7/7/70; National Masters News; PO Box 50098; Eugene, OR 97405. □

Hal Higdon will run the marathon at the World Veterans Association to raise money for The Alzheimer's Association. Here is the full list of marathons and charities on his 7/7/70 calendar:

June 16	Grandma's Marathon, Duluth, MN	Carleton College Alumni Fund
July 4	World Veterans Championships, Brisbane, Australia	Alzheimer's Association
Sept. 3	Heart of America Marathon, Columbia, MO	American Heart Association
Oct. 7	The LaSalle Bank Chicago Marathon, Chicago, IL	Opportunity Enterprises
Oct. 29	Dublin Marathon, Ireland	Courage for Cancer
Dec. 9	Honolulu Marathon, Honolulu, HI	Prevent Blindness America
Jan. 6	Disney World Marathon, Orlando, FL	National Cartoonists Society

its Team 20/20 with \$1 million as its fundraising goal. I'll be running the Honolulu Marathon for Team 20/20 as part of my 7/7/70 quest.

Other marathons/charities on my list are: the Heart of America Marathon in Columbia, Mo., for the American Heart Association; the LaSalle Bank Chicago Marathon for Opportunity Enterprises (a sheltered workshop in Valparaiso, Ind.); and the Dublin Marathon in Ireland for Courage for Cancer, which focuses its research on women.

#### Feasible Goal

The way it works is that the marathoner writes his or her friends and asks them to pledge so much per mile for the marathon run. Once the marathon (or, in my case, marathons) is run, the final sum is collected. Is \$700,000 an achievable goal? With your help, I think so. For several marathons I will be helping to train other charity runners, whose efforts will multiply mine.

Certainly, the challenge of training for and finishing all seven marathons as well as raising that much for charity will motivate me through the year. In motivating myself to maintain a high level of fitness, I've often sought different challenges. Earlier in my masters career, it was to win world and national titles, but not all of my goals have been linked to competition.

One year, I ran the length of the state of Indiana, 350 miles in 10 days. Another year, my wife Rose and I participated in RAGBRAI, the (Des Moines) Register's Annual Great Bike Ride Across Iowa: 450 miles in 7 days. To celebrate my 60th birthday, I ran 6 marathons in 6 weeks.

#### Facing the Challenge

But what to do for my 70th birthday? Doing 6/6/60 a decade ago had proved almost too great a challenge. But running one a month seems more doable. When I began planning 7/7/70, it was mainly for the self-centered goal of proving I could run that many marathons within a certain period of time.

The idea to dedicate the marathons to 7 different charities came after a friend of mine, Bill Fitzgerald, ran 50 miles last fall to raise \$15,000 for Children's Memorial Hospital in Chicago. When I learned of Bill's achievement, a light bulb went on in my head. I made 7/7/70 my New Year's resolution for 2001.

I delayed telling too many people until I was certain I could successfully complete the first marathon: Grandma's in June. I started training in February, using the Novice program from my own web site. As the miles began to build, my confidence began to grow. Show me that starting line!

#### Surviving the First

I figure that if I can get in shape to survive that first marathon, I should be able to get through the remaining six. I'll have four weeks to recover before my second marathon at the World Vets Championships in Brisbane on July 14. My goal will be to finish and move on to my third marathon, but a bigger goal is getting you to contribute to The Alzheimer's Association.

Won't you help? □

(Hal Higdon is a Senior Writer for Runner's World. For more information on 7/7/70, including details on each race and instructions on how to contribute to each charity, go to: [www.halhighdon.com](http://www.halhighdon.com).)

#### Ryjev Takes Masters Title from Kipkemobi

#### Karlshoj Repeats W40+ Win in Boston Marathon

Russian native, Fedor Ryjev, 41, masters runner-up in 2000, switched places with defending champion, Joshua Kipkemboi, 42, Kenya, with an eighth-overall, masters win in 2:13:54 in the 105th Boston Marathon, April 16. Ryjev, who ran a 2:17:38 last year, remarked, "Being top ten in Boston is great. I couldn't believe it. I changed places with him this year."

Ryjev, who lives in Portugal with his wife and children, passed Kipkemboi in the last miles.

Kipkemboi ran a 2:14:47, some three-and-a-half minutes faster than last year, when runners were hampered by wind-chills in the low 20s.

Sammy Ngatia, 41, Fort Carson, Colo., was third in 2:23:07.

Gitte Karlshoj, 41, of Denmark, repeated last year's W40+ victory with a 13th-female 2:36:36, over a minute slower than in 2000. Gordon Bakoulis, 40, New York City, was second in 2:43:16. Josette Colomb-Janin, 48, France, was third in 2:24:39. More plus results in the June issue. □

## Carlsbad 5000

Continued from page 1

tape in 14:12, an age-graded 96.3% and the second fastest masters time at Carlsbad ever. Last year, Karori ran 13:58 as a master, but in the open race.

Hellebuyck used his strength to keep former-Olympian Graeme Fell, of Canada, at bay to win second and the U.S. masters crown in 14:34. Fell finished in third place with a 14:35, an age-graded 93.8%. Fourth overall and second U.S. master was Selwyn Blake, 40, Columbia, S.C., with a 14:39, while third U.S. master (fifth overall) and last year's champion, Jon Sinclair, ran a 15:07.

"I knew that Simon would go out hard and I went with him because I wanted to take a shot at the U.S. masters record (14:19). After Simon surged, I couldn't go with him and my legs got heavy," said Hellebuyck, who is prepping for the Boston Marathon and tied the U.S. masters 10K record (29:37) at the Azalea Trail in Mobile on March 24. "I have more strength than speed right now, and I'm a little disappointed in not running faster, but it's great to win my first U.S. masters title."

As the USA Masters Men's Championship, there were plenty of top age group performances, including two U.S. age group records. Nolan Shaheed, 51, fresh off two M50 U.S. indoor records in the 800 and 3000 at the Masters Championships in Boston, March 23-25, broke the M50 record of 15:38 by Sal Vasquez in 1991 with a 15:36, an age-graded 93.9%. Bill Nice, 85, Newport Beach, Calif., lowered Gifton Jolley's M85 record of 28:26 in 1992 with a 28:17.

The top three masters overall took home \$1000, \$500 and \$200, respectively.

Two notable performances came in the M65 race, won by John Brennand, 65, Santa Barbara, Calif., in 18:23, with Carlos Valle, 65, San Bernardino, Calif., second in 18:58.

The women's masters race was won by Sabrina Robinson, Tempe, Ariz., in 17:02, with Monica Joyce, second (17:10), and Jeanne Lasee-Johnson, third (17:35).

Sammy Kipketer, 19, of Kenya, equaled his 5K road record of 13:00, and Sally Barsosio, 23, of Kenya, broke the tape in 15:20 to take honors in the elite division. □

### TWENTY YEARS AGO May 1981

- Snohomish TC Captures Men's Division in Seattle Grand Prix; Falcon TC Takes Women's Title
- Jim Bowers, 42, Wins TAC National Masters 30K in 1:39:29
- Margaret Miller Sets W55 Mark of 40:44 in Malibu 10K

## PUBLICATIONS ORDER FORM

### Masters Age Records (2000 Edition)

Men's and women's world and U.S. age bests for all track & field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 1999. 60 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$5.00.

Quantity \_\_\_\_\_ Total (US\$) \_\_\_\_\_

### Masters Track & Field Rankings (2000)

Men's and women's 2000 U.S. outdoor track & field 5-year age group rankings. Coordinated by Jerry Wojcik, USATF Masters T&F Rankings Chairman. All T&F events, including mile, relays, weights, racewalks, and combined events. \$8.

\_\_\_\_\_ \$ \_\_\_\_\_

### McMahon Family Trust Masters Track & Field Indoor Rankings (2000)

Indoor rankings for 2000. 4 pages. \$1.50.

\_\_\_\_\_ \$ \_\_\_\_\_

### Masters Age-Graded Tables

Single-age factors and standards from age 8 to 100 for men and women for every common track & field, long distance running, and racewalking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 60 pages, including samples and charts. Compiled by the World Association of Veteran Athletes. \$6.00.

\_\_\_\_\_ \$ \_\_\_\_\_

### Masters 5-Year Age-Group Records

Men's and women's official world and U.S. outdoor 5-year age group records for all track & field and racewalking events, age 35 and up, as of August 1, 2000; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$2.00.

\_\_\_\_\_ \$ \_\_\_\_\_

### Masters 5-Year Indoor Age-Group Records

Same as above, except indoor records (M40+, W35+) as of July 20, 2000 (world) and December 3, 2000 (USA). 4 pages. \$1.50.

\_\_\_\_\_ \$ \_\_\_\_\_

### Competition Rules for Athletics (2001 Edition)

U.S. rules of competition for men and women for track & field, long distance running and racewalking—youth, open and masters. \$12.00.

\_\_\_\_\_ \$ \_\_\_\_\_

### USATF Directory (2000/2001)

Names and addresses of national officers and staff, board of directors, sport and administrative committees, association officers and addresses, etc. \$12.00.

\_\_\_\_\_ \$ \_\_\_\_\_

### USATF Governance Handbook (2001)

U.S. Bylaws and operating regulations, forms for membership, race sanction, records, course measurement, etc. 152 pages. \$12.00.

\_\_\_\_\_ \$ \_\_\_\_\_

### International Scoring Tables

Complete scoring tables for 21 men's and 17 women's individual events. All events, and the event orders, in normal multi-events are included: decathlon, heptathlon, indoor & outdoor pentathlon, indoor heptathlon, and weight pentathlon. Brief scoring instructions, age factors for the common WAVA multi-events, and instructions for hand times and automatic times are included. In English and German. Pocket size (4 1/2 x 6). \$12.00.

\_\_\_\_\_ \$ \_\_\_\_\_

### Masters Racewalking

Thirty American coaches and athletes share ideas on Technique, Training and Racing. This book is a unique and complete resource. Edited by Elaine Ward. \$15.00.

\_\_\_\_\_ \$ \_\_\_\_\_

### USATF Logo Patch 3 color embroidered 4" x 3". \$4.50.

\_\_\_\_\_ \$ \_\_\_\_\_

### USATF Race Walking Patch. 3-color embroidered 4" x 3" with gold trim. \$5.50.

\_\_\_\_\_ \$ \_\_\_\_\_

### USATF Cross Country Patch. 3-color embroidered 4" x 3" with gold trim. \$5.50.

\_\_\_\_\_ \$ \_\_\_\_\_

### USATF Lapel Pin. 3-color USATF Logo on 7/8" soft enamel lapel pin (nail pin back with military clutch). \$5.50.

\_\_\_\_\_ \$ \_\_\_\_\_

### USATF Decal. 3-color. 3" x 2-1/2". \$2.00.

\_\_\_\_\_ \$ \_\_\_\_\_

### 2001 Road Race Management Directory

Published by Road Race Management, this book combines the Guide to Prize Money & Races with the Running Industry Resource Directory – two books in one – listing elite athletes (including masters) with over 1000 addresses and phone numbers, prize money structures for 400 events, Internet services, retailers, publications, TV contacts, and more. \$75.00.

\_\_\_\_\_ \$ \_\_\_\_\_

### Running Research News

Bi-monthly newsletter. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. \$35.00 per year.

\_\_\_\_\_ \$ \_\_\_\_\_

### Masters Track and Field: A History, by Leonard Olson

Olson, a masters competitor since 1970, traces the development of masters t&f from its start in San Diego in the late 1960s to its expansion into present-day world championships, with emphasis on the personalities and events that helped shape this historic movement in sports. 64 photographs, tables, appendix, bibliography, and index. 320 pp. \$65.

\_\_\_\_\_ \$ \_\_\_\_\_

### Back Issues of National Masters News

Issues: \$2.50 each.

\_\_\_\_\_ \$ \_\_\_\_\_

### Postage and Handling

\$ 2.00

### Overseas Air Mail (add \$5.00 per book)

\$ \_\_\_\_\_

### TOTAL

\$ \_\_\_\_\_

Send to:

National Masters News Order Dept.  
P.O. Box 50098, Eugene OR 97405

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_

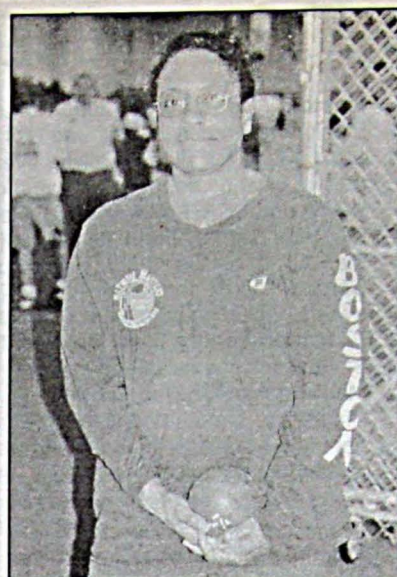


# The Weight Room

By JERRY WOJCIC

## Things Change

When I saw the list of entrants for the 2001 Indoor Championships on the TRACS web site, I was surprised by the low numbers in the throws. By the first event, the weight on Friday evening, however, late entries had beefed up the numbers in most divisions. A comparison of the number of men and women weight throwers in the 2000 and 2001 results shows a loss of about 10 this year, and about the same differences in the shot and superweight.



JERRY WOJCIC  
Oneitha Lewis, 40, set three W40 U.S. records in the throws, Masters Indoor Championships, Boston.

ing chart 113%. It stopped me in mid-sentence (which doesn't happen often), and evoked a collective "Whoop" in appreciation from spectators and athletes.

Later, she broke national records in the 4 kg shot (by seven feet) with a 45-7, and 35# superweight (by almost five feet) with a 29-1/2. Roz Katz, W55, New York, who took three golds here, should get another for encouraging Lewis to get involved in masters track.

### Bye, Bye, Biggie

I have mixed feelings about the adoption of the WAVA weights. Some may remember an early article of mine, railing against the WAVA adoption several years ago. I would like to forget it. The only weight I still have a problem with is the 12# for M80+. Of course, I may change my mind when I hit that age group, as I have for the 20# and 16#. Until then, anybody interested in buying a slightly used outdoor 25# weight? □

## USATF National Masters Indoor T&F Champions Boston, Mass; March 23-25, 2001

60	M30 Duford	M35 Lovett	M40 Puckerin	M45 Johnson	M50 Collins	M55 Johnson
200	Thomas	Lovett	Crain	Jones	Allie	Johnson
400	Thomas	Lovett	Blackwell	Gonera	Collins	Whitley
800	Nash	Yorges	LeBourne	Gallegos	Shaheed	Perry
Mile	Rebenciu	Roman	LeBourne	McMullen	Bell	Perry
3000	Cross	Levey	Fram	McCusker	Shaheed	Brown
60H	Dnummond	Ashford	Smith	Price	Druckrey	Johnston, F
4x400	Greater Boston TC				AURA	
4x800	Greater Boston TC		SC		SAC	
HJ	Henson	Agaev	McBarnette	Watry	Jamrich	Johnston, J
PV	Lang	Berie	Babits	Hunter	Phillips	Radzevich
LJ	Martin	Foster	Keyes	Quick	Lapp	Jones
TJ	Weston	Foster	Lewis	Quick	Jamrich	Shaw
SP	Adelgren	Thompson	Otrando	Wetenhall	Pataki	Mead
WT	Frazier	Thompson	Hambrick	Wetenhall	Pataki	Gage
SW	Rains	Thompson	Hambrick	Wetenhall	Pataki	Gage
Pent	Walter	O'Neil	Dyer	Watry	Holmes	Baker
3K RW	---	McCullough	D Johnson	Gordon	Keating	Friedlander
60	M60 Colbert	M65 Richards	M70 Brown	M75 Larsen	M80 Means	M85 McPhie
200	Colbert	Johnson	Brown	Larsen	Manno	Malizia
400	Colbert	Johnson	Brown	Johnson	Manno	Malizia
800	Simpson	Haviland	Selby	Johnson	Tribou	Malizia
Mile	Simpson	Haviland	Selby	Hosner	Tribou	Healy
3000	Weddle	Fouk	Selby	Hosner	Tribou	Healy
60H	Coats	Bonifield	Stookey	Larsen	---	---
4x400	Eastern Gramps		---	---	---	---
4x800	ER50		---	---	---	---
HJ	Kline	Langenfeld	Stookey	Wambach	---	McPhie
PV	Counihan	Goode	Donley	Morcom	---	---
LJ	Byrne	Richards	Stookey	Larsen	---	McPhie
TJ	Coats	Beck	Stookey	Brako	---	McPhie
SP	Johnson	Vaughn	Horne	Walmroth	Schlothauer	McPhie
WT	Cyprus	Ward	Wojcik	Mozhaev	Schlothauer	---
SW	Cyprus	Ward	Wojcik	Walmroth	Schlothauer	---
Pent	Byrne	Jankovich	Larsen	---	---	---
3K RW	P Johnson	Bray	Starr	Mmm	Dyas	Patterson
**M90	Hatlen-60, HJ, LJ, SP					
60	W30 Scott	W35 Landrum	W40 DeWitt	W45 McField	W50 Hayes	W55 Naftel
200	Awidi	Landrum	DeWitt	McField	Warren	Lowenstein
400	Scott	Morris	Monday	McField	Warren	Lowenstein
800	Sargent	Heuer	Monday	Uttschneider	Smith-Hanna	Naftel
Mile	Livingston	Heuer	Monday	Uttschneider	Smith-Hanna	Michelson
3000	---	Archuletta	Noe	Uttschneider	Smith-Hanna	Kelly
60H	Gutzler	Landrum	Johnson	Thompson	Clark	---
4x400	East Regional "B"		Western Flyers		East Regional 50	
4x800	MM		---	---	Liberty Athletic Club	
HJ	---	Morris	Johnson	Gilmour	Clark	Douglass
PV	---	---	---	---	Phillips	---
LJ	Gutzler	Best	Iba	Lowery	Clark	Primmer
TJ	---	---	Iba	Lowery	McCormick	---
SP	---	Houseman	Lewis	Gilmour	Clark	Katz
WT	---	Houseman	Lewis	---	---	Katz
SW	---	---	Lewis	---	---	Katz
Pent	---	Jones	Iba	Clark	---	---
3K RW	---	Gutsche	Herazo	Chase	Eichel	Frale
60	W60 Bergen	W65 Jordan	W70 Peterson	W75 Valien		
200	Bergen	Cappetta	Peterson	Valien		
400	McKenna	Cappetta	Peterson	---		
800	Daprano	Harada	Onc'-Leonard	---		
Mile	Daprano	---	d'Elia	---		
3000	---	---	McChesney	---		
60H	---	Jordan	---	Valien		
4x400	LAC					
4x800	---					
HJ	Wright	Burgess	---	Hinton		
PV	Wright	---	---	Valien		
LJ	Wright	Jordan	---	Valien		
TJ	Wright	Jordan	---	Valien		
SP	Wright	Roman	Snaden	Valien		
WT	Young	Roman	Snaden	Hinton		
SW	Young	Roman	Snaden	Hinton		
Pent	---	---	---	Valien		
3K RW	Sinkovec	Beaudet	Mars	Gordon		
**W80	Gradick-SP, WT; W85 Jarvis-SP, WT					



Not bad, really, considering the stock market decline, the fact that Boston may be losing some of its novelty after four straight championships at the Reggie Lewis Center, and that Brisbane-and-Baton Rouge-bound athletes may be saving a buck. On the other hand, 48 pentathletes competed this year, as opposed to 37 in 2000. Go figure.

Another reason for the drop in weight throwers may have been that the official U.S. weight of the M50+ and W60+ implements decreased significantly a week later on April 1. Why would anybody in my division, M70, for instance, incur the expense of showing up to throw a 25#, when on the next Sunday, he could be heaving the 16#? The M80+ went from the 25# to the 12#! The W60+ changed the 16# for the 12#.

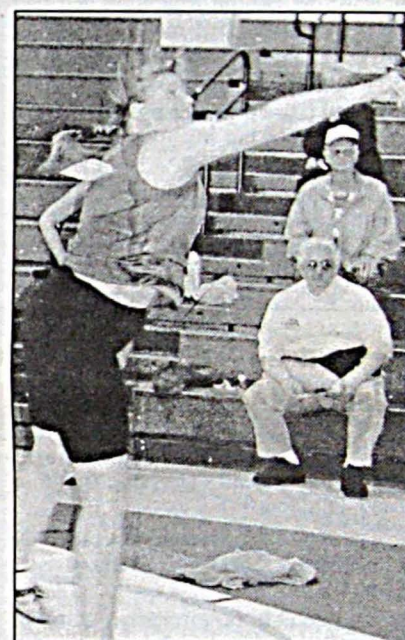
This may explain why there were eight M70s in 2000 and two this year. Most weight throwers also throw the superweight: consequently, there were five in 2000 and one this year. Shot putters, who aren't necessarily weight throwers, went from six to four this year.

### Quality vs. Quantity

While quantity may have diminished somewhat, quality didn't. Lad Pataki, M50, California, probably wins the imaginary Male Thrower of the Meet award for his three outstanding wins, followed closely by Jim Wetenhall, M45, Ohio, another triple winner, with a U.S. superweight record.

Ted Hatlen, California, broke the M90 shot put world record by over three feet; Gerald Vaughn, North Carolina, stretched the M65 U.S. shot record to 43-11/4. Betty Jarvis, Oklahoma, established W85 U.S. records in the shot and weight.

Oneitha Lewis, W40, New York, gets my Female Thrower of the Meet vote, and probably Thrower of the Meet honors. I was gabbing and casually watching her throw, when she let loose with her U.S. record throw (by over 10 feet) of 50-11/2 with the 20# weight, a stunning, off-the-age-grad-



SUZY HESS  
Denise Houseman, Manchester, N.H., W35 shot put winner (10.63), National Masters Indoor Championships, Boston.



SUZY HESS  
Jim Wetenhall, Sylvania, Ohio, won the gold medal in the M45 shot (13.58) and broke the U.S. record in the 56# superweight (10.41), National Masters Indoor Championships, Boston.

## Indoor Nationals

Continued from page 1

M50 world record 7.23, age-graded 99.1%, to win the 60m race on Saturday morning; after lunch, he broke the U.S. 400 record with a 52.78.

Other 60m races also yielded international-class 90+% performances. Bill Johnson, 49, Georgia, won the M45 final (97.9% 7.27); all eight finalists had 90%-or-higher performances.

Two age-graded performances were even better. Melvin Larsen, 76, Iowa, broke the M75 60H record with a 100+% 10.79, and Oneithe Lewis, 40, New York, topped that with a 113% 15.53 throw with the 20-lb. weight, easily the most impressive weight throw of the meet, and one of her three U.S. records in the throws.

Leland McPhie, 87, California, and Evelyn Wright, 63, Maryland, each won five gold medals, Wright breaking the W60 U.S. record in the high jump. Barbara Jordan, 65, Vermont, took four firsts, with a W65 U.S. record in the 60H.

As in the previous championships held here, the middle distances provided exciting races. In the closest finish of the meet, Angel Roman, 39, California, in 4:24.43, edged Conor O'Driscoll, 39, New York, 4:24.59, and Chris Yorges, 35, Oregon, 4:24.60, in the M35 mile on Saturday. Yorges rec-



SUZY HESS

Craig Fram, 42, Plaistow, N.H., broke his M40 U.S. record of 8:33.68 with an 8:32.52, National Masters Indoor Championships, Boston.

iprocated on Sunday with a narrow win over Roman in the 800, 1:59.70 to 2:00.08.

In the 3000, Craig Fram, 42, New Hampshire, had the distinction of breaking his M40 U.S. record

(8:33.68) set here two years ago with an 8:32.52.

Pole vaulters Gary Turner, 45, Indiana, and Daniel Borrey, 55, California, captured the attention of the audience on Saturday when they soared over the bar with world records in the pole vault.

Three records were set in the 3000 racewalk, a W75 world record of 21:24.68 by Floridian Miriam Gordon, and national records by Robert Mimm, M75, New Jersey, and Bill Patterson, M85, North Carolina.

Foreign guest competitors included Warren Hammill, Canada, first in the M55 pentathlon with a world best 4283, and Pinchas Shechter, Israel, first in the M60 long and triple jumps.

Peter Taylor was the announcer for the entire meet. The meet was directed by TRACS, Inc., assisted by the USATF New England Association. Lancer Timing Services, using FinishLynx, handled the results.

This was the last year that the "USA" implements for the weight throw were used at a championships. As of April 1, the M50+ and W60+ divisions will be using the lighter WAVA specification weights.

An athletes' meeting was held on Saturday evening at the meet headquarters Sheraton Boston Hotel. Items on the agenda included the 2001 Nationals in Baton Rouge, WAVA-



Pinchas Shechter, 61, guest competitor from Israel, was first in the long jump and triple jump, National Masters Indoor Championships, Boston.

Brisbane, and a discussion of the national team concept.

This was the fifth consecutive year that the Championships have been held at the Reggie Lewis facility, also the site in 2002 and 2003. □

## Pending Age Group Records, USATF National Masters Indoor T&F Championships, Boston, Mass., March 23-25

World Records	Event	Age	New Mark	Name	Old Mark	Held By
	60	M50	7.23	Bill Collins	7.34	James St. Cyr
	60	M90	11.84	Ted Hatlen	13.64	Karl Trei
	200	M50	23.72	Charles Allie	23.76	Held by two
	200	M80	32.85	Jim Manno	32.9	Barry Ivers
	400	W65	71.89	Carolyn Cappetta	76.56	Audrey Lary
	800	M50	2:02.88	Nolan Shaheed	2:03.55	Nolan Shaheed
	Mile	W70	7:19.44	Toshiko d'Elia	7:29.22	Pearl Mehl
	3000	M50	8:54.73	Nolan Shaheed	8:58.8	Las Presland
	60H	M75	10.79	Melvin Larsen	11.05	Ed Lukens
	60H	W75	16.01	Johnnye Valien	---	---
	HJ	M90	0.99	Ted Hatlen	0.89	Karl Trei
	PV	M45	4.78	Gary Hunter	4.77	Wolfgang Ritte
	PV	M55	4.06	Daniel Borrey	4.05	Hans Lagerqvist
	PV	W75	1.52	Johnnye Valien	1.40	Margaret Hinton
	SP	M90	6.64	Ted Hatlen	5.45	Vaino Sirula
	3000RW	W75	21:24.68	Miriam Gordon	22:17.08	Millie Crews
<b>U.S. Records</b>	200	M65	26.64	Paul Johnson	26.87	Paul Johnson
	200	W65	32.25	Carolyn Cappetta	33.74	Audrey Lary
	400	M40	49.62	Ray Blackwell	49.90	Ray Blackwell
	400	M50	52.78	Bill Collins	52.87	Charles Allie
	400	M65	60.39	Paul Johnson	60.87	James Law
	800	M65	2:24.12	Frank Haviland	2:26.3	Archie Messenger
	800	W40	2:16.01	Rose Monday	2:22.67	Patti Ford
	800	W50	2:28.61	Carolyn Smith-Hanna	2:34.42	Linda Upton
	Mile	W50	5:33.70	Carolyn Smith-Hanna	5:40.1	Mila Kania
	3000	M40	8:32.52	Craig Fram	8:33.68	Craig Fram
	3000	W40	10:03.53	Madelyn Noe	10:04.93	Patti Ford
	60H	W35	8.96	Charlene Landrum	9.43	Anne Jennings
	60H	W65	13.91	Barbara Jordan	14.25	Leonore McDaniels
	HJ	M75	1.34	Bill Wambach	1.25	Ed Lukens
	HJ	W60	1.27	Evelyn Wright	1.25	Held by three
	LJ	M90	2.14	Ted Hatlen	2.06	Everett Hosack
	TJ	W75	5.55	Johnnye Valien	5.30	Margaret Hinton
	SP	M65	13.39	Gerald Vaughn	13.16	Bob Ward
	SP	W40	13.89	Oneithe Lewis	11.85	Joanne Grissom
	SP	W75	6.89	Johnnye Valien	6.69	Margaret Hinton
	SP	W85	4.47	Betty Jarvis	---	---
	WT	W40	15.53	Oneithe Lewis	12.38	Joanne Stratton
	WT	W85	5.40	Betty Jarvis	---	---
	SW	M45	10.41	Jim Wetenhall	8.53	Carl Reichard
	SW	M65	7.30	Bob Ward	6.58	Vernon Spencer
	SW	W40	8.85	Oneithe Lewis	7.44	Ruth Welding
	SW	W60	8.13	Carol Young	7.86	Carol Young
	3000RW	M75	19:12.96	Robert Mimm	19:45.3	Bill Tallmadge
	3000RW	M85	24:29.58	Bill Patterson	---	---
<b>Bests</b>	4x400*	M50	3:43.43	AURA	3:47.32	USA
	4x400**	W50	5:13.44	ER50	5:14.23	USA
	4x800**	W35	10:29.15	ER50	11:01.44p	ATC
	4x800*	W50	12:49.94	LAC	13:04.54	USA
	SW**	M50	10.55	Lad Pataki	---	---
	SW**	W55	6.62	Roslyn Katz	---	---
	SW**	W75	4.37	Margaret Hinton	---	---
	Pent*	M55	4283	Warren Hammill	---	---
	Pent*	M75	3754	Melvin Larsen	---	---
	Pent*	W75	3923	Johnnye Valien	---	---

\*World best/\*\*U.S. best

## NORTHERN CALIFORNIA SENIORS TRACK/FIELD CLUB 3<sup>RD</sup> ANNUAL MARK GRUBI MEMORIAL CLASSIC

### EDWARDS FIELD

### UNIVERSITY OF CALIFORNIA BERKELEY

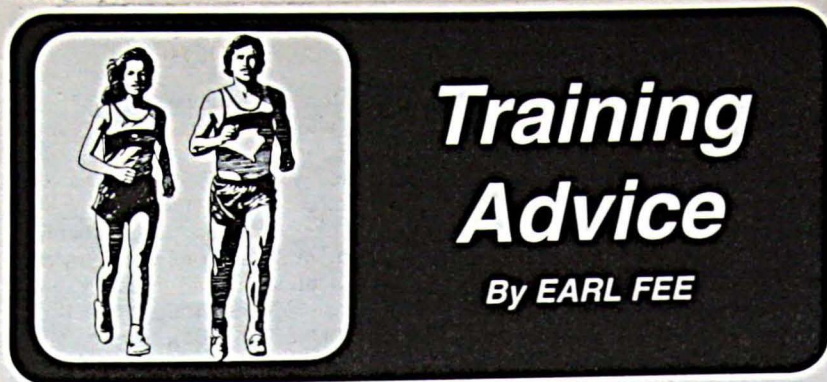
SUNDAY JUNE 3<sup>RD</sup> 2001

- ENTRY:** MUST BE POSTMARKED BY MONDAY MAY 28<sup>TH</sup> 2001  
PHONE AND FAX ENTRIES AVAILABLE AT 415 457-8177
- FEES:** \$15.00 First event (N.C.S.T.C. members get second event free)  
\$10.00 each additional event. \$20.00 late entries after 5/28/01
- CONTACT:** Meet Director Don Rose 43 Mc Allister Ave. Kentfield Ca. 94904
- ELEGIBILITY:** All men and women with current 2001 USATF registration  
Race day USATF registration available for \$15.00
- AGE GROUPS:** 30 yrs and above in 5 yr. groups. Race day age determines group.
- AWARDS:** Medals to first three places in all events by 5 year age group.
- T-SHIRTS:** FREE to each competitor while they last. Others may purchase at the check in table for \$15.00
- FACILITIES:** Edwards Field is one of the best facilities on the West Coast.
- HEATS:** 5 year age groups where possible.  
All Athletes are subject to drug testing  
cut along dotted line

Name \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_  
Address \_\_\_\_\_ Phone ( ) \_\_\_\_\_  
City/State/ Zip \_\_\_\_\_ Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_  
me day year

Club Affiliation \_\_\_\_\_ Age as of 6/03/2001 \_\_\_\_\_  
U.S.A.T.F.# \_\_\_\_\_ Must show to Meet Director on day of event.  
In consideration of your accepting my entry, I intending to be legally bound, do hereby for myself, my heirs, executors and administrators, waive and release for ever, any and all rights, claims, damages I may accrue against Northern California Seniors Track Club, USA Track and Field, The University of California at Berkeley, and all sponsors of this competition, their successors, representatives and assigns for any and all injuries suffered by me while traveling to and from, and while participating in the Northern California Seniors Track and Field Classic held June 3<sup>RD</sup> 2001 at Edwards Field Berkeley California.

Date \_\_\_\_/\_\_\_\_/\_\_\_\_ Signature \_\_\_\_\_  
Events entered \_\_\_\_\_ Best mark \_\_\_\_\_ Amount Enclosed \$ \_\_\_\_\_  
(Checks payable to NCSTC)  
Send to Meet Director Don Rose  
43 Mc Allister Kentfield Ca. 94904  
1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_  
4. \_\_\_\_\_ Events: (8:30 -12:00) 5K walk & run, Hurdles, 100  
5. \_\_\_\_\_ 800,400(12:30-3:00) 200,1500L.H.Field Events  
6. \_\_\_\_\_ (7:30-12:00) Hammer, P.V., Shot, L.J Discus  
7. \_\_\_\_\_ (12:00-3:00) H.J. Javelin, T.J. Weight throw. Heats  
8. \_\_\_\_\_ start with oldest and work toward youngest  
when ever possible. Open pit in T.J.L.J.  
NOTE: Parking at and around the University is limited. If you intend on parking bring at least \$3.00 in Quarters. There are lots in the area, some are open to the public.



# Training Advice

By EARL FEE

## Neural Training to Run Faster and Age Slower

To retard aging, neural training is practically unknown. Neural training involves fast, intensive movements (explosive strength training) to activate the fast-twitch muscles. The particular advantages of anti-aging and faster running by explosive strength training are explained here.

Neural training is a very important concept or principle for all athletes which, if practiced frequently, will help you to age slower than your rivals. But first, a short course on the central nervous system is in order.

The brain and spinal chord constitute the central nervous system, which communicates with the muscles via peripheral nerves. Each nerve is a bundle of nerve fibers or neurons, either motor or

sensory. The motor neurons carry signals (or electrical impulses) to the muscles; the sensory neurons bring information back to the brain. Each neuron is associated with many muscle fibers forming a motor unit.

As we age, we lose strength and flexibility, so it is wise to exercise and do frequent weight training and stretching exercises, but this is not enough. We must also continue to activate the neu-

rons associated with the fast-twitch muscles by explosive resistive movements, or these neurons atrophy from disuse as explained below.

### Explosive Training

The advantage of explosive movements to improve the neural pathways is shown in the comparison below. For example, a study in 1994 by exercise physiologist Ron Johnson, Ph.D., showed more than a 2% improvement in running economy for female distance runners after 10 weeks of leg, "abs," and arm weight training. However, in a 9-week Finnish study by Heikki Rusko, a whopping 8% improvement in running economy was achieved by a group of endurance runners who spent one third of training time on "explosive" strength training (i.e., sprints, plyometrics, but low resistance weight training).

Kirkendall and Garrett in a 1998 research paper, *The Effects of Aging and Training on Skeletal Muscle*, *American Journal of Sports Medicine*, state the following pertinent facts: "With age, the number and area of fast-twitch fibers (Type II) decreases. The loss of muscle mass with age is secondary to age-related denervation of muscle fibers, particularly the denervation (non-use of neurons) of Type II fibers. With age, large numbers of type II motor neurons become nonfunctional; the neural input is disrupted. With reduced demand on skeletal muscle, it adapts to the new lower requirement, but with increased demand, the declines due to aging can be minimized."

Based on the above, the important point is that nonfunctional fast-twitch Type II neurons can be reduced by increased demand on fast-twitch muscles. This can be accomplished by fast resistive movements on a frequent basis.

### Demand on Muscles

The demand on the Type II muscles has to be the right type. Many athletes with great strength do not possess the required power to sprint a fast 100 meters or shorter distance; to do so, the specific fast-twitch muscles required must be exercised rapidly in a like manner.

"Resistance training can improve the central nervous system recruitment (enervation) of muscle, hypertrophy (increase in area of fast-twitch fibers), and force output" (Kirkendall and Garrett); I have added the comments in brackets. However, there must be sufficient intensity and duration over many weeks.

Endurance type of weight training would have less effect on fast-twitch development, but is still very beneficial as shown by the Rusko study above. There is a high rate of activation of fast-twitch neurons during sprinting and other competitive/intensive sports; these neurons must be exercised in practice sessions to achieve top speeds and fast reactions.

### Prevent Atrophy

The following exercises will assist to activate the fast-twitch motor units and prevent their atrophy with age:

- Actions that involve split-second decisions
- Fast feet drills



AL PUMA  
Earl Fee, 71, at the 2000 NYRR 5th Avenue Masters Mile, Manhattan.

- Fast arm drills
- Fast step-ups with or without light dumbbells
- Fast squats with light dumbbells
- Small punching bag exercise
- Tennis ball reaction catching against a wall

- Moving weights fast in weight training
- Mental exercises involving fast movements or one of the above
- Sprint training
- Plyometrics involving explosive actions (see details below)

(Note that in the above exercises it is important to exercise both the upper and lower body.)

### Train Fast

To run fast, train fast. Similarly, lifting weights fast (e.g., the leg press) and plyometrics (e.g., hopping or jumping onto and over boxes) will assist you in running faster by improving neural response. In moving weights fast, the muscle is stretched under load storing energy (during lowering or the negative phase), and if the muscles are immediately contracted explosively this stored energy is released, producing a maximum force.

Similarly, in plyometrics, the muscles store energy during the landing (stretching phase) which is released in the immediate rebound. The stretching during the lowering stimulates the nervous tissue within the muscles. This results in a greater number of muscle fibers called into action and simulates closely the situations like sprinting, high jumping and long jumping. It follows, for maximum power, the muscle lengthening must be maximized and the time between stretch and shortening (concentric contraction) must be minimized.

### Weight Training

To develop power, sprinters move weights as heavy as the speed of move-

Continued on page 17

### ORDER FORM

## HOW TO BE A CHAMPION FROM 9 TO 90 Body, Mind and Spirit Training by Earl W. Fee

The secrets of Earl Fee are revealed that helped him achieve over 30 world records over the past 15 years in running. This material is supported by hundreds of expert references.

- Fifteen chapters explain how to improve general physical and mental fitness with major emphasis on physiology, mental training, nutrition, inspiration, and motivation.
  - Ten chapters explain the how and why of running training (training principles, the five training systems, etc.) for sprinters, middle and long distance runners and hurdlers.
  - Athletes from 9 to 90 will benefit since all are bound by the same training principles.
- Special precautions are explained for the extreme young and old.

SHIPPING ADDRESS for 420 page 25 chapter signed book (see web site for more details):

Name: \_\_\_\_\_  
(First): \_\_\_\_\_ (Last): \_\_\_\_\_  
Address: \_\_\_\_\_

City/Town: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Country: \_\_\_\_\_ Phone: \_\_\_\_\_ (In case of queries.)

American Express #: \_\_\_\_\_ Expiry: \_\_\_\_\_

Or Visa #: \_\_\_\_\_ Expiry Date: \_\_\_\_\_  
Signature: \_\_\_\_\_ Quantity: \_\_\_\_\_ Total Cost: \_\_\_\_\_

- Pay to Feetness by cheque, money order or credit card. See Table below for cost.
- Overseas customers pay in United States dollars preferably or in your country foreign funds accounting for foreign exchange rate.
- Send form by FAX or air mail. With FAX include credit card info or be invoiced.

Customer Payment in	Overseas		US		Canadian	
	\$US	\$CAN	\$US	\$CAN	\$US	\$CAN
Book Price		\$12.25	\$28.5	\$19.25	\$28.5	\$28.5
Shipping by Air			\$7.0		\$5.5	
Shipping by Sea**	\$7.0	\$11.0	** 3 to 4 weeks delivery by sea			
Taxes (1 book)	\$0	\$0	\$0	\$2.38		
Total Cost (1 book)	\$26.25US	\$39.50CAN	\$26.25US	\$36.38CAN		
Total Cost (2 books)	\$45.50US	\$68.00CAN	\$45.50US	\$66.88CAN		

Send orders by mail or FAX to:

Feetness  
3172 Sir Johns Homestead  
Mississauga, ON, L5L 2N9  
Canada

Telephone: 905-828-0051

E-mail: feetness@attcanada.ca

Web Site: www.feetnessforlife.com

FAX: 905-823-8230



## Training Advice

Continued from page 16

ment will allow; exercising fast with light weights does not develop as much power. However, endurance runners will benefit more from low resistance weights moved rapidly.

Some masters sprinters have reported big speed improvements due to the addition of plyometrics to their training. After one is used to plyometrics, the strengthening of muscles, tendons and joints will assist in preventing injury; and the athlete's ability to generate maximum force in the shortest time will be improved.

Explosive plyometric exercises are, for example, skipping, double leg hops, single leg hops, bounding, jumping from and over boxes, jumping over hurdles.

### Cautions

- It is particularly important to do plyometric drills on a rubberized track or on grass in view of the shock to the body. Good support shoes should be worn.

- Plyometrics is very fatiguing and should only be done after the leg muscles are developed with strength training over many weeks. Proceed gradually in intensity and volume. Condition the legs with double leg hops before attempting single leg hops.

- Avoid lower-body weight training

on days when lower-body plyometrics are used, if either is intensive.

- Plyometrics or weight training, if intensive, should be the very last session (after running) in your practice day.

- For the average runner, plyometric workouts should be done ideally twice weekly during the off-season, and once weekly during the in-season.

- Allow sufficient recovery between intensive plyometrics, weight training or running sessions.

### Slower Decline

Sprinters are doing a great deal of the above in their training, i.e., exercising the neurons associated with the fast-twitch muscles, compared to very little or none for other runners. Therefore, sprinters show the slowest decline in performance/year compared to middle and long distance runners.

In summary, all athletes wishing to age slower than normal should do some form of fast movement, preferably explosive, similar to the above, on a continuous basis. Use it or lose it!

You need some frequent fast powerful movements to keep sharp, run faster, and to retard aging. □

*(The above are mainly excerpts from Earl Fee's book now titled How To Be A Champion from 9 to 90 - Body, Mind, and Spirit Training. See order form on p. 16.)*

## Masters Run Wild in Stampede

By RON MARINUCCI

ANN ARBOR, Mich. - Foreboding skies and strong winds weren't enough to scare away 900 hardy runners from the Stampede of Races, April 7. After all, as several return runners noted, "It's better than last year!"

"Last year" included high winds, too, but coupled with sleet and snowy squalls. Only the winds returned, as temperatures pushed 50 degrees.

The Stampede headquarters were located at Tom Monaghan's (former owner of the Detroit Tigers) Domino's Farms complex. A special treat for runners was the opportunity to view some of Monaghan's classic car collection at the Farms.

Stampede runners had their choice of four distances to race. The mile and 5K were held on the Domino's Farms grounds. They are mostly flat with a few rolls tossed in for variety.

Fast times were turned in for the 5K. Especially noteworthy was 72-year-old Jim Beall's 23:08, an age-graded 16:37.

The 10K and 20K courses were challenging. Besides the strong winds out of the northeast, there were numerous (at least ten in the 20K) long and grinding hills. After about a half mile, runners left the Domino's Farms grounds and soon left paved roads, too. The dirt roads provided some welcome

relief from pounding the asphalt surfaces, although recent rains left some sloppy spots.

There were 244 finishers in the 20K. The masters women's first, Wanda Gunderson, was a repeat winner. Shining masters efforts were turned in by Michigan Grand Masters team members Wally Herrala, 55 (1:18:29, age-graded 1:08:06), and James Carlton, 58 (1:19:10, A-G 1:06:54); the MGM team won the 20K relay.

In the 10K, Bryan Alfonso, 41, led all masters finishers in 33:27 (A-G 32:09). Nationally-ranked Jim Forshee, 75, ran a 45:52 (A-G 31:48).

When Bruce Harrison crossed the finish line to lead all masters runners in the 20K, his wife, Grace, was there to cheer him on. A few minutes earlier, she had finished first among the masters women in the 10K. Harrison's 1:10:58 age-graded to 1:06:38. □

*(Ron Marinucci can be reached by e-mail at RMarin6424@aol.com.)*

### Subscription Problems? Moving?

To determine the status of your subscription, or to let us know of your new address, call or fax Circulation Director Sonia Avila, at 818-760-8983; fax 818-985-1213. Or write to NMN, PO Box 16597, North Hollywood CA 91615.



**Master The Board**

For More Information  
Contact Heidi Shelhamer  
(610) 967-8758  
Fax #: (610) 967-8883


**CLASSIFIED**

**Race Directors:**  
Promote your race via the INTERNET.  
No need to send anymore race forms.  
Print directly from the web.  
[WWW.GLOBALRENTAWEB.COM](http://WWW.GLOBALRENTAWEB.COM)

**CALIFORNIA ATHLETIC FIELD FOR SALE**  
**\$850,000**

Hammer-Throwing Field with Cage in Santa Cruz Mountains  
1 1/2 Acre Ocean-View Property with Classic Mini Ranch-House  
Five Miles Above UCSC at 5601 Empire Grade, Near Pineridge  
Gary Kelmenson • (831) 458-0300  
Fax: (425) 699-1181  
E-Mail: [Kelfield@aol.com](mailto:Kelfield@aol.com)  
Club or Group Inquiries Welcome

**UNITED STATES AIR FORCE**  
**SEPTEMBER 22, 2001**  
"OPEN TO THE PUBLIC"



*"The race with a different altitude"*

**MARATHON**  
WRIGHT PATTERSON AIR FORCE BASE DAYTON, OHIO

**Marathon Wheelchair 4 Person Relay**  
**Two day Expo**  
**Pasta Dinner**  
**Post Race Awards**

Starts and finishes at the United States Air Force Museum.  
"The worlds oldest and largest military aviation museum"


Entry Fee \$35.00 to \$45.00 depending on event and entry date

BOSTON QUALIFIER  
TIMING CHIPS  
RUNNERS FROM AROUND THE WORLD  
UNIQUELY DESIGNED FINISHER MEDALS

For race information call:  
(937) 257-4350 or  
1-800-467-1823  
Or visit our web site at: <http://afmarathon.wpafb.af.mil>

MARATHON & BEYOND  
Wright Patt.  
FAIRBORN  
BAND-AID  
Fairbairn  
BALANCE BAR  
NO FEDERAL ENDORSEMENT OF SPONSORS INTENDED

WE THANK OUR 2000 SPONSORS



# MASTERS CLUBS

Below is a list of masters track & field, long distance running, and racewalking clubs arranged alphabetically by region. Some offer workout facilities. Most have social programs and annual awards. If you'd like to find out more about what's going on in your area, contact one. To have your club listed, please send the necessary information to National Masters News, P.O. Box 50098, Eugene OR 97405.

## EAST

All Unique Individuals  
Women's Masters Track Team  
PO Box 2831  
Elizabeth, NJ 07207-2831  
973-736-3312

Bohemia Track Club  
Mary Trotto  
3 Eden Dr.  
Smithtown, NY 11787  
516-979-8445

Boston Athletic Assoc.  
131 Clarendon St., 8th Floor  
Boston, MA 02116  
617-236-1652  
www.bostonmarathon.org

Boston RC  
79 Manet Rd.  
Chestnut Hill, MA 02467  
617-964-7802

Capitol Hill Road Runners Club  
1104 Sanford Lane  
Accokeek, MD 20607  
Robert S. Weiner

Finger Lakes RC  
PO Box 321  
Newfield, NY 14867  
607-564-9516

Garden State AC  
19 Bedminster Rd.  
Randolph, NJ 07869  
973-625-1764

Greater Boston TC  
PO Box 183  
Boston, MA 02117-0183  
617-499-4844  
gbtc@crl.dec.com  
www.gbtc.org

Greater Long Island RC  
101-24 Dupont St.  
Plainview, NY 11803  
516-349-7646  
516-349-7647 (fax)  
www.pobrc.org

Greater Rochester TC  
PO Box 92608  
Rochester, NY 14692  
716-872-6652

Hudson Mohawk Road Runners  
PO Box 12304  
Albany, NY 12212  
518-435-4500

Liberty AC  
63 Bridge Street  
West Newbury, MA 01985  
978-510-1032  
libertyac@hotmail.com  
www.libertyac.org

Maryland Masters Track Club  
107 Rosewood Ave.  
Baltimore, MD 21228-4939  
410-744-2652

Nadia Track Club  
1500 Sylvan Terrace  
Pittsburgh, PA 15221  
Dorel Watley, Pres.  
412-244-9812

National Capital Track Club (GNATS)  
c/o Karen Erb  
205 W. Myrtle St.  
Alexandria, VA 22301  
703-549-7779

New England Walkers  
83 Riverside Av.  
Concord, MA 01742  
978-369-7912

New Jersey Striders TC  
P.O. Box 885  
Maywood, NJ 07607  
201-337-7081

North Jersey Masters  
PO Box 56  
Ridgewood, NJ 07451

NY Masters Club  
Rose Ann Gaeta  
75-32 199th Street  
Fresh Meadows, NY 11366

NYRR  
9 E. 89th St.  
New York, NY 10128  
212-860-4455

Peninsula Track Club  
Rhonda Venable  
http://hometown.aol.com/toadpark/  
index.html

Pioneer Valley Women's Running Club  
Susan Jaye-Kaplan  
45 Woodside Drive  
Longmeadow, MA 01106  
413-567-8563

Potomac Valley Track Club  
c/o Bobby Briggs  
6207 Duntley Ct.  
Springfield, VA 22152  
703-913-6335  
email: corrallo@erols.com

Rhode Island Road Runners  
18 Musket Road  
Lincoln, RI 02865  
chyson8089@aol.com  
401-725-1725

Run to Win Ladies - Maine  
Coach Brian Gillespie  
36 Colonial Rd.  
Portland, ME 04102  
207-772-2753

Shore AC  
Donna Cetrulo  
274 Bath Av #14  
Long Branch, NJ 07740  
732-222-1348

Sugarloaf Mt. AC  
Box 659  
Amherst, MA 01004  
413-586-7411

Syracuse Chargers TC  
118 Foxcroft Lane  
Fayetteville, NY 13066  
315-637-6211

Taconic Road Runners Club  
No. Westchester, New York  
914-528-2251  
www.runner.org

Tendonitis A.C.  
c/o Chris Rush  
1177 Oxford Place  
Schenectady, NY 12308  
html://members.aol.com/MacAlps/  
TAC.html  
chrisrush@prodigy.net  
518-374-6995

Tri-State TC  
Wayne Vaughn  
18619 Preston Rd.  
Hagerstown, MD 21742

Western Pennsylvania Track Club  
Joe Silvero  
14400 Winchester Rd.  
Trafford, PA 15085  
412-372-1986

## SOUTHEAST

All American TC  
20184 Hwy 17  
Hampstead, NC 28443

Atlanta TC  
3097 E. Shadowlawn Av. NE  
Atlanta, GA 30305  
www.atlantatrackclub.org

Birmingham TC  
P.O. Box 530363  
Birmingham, AL 35253  
205-879-5344

Florida AC  
3250 Lakeview Blvd.  
Delray Beach, FL 33445  
561-499-3370

Florida TC  
P.O. Box 12463  
University Station  
Gainesville, FL 32604  
904-378-8725

Greenville TC  
P.O. Box 16262  
Greenville, SC 29606-7262  
864-235-8260

Huntsville TC  
c/o Harold Tinsley  
8811 Edgehill Dr.  
Huntsville, AL 35802  
256-881-9077  
harold.tinsley@gte.net  
www.huntsvilletrackclub.org

Manasota Track Club  
Don Marshall  
Sarasota/Manatee, Florida  
sarasotadon@att.net  
http://sarasota-online.com/track

Miami RC  
Tropical Park  
7920 SW 40th St.  
Miami, FL 33155  
305-227-1500

Nashville RACERS  
421 Valley Trace Dr.  
Nashville, TN 37221  
615-356-4607  
racers@home.com

Nashville TC  
2916 Oakland Av.  
Nashville, TN 37212-5812  
615-383-6733

North Carolina RRC  
PO Box 26761  
Raleigh, NC 27611  
919-231-0714

Pony Express Masters TC  
PO Box 503  
Norfolk, VA 23501  
Attn: Joe Mack  
757-482-5558

Port City Pacers  
PO Box 16907  
Mobile, AL 36616  
334-473-RACE

Richmond T&F Club  
PO Box 6701  
Richmond, VA 23230  
804-266-4785

## MIDWEST

Ann Arbor TC  
PO Box 7551  
Ann Arbor, MI 48107  
734-663-9740  
734-663-0124 (fax)

Athletic Ventures  
Bill Stewart  
Ann Arbor, MI  
734-332-3981  
www.athleticventures.com

Bob Shul Racing Team  
27 E Dixon Av.  
Dayton, OH 45419  
937-293-7935  
BobShul@sprintmail.com

Columbus Roadrunners  
PO Box 15584  
Columbus, OH 43215-0584  
617-764-9733

Dayton Masters TC  
PO Box 17706  
Dayton, OH 45417-0706  
Bob Jones, Pres.  
513-837-2754

Eastern Kentucky Track Club  
Gary W. Kidd  
Prestonsburg, KY  
piarist@kih.net

Indiana Racewalkers Club  
3919 N. Vinewood Av.  
Indianapolis, IN 46254  
Michael Bird, Pres.  
317-291-7591  
mgbird@aol.com

Midwest Masters T&F Club  
633 Sunset Dr.  
Janesville, WI 53545  
608-756-5260

Motor City Striders  
10144 Lincoln  
Huntington Woods, MI 48070  
248-544-9099  
248-544-4601 (fax)  
racebreak@aol.com

Over the Hill TC  
9065 Gettysburg Dr.  
Twinsburg, OH 44087

Parkside Athletic Club (Racewalk)  
Mike DeWitt  
Kenosha, WI  
414-551-0142

PUMA Team Jock Stop  
7373 Market Street  
Youngstown, Ohio 44512  
330-726-8407

River to River RC  
PO Box 1224  
Manion, IL 62959

Victory AC  
Marty Gorterman, Pres.  
PO Box 6667  
Louisville, KY 40206  
502-447-3913

Wolpack TC  
4865 Arthur Pl.  
Columbus, OH 43220  
614-459-2547

## MID-AMERICA

American Walking Assoc.  
National Office  
PO Box 4  
Paonia, CO 81428-0004  
970-527-4557  
970-527-4607 (fax)  
walk@online.col.com

Colorado Walking Club  
Rocky Mountain Region  
9853 Zephyr Dr.  
Broomfield, CO 80021  
303-422-5468

Denver TC  
Jim Bogus  
1818 S. Quebec Way #10-1  
Denver, CO 80231  
303-696-0436

Lawrence TC  
PO Box 3743, Jayhawk Sta.  
Lawrence, KS 66046

Lincoln TC  
3105 Cedar Av.  
Lincoln, NE 68502

Prairie Striders  
Box 267  
Brookings, SD 57006

Running International  
Ric Rojas  
3680 Buckeye Court  
Boulder, CO 80304  
303-444-7267  
Ric@RicRojasRunning.com  
www.RicRojasRunning.com

Run, Racewalk, Row, Ride and Roll  
Gary Westlund, Coach  
Minneapolis & St. Paul, Minnesota  
612-782-9620

St. Louis TC  
2385 Hampton Av., #101  
St. Louis, MO 63139-2932  
www.stlouistrackclub.com  
314-781-3926  
314-782-3726 (raceline)

Santa Fe Striders  
PO Box 1818  
Santa Fe, NM 87504  
505-983-2144

## SOUTHWEST

Dallas Masters T&F Club  
1501 W. Lavender Lane  
Arlington, TX 76013  
817-274-0448  
wrunner@aol.com

East Texas T&F Club  
3334 S. SW Loop 323 #125  
Tyler, TX 75701

Robert Hahn  
903-561-9511  
903-581-6605 (fax)

Houston Masters Sports Assoc.  
4021 Montrose Blvd.  
Houston, TX 77006-4956  
713-523-5679

King of the Hill TC  
48 Chateau Haut Brion  
Kenner, LA 70065-4956  
504-467-1197

Louisiana Lightning TC  
Jeff Bary  
321 E. Josephine St.  
Gonzales, LA 70737

Midnight Sun TC  
PO Box 7141  
New Orleans, LA 70186

New Orleans TC  
PO Box 52003  
New Orleans, LA 70152-2003  
504-482-6682

Oklahoma City RC  
PO Box 18113  
Oklahoma City, OK 73154  
405-752-9097

San Antonio TC  
PO Box 39148  
San Antonio, TX 78218  
Don Austin  
210-699-0265

South Louisiana Masters TC  
PO Box 3125  
Lafayette, LA 70502-3125  
318-984-4934

Team Oklahoma Masters  
George Hall  
4217 W 91st  
Tulsa, OK 74132-3739  
TEAM\_OKLAHOMA@bigfoot.com

Tulsa RC  
PO Box 3304  
Tulsa, OK 74101-3304  
918-496-1939  
www.tulsarunningclub.com

Waterloo T&F Club  
4112 Burnet Rd.  
Austin, TX 78756  
512-458-6010

## WEST

Cal Coast TC  
PO Box 7132  
Newport Beach, CA 92660-7132  
949-476-7076  
Bill Sumner/Rick Herr

Club West  
Beverly Lewis  
PO Box 5730  
Santa Barbara, CA 93150  
805-969-5852

Club West  
Gordon McClenath  
PO Box 99  
Goleta, CA 93116-1099  
805-964-3005

Corona del Mar TC  
19103 S. Andmark Av.  
Carson, CA 90746  
310-638-7125

Elite Health TC  
10738 Jefferson Blvd.  
Culver City, CA 90230  
310-559-9739

Excelsior TC  
311 Lexington Way  
Burlingame, CA 94010  
415-592-8353

Feel The Heat TC  
Rawle Crichlow  
1522 E. Southern Ave., #2041  
Tempe, AZ 85282-5664

Great Strides Honolulu  
1521 Punahou St., #1302  
Honolulu, HI 96822  
808-942-9567

Hawaii Masters TC  
PO Box 15763  
Honolulu, HI 96830-5763

Inland Empire Racewalkers  
PO Box 261  
Riverside, CA 92502  
714-877-3548  
714-824-2336

KEL Club  
Gary Kelmenson  
5601 Empire Grade  
Santa Cruz, CA 95060  
831-458-0300  
kelfield@aol.com

Los Gatos AA  
PO Box 1334  
Los Gatos, CA 95031  
408-354-7333

Marin Race Walkers  
Jack Bray  
PO Box 21  
Kentfield, CA 94914  
415-461-6843  
marinrw@wenet.net  
www.lightways.com/marinrw

No. Calif. Senior TC  
Shirley Dieterich, Pres.  
5 Arcade Av.  
Berkeley, CA 94708  
510-848-5016

Pacific Racewalkers  
Box 513  
Carmichael, CA 95609  
916-483-2917

Personal Record Vertical Sports Club  
802 Brentwood Ave.  
Vallejo, CA 94591  
Eddie Seese  
707-645-8555  
prsport1@aol.com

Phoenix Bobcats Track & Field Club  
PO Box 26545  
Phoenix, AZ 85068-6545  
www.phoenixbobcats.com  
602-392-3599

Pole Pilots/Kinaesthetics Inc.  
Track Club  
1137 E. Edison St.  
Tucson, AZ 85719-3530  
Roy D. Willits, Jr.  
Jennifer L. Croissant

Quest Club  
Fred Moore  
3022 N 32nd St. #54  
Phoenix, AZ 85018  
602-954-4605

Reebok Aggie Running Club  
10253 East Estates  
Cupertino, CA 95014  
Charles Alexander  
charlesa@alumni.stanford.org

San Antonio Racewalkers  
9635 Campton Farms  
San Antonio, TX 78250  
Bert Pickell  
bertpj@msn.com

San Diego TC  
PO Box 371232  
San Diego, CA 92137-1232  
619-270-SDTC

Santa Cruz TC  
P.O. Box 1803  
Capitola, CA  
831-728-0399

Show Time TC  
8306 Wilshire Blvd., Suite 2  
Beverly Hills, CA 90211  
323-291-7392

Sierra Racewalkers  
PO Box 13203  
Sacramento, CA 95813-3203  
916-722-5039

SLO Roadrunners  
Roger Wames  
San Luis Obispo, California  
CoachWTRISLO@aol.com  
www.TRISLO.COM

Southern California Striders  
39777 Cathy Dr.  
Fallbrook, CA 92028  
619-436-7698

So Cal Track Club  
18 Charca  
Rancho Santa Margarita, CA 92688  
Mark Cleary  
949-589-0242

Tamalpa Runners  
Box 4132  
San Rafael, CA 94913  
415-721-3791

Team Runners High TC  
Steve Moreno  
PO Box 1429  
Huntington Beach, CA 92647

Trojan Masters TC  
40 Golden Star  
Irvine, CA 92604  
949-786-1731  
gregory.charles@ca.com

Walkers Club of L.A.  
610 Woodward Blvd.  
Pasadena, CA 91107  
626-985-9854

Walk This Way - Racewalking Club  
525 Hidden Ridge Cr.  
Encinitas, CA 92024  
Sloan Zsiros  
619-655-7644  
walkthisway2000@aol.com

West Valley Joggers & Striders  
1124 Kennington Av.  
Sunnyvale, CA 94087  
408-246-2651

## NORTHWEST

Anchorage RC  
Joan Nockels  
PO Box 243362-3362  
Anchorage, AK 99524-3362  
jnockels@pobox.alaska.net

Apex Track & Field  
2420 NE 136th Av.  
Portland, OR 97230  
Jim Satterfield  
503-254-7562

Barron Park Striders  
Drew Stevick  
3225 Scotch Meadow Ct. SE  
Olympia, WA 98501  
360-438-0051

Big Foot Masters  
Maury Ray  
N1810 Green St. MS-2050  
Spokane, WA 99207-5399

Club Vault  
Jerry Cash  
12900 SW Tarpan Dr.  
Beaverton, OR 97008  
503-524-5078

Eugene Running Club  
351 Ransom Ct.  
Eugene, OR 97401  
Cathie Twomey Bellamy  
541-343-4841

Holy Smokes Track Club  
2232 Franklin Av. East  
Seattle, WA 98102  
Denny West  
206-322-2413

Oregon Road Runners Club  
4840 S.W. Western Av., #200  
Beaverton, OR 97005  
503-646-RUNR Susan Perry  
orrc@teleport.com  
www.orrc.net

Oregon Track Club Masters  
PO Box 11364  
Eugene, OR 97440  
541-343-7247  
www.oregontrackclub.org

Pacific Pacers (Racewalk)  
6633 N.E. Windermere Rd.  
Seattle, WA 98115  
206-524-4721  
bevaveck@aol.com

Portland Masters Track Club  
3011 NE Linden Av.  
Gresham, OR 97030  
503-666-8950  
Paul Stepan, Pres.

Racewalkers Northwest  
PO Box 3914  
Portland, OR 97208  
503-256-2916  
RacewalkNW@aol.com

Re-Treads  
Neal Stoddard  
16016 9th Ave. SW  
Burien, WA 98166  
206-245-0516

Seattle Masters AC  
4103 Hillcrest Av., SW  
Seattle, WA 98116  
206-932-3923  
kweinbel@aol.com

Snohomish Track Club  
4261 S. 184th St.  
SeaTac, WA 98188-4569  
206-433-8868

Southern Oregon Sizzlers  
Mike Barrett  
PO Box 665  
Medford, OR 97501  
541-779-1214

Team Alaska Track Club  
Chris Waythomas  
6351 Far Point Cir.  
Anchorage, AK 99507  
chris@maildakarc.usgvs.gov



# T&F Report

By **GEORGE MATHEWS**  
Chair, USATF Masters  
Track & Field

## Important Brisbane Drug Testing Information

The purpose of this article is to provide you with information regarding WAVA/IAAF drug testing and medical exemptions. Although masters athletes are not drug tested in USATF competitions, athletes may be drug tested in WAVA competitions, such as the WAVA Championships in Brisbane, Australia, this summer. Therefore, it is important for athletes to be aware of substances that may be prohibited prior to and during competition.

The IAAF's list of prohibited substances can be found in the "IAAF's Procedural Guidelines for Doping Control," which may be obtained from USATF or IAAF offices, or can be ordered on the IAAF web site. Information regarding prohibited substances may also be obtained by calling the Drug Reference Hotline at 800-233-0393. Athletes should specifically request information based on the "IAAF Procedural Guidelines for Doping Control." Efforts are also being made to reproduce this list on the USATF Masters Track & Field web site.

### Medical Exemption

If an athlete has been prescribed a prohibited substance, he or she may be eligible for medical exemption. The procedures for applying for an IAAF medical exemption are: (1) obtain a treating physician's written prescription for the use of the prohibited substance; (2) obtain a letter from the treating physician describing why the prohibited substance has been prescribed, rather than a non-prohibited substance; and (3) forward the information to the IAAF at the following address: Dr. Gabriel Dolle, IAAF, BP 359 MC 98000, Monaco Cedex, or by fax to +37793508395.

Please note that the filing and/or application for a medical exemption does not mean automatic or guaranteed exemption. Thus, until you are notified of acceptance, do not assume that the exemption has been granted, and, once granted, the exemption must be renewed annually.

### Formula Variations

Athletes should also be aware that there may be variations in the formula of branded items from one country to another and differing brand names for similar products. Therefore, it is the athlete's responsibility to be sure that he or she is not taking a prohibited substance prior to or during any competition. For additional

### Need Back Issues?

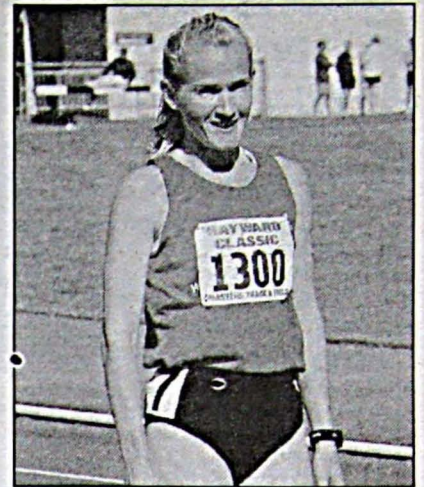
Most back issues of the *National Masters News* are available for \$2.00 each, plus \$1.50 postage and handling for each order. Send to:

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

information or clarification, please contact Jill Pilgrim at 317-261-0500, ext. 341, or Janice Johnson, ext. 321.

On Oct. 1, 2000, USA Track & Field (USATF) and the United States Olympic Committee (USOC) transferred their drug testing responsibilities - from sample collection and analysis to the adjudication or hearing process for positive results - to an independent drug testing agency called the United States Anti-Doping Agency (USADA). Thus, any positive result on a U.S. athlete that, in the past, was provided to the USOC is now forwarded to USADA.

USADA may be contacted by mail at 1265 Lake Plaza Dr., Colorado Springs, CO 80906, by telephone at 866-601-2632, or by fax at 719-785-2001. You may also visit the USADA web site at [www.usantidoping.org](http://www.usantidoping.org).



**SUZY HESS**  
Wendy Bruneau, W30 5000 winner (18:22.67), 2000 Hayward Classic, Eugene, Ore.

## HAYWARD CLASSIC

Oregon Association-USATF Championship  
Hayward Field ~ University of Oregon  
June 9 & 10, 2001

SATURDAY, June 9			SUNDAY, June 10		
TRACK	TIME	FIELD	TRACK	TIME	FIELD
10,000 Meters (ALL)	8:30	Long Jump (East) All W / M 60+	5,000 Meters (men before women)	8:30	Discus M 30-59
	9:00	Long Jump (West) M30-59 - Javelin All W / M 60+		9:00	Pole Vault (All) & Hammer All W / M 60+
5K Racewalk	9:45	Weight Throw M 30-59		10:00	Triple Jump M 30 - 59
Age Graded Mile	10:30	High Jump M30-59	300 Meter Hurdles	10:15	
2K Steeplechase	11:00	Weight Throw All W / M60+	400 Meter Hurdles	10:30	Discus All W / M 70+
3K Steeplechase	11:30	Javelin M 30-59	800 Meters	10:45	
80M Hurdles	12:30	High Jump All W / M60+		11:00	Hammer M 30-59
100 Meter Hurdles	12:40	Shot Put (two rings) South ring All W / M65+	1 Mile Racewalk	11:15	Triple Jump All W / M 60+
110 Meter Hurdles	12:50	West ring M 30-64	200 Meters	11:35	
100 Meters	1:15		1500 Meters	12:30	Discus M 60-69
400 Meters	2:15	All events open to both men and women	Relays	1:15	4 X 100, 4 X 400, 4 X 800, Medley relay *
3,000 Meters	3:00	In General, women before men and older before younger			(*medley relay 200, 400, 800, 1600)

Entrants in running events must check in at least 60 min before event. All implements must meet WAVA standards.

GENERAL INFORMATION

**DIVISIONS:** 5 year age divisions for men and women age 30 and over.

**ENTRY FEES:** \$14 first event (no-t-shirt); \$6 second event; \$4 each additional event.

**ENTRY DEADLINE:** Postmarked by Wednesday May 30, 2001.

**LATE ENTRY:** \$10 LATE FEE AFTER MAY 30. NO ENTRIES AFTER 5 PM THURSDAY, JUNE 7.

**RELAYS:** Held in 10 year age groups; must wear distinguishable tops. Will be a team scoring event.

**AWARDS:** Medals awarded for 1st, 2nd, 3rd; ribbons for 4th, 5th and 6th. Oregon Association patches will be awarded to 1st place Oregon Association qualified member.

**TEAM COMPETITION:** Team scoring. First Place Traveling Trophies for Men's, Women's and Combined. Team affiliation must be on entry form. No minimum number of members for teams.

**FACILITY:** All-weather track and runways (max. 1/4" spikes allowed).

**IMPLEMENTS:** OTCM will have some throwing implements available.

**MEET HEADQUARTERS:** Phoenix Inn, 850 Franklin Blvd., Eugene, OR, 97403. Call 1-800-344-0131 for reservations. Indicate Hayward Classic for group rate. Register early - space limited.

**PACKETS:** Available at Phoenix Inn, 6-8 pm, Friday, June 8 and at Hayward Field after 7:30 am, Saturday, June 9.

**RECEPTION:** Sponsored by OTCM, Saturday, June 9, 4:30 to 6:00 pm at the Casanova Center. Light refreshments.

**WEB:** [www.haywardclassic.com](http://www.haywardclassic.com)      **EMAIL:** [brem@oregon.uoregon.edu](mailto:brem@oregon.uoregon.edu)

USATF SANCTIONED - ALL COMPETITORS MUST BE USATF MEMBERS (applications at registration)

**Carter & Carter FINANCIAL**

**SPORT HILL**  
Performance Athlete Clothing

**DUNCAN & BROWN, Inc.**  
Real Estate Analysts

**PACIFIC CONTINENTAL**  
THE RIGHT GAME

**GILL**

**PHILIP HILL**  
MINUTES

**Track Town Pizza**

First Name \_\_\_\_\_ Birth Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Last Name \_\_\_\_\_ Age (as of 6/9/01) \_\_\_\_\_

Address \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

USATF # \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_ Club Affiliation \_\_\_\_\_ (must be submitted for team competition)

EVENT ENTRY	Best 00/01 Time		
1	_____		\$10 Late Fee after May 30th. Late entries accepted until 5PM Thursday, June 7th. No Event Changes After Registration
2	_____		
3	_____		
4	_____		
5	_____		

**T-SHIRT - \$10.00**

small    med    large

x-large    XXL (\$12.00)

<b>ENTRY FEES:</b> 1 Event \$14 - 2 Events \$20 - 3 Events \$24 - 4 Events \$28 - 5 Events \$32 - Etc.	
<b>ENTRY TOTAL</b>	\$ _____
<b>Late Entry Fee</b>	\$ _____
<b>T-Shirt Total</b>	\$ _____
<b>Hats (\$10ea)</b>	\$ _____
<b>TOTAL ENCLOSED</b>	\$ _____

**Will you attend the Saturday night reception? Yes  No  Number attending \_\_\_\_\_**

I waive all rights that I or my heirs or assigns have against OTCM & sponsors of this athletic event arising from any injury, illness, or accident that I may sustain or incur participating in this event. I declare that I am in good health to participate

Signed \_\_\_\_\_ Date \_\_\_\_\_

**SEND ENTRY WITH PAYMENT TO: OREGON TRACK CLUB MASTERS, C/O RUTH BREMILLER, 590 W. 29TH AVE., EUGENE, OR 97405 (541) 687-9675**

Sponsored by the Cities of Eugene and Springfield ~ Presented by Oregon Track Club Masters

2 Months to Go



**Countdown  
to Brisbane**

2001 WORLD VETERANS' ATHLETIC CHAMPIONSHIPS

### Brisbane Expects 6000 Participants

The Brisbane WAVA 2001 team is ecstatic with the response, to date, on entries (ahead of Gateshead at this time). We still expect that 6000 athletes and 2000 accompanying persons will descend on Brisbane in July. The original entry deadline of March 31 was extended to April 20 to satisfy the request of several countries. South Africa, for example, is experiencing a postal strike.

No matter what the final numbers are in July we can tell you:  
 • You will have a great time in Brisbane. The Brisbane team for the Championships includes operational support from the state government,



JERRY WOJCIK

All of the women competitors in the pentathlon in the Masters Indoor Championships, Boston (l to r): Elaine Iba, 40, Skipper Clark, 53, Denise Jones, 37, Johnnye Valien, 75, Mary Trotto, 53, Anne Fisk, 54, Barbara Dickson, 41, and Liz Johnson, 44, with Becky Sisley, Games Committee member.

Brisbane City Council, Tourism Queensland, Brisbane Marketing, venue staff, Brisbane Airport, our sponsors, and a great team of volunteers. We have nearly 100 people working for or with us to make sure this is the best-ever WAVA Championships.

have registered, including a large contingent from the USA and UK.

• The Queensland government has spent AUS\$2.5 million on the new track, equipment and facilities at ANZ Stadium. The track was used for the first time in March during the Australian Open T&F Championships.

• Over 300 international officials

Continued on page 21

WAVA/USATF Hurdles and Implements Specifications						
HURDLES						
WOMEN						
Age Group	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	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
60+	80m	.686m 27"				
30-39	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
40-49	400m	.762m 30"				
50-59	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
60+	300m	.686m 27"				
MEN						
30-39	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
40-49	100m	.914m 36"	13.00m 42'8"	8.50m 27'10 1/2"	10.50m 34'5"	10
50-59	100m	.840m 33"	16.00m 52'6"	8.00m 26'3"	12.00m 39'4"	10
60-69	100m	.840m 33"				
70-79	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.0m 62'4"	8
80+	80m	.686m 27"				
30-49	400m	.914m 36"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
50-59	400m	.840m 33"				
60-69	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
70+	300m	.686m 27"				
IMPLEMENTS						
AGE GROUP	SHOT PUT	DISCUS	HAMMER	JAVELIN	WEIGHT	SUPER WEIGHT
						USATF
<b>Women</b>						
30-49	4.00k	1.00k	4.00k	600 gms.	20#	35#
50-59	3.00k	1.00k	3.00k	500 gms.*	16#	25#
60+	3.00k	1.00k	3.00k	400 gms.	12#	25#
<b>Men</b>						
30-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.	35#	56#
50-59	6.00k	1.50k	6.00k	700 gms.*	25#	56#
60-69	5.00k	1.00k	5.00k	600 gms.	20#	56#
70-79	4.00k	1.00k	4.00k	500 gms.*	16#	35#
80+	4.00k	1.00k	4.00k	400 gms.*	12#	35#

Steeplechase: men 30-59: 3000m/36" (.914m); men 60+ and women: 2000m/30" (.762m)  
 WAVA weights are used for USATF weight pentathlons.  
 Note: The 50m, 55m, and 60m indoor hurdle races use the same heights, distance to first hurdle, and distance between hurdles as the outdoor hurdle races for the respective age groups.  
 \* New 1999 IAAF specifications.

### Brisbane Draws 390 U.S. Athletes

Entries to the 14th WAVA World Veterans Championships – July 4-14 in Brisbane, Australia – have been received from 390 U.S. athletes by USA Track & Field, the national governing body for athletics in the USA. The entries were verified and mailed to Brisbane prior to the April 20 deadline.

The number compares to 335 U.S. competitors who went to South Africa in 1997, and 547 who traveled to England in 1999, for previous world championships.

The biennial event is open to men age 40-and-over and to women 35-and-over. Competition will be held in five-year age groups through 95+. All normal T&F events will be conducted, plus a cross-country, marathon, and road walks.

All entrants will receive confirmation of their participation directly from Brisbane by June 1.

**PRESIDENT:**  
 Torsten Carlus  
 Smalandsgatan 25  
 S-25276 Helsingborg, Sweden  
 Fax: 46-42-128-956

**EXECUTIVE VICE PRESIDENT:**  
 Tom Jordan  
 P.O. Box 10825  
 Eugene OR 97440 USA  
 Phone: 1-541-687-1989  
 Fax: 1-541-687-1016

**VICE-PRESIDENT (Stadia):**  
 Jim Blair  
 43 Emslie Road  
 Pinchaven, Upper Hutt  
 New Zealand  
 Fax: 64-4-528-2992

**VICE-PRESIDENT (Non-Stadia):**  
 Ron Bell  
 25 Llwyn Menlli, Ruthin  
 Denbighshire LL15 1RG  
 Great Britain  
 Phone/Fax: 44-1-824-705250  
 e-mail: wava@enterprise.net

**SECRETARY:**  
 Monty Hacker  
 PO Box 2277  
 Houghton 2041, South Africa  
 Phone: 27-11-444-4011 (h)  
 27-11-483-3313 (o)  
 Fax: 27-11-483-3392



**TREASURER:**

Peppo Galfetti  
 Bahnhofstrasse 1  
 CH 8956 Killwangen  
 Switzerland  
 Phone: 41-56-401-2311  
 Fax: 41-56-401-2319

**WOMEN'S DELEGATE:**  
 Bridget Cushen  
 156 Mitcham Rd., West Croydon  
 Surrey CRO 3JE, England  
 Phone: 441-181-683-2602 (h)  
 Bcushen@aol.com.uk

**IAAF DELEGATE:**  
 Cesar Moreno Bravo  
 Camino a la Piedra del  
 Comal No. 24 Col. Tepepan  
 16020 Xochimilco, D.F., Mexico  
 Fax: 52-5-653-3159

**DELEGATE OF AFRICA:**  
 Hannes Booysen  
 P.O. Box 5180  
 1403 Delmenville  
 South Africa  
 Fax: 27-11-827-7590

**SOUTH AMERICA:**  
 Jose Figueras  
 Rincon 682 Of. 18  
 11000 Montevideo, Uruguay  
 Phone: 598-2 308 17 68  
 Fax: 598-2 916 34 23  
 e-mail: josefigueras@yahoo.com

**ASIA:**  
 Hari Chandra  
 1300 Opal Circle  
 Lawrenceville, GA 30043  
 Fax: 1-770-682-6500

**EUROPE:**  
 Jacques Serruys  
 Kammakersstraat 37  
 B-8000 Brugge, Belgium  
 Phone: 32-50-341-781  
 Fax: 32-50-334-325  
 E-mail: evaa.serruys@skynet.be

**OCEANIA:**  
 Stan Perkins  
 106 Silkwood St.  
 Algester, Queensland  
 Australia  
 Phone: 61-7-5564-0507  
 Fax: 61-7-5564-0498  
 E-mail: stan@mastersgames.com.au

**NORTH AMERICA:**  
 Brian Oxley  
 259 McDougall Road  
 Parry Sound, Ontario  
 Canada P2A 2W7  
 brianoxley@sympatico.ca  
 Phone: 705-746-4942  
 Fax: 705-746-9748

WAVA web site: <http://www.wava.org>



## International Scene

By **TORSTEN CARLIUS**  
WAVA President

### Puerto Rico Looks Good for Stadia 2003

Only two months remain till Brisbane, which means that the deadline has passed for (a) bids to host future WAVA Championships, (b) proposals to the General Assembly for amendment of our WAVA Constitution/By-Laws/Rules of Competition, and (c) nominations for the elections at the General Assembly. As usual, WAVA will print and distribute the special General Assembly booklet with all the information.

#### Stadia Championships 2003

Negotiations have now progressed to the point that the WAVA Council is convinced that Puerto Rico should host our 2003 Stadia Championships and, as you read this, I believe this will have been confirmed. Please follow our WAVA web site, [www.wava.org](http://www.wava.org), to access the latest information.

#### Proposals for the General Assembly

The Council will present a number of proposals, among which will be once more the proposal to replace the word "Veterans" in the WAVA name with "Masters." This proposal was defeated in Gateshead; however, our Commercial Manager, Ron Bell, has provided significant proof that we are missing out on sponsorship by not making this change. We must take reactions from potential sponsors seriously and listen to Bell's experience.

The Council will also present a proposal to change the election procedures of our two big committees (Stadia and

Non-Stadia). We require so much from these committees already, that we must provide a structure that enables them to meet those requirements. This proposal means simply that area representation will be eliminated and that the chairmen will nominate their committee members to the president who, with due consideration to geography, gender, and cooperation, will appoint the members. The proposal also includes a reduction in the number of Committee Members.

Another proposal from the Council is that the Women's Assembly be abolished and replaced by an official Women's Committee which, like all other committees, will have an open meeting during the Stadia Championships. We feel it is now time to have the women's interests fully integrated in the WAVA organization, so that women and men are treated similarly. This proposal means also that the women's representative will be elected by the General Assembly, as are the other officers on the Council.

Belgium has proposed that our Non-Stadia activities now be included in the calculation of number of votes at the General Assembly. This idea was tabled in Durban for further study and Belgium will know that it is finally laid down that the Non-Stadia activities are of the same value as Stadia activities. The proposal means that an affiliate can get another vote/delegate if represented by 100 competitors in the last three Non-Stadia Championships, while retaining the five votes maximum.

#### Future WAVA Bids

We have received four bids for our Stadia Championships in 2005, and one bid for our Non-Stadia Championships in 2004. For the 2005 Stadia Championships, the candidates who have announced interest are: Helsinki, Finland; Puerto Rico (who will, of course, withdraw if awarded the 2003 Championships); Sacramento, USA; and San Sebastian, Spain. For the 2004 Non-Stadia Championships, Auckland, NZL, is the only bidder.

Delegates from the Stadia and Non-Stadia committees will visit these bidders to inspect facilities/accommoda-



JERRY WOJCIK

Alan Bradford, Australia, winning the M60 800 (2:10.42), 13th WAVA Championships, Gateshead, Great Britain. Francisco Souza, Brazil, was second (2:11.29).

tion/transport, and the bidders will sign the preliminary contract by May 11 to confirm that they will present their bid in Brisbane.

#### Elections

At the General Assembly, the new Council for the next four-year term will be elected. With one exception, the only nominations are for re-election of the outgoing office bearers. The exception is the office of Vice-President Stadia, for which Rex Harvey (USA) has been nominated, together with Jim Blair (New Zealand). This means that the present Council will be confirmed

for another four-year term, except for a new officer in the position of Vice-President Stadia.

As I write this, I know that our hosts in Brisbane now have a huge challenge involving long working-days up to the beginning of July to prepare everything and give us the best. It is my belief and conviction that they will be successful, and I would like to express ahead of time our great gratitude for their efforts. "Brisbane - the best ever" they have promised, and from what we have seen, it will certainly be so. Thank you so much in advance, dear friends in Brisbane. □

### Countdown

Continued from page 20

Athletes said the track was fast and exciting to compete on.

- The city of Brisbane and its residents are proudly taking this event to heart. Support through local media is outstanding. We receive calls daily from residents wanting to help. Entry to all venues is free, so you can expect many locals to be there rooting you on.

- General Travel Australia will provide a wide range of day tours. They have secured Hertz as the preferred car hire and are offering good rates for all participants.

- The ethnic communities of Queensland have shown their support by offering to host special nights. We will have a large number of interpreters. Ethnic groups will also provide entertainment during the opening ceremony and fun run/walk.

- Quality meals at reasonable prices will be available.

We look forward to welcoming you in July.

— Jacey Octigan, Event Manager on behalf of the WAVA Brisbane Team

### It's never too early to think Brisbane\*

...Or any other Masters event in which you plan to compete!

On Track is proud to be the official supplier of USA Masters apparel. We have assembled an outstanding collection of top-quality items and are now offering the full line of...

Uniforms  
Warmups  
Sweatshirts  
T-shirts  
Polos  
Hats & Bags



Order through our toll-free number. We accept check, VISA, MasterCard and Discover Card. Call for a free catalog.

**ON TRACK**

800.697.2999

Online? Check out our e-catalog @ [www.ontrackandfield.com](http://www.ontrackandfield.com)

\* WAVA World Veterans' Athletics Championships  
July 4-14, 2001  
Brisbane, Queensland, Australia



## Ezzher Breaks Masters Marathon Record

Mohamed Ezzher, a Moroccan-born French national, ran a masters world record 2:10:32 in the Paris Marathon, April 8. Ezzher, who has lived in France since 1984, turned 41 on April 26. He lives and trains in Begles, near Bordeaux in southwest France. In July 2000, he ran a 13:43.15 5000.

The present M40+ loop-course marathon record is 2:12:33 by Kjell-Erik Stahl in 1986. In 1991, John Campbell, New Zealand, ran a U.S. All-Comer's Best 2:14:33 in the Los Angeles Marathon. Kenneth Judson, 40, has the U.S. masters record of 2:17:02, at the 1990 Rocket City Marathon.

Ezzher finished fourth overall. Simon Biwott won in 2:09:40, with David Kirui, second, in the same time. Conditions were rainy, humid, and cold.

In an interview by Patrick Merle on the *Runner's World Daily News Online* web site, April 11, Ezzher discussed his race in Paris, his thoughts on being a master, and his secret to success.

Of his Paris race, Ezzher said, "The conditions were not ideal for me. It was a bit humid and the rain made my shoes very slippery. This year, I came back to prove that I am capable of doing better than what I showed last year, when I ran 2:11:02. I was running with Mohamed Quadi (the eventual winner in 2000) until around 35 kilometers, and then I suffered a problem with my foot and was unable to pick up the pace. On Sunday, while I bettered my personal record, I firmly believe that I could have gone under 2:10 had the conditions been better."

About his masters record, he said, "I do not think of myself as a master yet. I will do so after the Olympic Games in Athens. I can still improve and run faster. I am still a senior (open runner) in my mind."

His secret to success: "My secret is really the training. When my coach asks my group to run a series of 1000 meters, my teammates will do 6x1000 in 2:45, while I do between 8 and 10 intervals in 2:48. I also do not like to suffer at all and I do not like to be weak. Last Sunday, I felt great. I wanted to go in front and attack, but this was only my third marathon and I am not experienced yet in this distance. I simply do not want to take any risks at all."

Despite the weather, some 27,000 participated. Corine LePlus was the first W40+, in 2:49:40. □

## Records Flow Like Wine in Bordeaux

By BRIDGET CUSHEN

In just three days of intense competition, 1400 competitors from 32 countries set some two dozen world, 42 European, and several national indoor records at the European Veterans Indoor Championships, Bordeaux, France, March 8-12.

The EVAA Council was criticized initially for awarding such a prestigious event to a four-lane track, but any grievance was soon assuaged by the ambience of the large cycling velodrome, which offered easy access, ample changing rooms and warm-up areas, plus two high- and long-jump pits. Excellent hotels could be found within walking distance of the stadium and, of course, the French city is renowned for its excellent food and superb wine.

No sooner had the EVAA President, Jacques Serruys, of Belgium, finished his welcoming speech and watched the competing nations march by at noon on Thursday, than the competitors were in the arena ready for the pentathlon and the 3000, going on simultaneously. It was encouraging to see 19 women (8 were in the W35 group) and 64 men (18 M40s) battle it out until past 10:00 p.m. in the pentathlon. The pounding feet of 53 female and 115 male competitors circling the 200m track in the 3000m races could not have been conducive to their concentration.

The first world record was established here in the W60 3000 when Gerda van Kooten, Holland, suffered a rare defeat, beaten by the tall Rona Frederiks, Germany, in 11:48.35. Both were well inside the previous mark of 12:30.09. I had an excellent rear view as I was lapped by both!

The second record almost went to Jenny Brown, GBR, when she soared over the bar at 1.69 (the W40 WR is 1.72) in the high jump phase of the W40 pentathlon. She followed that up with a 10.29 shot, reached out to 4.95 in the long jump and scored a superb 2:28.50 for the 800. Adding a 10.00 60H, she amassed a wonderful 4189 points. Three others bettered the 4000-point mark.

After eight heats of the M40 60m on Friday morning, Rainer Schrammel, Austria, who won his heat in 7.12, went on to take the final in 7.08 from Kevin Burgess, GBR, (7.25) and Bruno Dupuy, France, (7.33).

With endless heats of 200, 400, and 60H, the women's shot put attracted devotees to the top end of the arena. Dominique Ranzan, France, took the W50 title with a world record 13.79. Karin Illgen, Germany, was only .06cm short of her world record with a 12.51 to win the W55 gold.

The pole vault competition kept Saturday's audience enthralled. The M40 and M45 titles were both won at 4.60 by Andreas Tsonis, Greece, and Wolfgang Ritte, Germany, respectively.

Much depended on lane draw for the 200 and 400 finals on Sunday.

Defending champion Dupuy, France, added the M40 200 gold to his 60m bronze, with a 22.68. The 400 final was a much closer affair, won by Eric Roeske, Holland, in 50.42 from Kermit Bentham, GBR, 50.61.

The heats of the M40 and M45 1500 had up to 12 athletes with only the nine fastest to qualify. The M40 final was a furious affair fought out over the last lap by two Frenchmen, with Farid Yahiaoui getting the nod in 4:12.04 from Alain De Pressemier, 4:12.16. After equally tough qualifying heats, the M45 final was even faster, won in the last few strides by Pierre Faucheur, France, in 4.11.18, from Dave Wilcox, GBR, winner in the earlier 800, with a 4:12.03.

Giuseppe Marabotti, ITA, broke M85 world records in the 60, 200, and long jump. Pat Gallagher, GBR, accounted for two more in the 1500 and 3000.

The "athlete of the championships" accolade must surely go to Jenny Brown with her world-best pentathlon score, individual gold medals in the high and triple jumps, and a major upset in the 800 when she sprinted past favored runners to win in 2:26.81. She also earned silver in the 4 x 200 relay.

Every gold medal winner was also presented with a bottle of Bordeaux wine. Altogether this was an excellent championship meet, and the French are to be congratulated. □

### FIFTEEN YEARS AGO May 1986

- Brother-Sister Team of Fordie Madeira (W40, 2:00:38) and Lee Sargent (M40, 1:50:39) Win in Price Chopperthon 30K
- U.S. 1989 World Veterans Games Pledges Top \$100,000
- Rosemary Chrimes, W50, Sets Four WRs in British Veterans Indoor Championships

## Masters Age-Graded Tables

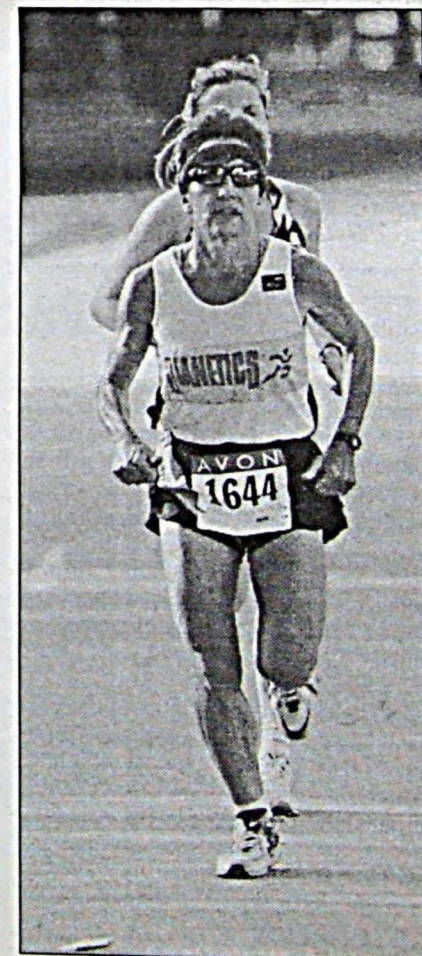
- Keep track of your progress over the years.
- Compare performances of older and younger individuals in the same or different events.
- Select the best performance in an event among all age groups.
- Score multi-events.
- See how much your performance should decline with age.
- Includes single-age factors and standards for each age from 8 to 100 for men and women for every common track & field, long distance running, and racewalking event.
- Shows how to conduct an age-graded track & field meet, road race or racewalk.
- 60 pages. Easy to use.
- Detailed explanations, sample competitions, personal performance examples and charts.
- Compiled by the World Association of Veteran Athletes.

Send \$6.00 plus \$2.00 postage and handling to:  
NATIONAL MASTERS NEWS  
P.O. Box 50098, Eugene, OR 97405

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_



PHIL COX  
Judy Maguire, 41, first overall (36:45), 2000 Avon 10K, Tampa, Fla.

# Masters Scene

## NATIONAL

• The 2001 Summer National Senior Games have received 1330 t&f entries for their biennial event in Baton Rouge, LA, July 14-28. The event is open to m&w 50+ who qualified in state and local games last year. Some other sports had to be "capped," where requests exceeded capacity. Tennis, for example, drew 917 entries but only 670 could be accepted. The 2003 Summer Games will be held in Hampton Roads, VA, from May 27 to June 9.

• Likely dates for the 2004 U.S. Olympic Trials in Sacramento are July 9-18. Changes from 2000 include 2000 additional seats, improved concessions, and a 15% increase in ticket prices.

• The top three in the inaugural The Streak Registry, which lists runners with the longest daily running streaks, are **Bob Ray**, 63, Baltimore, MD, whose string started on March 4, 1967; **Mark Covert**, 50, Lancaster, PA, July 22, 1968; and **Jim Pearson**, 56, Ferndale, WA, February 16, 1970. For more info, interested running streakers can contact **Dawn Strumsky**, USRSA, 294 Chalet Dr., Millersville, MD 21108.

## EAST

• **John Tuttle**, 42, Douglasville, GA, and **Donna Moore**, 40, Silver Spring, MD, outlegged their masters competition by large margins in the Cherry Blossom 10 Mile, Washington, DC, April 8. Tuttle was first M40+ by over 5:00 with a 50:18; Moore won by more than 4:00 with a 61:09. Closest division race came in the M50 with **David Lowe**, 53, Chevy Chase, MD, first (60:28); **Mick Slonaker**, 52, Columbia, MD, second (60:36); and **William Walker**, 52, Winston-Salem, NC, third (60:53). Best times among the older divisions came from **Lou Lodovico**, 77, Ellwood City, PA, 76:13, and **Hedy Marque**, 83, Alexandria, VA, 1:55:20. The Nortel Networks sponsored race drew 6579 entrants.

• **Gene Hull**, 44, Radnor, PA, with a 37:37, and **Kate McCoy**, 40, Swarthmore, PA, with a 40:03, forged masters firsts in the Race for Independence 10K, Philadelphia, April 8. **Walter Pierson**, 65, Woodbury, NJ, ran a 46:22 to lead all M60+ finishers.

• **Doug Kuderna**, 40, Odenton, MD, in 28:25, and **Win Persina**, 40, Washington, DC, in 36:31, breezed to masters wins in the PGRC Springburst 8K, Greenbelt National Park, MD, March 24. **Bob Oberti**, 53, Hughesville, MD, scored an M50 victory with a 32:18. **Patricia Brooks**, 50, Ellicott, MD, was first W50+ in 41:29.

• **Greg Foster**, M35, scored wins in the 55m (6.3), LJ (22-6), and TJ (44-4), in the Philadelphia Masters Indoor Championships, Haverford College, March 10. **Joe Johnson**, M55, flashed to a win in the 55m with a 6.7. **Althea Morris**, W35, clocked a 57.8 400.

• **Jim Hage**, 43, Lanham, MD, with an M40+ course record 32:19, and **Donna Moore**, 40, Silver Spring, MD, in a fourth-place 37:20, scampared to masters firsts in the Washington, DC, running season opener St. Patrick's Day 10K, March 17. **Joe Abernethy**, 41, Berwyn, MD, 33:24, and **Beth McCann**, 41, Falls Church, MD, 40:10, were runners-up. **Admiral Paul Ryan**, 50, Arlington, VA, won the M50 race in 35:47. **Doralie Segal**, 70, Arlington, was first W70 in 64:18. A record number of nearly 5000 registered for the race, which started and finished at the Old Post Office Pavilion at 12th St. and Pennsylvania Ave., only a few blocks from the White House.

• **John McKim**, 42, Kings Park, NY, in 54:26, and **Eileen Barnes Corley**, 41, West Islip, NY, with a second female overall 61:55, won the masters crowns in the Kings Park 15K, March 25. **Alan Oman**, 51, Babylon, NY, finished with

the leaders in 56:31. Net proceeds were split between the Kings Park School District athletic programs, supplemented by a special \$1000 grant from KeySpan Energy, and the Brain Tumor Foundation.

• **Craig Fram**, M40, in 68:21, and **Maggie Murray**, W40, in 83:58, nabbed masters firsts in the Law Enforcement Half-Marathon/USATF NE Championships, Melrose, MA, March 11. **Bill Dixon**, M50, 78:14, and **Rebecca Woolley**, W50, 86:09, were impressive division winners. The Whirlaway RT squads won team titles in the M40-49 (6:15.31-first 5) and W40-49 (4:20.54-first 3).

• **Toshiko d'Ella**, 71, lowered **Jose Waller's** W70 1500 WR of 6:50.6 to 6:47.46 in the USATF NJ Indoor Championships, Fairleigh Dickinson U., Feb. 11. **Evelyn Wright**, 63, tied the U.S. W60 HJ record with a 1.25/4-1/4. **Adrienne Salmini**, 85, established W85 U.S. records in the 200 (1:43.78) and 400 (2:55.10). **Jim Stookey**, 2000 Masters Athlete of the Year, scored an A-G 100% 9.28 in the 55H. **Jim Manno**, 80, registered a 95.8% 9.10 in the 55 sprint.

• **Susan Baehre**, 42, Triangle, VA, logged a first female overall 3:24:39, 10th B&A Trail Marathon, Severna Park, MD, March 4. **David Luljak**, 45, Chevy Chase, MD, toured the course in a masters record, third overall 2:49:04. **Robert Moseley**, 46, Odenton, MD, beat the 3:00:00 standard with a 2:58:46. **Christy St. Clair**, 52, Glen Arm, MD, was third W40+ (3:54:28). Not to be outdone, **Dori Windsand-Dausman**, 44, Frederick, MD, nabbed female honors with a first overall 1:29:00 in the half-marathon. **Stephen Lewis**, 41, Chantilly, VA, took the M40+ contest in 1:20:23.

• **Gordon Bakoullis**, 40, continues her winning ways coming in first female overall at both the NYRRC Brooklyn Half-Marathon, March 10, 1:20:18, and the NYRRC PowerBar 20-Miler, March 24, Central Park, NYC, 2:05:20.

The 75-79 age-groups were well-represented at the NYRRC Spring Fling 4-Miler, Central Park, NYC, March 17, when **Sab Kolde**, 35:37, and **Muriel Merl**, 37:54, outclassed their divisions.

## SOUTHEAST

• **Gerald Vaughn**, 65, eclipsed the M65 U.S. SP record of 13.16/43-2/4 by **Bob Ward** in 2000 with an A-G 91.9% 13.51/44-4 in the Virginia Masters Indoor Championships, Washington & Lee U., Lexington, March 3. **Marion Harrison**, 62, Savannah, GA, had the best A-G performance of the day, a 95.3% 7.4 in the 55m, with **Dennis Newton**, 54, second-best, with a 92.6% 7.0 55m.

• **John Cahill**, 76, Salt Lake City, won the M75+ at the Cooper River Bridge 10K Run, April 7, Charleston, SC, in 47:32. He had M75 wins at the Gate River Run 15K and Azalea Trail 10K as well. **Terry Mahr**, 52, Oregon, OH, ran a 39:10 to nab the W50 title.

## MID-AMERICA

• **Gayle Johnson**, Columbia, MO, hastened to a pending W50 3000 Indoor RW record with a 15:04.35, Parkside, WI, Feb. 10. **Vieno Heikkila** (FIN) owns the present record at 15:11.2 in 1991.

• Kansas University distance coach, **Doug Clark**, 44, was the overall winner in the Ted Riegelman 5K, Parkville, MO, April 1, in 16:26.

• **Paul Heitzman**, Eudora, KS, said, "Winning the division of the Carlsbad 5000 was not as exciting as watching **Sammy Kipketer** tie the world's record for 5K at 13:00. The crowd was screaming, and I was making my share of the noise. Kipketer was so sure he had the record he slowed slightly the last 10 yards to

'enjoy the moment.' This proved to be a \$10,000 dollar mistake."

## SOUTHWEST

• **Deborah Torneden**, 40, Wichita, KS, was first of a W40+ onslaught on the top spots in the Redbud 10K, Oklahoma City, April 8, with an overall female win in 38:05. She was followed by **Brenda Stukey**, 41, third (40:04), **Priscilla Godt**, 40, fourth (40:32), and **Barbara Luciano**, 50, fifth (41:19). **Douglas Clark**, M40, won the M40+ race in 34:41. **Paul Heitzman** uncorked a 44:57 to take the M70 race.

## WEST

• **Marle Boyd**, 41, stepped lively to a first overall in 50:48, Eye Run the Rocks 13K Trail, West Sedona, AZ, April 8. **Michael Zengel**, 41, was 11 seconds back for runner-up honors.

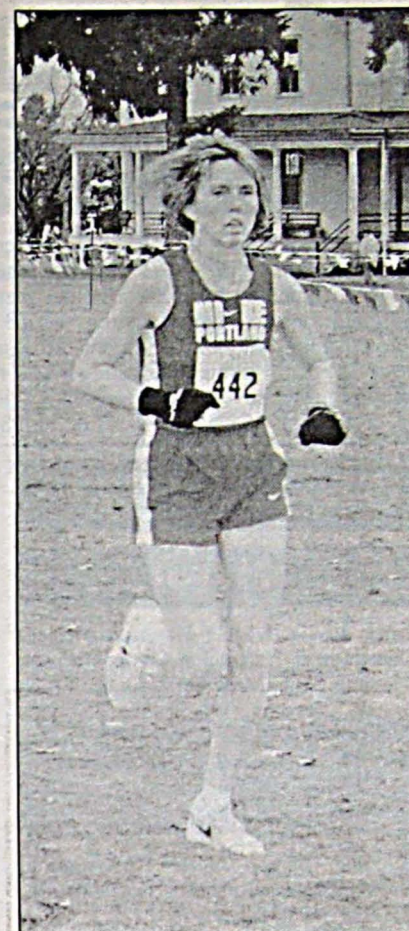
• **Alfred Rosas**, 41, led the men's field to the finish with an overall first 15:55, Los Angeles Classic 5K, March 24. **Sharon Lotesto**, W50, won the W40+ contest in 20:53. **Caterino Gonzalez**, M55, was third M40+ in 17:49. **Jeff Snyder**, M40, 36:02, and **Mary Button**, W40, 39:53, were the prevailing masters in the 10K.

## CANADA

• **Ed Whitlock**, M70, Milton, Ontario, turned in another great run at the Hamilton, ONT, Around the Bay 30K, March 6, blazing a 2:00:55, good for 57th overall.

## INTERNATIONAL

• **Ron Robertson**, who joins the M60 ranks June 3, was the top performer in the New Zealand Championships, Hastings, North Island, March 9-12, with an A-G 99.3% 10:38.04 in his specialty, the 3000 SC. Robertson holds the M55 WR at 9:55.05. Fellow steeplechaser **John Downey**, won the M70 2000 with a pending WR 95.1% 8:22.04. Top sprinter was **Laurie Malcolmson**, M50, with a 92.5% 24.29 in the



JERRY WOJCIK

Laura Caldwell, W45 winner (42:36), National Masters 10K Cross-Country Championships, Vancouver, Wash., Feb. 17.

2000. **Bev Savage**, W55, was best in the HT with a 90.8% 41.89, and high scorer overall in the WP with a 3848. A world age best in the 10K racewalk was attained by **Gary Little**, 59, whose 48:47 lowered his record set a few weeks earlier. Over 270 entrants took part; NZL Team Manager Jim Tobin anticipates that 100 NZL athletes will compete in Brisbane.

• **Ludwika Chewinska** shattered the W50 WR for the SP with a 13.82 in the Polish Veterans Indoor Championships, Warsaw, Feb. 17. **Joanne Grissom**, USA, holds the present record of 12.66 set in 1990. **Andrzej Placzkowski**, M50, hit 55.70 in the HT outdoors substituting for the indoor WT. **Janina Fijalkowska**, W60, hastened to an 18:06.01 in the 3000 RW.

• Naval officer **Tyrone Lewis**, W50, notched 5380 points in the Scottish Veterans Indoor Heptathlon, Feb. 24-25: 60 7.98, LJ 5.43, SP 9.72, HJ 1.50, 60H 9.50, PV 3.50, and 1000 3:14.65.

## TEN YEARS AGO May 1991

• 450 Compete in Indoor Nationals in Blaine, Minn.

• Ken Judson (2:18:11) and Grazilla Striulli (2:37:01) First Masters in Boston Marathon

• Shirley Matson Sets U.S. W50 10K Mark of 35:57



SUZY HESS

Cathy Utzschneider, 45, Chestnut Hill, Mass., national champion in the 800 (2:31.09) and mile (5:35.28), National Masters Indoor Championships, Boston.

# Schedule

USA track and field events feature competition for men and women over age 30 unless otherwise noted. Senior Games are usually 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 usually 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

**June 16-17.** USATF National Masters Decathlon & Heptathlon Championships, Tacoma, Wash. Mark Salzman, 8615 47th St. W., Tacoma, WA 98466. 253-565-7840(h); mesalzma@psed.org

**July 14-28.** National Senior Games, LSU Bernie Moore Stadium, Baton Rouge, La. M&W65-100+, 14th-17th; M&W50-64, 18th-21st. Practice dates: 13th & 17th. National Senior Games Association: www.nationalseniorgamesassociation.org; 225-925-5678; fax: 216-7552.

**July 25-28.** 34th annual USATF National Masters Championships, Baton Rouge, La. Baton Rouge Sports Foundation, Vince Trinidad, PO Box 4149, 730 North Boulevard, Baton Rouge, LA 70821. 225-334-2437; fax: 382-3588; www.brasf.com

**August 10-12.** State Games of America, St. Louis, Mo. St. Louis Organizing Committee, 1309 North Highway Dr., Fenton, MO 63099. matt@stategames.org; www.stategames.org

**August 25.** USATF National Masters Weight Pentathlon Championships, Syracuse U., N.Y. Gary Crawford, 4096 Griffin Rd., Syracuse, NY 13215. 315-492-2845.

**September 8.** USATF National Masters Weight & Superweight Championships, Seattle, Wash. Ken Weinbel, 4103 Hillcrest Ave. SW, Seattle, WA 98116. 206-938-3895; kweinbel@home.com

**August 8-11, 2002.** 35th annual USATF National Masters Championships, U. of Maine, Orono.

### EAST

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

**May 13 & 27.** Potomac Valley TC Meet, T.C. Williams HS, Alexandria, Va. 703-671-2520; www.pvtc.org

**May 15-18.** Washington D.C. Golden Olympics. 202-576-8677.

**May 16, 23, 30.** Philadelphia Masters Spring Meets, Roxborough HS. 6:00 pm. Joe Dubow, 484-437-9463 (after 8:00 pm or on weekends).

**May 19-20.** Long Island Senior Games, Suffolk CC, Brentwood, N.Y. M&W50+. Open to all. Eleanor Scott, PO Box 1024, Smithtown, NY 11787. 631-265-2966; eleanors@rascott.zyan.com. Entry form at www.longislandseniorgames.org

**June 1-3, 9-10.** Connecticut Senior Olympics, Southington. 860-621-7502.

**June 2.** Philadelphia Masters AC Throw-a-Thon-Fifteen/Tom McDermott Memorial Meet, Albright College, Reading, Pa. 15 implements; individual & team scoring (two per team). Ray Feick, 2987 Lutheran Rd., Gilbertsville, PA 19525. 610-754-6007; rfeick@aol.com

**June 3.** Philadelphia Masters AC Ultra Weights & Superweight Meet, Albright College, Reading, Pa. See Ray Feick, June 2.

**June 3.** Garden State AC Classic, Randolph, N.J. Madeline Bost, PO Box 458, Ironia, NJ 07845. Mort Hahn, 973-625-1764.

**June 8-10.** Ocean State Senior Olympics, Providence, R.I. 401-431-5007.

**June 9.** Allegheny Valley Open Masters Meet, Highlands HS, Natrona Heights, Pa. 8:30 pm. Bob Freund, meet director, Allegheny Valley Hospital, Outpatient PT, 1620 Pacific Ave., Natrona Heights, PA 15065, 724-224-2166; fax: 224-3732.

**June 10.** Masters Spring Classic, Merchant Marine Academy, Kings Point, L.I., N.Y. SASE to Roz Katz, 170-11 65th Ave., Flushing, NY 11365. 718-358-6233 (7-9 pm, NY time); throwercfa@aol.com; Eric Weissbrot, 516-487-1417.

**June 10.** USATF Adirondack Masters & Open Championships, Schuylerville, N.Y. 518-273-5552; usatfadir@aol.com

**June 10 & 24.** Potomac Valley TC Meet, T.C. Williams HS, Alexandria, Va. 703-671-2520; www.pvtc.org.

**June 11-17.** Pennsylvania Senior Games, Shippensburg. 570-823-3164, x7.

**June 14-17.** Empire State Senior Games, Syracuse, N.Y. 315-492-9654; 212-694-3618.

**June 14-17, 23.** Massachusetts Senior Games, Springfield & Chicopee. 413-788-2457.

**June 16.** Long & Strong Throwers Classic, Lancaster McCaskey HS, Lancaster, Pa. All throws including WT and SW. SASE for entry form to Glenn Thompson, 3604 Green St., Harrisburg, PA 17110. http://www.longandstrong.com

**July 8 & 22.** Potomac Valley TC Meet, T.C. Williams HS, Alexandria, Va. 703-671-2520; www.pvtc.org

**July 20-22.** Rhode Island State Games, Harrisville. Phone/fax: 401-568-8955.

**July 22.** USATF Long Island Masters & Open Championships, Mitchell Park, N.Y. 516-349-9157; office@litf.org

**July 25-29.** New York Empire State Games, Albany. 518-474-8889; www.empirestategames.org

**July 27-30.** Maryland State Games, Annapolis. 410-263-0788; www.marylandstategames.org.

**July 29-August 5.** Connecticut Nutmeg State Games, East Hartford. 860-528-4588; www.nutmeggames.org

**August 5 & 19.** Potomac Valley TC Meet, T.C. Williams HS, Alexandria, Va. 703-

671-2520; www.pvtc.org

**August 11-12.** USATF East Regional Masters Championships, Springfield College, Mass. Directed by USATF New England, 617-566-7600; office@usatfne.org; www.usatfne.org

**September 1-2.** Potomac Valley TC Games, T.C. Williams HS, Alexandria, Va. 703-671-2520; www.pvtc.org

### SOUTHEAST

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

**May 4-6.** 31st annual Southeastern U.S. Masters Meet, N.C. St. U., Raleigh. Pentathlon, WP, 5K & 20K RWs, & Relays. Southeastern US Masters, Box 590, Raleigh, NC 27602. Dale Smith, 919-831-6640 (M-F, 9 am-5 pm, Eastern time).

**May 12.** 12th annual Jacksonville TC Masters Meet, Bolles School, Jacksonville, Fla. 4 pm. 904-388-7860.

**May 16-19.** South Carolina Senior Sports Classic, Florence. 803-772-0363.

**May 25.** 26th annual Jacksonville TC Mile Festival, Bolles School, Jacksonville, Fla. 7 pm. 904-388-7860.

**May 30-June 2.** Trigon Virginia Senior Games, Richmond, Va. Virginia Amateur Sports, 540-343-0987; 800-333-8274; www.commonwealthgames.org

**June 2.** Furman Classic, Furman U., Greenville, S.C. Masters & open. SASE to Adrian Craven, 109 Woodhaven Dr., Greenville, SC 29609. 864-233-0333.

**June 8-9.** USATF Southeast Regional Masters Championships/Police & Fireman Championships, Hoover HS, Birmingham, Ala. Glenn Ross, 205-942-0907; gross@jsc.cc.al.us. Entry form in April NMN.

**June 8-10.** Northwest Classic, Miami-Dade CC North Campus. NW Classic, 1310 NW 90th St., Miami, FL 33147. 305-836-2409 (after 9 pm).

**June 14-17.** Florida Sunshine State Games, Orlando. 850-488-8347; fax: 922-0482; www.flasports.com

**June 20-22.** Commonwealth Games of Virginia, Salem. Virginia Amateur Sports, 540-343-0987; 800-333-8274; www.commonwealthgames.org

**June 22.** Jacksonville TC All-Comers Meet, Bolles School, Jacksonville, Fla. 7 pm. 904-388-7860.

**June 24.** North Carolina State Games, Paul Derr Track, NC State U., Raleigh. Amy Rose, North Carolina Amateur Sports, 919-361-1133, X2; 800-277-8763; www.ncsports.org

**June 30-July 1.** Alabama Sports Festival, Mobile. Shon Peck-Love, ASF, shonp@alagames.com

**July 14.** 23rd annual Jacksonville TC Summer Classic, Bolles School, Jacksonville, Fla. 904-387-0528.

**July 14-22.** Georgia Games, Marietta. 770-528-3580; www.georgiagames.org

**July 20-22.** Commonwealth Games of Virginia, Roanoke. 540-343-0987; www.commonwealthgames.org

**July 27-August 2.** Tennessee Senior Games, Clarksville. 615-902-9261.

### MIDWEST

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

**May 20.** North Coast Invitational Meet, Independence HS, Independence, Ohio. SASE to Norman Thomas, 9065 Gettysburg, Twinsburg, OH 44087.

## ON TAP FOR MAY

### TRACK AND FIELD

The 31st annual Southeastern U.S. Masters Meet with its full schedule opens for three days on the 4th; the West has the Arizona Invitational in the Phoenix area on the 5th. The slate for the 12th shows the Southern California Striders Meet at CSU-Long Beach and the Jacksonville TC Masters Meet in Florida. On the 19th-20th, meets hopscotch across the U.S. in the Long Island Senior Games, Brentwood, N.Y., on both days, the Waterloo Meet in Texas, and the Visalia Meet in California on Saturday, and the North Coast Meet in Ohio on Sunday. The final weekend lists the New Mexico Championships, Albuquerque, on the 26th, and the Dan Aldrich Memorial Meet at UC-Irvine on the 27th.

### LONG DISTANCE RUNNING

The 6th is a runner's banquet with the menu offering the Broad Street 10 Mile in Philadelphia, and the Long Island, Pittsburgh, Cincinnati's Flying Pig, Lincoln, Nebr., and California's Avenue of the Giants marathons, and the gargantuan Lilac Bloomsday in Spokane. Grand Rapids, Mich., again hosts the Old Kent River Bank Runs on the 12th. Another monster event, the Bay to Breakers 12K, is let loose on San Francisco on the 20th. Offerings on the 26th include the Truth/Bank One Great Race Series, Elkhart, Ind., and Ogden News 20K (formerly Big Boy Classic), Wheeling, W. Va., followed by a masters favorite, Cotton Row 10K, Huntsville, Ala., and the Bolder Boulder 10K, in Colorado.

### RACEWALKING

Almost every t&f meet includes a racewalk, and most road races welcome racewalkers. □

**June 4-9.** Indiana Senior Games, Evansville. 812-464-7800.

**June 9, 16.** Indiana Hoosier State Games Meets. 9th-Portage; 16th-Evansville, Indianapolis, Fort Wayne. 800-HI-FIVES; hsg@indianasportscorp.com; www.hoosierstategames.com

**June 9.** USATF Illinois Masters Championships/All Comers Open Meet, Wilde Field, Lisle, Ill. USATF Illinois, PO Box 7019, Villa Park, IL 60181; 630-953-2052.

**June 10.** USATF Michigan Masters & Open Championships, Grand Valley St. U., Allendale. Jerry Baltes, 97 Field House, Allendale, MI 49401. 616-895-3360; fax: 895-3232.

**June 14-16.** West Virginia Senior Sports Classic, Charleston. 304-344-1500.

**June 22-24.** Illinois Prairie State Games, Fairview Heights. 618-632-1002; fax: 632-1123; www.prairiestategames.org

Continued on page 25



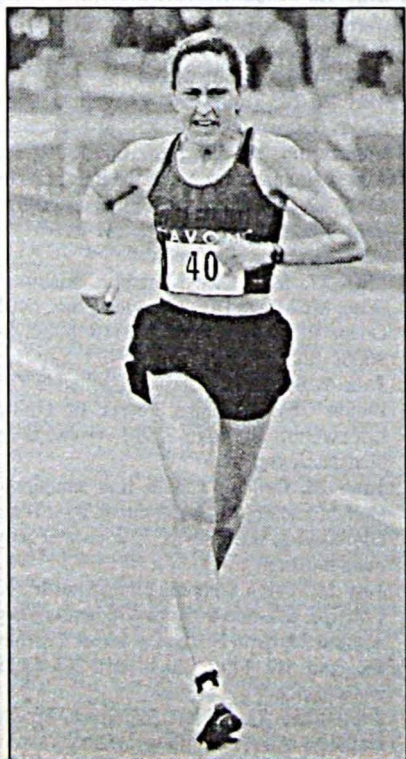
Continued from page 24

**June 23.** Hoosier State Games Finals, Indianapolis. Michelle Nolley, 317-392-6175; michelle@tubesock.net  
**June 29, July 1, 6-8.** Ohio Buckeye State Games, Miamisburg. 937-866-1778; fax: 847-8105; www.buckeyestategames.com  
**July 21.** Dayton Classic, Welcome Stadium, Dayton, Ohio. Bob Jones, Dayton Masters, PO Box 17706, Dayton, OH 45417. 937-837-2754.  
**July 28-29.** Kentucky Blue Grass State Games, Shively Track, U. of Kentucky. 800-722-2474; 859-255-0336.

**MID-AMERICA**

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

**May 25-June 24.** New Mexico Games, Albuquerque. NMG, 1903 Avenida, Albuquerque, NM 87106. 505-764-1510; fax: 764-1719; nmgames.com  
**May 26-27.** USATF New Mexico Masters & Open Championships, Albuquerque. Kathy Fones, 505-865-8612; Foneskn@aol.com  
**May 30-June 3.** New Mexico Senior Olympics, Las Cruces, 505-623-5777.  
**June 1-24.** Missouri Show-Me State Games T&F Competitions. 1st-Warrensburg; 2nd-Jefferson City, St. Joseph, West Plains; 9th-St. Louis; 16th-Rolla, Blue Springs, Kirksville; 17th-Springfield; 23rd-24th-Kansas City, Farmington. Bob Murray, Competition Coordinator, Show-Me St. Games, 573-882-2103; murrayb@missouri.edu  
**June 3.** Jolly Jogathon Meet, Marysville, Kansas. No entry fee. Cleve Walstrom, Marysville, KS 66508. 785-562-3050 (h); 562-3021(w).  
**June 7-10.** Iowa Senior Games, West Des Moines. 515-226-2898.  
**June 9.** USATF Mid-America Regional Masters Championships, Friends U., Wichita, Kansas. Bill Butterworth, 314 So. Clifton, Wichita, KS 67218. 316-684-2192; Fax: 687-9400. Entries will be mailed to those on current mailing list.



PHIL COX  
 Marie Boyd, 40, masters winner (35:43), 2000 Avon Running Championship 10K, Phoenix, Ariz.

**June 10.** USATF Minnesota Masters & Open Championships, Blaine. Marc Hoyer, 651-777-4954; marcandmia@gateway.com  
**June 15-24.** Minnesota Star of the North Games, Rochester. 800-785-STAR; fax: 763-785-5699; www.starofthenorthgames.org  
**June 22-23.** North Dakota All Sport Senior Games, Fargo. 701-298-6980.  
**June 23-24.** Missouri State Senior Games, Columbia. Jack Miles, U. of Missouri, 11-5 Carrie Francke Dr., Rm. 01, Columbia, MO 65211. 573-882-1462.  
**June 23-24.** Wisconsin Badger State Games, Madison area. 608-226-4780; fax: 226-9550; www.badgerstategames.org  
**June 25-29.** Northland Senior Games, Duluth, Minn. 218-723-3724.  
**July 6-8.** North Dakota Prairie Rose State Games, Minot. 701-328-5357; www.prairie-rose.org  
**July 8.** New Mexico All-Comers Meet, Albuquerque. Kathy Fones, 505-865-8612; Foneskn@aol.com  
**July 20-21.** Kansas Sunflower State Games, Lawrence. SSG, PO Box 592, Lawrence, KS 66044. 785-842-7774; fax: 842-7731; www.sunflowergames.org  
**July 20-22.** Iowa Games, Ames. 515-292-3251; www.iowagames.org  
**July 21-22.** Missouri Show-Me State Games Finals, Columbia. Bob Murray, Show-Me St. Games, 573-882-2103; murrayb@missouri.edu  
**July 22.** Nebraska Cornhusker State Games, Lincoln HS, Lincoln, Nebr. Danis Willet, 402-796-2636.  
**July 31-August 5.** Rocky Mountain Senior Games, Greeley, Colo. 970-350-9433.  
**August 5.** 21st Century Ageless Games, U. of Minn. Noon sign in. Rachel Lyga, 122 NE 63 1/2 Way, Minneapolis, MN 55432-4818.  
**September 1-2.** Rocky Mountain Masters Games, Potts Field, U. of Colorado, Boulder. SASE: Sue Norton, 401 Arkansas Mt. Rd., Boulder, CO 80302. 303-443-2695, or Jim Weed, 507-726-5607.

**SOUTHWEST**

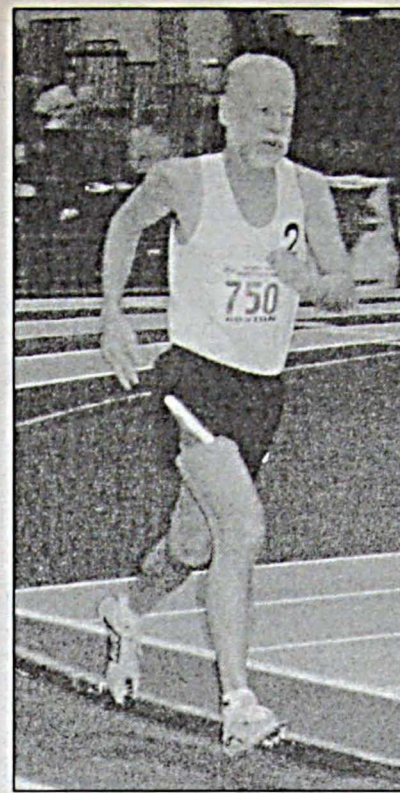
Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**May 19.** 12th annual Lions/Waterloo Meet, Nelson Field, Austin, Texas. 10 am-6 pm. Seth Brower, sethbrower@earthlink.net  
**June 2.** USATF Southwestern Association Masters & Open Championships, Dallas, Texas. Lester Mount, 13410 Mill Grove Ln., Dallas, TX 75240. 972-661-1551; lestermount@yahoo.com  
**June 4-9.** Mississippi Senior Olympics, Jackson. 601-925-7994.  
**June 8-10.** Louisiana Games, New Orleans. 504-525-5678; fax: 529-1622; www.louisianagames.com  
**June 16.** Hill Country Classic Meet, Mason HS, Mason, Texas. Lee Graham, PO Box 384, Mason, TX 76856. 915-347-5620(h).  
**July 7.** Texas Masters Championships, Dallas. Wayne Bennett, 817-274-0448; wvrnner@aol.com

**WEST**

Arizona, California, Hawaii, Nevada

**May 5.** Arizona Masters Invitational, Glendale CC, Glendale. USATF-AZ, Bob Flint, 8436 E. Hubbell, Scottsdale, AZ 85257; 480-949-1991, or Pat Fahy, 8650 E. Roma, Scottsdale, AZ 85251; 480-946-7135.  
**May 12.** Southern California Striders



SUZY HESS

Thom Weddle, M60 winner in the 3000 (10:56.50), National Masters Indoor Championships, Boston.

Meet of Champions, CSU-Long Beach. Hugh Cobb, 760-436-7696.  
**May 12.** KelField Throws Meet #95, Santa Cruz, Calif. 831-458-0300; kelfield@aol.com  
**May 18-19.** USATF Arizona Championships, Glendale CC, Glendale. See Bob Flint, May 5.  
**May 19.** Visalia Classic, Visalia, Calif. Bob Higginbotham, 1026 W. Princeton, Visalia, CA 93277. 559-732-8030.  
**May 26-July 8.** Aloha State Games, Honolulu. ASG, 1493 Halekoa Dr., Honolulu, HI 96821. 808-732-8805; fax: 735-0188. alohastategames.com  
**May 27-28.** Hawaii Masters TC Decathlon, Kaiser HS, Honolulu. HMTTC, PO Box 15763, Honolulu, HI 96830-5763.  
**May 27.** Dan Aldrich Memorial Meet, UC-Irvine. Mac McCormick, 949-305-2358; cmccormick13@home.com; www.coachr.org/Dan\_Aldrich\_Track.htm.  
**June 3.** Northern California Seniors Track/Field Club 3rd annual Mark Grubi Memorial Classic, Edwards Field, Univ. of California Berkeley. Don Rose 43 McAllister Ave., Kentfield, CA 94904. 415-457-8177; donrose43262@cs.com  
**June 8-10.** Nevada Silver State Games, Sparks. 775-856-3434; fax: 425-1886; www.silverstategames.org  
**June 9.** 30th annual Los Gatos Masters & Open Classic Meet, Los Gatos HS, Calif. Los Gatos AA, c/o Lisa Renteria, PO Box 1334, Los Gatos, CA 95031. 408-206-9973.  
**June 10.** Crown Valley Senior Olympics, Pasadena City College, Pasadena, Calif. 50+. Christel Miller, meet director. Cynthia Rosedale, 85 E. Holly St., Pasadena, CA 91103. 626-685-6754; fax: 577-4235; email: cpv@pasadenaseniocenter.org. Qualifier for 2002 Calif. Sr. Games Championships.  
**June 14-17.** Arizona Grand Canyon State Games, Tempe. 480-517-9700; fax: 517-9739; www.gcsrg.org  
**June 16.** USATF Pacific Championships,

San Francisco St. U. Jerry Colman, 916-567-9690; sactc@aol.com  
**June 22-23.** Arizona Multi-Event Championships, Westwood H.S., Mesa. USATF-AZ, Bob Flint, 8436 E. Hubbell, Scottsdale, AZ 85257. 480-949-1991.  
**June 23.** Western Regional Masters T&F Championships, San Diego St. U., Ca. 619-226-1324. (See entry form on p. 8.)  
**June 30.** USATF San Diego Masters & Open Championships, Site TBA. Allan Hodgert, 619-660-4000; allan.hodgert@gcccd.net  
**June 30.** USATF SCA Championships/Trojan Masters, USC Cromwell Field, Los Angeles. 818-917-6289; Greg Charles, 949-786-1731; Gregory.Charles@ca.com  
**July 7.** California State Games, San Diego, Calif. M&W30+. Entry deadline June 28. 619-282-1360; www.calstategames.org; Arnie Robinson, 619-263-7334.  
**September 29.** 28th annual Club West Meet, Santa Barbara, Calif. Gordon McClenathen, 805-964-3005; Beverley Lewis, 805-969-5852.  
**October 21.** Sri Chinmoy Masters Games, CSU-Long Beach, Calif. M&W40+.

**NORTHWEST**

Alaska, Idaho, Montana, Oregon, Utah, Washington, Wyoming

**May 6.** Oregon TC Masters Clinics, Hayward Field, Eugene. Larry or Teresa Pine, 541-895-5420; pine@pond.net  
**May 6, 29.** Oregon TC Masters Mini-Meets, South Eugene HS, 5:00 pm. Larry or Teresa Pine, 541-895-5420; pine@pond.net  
**May 26.** Oregon Senior Olympics, Silverton. Silverton RC, Box 783, Silverton, OR 97381. Amy Castle, 503-873-8577(h).  
**June 2.** Seattle Park Dept. Masters Meet, West Seattle Stadium. Dennis Cook, 206-684-7094.  
**June 7-10.** Wyoming Cowboy State Games, Casper. 435-865-8422; fax: 865-8548.  
**June 9-10.** Hayward Masters Classic, Eugene, Ore. Oregon TC Masters, 590 W. 29th Ave., Eugene, OR 97405, 541-687-9675; RuthBremiller@oregon.uoregon.edu; www.haywardclassic.com  
**June 14-25.** Utah Summer Games, Cedar City. 435-865-8422; fax: 865-8548; www.utahsummergames.org  
**June 16.** USATF Inland Northwest Championships, Pullman, Wash. Mike Hinz, 509-332-1168.  
**June 23-24.** USATF Northwest Regional Masters Championships, Mt. Hood CC, Oregon (Portland area). Paul Stepan, 3011 NE Linden, Gresham, OR 97030. 503-666-8950; Istepan@yahoo.com  
**July 7-8.** State Games of Oregon, Mt. Hood CC (Portland area). Keith Maneval-T&F, 503-667-7140.  
**July 13-15.** First Security Games of Idaho, Pocatello. 208-233-0222; www.fsg.org  
**July 20-22.** Big Sky Games, Billings, Mont. T&F contact: Karen Sanford Gall, 406-254-7426; www.bigskygames.org. State residents only.  
**July 21.** Inland Northwest Masters Classic, Pullman, Wash. Jeff Schaller, 435 SW State St., Pullman, WA 99163. 509-332-3148; jeffschaller@turbonet.com  
**August 16-18.** Wyoming Senior Olympics, Evanston. Steve Liechty, 307-789-1770; www.eprd.net. Open to out-of-state.  
**August 17-18.** Seattle Masters Games, West Seattle Stadium. Some events Fri. evening. Ken Weinbel, 4103 Hillcrest Ave., SW, Seattle, WA 98116. 206-938-3895; kwein

Continued on next page

Continued from page 25  
bel@home.com

## CANADA

**June 9-10.** Ontario Masters Championships, Toronto, Canada. Doug Smith, 58 Newmarket Ave., Toronto, Ont. M4C 1V9, Canada. 416-699-5818; www3.sympatico.ca/ontario.masters

## INTERNATIONAL

**May 12-15.** Russian Veterans Throwing Championships, Toliatty. Vadim Marshev, fax: 7-095-5734150; marshev@cs.msu.su

**May 19-20.** III Campeonato Metro de Atletismo ESEF de Pista y Campo Para Veteranos, Mexico. 044-54-77-59-02; gmontes@suxel.com

**June 1-3.** XXVI Campeonato Nacional de Atletismo de Pista y Campo Veteranos, San Luis Potosi, Mexico. 044-54-38-36-54; eportillo@starnet.ne.mx

**June 2.** French Veterans Championships, Aix-les-Bains, France.

**June 23-24.** Spanish Veterans Championships, Salamanca, Spain.

**June 23-24.** British Veterans Championships, Windsor, England. BVAFF Champs, 71 Hillside Cres., South Harrow, Middlesex, HA2 0QU, England. www.veteran-athletics.freeserve.co.uk

**July 4-14.** 14th WAVA World Veterans Championships, Brisbane, Australia. M40+, W35+. David Lloyd, WVAC, PO Box 7889, Waterfront Place, Brisbane, Queensland 4001, Australia. Phone: 61 7 3343 3000. Fax: 61 7 3343 3040. Email: wavainfo@qldevents.com.au. Website: www.worldvac2001.com.au.

**August 11-12.** Russian Open Masters Games (t&f dates), Moscow. Vadim Marshev, fax: 7-095-5734150; marshev@cs.msu.su



TESH TESHIMA

Former Olympian Gerry Lindgren, winning the M50 race (31:15), 2001 Harold Chapson Memorial 8K, Honolulu.

**September 28-30.** Russian Veterans Championships, Krasnodar. Vadim Marshev, fax: 7-095-5734150; marshev@cs.msu.su

**October 5-14.** Australian Masters Games, Newcastle, NSW. AMG, PO Box 1599, Newcastle West, 2302, NSW, Australia. www.nhevents.com.au

## OPEN

**Aug. 3-12.** IAAF World Championships VIII, Edmonton, Canada.

## LONG DISTANCE RUNNING

### NATIONAL

**May 2-6.** Road Runners Club of America National Convention, Albuquerque, N.M. RRCA, 1150 S. Washington St., Suite 250, Alexandria, VA 22314. 703-836-0558; www.rca.org

**June 2.** USATF National Masters Women's 5K Championships/Freihofers, Albany, N.Y. George Regan, 233 Fourth St., Troy, NY 12180. 518-273-0267.

**July 28.** USATF National Masters 50-Mile Trail Championships, White River, Wash. Scott McCoubrey, 919 E. Pine St., Seattle, WA 98122. 206-329-1466.

**September 14.** National Run to Work Day. RRCA, 1150 S. Washington St., Suite 250, Alexandria, VA 22314. 703-836-0558; www.rca.org

**September 15-16.** USATF National Masters 24-Hour Championships, Sylvania, Ohio. Tom Falvey, 3743 Woodmont Rd., Toledo, OH 43613. 419-475-0731.

**October 7.** USATF National Masters Marathon Championships/Twin Cities, Minneapolis/St. Paul, Minn. Dan Finanger, 708 N. First St., #CR-33, Minneapolis, MN 55401. 612-673-0778.

**October 27.** USATF National Masters 15K Championships/Tulsa Run, Tulsa, Okla. Jack Wing, 4038 E. 48th St., Tulsa, OK 74135. 918-292-1939.

**November 4.** USATF National Masters 8K Cross-Country, Rochester, N.Y. Peter Glavin, 160 Laney Rd., Rochester, NY 14620. 716-242-9031.

**November 18.** USATF National Masters 5K Cross-Country, DeLand, Fla. John Boyle, PO Box 1700, DeLand, FL 32721. 904-736-0002.

**December 1.** USATF National Masters 6K Cross-Country, Mobile, Ala. Steve Schoenwald, 6509 Timbers Dr., Mobile, AL 36695. 334-470-7730.

**December 29.** USATF National Masters 50K Trail Championships, Huntington, Ind. Mitch Harper, 5207 Hopkinton Dr., Fort Wayne, IN 46814. 219-436-0739.

## EAST

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

**May 5.** Revlon 5K Run/Walk for Women, NYC. 212-379-3199; www.revlonrunwalk.com

**May 6.** Long Island Marathon, East Meadow. LIM, Sports Unit, Eisenhower Park, East Meadow, NY 11554.

**May 6.** UPMC Health System/City of Pittsburgh Marathon, Pittsburgh, Pa. 412-647-7866; www.upmc.edu/pghmarathon

**May 6.** Microsoft/USO Defenders 10 Mile, Washington, D.C. 301-871-0400; www.run.washington.com

**May 6.** 22nd annual Broad Street Run Ten Miler, Philadelphia, Pa. Blue Cross Broad Street Run, P.O. Box 18543, Philadelphia, PA 19129. 215-563-6184; www.broadstreetrun.com

**May 13.** NYRR Revlon 5K, Manhattan, NYC. 212-860-4455; www.nyrrc.org

**May 19.** USATF New England 12K Championships, Bedford, N.H. 617-566-7600; usatfne@ix.netcom.com; www.bedfordnh.com/rotary

**May 20.** USATF New Jersey 15K Championships/Midland Run, Far Hills. midlandrun@midlandschool.org; www.midlandrun.org

**May 27.** Vermont City Marathon, Burlington. Andrea Sisino, 800-880-8149; vcm.org

**May 28.** USATF New Jersey 10K Championships/Ridgewood Run, Ridgewood. usatfnj@aol.com

**June 2.** USATF Mid-Atlantic Championships/Rotary 8K, Moorestown, N.J. M&O. 856-215-6344.

**June 4.** Merry Heart 5K, Eisenhower Middle School, Roxbury, N.J. Madeline Bost, PO Box 458, Ironia, NJ 07845; 973-584-0679. Hotline: 973-584-9302.

**June 9.** Shelter Island 10K, Shelter Island, L.I., N.Y. Jim Richardson, 631-749-RUNS; ShelterIsland-10K.com

**June 16.** Saucony Frick Park Cross-Country Series, Frick Park, Pittsburgh. 10:00 am. West Penn TC, John Harwick, 348 Morris St., Clymer, PA 15728. 724-254-2369.

**June 16.** Mt. Washington 7.6 Mile, Gorham, N.H. 1100 limit. 603-863-2437; racetime@gss.com

**June 17.** Run for the Arts 5K, Troy, N.Y. 518-273-0552.

**July 7.** Avon Women's 10K, Hartford, Conn. Beth Shluger, 860-652-8866; www.hartfordmarathon.com

**July 7.** Spirit of Gettysburg 5K & 1-Mile Fun Run/Walk, Gettysburg, Pa. 717-334-9171. www.vwcaggettysburg.org. (See entry form on p. 6.)

**July 8.** Utica Boilermaker 15K, Utica, N.Y. 315-797-5838; www.boilermaker.com

**July 21.** Subaru Buffalo 4-Mile Chase, Buffalo, N.Y. 716-881-1652; fax: 884-9669.

**August 12.** Falmouth 7.05 Mile, Falmouth, Mass. Rich Sherman, 508-540-7000; www.falmouthroadrace.com

## SOUTHEAST

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

**May 19.** 5K Run for Mental Health, Williamsburg, Va. Rick Platt, Colonial RR, 757-229-7375; rickplatt@juno.com.

**May 26.** News-Sentinel EXPO 10K, Knoxville, Tenn. 865-673-8020; www.ktc.org

**May 27.** Wickham Park Marathon, 50, 100, & 200 Mile Fun Runs, Melbourne, Fla. Matt Mahoney, matmahoney@yahoo.com; http://mahoney4.home.netcom.com/scr/wikham.htm

**May 28.** WZYP Cotton Row Run 10K, Huntsville, Ala. \$3000 in masters money. WZYP Cotton Row 10K, 94 Scenic Dr., Huntsville, AL 35801. Ray Moses, race director, 256-859-0369; www.huntsvilletrackclub.org; www.active.com

**June 6.** Peninsula TC Moonlight 5K, Fort Monroe, Va. 757-722-1303.

**July 4.** Peachtree 10K Road Race, Atlanta, Ga. SASE to Atlanta TC, 3097 E. Shadowland Ave., Atlanta, GA 30305.

**July 4.** Yorktown Freedom Run 5K, Yorktown, Va. 757-722-1303.

**July 21.** Bridge of Lions 5K, St. Augustine, Fla. 904-729-1917; www.1stplacesports.com

## MIDWEST

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

**May 5.** Indianapolis Life 500 Festival Mini-Marathon & AmerUS Group 5K. 317-237-3404; www.500festival.com

**May 6.** Cincinnati Flying Pig Marathon/RRCA Central Region Championships, Cincinnati, Ohio. Rich Williams, 513-721-7447; www.flyingpigmarathon.com

**May 12.** Arts Fest River Run 12K, Henderson, Ky., to Evansville, Ind. 812-424-7575; pas@zsws.com

**May 12.** Old Kent River Bank Run 25K & 5K, Grand Rapids, Mich. 616-771-1590; www.okriverbankrun.com

**May 26.** Ogden Newspapers 20K Classic (formerly Big Boy Classic), Wheeling, W. Va. Hugh Stobbs, 304-242-7322; fax: 242-8941; bigboy20K@aol.com

**May 26-28.** Truth/Bank One Great Race Sports Festival 5K, 10K, & Half-Marathon, Elkhart, Ind. 219-296-5890; fax: 293-8324; wow@michiana.org; www.thegreatrace.net

**May 27.** Bayshore Marathon, Traverse City, Mich. Dave Taylor, 231-941-8118; www.users.northlink.net/tctc

**May 27.** Mad City Marathon, Madison, Wisc. MCM, c/o Event Services, Inc., 6401 Odana Rd., Madison, WI 53719. 608-278-9666.

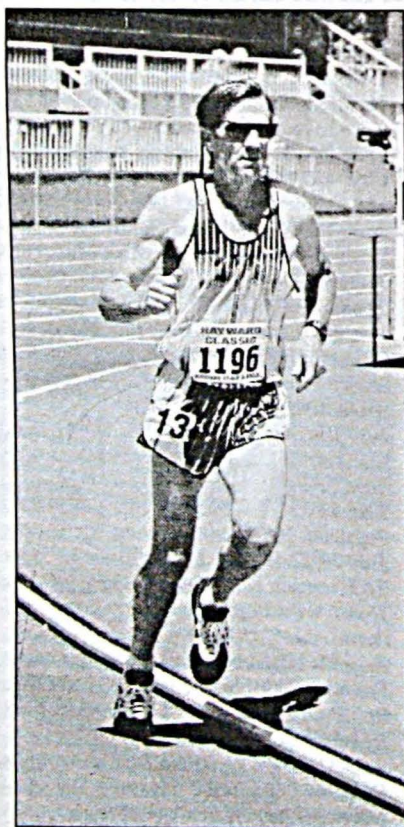
**June 9.** Steamboat Classic 4 Mile/USATF Illinois Championships, Peoria, Ill. Phillip Lockwood, 309-676-7378; www.steamboatclassic.org

**June 24.** Cellcom Green Bay Marathon, Half-Marathon, & 4 Mile, Green Bay, Wisc. Gloria West, 800-889-1859; www.greenbaymarathon.com

**July 21.** CARA Saturday Night Shuffle 5K, Chicago. 312-666-9836; www.cararuns.org

**August 25.** Crim Festival of Races 10 Mile, 8K, and 5K, Flint, Mich. 810-235-3396; www.crim.org

**September 22.** USAF Marathon, Wright Patterson Air Force Base, Dayton, Ohio. 800-467-1823; http://afmarathon.wpafb.af.mil



JERRY WOJCIK

Dave Taylor, M50 steeplechase winner (11:18.58), 2000 Hayward Classic, Eugene, Ore. The 2001 Hayward Classic is scheduled for June 9-10.

Continued from page 26

**MID-AMERICA**

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

**May 6.** Lincoln Marathon, Lincoln, Nebr. 402-435-3504; www.lincolnrun.org  
**May 6.** Presbyterian/NMZS 10K Run for the Zoo/RRCA 10K National Championships, & 5K, Albuquerque, N.M. Amber Gray-Fenner, 1320 Iron S.W., Albuquerque, NM 87102. 505-764-6280; www.run4zoo.org  
**May 13.** TIMTAM 50K, 50K Relay, & Marathon, Ames, Iowa. Douglas Bryner, 1501 Summit, Ames, IA 50010. 515-233-8546; www.geocities.com/timtam50k  
**May 27.** Med-City Relays & Marathon, Rochester, Minn. 507-282-1411; www.medcitymarathon.com



JERRY WOJCIK

Local athlete Darryl Decker, 54, Cambridge, Mass., in the long jump, Masters Indoor Championships, Boston.

**May 28.** Bolder Boulder 10K, Boulder, Colo. Cliff Bosley, 303-444-7223; www.bolderboulder.com  
**May 28.** USATF Minnesota 5K Championships/Brian Kraft Memorial Run, Minneapolis. 612-375-0805.  
**June 2.** Dam to Dam 20K, Des Moines, Iowa. www.FitnessSports.com  
**June 3.** Steamboat Marathon, Steamboat Springs, Colo. 970-879-0880; steamboatmarathon.com  
**June 3.** Trinity Hospital Hill Half-Marathon, Kansas City, Mo. 816-274-3635; healthmidwest.org  
**June 16.** Grandma's Marathon, Duluth, Minn. GM, PO Box 16234, Duluth, MN. 218-727-0947; www.grandmasmarathon.com  
**July 1.** Fair St. Louis 10K & 3K, St. Louis, Mo. Dale Richardson, director, 636-405-1623.

**August 19.** Pikes Peak Marathon, Manitou Springs, Colo. 719-473-2625; www.pikespeakmarathon.org

**SOUTHWEST**

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**May 5.** Bricktown Classic 12K/USATF Oklahoma Championships, Oklahoma City. First National Bank of Edmond, PO Box 5450, Edmond, OK 73083. 405-844-0110.  
**May 12.** Route 66 Challenge 8K/USATF Oklahoma East Championships, Davenport. Davenport C of C, PO Box 66, Davenport, OK 74026-0066.  
**May 12.** Gum Tree 10K, Tupelo, Miss. 662-680-2411(d); jd35lr@yahoo.com  
**July 4.** Bethany Classic 8K/USATF Oklahoma West Championships, Bethany. 405-722-7907.  
**July 21.** Quad-City Times Bix 7 Mile, Davenport, Iowa. 319-359-9197; www.bix7.com

**WEST**

Arizona, California, Hawaii, Nevada

**May 6.** Avenue of the Giants Marathon, Weott, Calif. Gaylou Gilchrist, 707-443-1226; www.humboldt1.com/~avenue  
**May 12.** Komen Sacramento Race for the Cure 5K, Sacramento. 916-447-2786; www.rungoldmedal.com  
**May 19.** Palos Verdes Marathon, Palos Verdes (L.A. suburb), Calif. W2 Promotions, 310-828-4123; www.active.com  
**May 20.** 90th annual Examiner Bay To Breakers 12K, San Francisco. Paulette Stracuzzi, 415-777-8742; www.baytobreakers.com  
**May 28.** Pacific Sun Races 2001 (10K & 2.5 Mile Run/RW), College of Marin, Kentfield, Marin County, Calif. Pacific Sun Races, c/o Carmela Toledo, 8429 Locust, Dublin, CA 84568. 415-721-3791; www.tamalparrunners.org. See entry form in April issue.  
**June 2.** Fontana Days Half-Marathon & 5K Race/Walk, Fontana, Calif. Fontana City Hall, 8353 Sierra Ave., Fontana, CA 92335. 909-428-8360.  
**June 3.** Suzuki Rock 'N' Roll Marathon, San Diego. Elite Racing, Inc., 858-450-6510. Limited to 20,000. www.rmrmarathon.com  
**June 3.** Lake Chabot Trail Challenge Half-Marathon/RRCA Western Region Championships, San Leandro, Calif. Will Uher, 510-278-0451; willuher@pacbell.net  
**June 3.** Holcomb Valley 50K/RRCA Western Region Championships, Big Bear City, Calif. Norm Haines, 800-725-5850; normruns2@aol.com  
**June 16.** Cal-Neva Mile, Reno, Nev. 775-746-4540; www.silverstatestriders.com  
**June 23.** USATF Pacific Championships/Shriners 8K, Sacramento. M&O. www.rungoldmedal.com  
**June 23.** Western States 100 Mile, Sacramento. Greg Soderlund, 916-638-1161.  
**July 8.** Chronicle San Francisco Marathon. CM, PO Box 828, Rialto, CA 92377. 800-698-8699; www.chronicleevents.com  
**August 19.** American's Finest City Half-Marathon, San Diego. Neil Finn, 619-222-5621; www.afchalf.com  
**August 25.** Silver State Marathon, Reno. 775-849-0419; www.silverstatemarathon.com

**NORTHWEST**

Alaska, Idaho, Montana, Oregon, Utah, Washington, Wyoming

**May 6.** 25th Lilac Bloomsday 12K, Spokane, Wash. LB 12K, PO Box 1511, Spokane, WA 99210. April 13 deadline.



PHIL COX

David Collins, first M40+ (2:41:03), Walt Disney World Marathon, Jan. 7.

www.bloomsdayrun.org  
**May 20.** Capital City Marathon, Olympia, Wash. 360-786-1786; capitalcitymarathon.org  
**May 27.** Wyoming Marathon, Medicine Bow Half-Marathon, & Rocky Mountain Double Marathon 52.4 Miles, Laramie. Brent Weigner, 307-635-3316; www.active.com  
**May 27.** USATF Inland Northwest Marathon Championships, Coeur D'Alene, Idaho. Eydie Kendall, 208-664-8814.  
**May 28.** Up the Lazy River ORRC Masters 10K Championships, West Linn, Ore. G. Smith, director, 503-291-8699; fax: 520-0242; www.orrc.net  
**June 2.** USATF Utah 10K Championships/Salt Lake Classic, Salt Lake City. M&O. 801-532-0459 larrysmith@hotmail.com  
**June 9.** USATF Utah Championships (M&O)/Heart of Holladay 5K, Holladay. 801-272-7615; usatf@inconnect.com  
**June 23.** Mayor's Midnight Sun Marathon, Half-Marathon, & 5 Mile, Anchorage, Alaska. 907-343-4474.  
**July 4.** Butte to Butte 10K & 4.5 Mile Fitness Walk, Eugene, Ore. Northwest Event Management; 541-687-1989; www.butteto butte.org  
**July 13-14.** Mt. Rainier to the Pacific Relay, Ashford-Ocean Shores, Wash. 152.5 miles/11 persons; walk: 100 miles/7 persons. Hotline: 503-671-0202; fax: 206-782-5285; www.ontherun.com/rtp  
**July 21-22.** USCAA National Corporate Cup Relays, Renton, Wash. Debbie Woolman, 856-273-6096; www.uscaa.org  
**July 24.** Deseret News Marathon, Salt Lake City. 801-237-2135; www.deseretnews.com/run

**CANADA**

**May 6.** Vancouver International Marathon, Half-Marathon, & 5 Miler. 604-872-2928; www.vanmarathon.bc.ca

**May 13.** National Capital Marathon, Ottawa, Ontario. 613-234-2221; www.ncm.ca  
**August 19.** 7th annual Marathon by the Sea, Saint John, New Brunswick. Also Half-marathon & 5 Mile. Marathon, c/o Canada Games Aquatic Centre, 50 Union St., Saint John, NB E2L 1A1, Canada. 506-658-4715; email: mrooney@aquatics.nb.ca; www.marathonbythesea.com

**INTERNATIONAL**

**May 12.** BVAF Road Relay Championships, Sutton Park, Birmingham, England. Denis Withers, 33 Barker Rd., Sutton Coldfield, B74 2NZ, England.  
**May 18-19.** Russian Veterans Non-Stadia Championships, Cheboksari. Vadim Marshev, fax: 7-095-573-4150; marshev@cs.msu.su  
**June 9.** Stockholm Marathon, Sweden. SM, Box 10023, SE-10055 Stockholm, Sweden. www.marathon.se  
**August 26.** Gzhel International Cup (Long Distance & Racewalking), Gzhel (Moscow area). Vadim Marshev, fax: 7-095-573-4150; marshev@cs.msu.su  
**October 14.** Avon Running 10K Global Championships, Budapest, Hungary. 212-282-5350; www.avonrunning.com

**RACEWALKING**

**May 27.** Art Keay Memorial 10K RW, Toronto Island-Hanlan's Point, Canada. May 15 deadline. Joan Sutherland, 676 Balliol St., Toronto, ON M4S 1E7, Canada.  
**June 3.** USATF National Masters 15K RW Championships, Evansville, Ind. Rick Williams, 515 E. Jennings St., Newburgh, IN 47630. 812-858-0333, x140.  
**June 9.** USATF East Region 20K RW Championships (M&O), Eisenhower Park, N.Y. USATF LI, 516-349-9157; office@litf.org  
**June 10.** Crown Valley Senior Olympics 1500 & 5000 Racewalks, Pasadena CC, Pasadena, Calif. Jim Hanley, meet director. Cynthia Rosedale, 85 E. Holly St., Pasadena, CA 91103. 626-685-6754; fax: 577-4235; email: cpv@pasadenaseniorcenter.org. Qualifier for 2002 Calif. Sr. Games Championships.  
**June 16.** USATF Pacific 5K RW Championships (M&O), San Francisco. Ron Daniel, ron.daniel@lmco.com  
**July 26.** USATF National Masters 5000 RW Championships, Baton Rouge, La. See T&F schedule.  
**July 28.** USATF National Masters 10K RW Championships (M&W), Baton Rouge, La. See T&F schedule.  
**September 9.** USATF National Masters 40K RW Championships, Ft. Monmouth, N.J. Elliott Deninan, 28 N. Locust Ave., West Long Branch, NJ 07764. 732-222-9080.  
**September 22.** USATF National Masters 5K RW Championships, Kingsport, Tenn. Bobby Baker, 318 Twinhill Dr., Kingsport, TN 37660. 423-349-6406.  
**October 7.** USATF National Masters One-Hour RW Championships, Worcester, Mass. Justin Kuo, 39 Oakland Rd., Brookline, MA 02445. 617-731-9889.  
**October 27.** USATF National Masters 100K Track RW Championships, Yellow Springs, Ohio. Vince Peters, 607 Omar Circle, Yellow Springs, OH 45387. 937-767-7424.  
**November 4.** USATF National Masters 20K RW Championships, Coconut Creek, Fla. Dan Koch, 954-970-9634; racewalker@cyberagency.net

# RECIPIENTS OF ALL-AMERICAN AWARDS

<b>M30-34</b>					
Andre Bridgett	60m	7.35	3-24, 26-01		
Robert Walter	P	2922	3-3-01		
<b>M35-39</b>					
Robert Spence	60h h	9.11	3-10-01		
	110 h	16.40	3-17-01		
<b>M40-44</b>					
Marty Kibloaki	Mile	4:41	3-24-01		
Tad Trombley	60m	7.68	3-24-01		
<b>M45-49</b>					
Charles Lutz	1500	4:32.39	8-7-99		
David Ozug	Mile	4:56.1	3-24-01		
Greg Schwab	60m	7.68	3-24-01		

<b>M50-54</b>					
Stephen Bates	200	25.29	3-25-01		
John Holmes	P	3258	3-23-01		
Steve Smith	3000	11:05.98	8-6, 7-99		
<b>M55-59</b>					
Steven Cottle	800	2:18	10-15-00		
Troy Scoggins	60m	8.31	2-25-01		
<b>M60-64</b>					
David Galligan	Mile	5:42.77	3-23, 25-01		
Morton Hahn	SW	5.64	6-6-99		
Richard McKisson	60m	8.82	2-25-01		
<b>M65-69</b>					
William Foulk	3000m l	11:12	3-24, 26-01		
Bill Gramley	Mile	5:28	3-24, 26-01		
	SP	11.63	3-24-01		

<b>M75-79</b>					
Doc Jock Jocoy	60m	9.9	3-10-01		
<b>M80-84</b>					
George Whitney	800	3:54.50	3-23-01		
	Mile	8:38.11	3-24-01		
<b>W30-34</b>					
Gwen Hundley	5000	19:42.83	3-10-01		
<b>W40-44</b>					
Martha Lutz	400	1:07.51	8-7-99		
<b>W45-49</b>					
Patti Gilmour	Mile	6:08.70	3-24-01		
<b>W50-54</b>					
Sharon Sellerite	H	92-7	3-10-01		

## U.S. MASTERS ALL-AMERICAN STANDARDS

### 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	90-94
55	6.8	6.9	7.1	7.2	7.4	7.9	8.1	8.4	8.9	9.4	10.4	11.8	13.5
60	7.4	7.55	7.7	7.85	8.05	8.5	9.0	9.25	9.5	10.0	11.2	12.8	16.6
100	11.0	11.3	11.5	11.9	12.2	12.6	13.2	13.8	14.6	16.0	18.0	23.0	
200	22.4	23.2	23.8	24.6	25.5	27.0	27.9	29.5	32.0	35.0	40.2	52.0	
400	51.5	52.5	53.8	56.0	57.5	62.0	65.0	69.0	75.0	88.0	98.0	120.0	
800	2:02	2:04	2:06	2:11	2:16	2:25	2:35	2:45	3:06	3:35	3:55	4:30	
1500	4:20	4:22	4:24	4:35	4:45	5:10	5:20	5:45	6:30	7:20	8:10	9:20	
Mile	4:40	4:40	4:50	5:00	5:10	5:30	6:00	6:15	6:55	8:20	8:45	10:15	
3000	9:25	9:40	10:00	10:25	10:45	11:15	11:50	12:45	13:40	15:50	19:10	23:00	26:00
5000	15:45	16:00	16:15	16:45	17:30	18:25	19:30	21:00	23:30	26:00	29:00	32:30	
10000	32:30	32:50	33:30	36:00	38:00	39:00	40:30	44:00	48:30	54:30	61:15	68:30	
55H	8.6	8.7	9.0	9.5	10.0	10.3	10.6	10.9	11.2	11.6	12.5		
60H	9.0	9.3	9.4	9.8	10.3	10.6	10.9	11.1	11.4	12.0	13.6		
110H	15.4	16.5	17.8	18.8									
100H					18.0	19.0	20.0	21.0					
80H									18.0	21.0	25.0	30.0	
400H	58.0	60.0	62.0	64.0	68.0	71.0							
300H					48.0	51.0	55.0	60.0	67.0	75.0	85.0	95.0	
3K-SC	10:10	10:30	11:45	12:40	13:30	14:00							
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30	
HJ	1.90	1.85	1.76	1.68	1.60	1.50	1.45	1.38	1.25	1.15	1.00	0.80	
6-2 1/2	6- 1/2	5-9/16	5-6	5-3	4-11	4-9	4-6 1/2	4-1 1/2	3-9/16	3-3/16	2-7/16		
PV	4.40	4.10	3.95	3.70	3.55	3.05	2.70	2.40	2.30	2.00	1.80	1.30	
14-5 1/2	13-5 1/2	12-11 1/2	12-1 1/2	11-7 1/2	10-8	8-10 1/2	7-10 1/2	7-6 1/2	6-6 1/2	5-10 1/2	4-3 1/2		
LJ	6.50	6.10	5.85	5.60	5.40	4.90	4.50	4.20	3.80	3.35	2.85	2.20	
21-4	20- 1/2	19-2 1/2	18-4 1/2	17-8 1/2	16- 1/2	14-9	13-9 1/2	12-5 1/2	10-11 1/2	9-4 1/2	7-2 1/2		
TJ	13.20	12.60	11.50	10.80	10.40	9.50	8.90	8.20	6.96	6.50	5.94	5.51	
43-3 1/2	41-4 1/2	37-8 1/2	35-5 1/2	34-1 1/2	31-2	29-2 1/2	26-11	22-10	21-4	19-6	19-5 1/2		
Shot	14.50	14.02	13.41	12.62	13.10	12.00	12.80	11.50	11.00	9.00	8.00	6.00	
47-7	46-0	44-0	41-5	42-11 1/2	39-4 1/2	42-0	37-8 1/2	36-1 1/2	29-6 1/2	26-3	19-8 1/2		
Discus	44.80	42.80	39.50	37.50	42.00	41.00	42.00	39.00	34.00	26.00	22.00	15.24	
147-0	140-5	129-7	123-0	137-9	134-6	137-9	127-11	111-6	85-4	72-2 1/2	50-0		
Hammer	47.24	44.20	40.00	39.00	39.00	36.00	36.00	32.00	30.00	24.00	20.00	17.07	
155-0	145-0	131-3	127-11	127-11	118-1	118-1	105-0	98-5	78-9	65-7 1/2	56-0		
Javelin	62.00	56.00	48.76	47.00	43.00	41.00	39.00	35.00	31.00	24.00	19.00	14.02	
203-5	183-9	160-0	154-2	141-1	134-6	127-11	114-10	101-8	78-9	62-4	46-0		
35#Wt.	15.00	14.00	13.00	12.00	10.00	9.00			6.00	5.00	4.00	3.00	
49-2 1/2	45-11 1/2	42-8	39-4 1/2	32-9 1/2	29-6 1/2				19-8 1/2	16-4 1/2	13-1 1/2	9-10	
25#Wt.						11.50	10.00	9.00	7.30	5.30	4.50		
37-8 1/2	32-9 1/2	29-6 1/2	23-11 1/2	17-4 1/2	14-9								
56#Wt.	9.50	9.00	8.50	8.00	6.00	5.50	5.00	4.50	3.50	3.00	2.50	2.00	
31-2	29-6 1/2	27-10 1/2	26-3	19-8 1/2	18- 1/2	16-4 1/2	14-9	11-5 1/2	9-10	8-2 1/2	6-6 1/2		
Pent.	2800	2600	2600	2600	2600	2600	2600	2600	2600	2400	2200	2000	
Decath.	5500	5250	5250	5000	5200	5000	4500	5000	4800	4200	3000	2500	
Wt. Pent.	2800	2700	2800	3000	3000	3000	3000	3000	2600	2700	3000	3000	

- 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"; 70-79: 30"; 80+: 27"  
 3) Long hurdles: 30-49: 36"; 50-59: 33"; 60-69: 30"; 70+: 27"  
 4) Shot put: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 27"  
 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: 600g; 50-59: 700g; 60-69: 600g; 70-79: 500g 80+: 400g  
 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

### 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	14.1	14.4	15.0	15.5	16.4	16.8	18.6	19.8	22.0	25.0	
200	28.0	28.8	30.0	31.6	33.0	35.0	37.0	39.0	42.0	48.0	52.0	
400	63.5	65.5	68.0	70.0	78.6	80.0	83.0	84.0	86.0	98.0	104.0	
800	2:33	2:35	2:40	2:46	2:54	3:10	3:20	3:36	3:56	4:30	5:40	
1500	5:10	5:20	5:30	5:40	6:00	6:20	6:45	7:30	8:00	8:50	10:10	
Mile	5:40	5:50	6:10	6:30	6:50	7:00	7:40	8:10	8:50	9:40	10:45	
3000	11:30	11:50	12:00	12:30	14:00	14:30	15:00	16:00	18:00	20:00	23:00	
5000	19:45	20:15	21:00	22:00	23:30	24:50	26:00	28:00	30:00	34:00	36:00	
10000	41:30	42:40	44:00	48:00	50:00	52:00	56:00	60:00	66:00	76:00	85:00	
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	75.0	79.0	84.0	88.0								
300H					66.0	72.0	79.0	87.0	96.0	110.0	120.0	
HJ	1.40	1.35	1.27	1.22	1.12	1.07	1.02	0.97	0.92	0.89	0.84	
4-7	4-5	4-2	4-0	3-8	3-6	3-4	3-2 1/2	3-0 1/2	2-11	2-9	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 1/2	7-10 1/2	6-10 1/2	5-10 1/2	4-11	3-11 1/2	3-7 1/2	3-3 1/2	2-11 1/2	2-7 1/2	2-3 1/2		
LJ	4.60	4.42	4.04	3.81	3.40	3.20	3.10	2.60	2.30	2.10	1.50	
15-1	14-6	13-4	12-6	11-1 1/2	10-6	10-2	8-6 1/2	7-6 1/2	6-10 1/2	4-11	4-11	
TJ	9.50	9.09	8.43	7.49	7.01	6.40	6.20	6.00	5.50	4.50	3.89	
31-2	29-10	27-8	24-7	23-0	21-0	20-4 1/2	19-8 1/2	18- 1/2	14-9	12-9	12-9	
Shot	10.30	9.32	8.51	8.40	8.00	7.77	7.50	6.60	6.00	5.20	4.30	
33-9 1/2	30-7	27-11	27-6 1/2	26-3	25-6	24-7 1/2	21-8	19-8 1/2	17- 1/2	14-1 1/2	14-1 1/2	
Javelin	35.00	33.50	28.00	25.00	23.00	22.15	20.00	17.00	16.00	15.00	12.00	
114-10	109-11	91-10	82-0	75-5 1/2	72-8	65-7 1/2	55-9 1/2	52-6	49-2 1/2	39-4 1/2	39-4 1/2	
Discus	32.00	30.00	25.00	24.00	22.00	21.00	18.00	16.00	14.00	13.00	11.00	
105-0	98-5	82-0	78-9	72-2 1/2	68-10 1/2	59- 1/2	52-6	45-11 1/2	42-8	36-1 1/2	36-1 1/2	
Hammer	35.00	32.50	30.00	25.00	23.00	22.00	21.00	18.00	14.00	12.00	9.00	
114-10	106-7	98-5	82-0	75-5 1/2	72-2 1/2	68-10 1/2	59- 1/2	45-11 1/2	39-4 1/2	29-6 1/2	29-6 1/2	
20#Wt.	10.00	9.00	8.00	7.01								

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 / 2-1/4" wide) in metric in our format receive preference. Deadline is the 10th of the month prior to issue date.

NATIONAL

National Masters Indoor Track & Field Championships, Reggie Lewis Track & Athletic Ctr, Boston, MA; Apr. 23-25 60 METERS

Table of 60 meters results for M30-60m, M35-60m, M40-60m, M45-60m, M50-60m, M55-60m, M60-60m, M65-60m, M70-60m, M75-60m, M80-60m, M85-60m, M90-60m, M95-60m, M100-60m. Includes names, states, and times.

Table of 200 meters results for M30-200m, M35-200m, M40-200m, M45-200m, M50-200m, M55-200m, M60-200m, M65-200m, M70-200m, M75-200m, M80-200m, M85-200m, M90-200m, M95-200m, M100-200m. Includes names, states, and times.

Table of 400 meters results for M30-400m, M35-400m, M40-400m, M45-400m, M50-400m, M55-400m, M60-400m, M65-400m, M70-400m, M75-400m, M80-400m, M85-400m, M90-400m, M95-400m, M100-400m. Includes names, states, and times.

Table of 800 meters results for M30-800m, M35-800m, M40-800m, M45-800m, M50-800m, M55-800m, M60-800m, M65-800m, M70-800m, M75-800m, M80-800m, M85-800m, M90-800m, M95-800m, M100-800m. Includes names, states, and times.

Table of 1500 meters results for M30-1500m, M35-1500m, M40-1500m, M45-1500m, M50-1500m, M55-1500m, M60-1500m, M65-1500m, M70-1500m, M75-1500m, M80-1500m, M85-1500m, M90-1500m, M95-1500m, M100-1500m. Includes names, states, and times.

Continued on next page

National Masters News

Continued from previous page

Table of track and field results including 800m, 1000m, 1500m, 2000m, 3000m, 4000m, 5000m, 6000m, 7000m, 8000m, 9000m, 10000m, 12000m, 15000m, 20000m, 30000m, 40000m, 50000m, 60000m, 70000m, 80000m, 90000m, 100000m.

MILE

Table of mile race results for various age groups (M30-1 MILE, M35-1 MILE, M40-1 MILE, M45-1 MILE, M50-1 MILE, M55-1 MILE, M60-1 MILE, M65-1 MILE, M70-1 MILE, M75-1 MILE, M80-1 MILE, M85-1 MILE, M90-1 MILE).

Table of track and field results including 1000m, 1500m, 2000m, 3000m, 4000m, 5000m, 6000m, 7000m, 8000m, 9000m, 10000m, 12000m, 15000m, 20000m, 30000m, 40000m, 50000m, 60000m, 70000m, 80000m, 90000m, 100000m.

MILE

Table of mile race results for various age groups (M30-1 MILE, M35-1 MILE, M40-1 MILE, M45-1 MILE, M50-1 MILE, M55-1 MILE, M60-1 MILE, M65-1 MILE, M70-1 MILE, M75-1 MILE, M80-1 MILE, M85-1 MILE, M90-1 MILE).

Table of track and field results including 1000m, 1500m, 2000m, 3000m, 4000m, 5000m, 6000m, 7000m, 8000m, 9000m, 10000m, 12000m, 15000m, 20000m, 30000m, 40000m, 50000m, 60000m, 70000m, 80000m, 90000m, 100000m.

HURDLES

Table of hurdle race results for various age groups (M30-60m HURDLES, M35-60m HURDLES, M40-60m HURDLES, M45-60m HURDLES, M50-60m HURDLES, M55-60m HURDLES, M60-60m HURDLES, M65-60m HURDLES, M70-60m HURDLES, M75-60m HURDLES, M80-60m HURDLES, M85-60m HURDLES, M90-60m HURDLES).

Table of track and field results including 1000m, 1500m, 2000m, 3000m, 4000m, 5000m, 6000m, 7000m, 8000m, 9000m, 10000m, 12000m, 15000m, 20000m, 30000m, 40000m, 50000m, 60000m, 70000m, 80000m, 90000m, 100000m.

HURDLES

Table of hurdle race results for various age groups (M30-60m HURDLES, M35-60m HURDLES, M40-60m HURDLES, M45-60m HURDLES, M50-60m HURDLES, M55-60m HURDLES, M60-60m HURDLES, M65-60m HURDLES, M70-60m HURDLES, M75-60m HURDLES, M80-60m HURDLES, M85-60m HURDLES, M90-60m HURDLES).

Table of track and field results including 1000m, 1500m, 2000m, 3000m, 4000m, 5000m, 6000m, 7000m, 8000m, 9000m, 10000m, 12000m, 15000m, 20000m, 30000m, 40000m, 50000m, 60000m, 70000m, 80000m, 90000m, 100000m.

LONG JUMP

Table of long jump results for various age groups (M30-LJ, M35-LJ, M40-LJ, M45-LJ, M50-LJ, M55-LJ, M60-LJ, M65-LJ, M70-LJ, M75-LJ, M80-LJ, M85-LJ, M90-LJ).

HIGH JUMP

Table of high jump results for various age groups (M30-HJ, M35-HJ, M40-HJ, M45-HJ, M50-HJ, M55-HJ, M60-HJ, M65-HJ, M70-HJ, M75-HJ, M80-HJ, M85-HJ, M90-HJ).

POLE VAULT

Table of pole vault results for various age groups (M30-PV, M35-PV, M40-PV, M45-PV, M50-PV, M55-PV, M60-PV, M65-PV, M70-PV, M75-PV, M80-PV, M85-PV, M90-PV).

Continued from previous page

6 Douglas Geertgens	58 NY	9.92m	77.28
7 Troy Scoggins	58 TX	7.75m	60.38
<b>M60 -TJ-</b>			
1 Finches Shetter	61	10.78m	87.64
1 Grover Coats	62 OH	9.33m	76.94
2 Darrel Short	61 WY	9.26m	75.24
3 Jim Kenney	60 MD	9.09m	72.77
4 Halg Bohigian	64 NY	9.01m	76.44
5 Robin Herron	64 CO	7.79m	66.18
<b>M65 -TJ-</b>			
1 Donald Beck	65 MD	6.36m	54.74
<b>M70 -TJ-</b>			
1 James Stookoy	71 MD	9.69m	90.98
2 Jack Lance	70 PA	7.24m	66.98
<b>M75 -TJ-</b>			
1 Frank Brako	75 MA	7.43m	73.98
2 Bill Wambach	75 WI	7.07m	70.38
<b>M80 -TJ-</b>			
1 Leland McPhie	87 CA	5.06m	60.88
<b>M85 -TJ-</b>			
1 Kimiko Nakatake	30 NY	9.75m	64.58
<b>M90 -TJ-</b>			
1 Elaine Iba	40 CA	9.45m	69.58
<b>M95 -TJ-</b>			
1 Linda Lowery	49 GA	9.11m	77.68
2 Irene Thompson	46 NY	8.67m	70.38
<b>M50 -TJ-</b>			
1 Carolyn McCormick	53 TX	5.83m	53.08
<b>M60 -TJ-</b>			
1 Evelyn Wright	63 MD	7.20m	76.98
<b>M65 -TJ-</b>			
1 Barbara Jordan	65 VT	7.35m	80.98
2 Fei-Mei Chou	66 CA	5.66m	61.18
<b>M75 -TJ-</b>			
1 Johnnye Valien	75 CA	5.55m	71.88
2 Margaret Hinton	79 TX	5.27m	72.78

**SHOT PUT**

<b>M30 -SP-</b>			
1 Todd Adelgren	34 NE	14.75m	66.48
2 Marek Wensel	32 IA	11.88m	53.58
3 Richard Costello	33 PA	11.62m	52.38
4 Robert Walter	32 VA	10.93m	49.28
5 Brian Frazier	34 MA	10.44m	45.28
6 Roy Rains	34 MA	9.77m	35.98
<b>M35 -SP-</b>			
1 Glenn Thompson	38 PA	15.89m	72.78
<b>M40 -SP-</b>			
1 Bob Otrando	44 MA	14.51m	75.68
2 Bob Carr	42 TN	14.03m	70.08
3 Goran Milanovic	41 NY	12.59m	61.48
4 David Tolson	41 MA	12.04m	58.78
5 Richard Brown	43 MA	11.82m	60.38
<b>M45 -SP-</b>			
1 Jim Wetenhall	46 OH	13.58m	73.88
2 Dennis Hansen	47 NY	11.57m	64.38
3 Carmen Letizia	47 MA	11.00m	61.28
4 Richard Watson	48 AZ	10.47m	59.58
5 Daniel Valasek	48 PA	9.97m	56.78
<b>M50 -SP-</b>			
1 Lad Fataki	54 CA	15.72m	92.48
2 Craig Sumaker	52 PA	15.02m	84.68
3 Jerry Bookin-Weiner	54 MA	11.90m	70.08
4 Bob Seger	53 MT	11.83m	68.18
5 John Priestley	50 MD	11.51m	62.08
6 Rich Dunphy	53 NJ	10.15m	58.48
7 Daniel Folk	52 PA	9.26m	52.18
<b>M55 -SP-</b>			
1 Robert Head	56 MA	14.26m	87.58
2 Tom Gage	57 MT	13.82m	86.78
3 Bill Hiney	56 NY	13.44m	82.58
4 Robert Harvey	58 NY	12.15m	77.98
5 Herb Bachorik	55 NY	11.20m	67.28
6 Jim Chamberas	57 MA	10.30m	64.68

<b>M60 -SP-</b>			
1 Glen Johnson	61 TN	14.82m	92.58
2 Dan LaRose	62 MI	12.77m	81.58
3 Harry Schwarz	60	11.57m	70.68
4 Robin Herron	64 CO	11.19m	74.68
5 George Commy	64 MA	9.97m	66.48
6 Edmund Joyce	64 NY	9.82m	65.48
7 Charles Monahan	61 MA	9.42m	58.88
8 Stan Chatis	63 NY	8.94m	58.38
<b>M65 -SP-</b>			
1 Gerald Vaughn	65 NC	13.39m	91.08
2 James Koch	65 NH	12.21m	83.08
3 Leonard Rosen	66 NH	11.88m	82.68
4 Leonard Olson	69 FL	11.75m	87.28
5 Bill Gramley	65 NC	11.63m	79.18
6 Ray Feick	69 PA	11.19m	83.08
7 Andy Larabee	67 VT	9.02m	64.28
<b>M70 -SP-</b>			
1 Larry Horine	70 NC	13.24m	89.78
2 Pete Augsburger	71 OH	12.02m	83.38
3 William Garrahan	71 RI	10.89m	75.38
4 Burton MacIver	72 NH	9.97m	62.38
<b>M75 -SP-</b>			
1 William Walroth	77 WI	9.58m	75.68
2 George Brown	78 VT	8.16m	65.88
3 Bill Snaden	75 SC	7.80m	58.98
4 Jacob Stein	77 NY	7.69m	60.78
<b>M80 -SP-</b>			
1 David Schlotthauer	83 MA	7.54m	70.48
2 Angelo Oliver	81 RI	7.47m	65.18
<b>M85 -SP-</b>			
1 Leland McPhie	87 CA	7.44m	82.88
<b>M90 -SP-</b>			
1 Ted Hatlen	90 CA	6.64m	85.98
<b>M95 -SP-</b>			
1 Denise Houseman	38 NH	10.63m	50.28
<b>M40 -SP-</b>			
1 Onetha Lewis	40 NY	13.89m	69.28
2 Barbara Dickson	41 AK	9.54m	48.98
3 Liz Johnson	44 NC	6.80m	37.08
4 Deborah Ecklund	42 NY	6.47m	34.18
<b>M45 -SP-</b>			
1 Patti Gilmour	45 CO	6.57m	37.58
2 Shelley Keeling	49 NY	6.16m	39.38
<b>M50 -SP-</b>			
1 Skipper Clark	53 NY	8.97m	55.48
2 Mary Trotto	53 NY	6.91m	42.68
3 Anne Fisk	54 CA	6.53m	41.48
<b>M55 -SP-</b>			
1 Roslyn Katz	59 NY	7.93m	57.78
2 Patricia Fogg	55 MA	7.74m	50.38
3 Kathleen Heitzmann	59 NY	6.91m	50.28
<b>M60 -SP-</b>			
1 Evelyn Wright	63 MD	8.21m	66.68
2 Ann Flynn	62 CT	8.28m	63.08
3 Carol Young	61 GA	7.44m	57.18
<b>M65 -SP-</b>			
1 Mary Roman	65 CT	8.33m	72.18
2 Marcia Crooks	67 MA	7.13m	64.68
3 Amy Hicks	66 MA	6.73m	62.78
4 Francesca Moravsek	66 VT	5.56m	49.08
<b>M70 -SP-</b>			
1 Lillian Snaden	71 SC	6.07m	61.38
<b>M75 -SP-</b>			
1 Johnnye Valien	75 CA	6.89m	77.58
2 Margaret Hinton	79 TX	6.50m	81.88
3 Diane Friedman	79 OH	4.49m	56.58
<b>M80 -SP-</b>			
1 Katharine Gradick	83 FL	4.93m	70.98
<b>M85 -SP-</b>			
1 Betty Jarvis	85 OK	4.47m	68.78

**WEIGHT THROW**

<b>M30 -WT-</b>			
1 Brian Frazier	34 MA	9.46m	38.78
2 Roy Rains	34 NY	9.04m	36.18

<b>M35 -WT-</b>			
1 Glenn Thompson	38 PA	12.94m	56.38
<b>M40 -WT-</b>			
1 Michael Hambrick	41 PA	14.97m	68.38
2 David Tolson	41 MA	12.48m	56.98
3 Goran Milanovic	41 NY	11.17m	50.98
4 Jeff Crothers	42 AZ	FOUL	
<b>M45 -WT-</b>			
1 Jim Wetenhall	46 OH	16.68m	82.28
2 David Vandergriff	45 SC	14.88m	72.28
3 Bob Cedrone	46 MA	13.82m	68.18
4 William Johnston	47 RI	13.76m	68.98
5 Carl Reichard	48 CT	12.94m	65.88
6 Dennis Hansen	47 NY	10.61m	53.18
7 Richard Watson	48 AZ	10.57m	53.78
8 Carmen Letizia	47 MA	9.65m	48.38
<b>M50 -WT-</b>			
1 Lad Fataki	54 CA	15.02m	
2 Tim Edwards	52 CO	14.77m	
3 Patrick Lynn	51 NY	11.81m	
4 Bob Seger	53 MT	11.45m	
5 Michael Grisko	54 CT	11.42m	
6 Jerry Bookin-Weiner	54 MA	11.14m	
7 John Priestley	50 MD	10.86m	
8 Carlton Mott	53 NC	9.58m	
9 Daniel Folk	52 PA	7.88m	
<b>M55 -WT-</b>			
1 Tom Gage	57 MT	14.99m	
2 George Mathews	57 WA	12.71m	
<b>M60 -WT-</b>			
1 Norm Cyprus	62 NY	13.71m	
2 Donald Trimble	61 NY	11.44m	
3 Robin Herron	64 CO	10.97m	
4 Dudley Weider	62 NH	9.53m	
<b>M65 -WT-</b>			
1 Bob Ward	67 TX	14.86m	
2 Vernon Spencer	66 CO	12.87m	
3 Austin Baggett	69 FL	12.68m	
4 Leonard Olson	69 FL	11.48m	
5 Ray Feick	69 PA	11.37m	
6 James Koch	65 NH	9.29m	
<b>M70 -WT-</b>			
1 Jerry Wojcik	71 OR	9.71m	
2 William Garrahan	71 RI	9.69m	
<b>M75 -WT-</b>			
1 Lev Moshav	75 PA	9.21m	
2 William Walroth	77 MI	8.05m	
3 Jacob Stein	77 KY	7.05m	
4 Bill Snaden	75 SC	6.55m	
<b>M80 -WT-</b>			
1 David Schlotthauer	83 MA	7.88m	
<b>M85 -WT-</b>			
1 Denise Houseman	38 NH	12.70m	
<b>M90 -WT-</b>			
1 Onetha Lewis	40 NY	15.53m	
2 Deborah Ecklund	42 NY	7.11m	
<b>M95 -WT-</b>			
1 Roslyn Katz	59 NY	10.02m	
2 Patricia Fogg	55 MA	7.67m	
<b>M60 -WT-</b>			
1 Carol Young	61 GA	11.32m	
2 Evelyn Wright	63 MD	8.96m	
3 Ann Flynn	62 CT	5.69m	
<b>M65 -WT-</b>			
1 Mary Roman	65 CT	9.32m	
2 Amy Hicks	66 MA	7.59m	
3 Marcia Crooks	67 MA	6.95m	
<b>M70 -WT-</b>			
1 Lillian Snaden	71 SC	7.20m	
<b>M75 -WT-</b>			
1 Margaret Hinton	79 TX	5.81m	
2 Johnnye Valien	75 CA	4.97m	
<b>M80 -WT-</b>			
1 Katharine Gradick	83 FL	4.89m	

<b>M85 -WT-</b>			
1 Betty Jarvis	85 OK	5.40m	
<b>SUPER WEIGHT</b>			
<b>M30 -WT SUPER WT-</b>			
1 Roy Rains	31 NY	5.52m	
<b>M35 -WT SUPER WT-</b>			
1 Glenn Thompson	38 PA	8.76m	
<b>M40 -WT SUPER WT-</b>			
1 Michael Hambrick	41 PA	9.64m	
2 David Tolson	41 MA	8.15m	
3 Jeff Crothers	42 AZ	7.18m	
<b>M45 -WT SUPER WT-</b>			
1 Jim Wetenhall	46 OH	10.41m	
2 David Vandergriff	45 SC	10.21m	
3 Bob Cedrone	46 MA	9.34m	
4 Carl Reichard	48 CT	8.39m	
5 Richard Watson	48 AZ	7.13m	
6 Dennis Hansen	47 NY	6.85m	
<b>M50 -WT SUPER WT-</b>			
1 Lad Fataki	54 CA	10.55m	
2 Tim Edwards	52 CO	9.49m	
3 Patrick Lynn	51 NY	7.80m	
4 Bob Seger	53 MT	7.52m	
5 John Priestley	50 MD	7.14m	
6 Michael Grisko	54 CT	6.99m	
7 Carlton Mott	53 NC	6.60m	
8 Daniel Folk	52 PA	4.94m	
<b>M55 -WT SUPER WT-</b>			
1 Tom Gage	57 MT	9.25m	
2 George Mathews	57 WA	8.07m	
3 Bob Cahnera	58 FL	7.28m	
4 Carl Levine	57 CT	4.70m	
<b>M60 -WT SUPER WT-</b>			
1 Norm Cyprus	62 NY	6.31m	
2 Robin Herron	64 CO	4.74m	
3 Dudley Weider	62 NH	3.58m	
<b>M65 -WT SUPER WT-</b>			
1 Bob Ward	67 TX	7.30m	
2 Vernon Spencer	66 CO	6.76m	
3 Austin Baggett	69 FL	6.40m	
4 Ray Feick	69 PA	6.14m	
5 Leonard Olson	69 FL	5.39m	
6 Donald Levasque	69 NH	5.09m	
<b>M70 -WT SUPER WT-</b>			
1 Jerry Wojcik	71 OR	7.21m	
<b>M75 -WT SUPER WT-</b>			
1 William Walroth	77 MI	7.06m	
2 Jacob Stein	77 NY	5.73m	
3 Bill Snaden	75 SC	4.65m	
<b>M80 -WT SUPER WT-</b>			
1 David Schlotthauer	83 MA	5.59m	
<b>M85 -WT SUPER WT-</b>			
1 Onetha Lewis	40 NY	8.85m	
2 Deborah Ecklund	42 NY	3.59m	
<b>M90 -WT SUPER WT-</b>			
1 Roslyn Katz	59 NY	6.62m	
2 Patricia Fogg	55 MA	4.26m	
<b>M60 -WT SUPER WT-</b>			
1 Carol Young	61 GA	8.13m	
2 Evelyn Wright	63 MD	6.13m	
<b>M65 -WT SUPER WT-</b>			
1 Mary Roman	65 CT	5.39m	
2 Amy Hicks	66 MA	4.95m	
3 Marcia Crooks	67 MA	4.66m	
<b>M70 -WT SUPER WT-</b>			
1 Lillian Snaden	71 SC	5.15m	
<b>M75 -WT SUPER WT-</b>			
1 Margaret Hinton	79 TX	4.37m	
2 Diane Friedman	79 OH	3.20m	
<b>3K RACEWALK</b>			
<b>M35 -3km WALK-</b>			
1 Stephen McCullough	39	16:15.98	68.68
2 Bill Masters	36 NY	23:20.56	46.68

<b>M40 -3km WALK-</b>			
1 Douglas Johnson	40 NY		

Continued from previous page

**EAST**

**USATF New Jersey Masters Indoor Championships Fairleigh Dickinson U. Hackensack; Feb. 11**

55m	Chris Anojly	6.96
M30	Cortez Grimes	7.18
	Michael Lucas	7.21
M35	Gregory Foster	6.89
	Shawn Carson	7.09
	Andrew Clifford Sr	7.52
M40	Lovell Butler	7.02
	Robert McIntosh	7.21
	Don McNeill	7.45
M45	David Ransom	7.23
	Gregory McBride	7.32
	Scott Kirby	7.34
M50	Jesse Norman	7.47
	Gary Arend	7.73
	Rob Jackson	7.86
M55	Joseph Johnson	7.74
	Michael Milove	8.00
	Walter Boucken	9.98
M60	Roosevelt Weaver	7.96
	John Boykin	7.98
	Dick Camp	8.04
M65	Leon Trout	8.58
	Tom Talbott	12.37
M70	James Stookey	8.36
	Ed Cox	8.55
M80	Jim Manno	9.10
M85	W Tashian	11.88
W30	Nedenia West	8.20
W35	Shemayne Williams	8.07
W35	Denise Jones	9.11
W50	Mary Trotto	11.02
W60	Jan Rindge	13.01
W65	Mary Roman	10.36
W85	Adrienne Salmini	22.50
200m	Cortez Grimes	27.77
M35	Mitchell Lovett	25.03
	Rohan Elleston	25.23
	Glenn Patterson	26.37
M40	Keith Royster	26.04
M45	Archie Gaspy	25.56
	Gregory McBride	26.28
	Dennis Brown	26.63
M50	Jesse Norman	26.08
	R G McDonald	28.78
	Noah Perlis	29.15
M55	Richard Jones	28.61
	Joseph Johnson	29.18
	Jonathan Tetherly	31.44
M60	John MacDonald	29.95
	Dick Camp	30.39
	Nate Byrd	30.75
M65	Leon Trout	34.21
	Tom Talbott	39.35
M70	James Stookey	30.29
	Ed Cox	24.97
	Charles Wrixon	40.23
M75	John McManus	38.42
M80	Jim Manno	35.33
W30	Nedenia West	32.01
	Alethea Morris	26.73
	Shemayne Williams	29.41
W50	Mary Rosado	35.68
	Mary Trotto	42.34
W60	Madeline Bost	51.46
W65	Mary Roman	44.20
W85	Adrienne Salmini	1:43.78
400m	Carlos Martins	59.13
M35	Mitchell Lovett	54.12
	Rohan Elleston	54.49
	David Byrne	57.90
M40	Keith Royster	57.51
M45	Archie Gaspy	56.69
	Dennis Brown	59.88
	Don Passman	1:01.71
M50	Jesse Norman	58.31
	Peter Reinhart	1:03.58
	Noah Perlis	1:03.62
M55	Richard Jones	1:06.67
	John Nowatkowski	1:08.38
	John Kuhl	1:09.01
M60	John MacDonald	1:05.77
	Stephen Chopek	1:10.62
	Bob Dworkin	1:13.17
M65	Irwin Bernstein	1:12.80
M70	Ray Chermiak	1:20.14

Charles Wrixon	1:26.28
M80 Jim Manno	1:10.80
W35 Alethea Morris	59.55
Denise Jones	1:28.11
W45 Irene Thompson	1:13.03
W50 Mary Rosado	1:05.54
Sharon Warren	1:17.37
Mary Trotto	1:21.74
W60 Madeline Bost	1:51.34
W65 Audrey Lary	1:34.58
W85 Adrienne Salmini	2:55.10
800m	
M30 Richard Carlson	2:14.59
Rohan Elleston	2:09.32
P J Groce	2:10.04
Tom Metz	2:13.75
M40 Bob Andrews	2:13.23
John Murtaugh	2:14.72
Phil Gibbons	2:17.86
M45 Tony Plaster	2:17.94
M50 Peter Reinhart	2:23.78
Bill Bosman	2:31.84
Bill Indek	2:47.76
M55 Johathan Tetherly	2:33.55
John Nowatkowski	2:38.60
John Kuhl	2:39.64
M60 Pat Cosgrove	2:43.69
M65 Frank Haviland	2:37.32
Irwin Bernstein	2:56.30
M70 Ray Chermiak	3:13.28
Charles Wrixon	3:26.15
Joseph Kernan	3:47.67
M75 John McManus	3:14.98
Frank Luciana	3:33.53
W35 Dawn Best	2:38.25
Taylor Dickson	2:41.00
W50 Mary Trotto	3:35.30
Lois Brown Klein	3:36.72
W60 Madeline Bost	3:50.80
1500m	
M30 Gary Rosenberg	4:21.77
Carlos Martins	4:24.19
Angelo Harasts	4:30.18
M35 Paul Puccino	4:26.40
P J Groce	4:28.09
Diniz Cordeiro	4:57.10
M40 John Papp	4:27.03
John Murtaugh	4:34.72
Phil Gibbons	4:35.56
M50 Roger Price	4:45.67
Peter Reinhart	4:49.65
Bill Bosman	4:54.76
M55 Douglas Brown	4:51.83
Pete Shanno	5:12.57
Daniel Kirsch	5:27.62
M60 Dave Gerridge	5:15.77
Pat Cosgrove	5:19.30
M65 Frank Haviland	5:11.73
Joseph La Bruno	7:00.17
John Orr	8:20.19
M75 John McManus	6:42.75
Robert Mimm	7:00.75
Frank Luciana	8:14.67
M85 Dudley Healy	10:13.97
W30 Mary Chervenak	5:30.12
W35 Beth Chermalis	5:12.10
W40 Lisa Swain	5:29.64
Evelyn Kenigsberg	6:29.16
W50 Erika Campbell	5:49.06
Mary Trotto	6:58.15
Lois Brown Klein	7:16.48
W55 Irene Holzman	7:03.32
W60 Madeline Bost	7:15.77
W70 Delia Toshiko	6:47.46
3000m	
M35 Paul Buccino	9:35.54
Randy Miller	10:36.15
Rich Liptak	11:12.54
M40 John Papp	9:46.95
Kevin Higgins	9:56.64
Phil Gibbons	10:16.92
M45 Ray Scheck	11:18.52
Thomas Alen	12:13.19
M50 Harold Holan	9:45.34
Dennis O'Brien	9:54.39
Roger Price	10:26.75
M55 Douglas Brown	10:35.20
Pete Shanno	11:19.63
M60 Pat Cosgrove	11:34.57
M65 Mark Lanninigan	13:45.38
M75 Robert Mimm	19:16.21
M85 Dudley Healy	20:00.26
W35 Beth Chermalis	10:52.18
W45 Linda Ryan	12:28.91
Cami Klein	13:52.89

W50 Lois Brown Klein	12:48.72
W60 Madeline Bost	16:26.53
Short Hurdles	
M35 Glenn Patterson	8.16
Al Cestero	8.68
M50 Noah Perlis	9.58
Robert Rovi	9.87
Dave Friedman	13.22
M55 Michael Milove	9.80
M60 Nate Byrd	9.70
M65 Leon Trout	10.54
M70 James Stookey	9.28
W35 Denise Jones	14.60
W45 Irene Thompson	9.74
4x400m	
M40 No Jersey Masters	4:06.75
Shore Athletic Club	4:18.07
M50 Shore Athletic Club	4:37.48
No Jersey Masters	5:06.77
4x800m	
M30 Running Company	9:10.57
M40 The Bears	9:53.09
No Jersey Masters	10:21.18
M50 Raritan Valley	10:52.34
No Jersey Masters	12:17.13
High Jump	
M40 John Majewski	1.65
M45 Al Cestero	1.55
Mark Johnson	1.40
M50 Bob Boddy	1.45
Ron Salvio	1.30
Dave Friedman	1.25
M55 Lee Buster	1.40
M60 Jerry Sullivan	1.15
M65 Leon Trout	1.30
James Duncan	1.15
W60 Evelyn Wright	1.25
Pole Vault	
M35 Duncan Littlefield	3.99
M50 Bob Reese	2.44
Ron Salvio	1.52
M55 Jeff Tindall	2.74
M65 James Duncan	2.13
W60 Evelyn Wright	1.83
Long Jump	
M35 Gregory Foster	6.40
Terry Williams	5.20
M40 Robert McIntosh	6.03
Lovell Butler	5.76
Wayne Stahlmann	4.73
M45 David Ransom	5.32
Al Cestero	5.04
Mark Johnson	4.15
M50 Bob Boddy	4.83
Michael Garrity	3.96
Dave Friedman	3.95
M55 Michael Milove	4.72
M60 John Boykin	3.90
K M Thomas	3.51
David Rosenthal	2.87
M65 Leon Trout	4.10
M70 Jack Lance	3.33
W35 Dawn Best	4.06
W50 Mary Trotto	2.30
W60 Evelyn Wright	3.62
Triple Jump	
M30 Chris Anojly	12.14
M35 Gregory Foster	13.01
M40 Bob Ayling	8.54
M45 Mark Johnson	9.15
M50 Dave Friedman	7.78
Bob Reese	7.57
M60 K M Thomas	7.11
David Rosenthal	6.48
M70 James Stookey	9.25
Jack Lance	7.31
M75 Zelig Strauss	4.59
M80 Eddie Coyle	4.08
W45 Irene Thompson	8.13
W60 Evelyn Wright	7.32
Shot Put	
M40 Goran Milanovic	12.72
Thomas Lanzalotto	12.19
Tony Ciccone	11.53
M45 Dennis Hansen	10.88
Mark Johnson	9.64
M50 Rich Dunphy	9.91
Michael Garrity	9.47
Jeffery Copland	8.95
M55 Walter Roucken	10.24
Carl Levine	8.93
Robert King	7.34
M60 John Boykin	10.36
Joyce Edmund	9.81
Jerry Sullivan	9.08

M65 Danese Sereno	9.88
M70 William Bergen	8.15
M75 Zelig Strauss	9.11
W40 Onethea Lewis	13.87
Janice Reid	5.78
W50 Mary Trotto	6.99
W55 Rosalyn Katz	7.96
W60 Evelyn Wright	9.28
W65 Mary Roman	9.17
Anne Cirulnick	7.54
Audrey Lary	7.39
1500m RW	
M35 Bruce Logan	7:59.42
Brian Logan	11:58.09
M60 Maliny Eisner	8:05.39
M65 Bob Barrett	7:55.47
Joseph La Bruno	10:10.02
John Orr	11:26.50
M70 Bill Hogan	9:59.11
M75 Robert Mimm	9:28.39
John Nervetti	10:11.27
M80 Tim Dyan	11:28.68
W45 Sherry Brosnaham	7:53.64
W65 Mary Alice Stookey	12:24.47
Philadelphia Masters Indoor Championships Haverford College; March 10	
55m	
M35 Greg Foster	6.3
M40 Lowell Butler	6.9
M45 Terry McKechnie	7.3
M50 Jesse Norman	7.1
M55 Joe Johnson	6.7
M60 Chuck Bartholomew	7.5
M65 Burt Hughes	9.7
M70 Jim Stookey	8.1
M75 Oscar Harris	10.3
M80 David Hall	9.9
W30 Aimee Louise	8.0
W35 Althea Morris	7.2
W40 Louise Clark Feaster	8.8
200m	
M35 Dave Bynce	26.2
M40 Cameron Bowie	26.2
M45 Tony Natale	26.1
M50 Jesse Norman	25.4
M55 Joe Johnson	26.3
M60 Jay Lute	28.5
M70 Jim Stookey	29.9
M80 George Blyn	51.8
W35 Charlene Landrum	27.5
W40 Louise Clark Feaster	29.6
W55 Barbara Leighton	37.4
W60 Ronnie Levy	60.4
W65 Audrey Lary	38.4
400m	
M35 Mitchell Lovett	52.3
M45 Tony Natale	58.6
M50 Phil Felton	60.0
M55 Bob Fuhrman	69.9
M65 Irwin Bernstein	72.6
M70 Don Bramante	81.8
M80 George Blyn	2:08.0
W35 Althea Morris	57.8
W40 Louise Clark Feaster	70.3
W50 Sharon Warren	72.3
W55 Barbara Leighton	85.6
W60 Ronnie Levy	2:09.0
W65 Audrey Lary	87.0
800m	
M30 Ken Wolff	2:23.4
M35 Tom Metz	2:11.8
M40 Keith Davies	2:16.9
M45 Tony Plaster	2:16.5
M50 Dick Green	2:22.5
M65 Irwin Bernstein	2:57.2
M80 George Blyn	4:19.6
W50 Diane McManus	3:29.5
W60 Ronnie Levy	4:24.8
1 Mile	
M30 Robis Degirmenci	4:39.2
M35 Doug Nevins	5:06.4
M40 David Van Houten	4:39.4
M45 Joel Hoffsmith	5:01.6
M50 Steve Rook	5:10.7
M65 Joe Gaffney	7:00.1
M70 Jerry Nolan	9:31.0
M80 George Blyn	9:24.5
3000m	
M35 Bryan Carr	9:59.4
M40 Jim Cuono	9:52.0
M45 Jim Ochse	12:19.8
M50 Fred Dedrick	11:03.1
M80 George Blyn	18:54.7
W50 Diane McManus	15:37.4
55mH	
M35 Dave Richard	8.7
M50 Lonnie Davis	9.4
M60 Nate Byrd	8.9
M70 Jim Stookey	9.5

High Jump	
M45 Ed Lennox	5-6
M50 Lonnie Davis	5-2
M65 Ray Feick	3-6
M70 Jim Stookey	4-4
M85 George Braceland	3-4
W35 Dawn Best	3-10
W60 Evelyn Wright	4-2
Long Jump	
M35 Greg Foster	22-6
M40 Lovell Butler	18-6
M45 Ed Lennox	19-6
M50 Lonnie Davis	15-7
M60 Chuck Bartholomew	15-1
M65 Ray Feick	9-1
M70 Jim Stookey	15-0
M75 Oscar Harris	9-10
M80 David Hal	9-4
M85 George Braceland	9-1
W30 Aimee Louise	14-7
W35 Dawn Best	13-7
W60 Evelyn Wright	11-1
Triple Jump	
M45 Ed Lennox	5-6
M50 Lonnie Davis	5-2
M65 Ray Feick	3-6
M70 Jim Stookey	4-4
M85 George Braceland	3-4
W35 Dawn Best	3-10
W60 Evelyn Wright	4-2



Continued from previous page

W70 A Stockdale	37-2
W75 Dorothy Platt	29-6
W85 Lillian Webb	25
<b>Javelin</b>	
M50 John Selloh	149
M55 B Luppinacci	88-10
M60 J Turner	120-5
M65 W Rothley	121-1
M70 Art Keamey	108-6
M75 R Wagner	57-2
M80 Don Hansen	47-11
M85 F L McFadden	30-2
M90 Allan Bjork	48
W50 Dee Oeters	57-9
W55 J Gaskins	60-1
W60 B Cleveland	65-1
W65 Gloria Bortell	58-1
W70 A Stockdale	30-7
<b>5K</b>	
M50 H Titman	19:10.07
M55 Rob Mason	21:45.38
M60 Willi Fretz	23:50.51
M65 Bob Keams	23:34.97
M70 Bob Smith	32:15.77
M75 William King	48:18.86
W50 Dee Dean	22:37.76
W55 Judy Ward	26:07.72
W60 Helen Wiper	41:23.19

**SOUTHEAST**

Virginia Masters Indoor Championships  
Lexington, VA; March 1

<b>55m</b>	
M30 Jeff Nuchols	7.3
M35 Robert Harding	6.9
M40 Kestner McDonnough	6.9
John Billingsley	7.4
Kinley Hill	7.5
M45 Wayne Fisher	7.0
Anthony Searles	7.4
M50 Dennis Newton	7.2
M55 Samuel Hall	7.4
Mike Crosby	8.3
M60 Marion Harrison	7.4
Charles West	8.1
Mike Valle	8.7
W35 Barbara Cress	7.7
W40 Liz Johnson	8.9
<b>200m</b>	
M30 Jeff Nuchols	26.7
M35 Robert Harding	24.5
Tott Haire	28.6
M40 Kestner McDonnough	24.8
Kinley Hill	25.9
M45 Wayne Fisher	26.3
M55 Samuel Hall	27.7
Mike Crosby	33.1
M60 Marion Harrison	26.6
Charles West	30.0
W35 Barbara Cress	28.1
W40 Liz Johnson	33.3
<b>400m</b>	
M35 Robert Harding	54.6
M40 John Dyer	55.8
M55 Samuel Hall	1:02.9
M60 Charles West	1:08.5
Ed Fitzgerald	1:19.7
M65 Bill Cocke	1:16.2
W35 Barbara Cress	1:03.7
W65 Marilyn Fitzgerald	1:27.5
<b>800m</b>	
M45 Tom Inzana	2:22.9
M65 Bill Cocke	2:55.3
W65 Marilyn Fitzgerald	3:25.9
<b>1500m</b>	
M40 John Dyer	4:56.5
Jonathan Devier-Scott	5:00.9
James Dill	5:09.3
M45 Tom Inzana	4:54.8
M65 Jim Beahm	6:34.8
<b>3000m</b>	
M40 James Dill	10:41.9
M65 Jim Beahm	12:57.2
M75 Alvin Smith	24:38.5
<b>Short Hurdles</b>	
M40 John Dyer	8.9
Trace Barnette	9.0
John Billingsley	9.6
M55 Mike Crosby	12.4
M60 Ed Fitzgerald	11.6
W40 Liz Johnson	11.6

<b>High Jump</b>	
M35 James Tunstall	1.68
Joe Wilson	1.47
M40 Dale Davis	1.80
John Dyer	1.57
Trace Barnette	1.47
M50 Bob Rockwell	1.47
John Baylies	1.32
Carlton Mott	1.07
M55 Mike Crosby	1.20
M60 Mike Valle	1.25
<b>Pole Vault</b>	
M35 Mark Spenik	3.66
Kevin Matheny	3.66
Todd Haire	3.50
M40 Bob Phillips	4.27
Lew Affronti	3.50
M50 Vince Struble	3.81
M65 Taylor Goode	3.20
W55 Brenda Bloomfield	1.07
<b>Long Jump</b>	
M35 Robert Harding	5.46
James Tunstall	5.07
Joe Wilson	4.50
M40 John Dyer	5.40
Kinley Hill	5.15
Trace Barnette	5.04
M45 Wayne Fisher	5.52
M60 Roger Crockett	5.08
Bob Rockwell	4.60
John Baylies	4.60
M55 Mike Crosby	4.53
M60 Mike Valle	4.60
Ed Fitzgerald	3.62
W40 Liz Johnson	3.48
<b>Triple Jump</b>	
M30 Jeff Nuchols	10.17
M35 James Tunstall	11.55
M40 Trace Barnette	10.95
M45 Wayne Fisher	10.64
M50 Bob Rockwell	11.12
Roger Crockett	9.93
<b>Shot Put</b>	
M30 Scott Powers	13.97
M35 Todd Haire	9.22
M40 Andre Minor	12.13
John Dyer	9.99
M45 Gary Sutton	9.98
Wayne Fisher	9.34
Mark Kreate	8.87
M50 Carlton Mott	8.82
Daniel Folk	8.73
M60 Mike Valle	11.87
Dick Bloomfield	8.51
M65 Gerald Vaughn	AR 13.51
(Bob Ward/13.16/2000)	
M70 Wally Elliott	9.75
W40 Liz Johnson	6.68
W55 Brenda Bloomfield	6.04
<b>Weight Throw</b>	
M30 Scott Powers	14.25
M45 Gary Sutton	10.57
M50 Carlton Mott	9.68
Daniel Folk	7.81
M60 Mike Valle	9.97
Dick Bloomfield	8.55
W55 Brenda Bloomfield	3.97

**MIDWEST**

USATF Midwest Regional Masters Indoor Championships  
New Lenox, IL; March 10

<b>55m</b>	
M30 George Joachim	6.89
Henry Moses	7.16
Matt Maglicic	7.32
M35 Varnador Sultan	6.92
Ennis Taylor	7.10
Tim Scanlan	7.10
M40 Tad Trombley	7.32
Jeff Siek	7.40
Norm Monson	7.41
Paul Zelmanski	7.64
Allan Brecher	7.78
M45 Mike Skofflanc	7.29
Tom Smith	7.32
Tom Bunner	7.45
Robert Zahn	7.58
Phil Campbell	7.66
M50 Mike Oliver	7.75
M55 Chet Dow	8.54
M60 Herb Schueler	8.31
Al Matheis	8.47
Mike Murphy	8.49
Dave McGuire	8.95
M65 Lou Edelman	9.89

M70 Harry Brown	8.40
William Simmons	9.32
Richard Soller	9.86
M75 Jack Hipple	9.49
Richard Rucoba	9.58
Ken Yahiro	10.02
M80 Mel Buschman	13.10
W30 Misha Gutzler	7.98
W45 Denise McField	7.84
W55 Joan Greenwood	9.76
Karen Huff	11.72
W75 Lorna Bauer	11.84
<b>200m</b>	
M30 George Joachim	24.68
Matt Maglicic	26.29
M35 Varnador Sultan	24.79
Tim Scanlan	25.28
Ennis Taylor	25.45
M40 Tad Trombley	26.61
Norm Monson	27.15
Jeff Siek	28.96
M45 Tom Smith	25.95
Tom Bunner	26.05
Jeff Watry	27.25
Phil Campbell	28.06
Richard Pagels	28.31
M50 Mike Oliver	30.65
Herb Blum	34.14
M60 Herb Schueler	30.92
Mike Murphy	31.94
Dave McGuire	36.27
M65 Lou Edelman	37.27
M70 Harry Brown	29.54
M75 Jack Hipple	35.85
Richard Rucoba	36.08
W30 Misha Gutzler	29.74
W40 Martha Lutz	32.01
W45 Denise McField	28.31
W55 Lynn Ingalls	32.07
<b>400m</b>	
M30 George Joachim	55.64
M35 Ennis Taylor	56.65
Tim Scanlan	56.95
M45 Tom Smith	64.2
M55 Leon Savenas	65.9
M60 Herb Schueler	73.8
Dave McGuire	74.2
M65 Clarence Trinkner	97.9
M70 Harry Brown	68.5
M75 Richard Rucoba	81.5
Jack Hipple	82.9
W40 Martha Lutz	70.7
W45 Denise McField	67.2
W55 Lynn Ingalls	72.7
Ruth Thelen	76.3
<b>800m</b>	
M35 Chris Stockman	2:27.10
M45 David Bradley	2:06.23
M60 Herb Schueler	3:18.23
M65 Alex White	3:32.10
W35 Louise Shaheen Seliger	2:32.47
<b>1500m</b>	
M35 Luigi Buffone	4:38.07
Chns Stockman	4:45.7
Rich Matula	5:04.5
M40 Jon Williams	4:34.2
Karl Clauson	5:15.1
Allan Brecher	5:28.3
M45 David Bradley	4:32.8
Charles Lutz	4:37.2
Rick Terhune	4:55.3
W35 L Shaheen Seliger	5:09.7
W55 Ruth Thelen	6:33.8
W60 Marilyn Morehead	7:00.2
<b>3000m</b>	
M35 Luigi Buffone	9:56.1
Chris Stockman	9:58.8
M40 Allan Brecher	11:09.4
M45 Leo Vandervlugt	9:47.7
M50 Ron Winkler	14:12.5
<b>55mH</b>	
M40 Joe Schwieterman	8.66
Paul Zelmanski	9.57
M45 Robert Zahn	8.78
Jeff Watry	9.74
M50 Neal Schueter	10.62
M55 Chet Dow	10.72
M65 Clarence Trinkner	10.46
M70 William Simmons	11.91
<b>High Jump</b>	
M45 Jeff Watry	5-9
John Valiska	5-4
Robert Zahn	5-2
M50 Neal Schuster	4-0
M55 Chet Dow	4-2
M60 Herb Schueler	3-10
M65 Clarence Trinkner	4-4
M70 William Simmons	4-2
Richard Soller	3-8
M80 Mel Buschman	3-0
<b>Pole Vault</b>	
M35 Dave Gilbert	12-6
M40 Terry Christopher	13-6
Ron Rack	13-0

M45 Tom Bunner	12-6
Jeff Watry	11-0
<b>Long Jump</b>	
M40 Paul Zelmanski	17-3.5
M45 Mike Skofflanc	18-0
Jeff Watry	16-8
M50 Mike Oliver	14-2
M55 Chet Dow	12-7
M60 Peter Stopoulos	14-4
Al Matheis	13-10.5
M65 Clarence Trinkner	12-2
Lou Edelman	10-7.5
M70 Richard Soller	12-1.5
William Simmons	10-8.5
M75 Ken Yahiro	10-8
Jack Hipple	10-4.75
M80 Mel Buschman	7-6
<b>Triple Jump</b>	
M45 Mike Skofflanc	33-9.5
M60 George Smith	27-7.25
M70 William Simmons	23-3
<b>Shot Put</b>	
M40 Bob Carr	43-6
Craig Rinker	42-3.5
M45 Ron Summers	47-6
Jeff Watry	35-7
Robert Kingery	30-3.5
Phil Campbell	28-4
M50 Steve Saner	42-9.5
Richard Woosenec	40-3
Jerry Amundson	39-5
Jack Romansic	31-5
M55 Bob Cahners	34-8
John Hess	33-10.5
M60 Stephen Cohen	43-11
George Smith	40-4.5
Al Matheis	31-3
Herb Schueler	28-0
M65 Ernest Bauer	27-3
M75 Ken Yahiro	27-3
Jack Hipple	22-11.75
M80 Mel Buschman	23-6.5
W40 Sue Hallen	26-7.75
W50 Ruth Welding	32-2.5
W55 Karen Huff	26-10
W75 Lorna Bauer	18-8
<b>Weight</b>	
M40 Craig Rinker	33-10
M50 Steve Saner	33-8
Jack Romansic	31-3.5
Neal Schuster	24-4.5
M55 Bob Cahners	33-1.5
W45 Ruth Welding	38-8
W50 Linda Romansic	24-3
<b>3000m Racewalk</b>	
M50 Ron Winkler	17:56.6
M60 Herb Schueler	21:16.8
W50 Alice Winkler	21:36.7

**WEST**

<b>KelField Throws Series #93</b>	
<b>Santa Cruz, CA; March 31</b>	
<b>Shot Put</b>	
M50 Gary Kelmenson	10.99
M60 Mike Parker	12.20
Jack Kuhns	11.58
Raye Girouard	11.30
M70 Tom Allison	11.60
<b>Discus</b>	
M50 Gary Kelmenson	36.67
M60 Ron Mickie	52.22
Jack Kuhns	39.87
Mike Parker	35.98
Raye Girouard	33.52
M70 Tom Allison	35.98
<b>Hammer</b>	
M40 Mike Venning	43.02
Casey O'Hara	41.98
Eric Hodgdon	37.00
M50 Gary Kelmenson	43.30
M60 Jack Kuhns	28.39
Mike Parker	27.65
Raye Girouard	23.79
M70 Tom Allison	29.30
<b>Javelin</b>	
M50 Gary Kelmenson	24.68
M60 Raye Girouard	39.92
Jack Kuhns	33.32
Mike Parker	24.41
M70 Tom Allison	pent32.14
Tom Allison	35.98
<b>Weight</b>	
M50 Gary Kelmenson	15.00
M60 Jack Kuhns	12.82
Raye Girouard	11.42
M70 Tom Allison	12.06
<b>35# Weight</b>	
M40 Mike Venning	13.03
Eric Hodgdon	12.17
Casey O'Hara	12.16
M50 Gary Kelmenson	11.93
M60 Jack Kuhns	8.66
<b>56# Weight</b>	
M40 Eric Hodgdon	8.61

Mike Venning	8.60
Casey O'Hara	7.52
M50 Gary Kelmenson	7.89
M60 Jack Kuhns	5.30
Raye Girouard	4.54
<b>Weight Pent (marks above)</b>	
Gary Kelmenson 50	3272
Jack Kuhns 61	3453
Raye Girouard 60	3247
Tom Allison 71	3831

**CANADA**

<b>Ontario Masters Indoor Championships</b>	
<b>York U., Toronto; March 3</b>	
<b>60m</b>	
M35 Jimson Lee	7.43
M40 Allan Tissenbaum	7.13
M45 Kerry Smith	7.55
M50 Richard Lech	8.01
M55 George Pachovsky	8.84
M60 Mike Morris	8.66
M65 Charles Agnoo	8.68
M70 Ross Mitchell	8.90
M75 Jack Hipple	10.28
W30 A Kuczalska	8.54
W35 M Rodrigue	8.50
W45 Deborah Lenz	8.58
W50 Rhona Trott	9.19
W65 Edith Gray	10.52
<b>200m</b>	
M35 Jimson Lee	24.24
M40 Allan Tissenbaum	23.55
M45 Kerry Smith	24.43
M50 Francisco Machado	27.43
M55 Wayne Martinez	28.58
M60 Mike Morris	29.48
M65 Charles Agnoo	31.20
M70 Bill Thompson	33.21
M75 Jack Hipple	35.71
W30 Agnieszka Kuczalska	28.63
W35 Maureen Rodrigue	27.59
W45 Deborah Lenz	28.77
W50 Rhona Trott	30.89
<b>400m</b>	
M35 Jimson Lee	1:06.13
M40 Glenn Chipkar	57.62
M45 Jim Robinson	56.72
M50 Michael Carter	1:01.33
M55 Wayne Martinez	1:05.47
M60 Jim Irons	1:08.37
M65 Charles Agnoo	1:19.29
M70 Ken Morris	1:18.85
M75 Jack Hipple	1:22.72
W30 Barb Emery	1:06.80
W35 Maureen Rodrigue	1:02.00
W40 Carol Felepchuk	1:10.95
W50 Thona Trott	1:12.90
W65 Jean Home	1:18.72
<b>800m</b>	
M40 Doug Kennedy	2:11.04
M45 Dave Reed	2:13.55
M50 Ray Tucker	2:16.75
M60 Hugh Wilson	2:52.08
M65 Bill Marr	2:57.96
W35 Anna Cranton	2:19.86
W40 Sue Devlin	2:45.17
W45 Lynn Kobayashi	2:34.74
W50 Mary Zadel	3:13.79
W65 Jean Home	3:11.68
<b>1500m</b>	
M35 Hermann Pohl	4:48.30
M40 Doug Kennedy	4:29.57
M45 John Clarke	4:39.35
M50 Ray Tucker	4:35.38
M55 Murray Mostyn	5:12.35
M60 Dennis Featherstone	5:13.51
M65 Bill Marr	5:57.41
M70 David Wilson	6:35.07
M75 Kurt Galbhaar	6:49.93

**INTERNATIONAL**

<b>Polish Masters Indoor Championships</b>	
<b>Warsaw; Feb. 17</b>	
<b>60m</b>	
M35 Jaroslaw Skrzyszowski	7.52
Miroslaw Witek	7.64
M40 Piotr Kubiczek	7.97
Andrzej Pieczara	7.97
M45 Janusz Piersinski	7.66
Jan Zieniewicz	7.86
M50 Marcin Masa	7.91
Zygmunt Dysarz	8.31
M55 Gabriel Mankowski	8.21
Zenon Nowosz	8.33
M60 Jan Grzelak	8.64
Edward Korolko	8.70
M65 Marian Pawlak	9.09



Continued from previous page

A Williams GBR	4.30	M50 A Vitols LAT	12.75	F Saile GER	3851	W40 Bev Scott	14.25	W30 Kristine Martel	19:16.76	M45 Earl Crowley	4.48
K-P Neundorff GER	3.70	I Korosi HUN	12.32	P Mc Ilfatich GBR	3297	W45 Gail Kirkman	14.52	W35 Kaye Paulger	19:24.69	M50 Grenville Simpson	5.17
M50 E Dewit BEL	4.10	P Koivisto FIN	12.21	M50 R Hausner GER	4136	W50 Wendy Brown	14.03	W40 Jo Cavanagh	19:58.62	M55 Maurice Callaghan	4.78
H Hubl AUT	3.80	M55 C-W Krefl GER	12.83	J Charlton GBR	3696	W55 Chris Waring	15.88	W45 Vicky Adams	19:27.00	M60 Rob McGregor	4.67
S Taivassalo FIN	3.80	P Ahomaki FIN	12.58	L Holzberger GER	3252	W65 Colleen Brunker	18.75	W50 Dianne Barclay	23:46.19	M65 Ron Johnson	4.36
M55 N Lechtchenko RUS	3.30	T Taavitsainen SUI	12.03	M55 N Lechtchenko RUS	4017	W70 Agnes Acott	19.70	W55 Ailsa Petrie	24:47.70	M70 Des Sharp	3.55
B Harlick GBR	3.20	M60 V Roitman RUS	11.19	W Kappel GER	3138	200m		W60 Carol Thompson	21:52.77	M75 Ray Dawson	2.85
F Poncin FRA	2.20	J M Perez ESP	10.39	K Mag Mueller AUT	3024	M35 Stephen Te Whaiti	24.00	W65 Dawn Cumming	25:50.37	M85 Frank Cox	1.26
M60 L Sterckx BEL	3.10	I Bellos GRE	9.44	M60 K H Skramstad NOR	3889	M40 Warren Edlin	26.43	10,000m		W30 Nicky Buchanan	4.41
J Pirinen FIN	3.00	M65 H Kandeydi TUR	10.27	I Faychak UKR	3722	M45 Jeff Barnfield	24.49	M35 Robert Ward	35:45.04	W40 Bev Scott	4.65
V Ovkhov RUS	3.00	A Joanquet ESP	10.24	K Solvberg NOR	3439	M50 Laurie Malcolmson	24.29	M40 Murray Hart	35:41.95	W45 Gail Kirkman	4.27
M65 J-F Guieysse FRA	3.10	V Popov RUS	10.14	M65 H Kandeydi TUR	3791	M55 Maurice Callaghan	26.73	M45 Ian Bailey	36:55.00	W50 Wilma Perkins AUS	4.20
H Kandeydi TUR	3.00	M70 J Przyborowski POL	9.58	J Paulus GER	3247	M60 Malcolm Fraser	27.28	M50 Daniel Haddock	38:57.03	Anne Hunter	4.03
S Samourdanis FRA	2.80	G Dobriban HUN	8.90	B Stent GBR	2968	M75 Bruce Wotherspoon	34.31	M55 Bob Martin	39:25.13	W55 Margaret Fraser	2.71
M70 M Konopka GER	2.50	A Papadopoulos GRE	8.60	M70 H Maier GER	3496	M85 Syd Taylor	40.92	M60 Neville Wagner	41:03.66	W60 Judy Hammond	3.16
H Andrecs AUT	2.50	M75 H Albrecht GER	7.22	R Meinsen GER	2917	W30 Nicky Buchanan	28.40	M65 Leo Visser	50:08.45	W65 Marie Slattery	2.73
A Woods GBR	2.40	F Buys NED	6.01	Norman Carter	2653	W35 Anne Goulter	30.97	W40 Jo Cavanagh	41:28.17	W70 Colleen Blair	2.85
M75 A Compri ITA	2.30	M80 E Zensch AT	8.06	M75 G Windolf GER	3660	W40 Karen Gillum-Green	28.85	W45 Lyn Moore	41:13.50	Triple Jump	
M80 E Zensch AUT	2.00	Aate Lehtimaki FIN	7.46	H Albrecht GER	2801	W45 Gail Kirkman	29.07	W50 Asta Wistrand	51:25.43	M35 Mark Macfarlane	11.01
G Breitman FRA	1.80	M85 V Colo ITA	6.95	F Buys NED	2647	W50 Wilma Perkins AUS	29.05	W60 Carol Thompson	44:33.03	M40 Robert Dabb	9.84
W35 G Auth HUN	3.00	W35 A Moelo FRA	12.34	M80 B Sobrero ITA	4088	Sheryl Gower	20.11	Short Hurdles		M45 Earl Crowley	9.45
S Ailus FIN	2.70	V Krepkina UKR	11.70	E Pauwels BEL	2789	W55 Chris Waring	31.16	M35 Stephen Te Whaiti	18.45	M50 Ross McBeth	9.92
B Ott GER	2.40	M-C Pesin FRA	10.65	W35 A Levard FRA	3968	W60 Judy Hammond	32.80	M40 Jim Kerry	20.61	M55 Maurice Callaghan	9.98
W40 C Forcellini ITA	3.00	M Zilwich Scholz GER	11.14	M Zilwich Scholz GER	3533	W65 Margaret Peters	33.63	M45 Earl Crowley	21.24	M60 Brian Slattery	7.61
A Norr-Ericson SWE	3.00	K Wrzesnick GER	3501	W40 J Brown GBR	4189	W70 Agnes Acott	39.12	M50 Francis Campkin	22.12	M65 Les Williams	8.88
H Lauvernier FRA	2.50	W40 J Brown GBR	4189	400m		M55 Maurice Callaghan	19.02	M55 Maurice Callaghan	19.02	M70 Des Sharp	7.93
U Rite GER	2.40	R Escibano ESP	3854	M35 Stephen Te Whaiti	55.41	M60 Roy Petrie	19.77	M60 Roy Petrie	19.77	M75 Ray Dawson	6.10
J Schoeppe GER	2.30	Hazel Barker GBR	3348	M40 Peter Quax	56.57	M65 Peter Berry AUS	22.12	M65 Peter Berry AUS	22.12	M85 Frank Cox	2.37
J Stafford GBR	2.20	W45 C Filer GBR	4065	M45 Jeff Barnfield	56.64	Ian Montgomerie	27.57	Ian Montgomerie	27.57	W30 Nicky Buchanan	9.16
W50 K Forster GER	2.30	P Altrichter GER	3124	M50 Laurie Malcolmson	56.92	M70 Garvin Brown AUS	18.34	M70 Garvin Brown AUS	18.34	W40 Melanie Watson	5.90
W55 K Nix GER	2.20	M Anness GBR	1844	M55 Maurice Callaghan	1:01.51	Hector Mein	21.25	Hector Mein	21.25	W50 Anne Hunter	8.98
W65 D McLennan IRL	1.80	W50 J Longauerova SVK	3365	M60 Malcolm Fraser	1:01.99	M75 Bill Nicholson	22.36	M75 Bill Nicholson	22.36	W60 Frances Bayler	7.58
S Champion IRL	1.50	U Kappel GER	2510	M65 Hugh Coogan AUS	1:01.15	W45 Gail Kirkman	15.67	W45 Gail Kirkman	15.67	W65 Marie Slattery	6.33
Long Jump		W60 R Dijkman NED	4053	Max Wood	1:08.74	W60 Judy Hammond	18.93	W60 Judy Hammond	18.93	W70 Colleen Blair	6.35
M40 I Gavenciak SVK	6.80	W65 A Larsson SWE	4032	M70 John Downey	1:11.25	Long Hurdles		M35 Jeremy Hill	1:05.53	M35 Mark Cumming	11.47
M Ziegler GER	6.43	K Gombertz RUS	6.44	M75 Bruce Wotherspoon	1:25.97	M35 Jeremy Hill	1:05.53	M40 Murray Hart	1:14.13	M50 Bruce Fraser	10.46
Dawo GER	6.13	Shot Put		M85 Syd Taylor	1:52.90	M40 Murray Hart	1:14.13	M45 Jimmy Johnson	1:12.43	M55 Phillip Cox	11.11
M45 J Vila ESP	6.53	M40 M Petrasko LAT	15.37	W30 Joanne Merson	1:04.56	M50 Jimmy Johnson	1:12.43	M50 Laurie Malcolmson	1:05.62	M60 Brian Senior	10.35
J Nikula FIN	6.43	J-P Melynas FRA	14.66	W35 Linda Reynolds	1:18.90	M55 Laurie Malcolmson	1:05.62	M55 Maurice Callaghan	1:10.64	M65 Richard Harris	11.73
J Heras ESP	6.12	M Leskovjansky SVK	14.16	W40 Karen Gillum-Green	1:06.81	M60 Stewart Foster	50.08	M60 Stewart Foster	50.08	M70 Gavin Brown AUS	8.88
M50 J Paez Vera ESP	5.96	M45 V Tokaryev UKR	13.12.96	W45 Gail Kirkman	1:05.21	M65 Peter Berty AUS	59.44	Ivan Stevenson	1:00.28	M75 Maurice Cook	7.82
R Bozhayev UKR	5.88	R Cervi ITA	13:27.41	W50 Sheryl Gower	1:10.58	Ivan Stevenson	1:00.28	M75 Bill Nicholson	1:16.76	M80 Dave Scratton	8.99
A Vtols LAT	5.80	C Bradley GBR	13:41.85	W55 Chris Waring	1:12.42	M75 Jenny Drummond	1:35.93	W30 Jenny Drummond	1:35.93	M85 Frank Cox	2.57
M55 P Ahomaki FIN	6.14	M50 Y Mederle FRA	13:51.64	W60 Judy Chandler	1:23.36	W40 Karen Gillum-Green	1:10.60	W40 Karen Gillum-Green	1:10.60	W30 Jenny Drummond	4.43
T Taavitsainen SUI	5.69	L Giannuzzi ITA	14:51.57	W70 Agnes Acott	1:54.09	W45 Gail Kirkman	1:12.39	W45 Gail Kirkman	1:12.39	W35 Christine McCahill	13.14
W Mann GER	5.48	J-P Pin FRA	15:05.62	M35 David Drummond	2:07.55	W60 Judy Hammond	1:09.06	W60 Judy Hammond	1:09.06	W40 Denise Phillips	8.38
M60 W Tuchen GER	5.19	M55 A King IRL	14:16.86	M40 Peter Quax	2:08.27	2000m Steeplechase		M60 Neville Wagner	8:22.72	W45 Heather Ward	7.83
D Gerhardt FRA	4.90	Yves Duguet FRA	15:01.45	M45 Noel Burr	2:06.84	M60 Neville Wagner	8:22.72	M65 Gil Munro	10:39.71	W50 Wilma Perkins AUS	10.04
J Pirinen FIN	4.90	M60 B Gore GBR	15:36.11	M50 Mike Weddell	2:12.16	Ann Hunter	8:22.04	M70 John Downey	8:22.04	W55 Barbara Austin	9.26
M65 A Joanquet ESP	4.90	A Jordana FRA	15:38.28	M55 Ron Robertson	2:14.68	M75 John Eccles	9:59.94	W35 Kaye Paulger	7:57.55	W60 Val Hood	8.48
L A van de Bosch BEL	4.82	G Bar GER	15:42.84	M60 Malcolm Fraser	2:25.41	W35 Kaye Paulger	7:57.55	W40 K Gillum-Green	7:39.42	W65 Patricia Drayton	8.08
V Popov RUS	4.80	M65 Z Irbe LAT	15:40.07	M65 Hugh Coogan AUS	2:33.90	M75 John Eccles	9:59.94	W45 Lynne Mackay	9:26.16	W70 Wini Pepene	6.73
M70 W Reuter GER	4.56	F Knaringer GER	17:49.92	Len Wilson	2:46.87	W50 Asta Wistrand	10:21.58	W55 Fay Riley	9:46.09	W75 Pauline Purser	4.37
G Dobriban HUN	4.30	H Aurault FRA	18:34.00	M70 Michael Browne	3:07.31	W55 Fay Riley	9:46.09	W65 Dawn Cumming	11:15.19	W80 Rona Smith CAN	4.32
A Papadopoulos GRE	3.77	D Withers GBR	17:29.55	M75 Wallace Opperman	4:24.51	High Jump		M35 Mark Macfarlane	1.66	Discus	
M75 H Hoffmann GER	4.17	C Depooix FRA	20:06.69	M80 Eric de Loutour	3:13.16	M35 Mark Macfarlane	1.66	M40 Jim Kerr	1.45	M35 Mark Cumming	34.90
H Schlegel GER	4.09	M80 J Bouillon FRA	23:40.73	M85 Frank Cox	6:24.84	M45 Earl Crowley	1.35	M45 Earl Crowley	1.35	M45 Joe Bradley	33.71
R Breder GER	3.83	E Janicaud GER	23:48.53	W30 Kristine Martel	2:29.13	M50 Alan Stringer	1.66	M50 Alan Stringer	1.66	M50 Murray Anderson	34.41
M80 B Sobrero ITA	3.79	W35 I Piccelle FRA	15:58.45	W35 Linda Reynolds	2:48.27	M55 Alister Wilson	1.25	M55 Alister Wilson	1.25	M55 Wayne Sinclair	36.23
A Lehtimaki FIN	3.77	B Borde FRA	16:40.29	W40 Clare Burdard	2:34.66	M60 Rob McGregor	1.30	M60 Rob McGregor	1.30	M60 Fred Goodall	35.46
U Sansonetti ITA	3.57	W40 N Mazuir FRA	14:27.20	W45 Gail Kirkman	2:31.83	M65 Jim Blair	1.27	M65 Jim Blair	1.27	M65 Laurie Devlin	33.88
M85 G Marabotti ITA	3.40	D Alverne FRA	14:58.12	W50 Cheryl Simpson	3:02.58	M70 Hecton Mein	1.15	M70 Hecton Mein	1.15	M70 Arthur Grayburn	26.53
V Colo ITA	3.02	A-M Mesmoudi FRA	15:29.35	W55 Fay Riley	3:04.04	M75 Bill Nicholson	1.00	M75 Bill Nicholson	1.00	M75 Laurie Carter	25.65
W35 C Aubert-Caninot FRA	5.81	W45 N Sapounova ITA	15:48.30	W60 Judy Chandler	3:19.24	M75 Beverley Church	1.08	M75 Beverley Church	1.08	M80 Dave Scratton	27.09
H Vervaeet BEL	5.77	Silva FernandesPOR	16:06.33	W70 Agnes Acott	4:14.71	W50 Asta Wistrand	10:21.58	W50 Asta Wistrand	10:21.58	M85 Frank Cox	6.62
V Krepkina UKR	5.50	M Schwantzer AUT	16:13.25	1500m		W55 Fay Riley	9:46.09	W65 Dawn Cumming	11:15.19	W30 Jenny Drummond	12.18
W45 C Filer GBR	5.07	W50 S Loyer FRA	17:03.10	M35 David Drummond	4:22.76	3000m Steeplechase		M35 Brendan Magill	11:10.13	W35 Christine McCahill	36.83
A Akikerman NED	4.82	J Bonnet FRA	17:17.37	M40 Peter Quax	4:23.89	M35 Brendan Magill	11:10.13	M40 Murray Hart	10:41.32	W40 Vivienne Hill	36.77
J Kortbeek NED	4.53	B Tiruma LAT	18:40.14	M45 Allan Thomas	4:26.13	M45 Terry O'Connell	11:48.74	M45 Terry O'Connell	11:48.74	W45 Heather Ward	20.78
W50 J Fail GBR	4.64	W55 F de Wolf BEL	17:30.56	M50 Trevor Ogilvie	4:38.91	M50 Geoff Capon	11:30.21	M50 Geoff Capon	11:30.21	W50 Wilma Perkins AUS	27.74
M Dahler SUI	4.19	J York GBR	19:52.11	M50 Ron Robertson	4:41.39	M55 Ron Robertson	10:38.04	M55 Ron Robertson	10:38.04	Beverley Church	23.45
E Mc Mahon GBR	4.06	W60 J Langford GBR	18:43.87	M60 Bruce McLean	5:32.85	High Jump		M35 Mark Macfarlane	1.66	M35 Mark Cumming	44.96
W55 E Graff BEL	4.61	T Knaringer GER	21:50.79	M65 Len Wilson	5:41.86	M40 Jim Kerr	1.45	M40 Jim Kerr	1.45	M45 Joe Bradley	33.49
A-K Eriksen GER	4.04	W65 J Sommer FRA	18:06.34	M70 John Downey	5:24.35	M50 Alan Stringer	1.66	M50 Alan Stringer	1.66	M50 Jos Pols	25.76
E Staehle GER	3.97	D Leclerc FRA	20:06.57	M80 Eric de Loutour	6:40.29	M55 Alister Wilson	1.25	M55 Alister Wilson	1.25	M55 Phillip Cox	36.18
W60 B Hoffmann GER	3.99	S Champion IRL	22:22.17	W30 Kristine Martel	5:03.95	M60 Rob McGregor	1.30	M60 Rob McGregor	1.30	M60 Barry Rait	32.89
R Dijkman NED	3.75	New Zealand Track & Field Championships		W35 Robyn Stansfield	5:16.41	M65 Jim Blair	1.27	M65 Jim Blair	1.27	M65 Laurie Devlin	43.12
E Heimann GER	3.06	Hastings, NZ; March 9-11		W40 Clare Burdard	5:14.53	M70 Hecton Mein	1.15	M70 Hecton Mein	1.15	M70 Charlie Bishop	26.96
W65 V Belbeze FRA	3.59	100m		W45 Vicky Adams	5:16.89	M75 Bill Nicholson	1.00	M75 Bill Nicholson	1.00	M75 Laurie Carter	23.66
A Larsson SWE	3.52	M35 Stephen Te Whaiti	12.15	W50 Barbara Allen	6:31.66	M75 Beverley Church	1.08	M75 Beverley Church	1.08	M80 Dave Scratton	23.27
B Steedman GBR	3.30	M40 Brian Tuck	12.60	W55 Fay Riley	6:18.05	W55 Barbara Austin	1.16	W55 Barbara Austin	1.16	M85 Frank Cox	8.13
W70 E Enarsson SWE	3.26	M45 Jeff Barnfield	12.32	W60 Carol Thompson	6:07.27	W60 Judy Hammond	1.05	W60 Judy Hammond	1.05	W35 Christine McCahill	39.14
C Happ GER	3.12	M50 Laurie Malcolmson	12.34	W65 June Miles	7:17.79	W65 Margaret Peters	1.08	W65 Margaret Peters	1.08	W40 Denise Phillips	22.69
H Schneider GER	2.64	M55 Russell White	13.40	5000m		W70 Wini Pepene	.96	W70 Wini Pepene	.96	W45 Heather Ward	19.32
W75 I Lorenz GER	2.91	M60 Bruce McPhail	13.98	M35 Robert Watd	17:22.97	Pole Vault		M35 David Rondon	3.20	Hammer	
M Struven GER	2.36	M70 Des Sharp	17.19	M40 Murray Hart	17:07.70	M35 David Rondon	3.20	M40 Murray Hart	3.20	M35 Mark Cumming	44.96
W80 M Wixey GBR	2.04	M85 Syd Taylor	20.18	M45 Trevor Ashe	18:30.23	M45					

Continued from previous page

W50 Beverley Church	31.66
W55 Bev Savage	41.89
W60 Val Babe	27.90
W65 Colleen Brunker	24.05
W70 Wini Pepene	17.47
W75 Pam Spiers	13.32
W80 Rona Smith	12.18
<b>Javelin</b>	
M35 Stephen Te Whaiti	44.02
M40 Murray Hart	34.73
M45 Joe Bradley	51.88
M50 Bruce Fraser	36.46
M55 Wayne Sinclair	35.17
M60 Fred Goodall	37.94
M65 Ron Johnson	35.30
M70 Arthur Grayburn	33.58
M75 Laurie Carter	20.87
M80 Dave Scratton	27.62
M85 Frank Cox	6.81
W30 Jenny Drummond	9.07
W35 Leanne Wilson	22.38
W40 Denise Phillips	21.14
W45 Sheila Smidt	24.83
W50 Wilma Perkins AUS	24.78
Tui Ramanui	22.24
W55 Barbara Austin	22.32
W60 Barbara Bird	21.10
W65 Colleen Brunker	15.41
W70 Wini Pepene	23.30
W75 Pauline Purser	8.86
W80 Rona Smith	8.36
<b>Pentathlon</b>	
M35 Stephen Te Whaiti	2731
M40 Robert Dabb	2236
M45 Jimmy Johnson	2309
M50 Christopher Day	2517
M55 Evan McIntosh	2180
M60 Rob McGregor	3314
M70 Hector Mein	2726

M75 Bill Nicholson	2047
W50 Dianne Spiers	1517
W55 Margaret Fraser	1845
W60 Judy Hammond	3062
W65 Marie Slattery	2349
W70 Wini Pepene	2553
<b>3000m RW</b>	
M35 Leon McPhillips	13:08.87
Rodney Gillum	14:12.96
M40 Paul McGettigan	15:36.92
M45 Michael Harte	15:12.7h
M50 Kevin Taylor	14:32.69
M55 Jeff Wells	17:42.29
M60 Eric Saxby	16:05.69
Jack Tregurtha	18:25.62
M65 Morrie Hinton	15:58.29
M75 Bruce McSweeney	23:57.17
W35 Gabrielle Gorst	14:49.37
W40 Diane Barrett	14:54.56
W45 Sharon McDonald	16:49.92
W50 Carol Bone	18:55.17
Valerie Campkin	26:37.31
W60 Loloma Foster	19:12.05
Hilary Weeks	23:44.65
W65 Alett Ten Tusscher	21:08h
Pamela McKenzie	22:41.43
<b>10K Road Walk</b>	
M35 Leon McPhillips	47:57
Rodney Gillum	51:17
M50 Kevin Taylor	53:45
M55 Gary Little	48:47
W35 Gabrielle Gorst	51:40
W40 Diane Barrett	53:45
W45 Sharon McDonald	1:01:01
W50 Barbara Lambert	57:50
Carol Bone	1:05:21
W60 Loloma Foster	1:06:13
Pamela May	1:14:02
W65 Alett Ten Tusscher	1:14:31
Pamela McKenzie	1:19:51

W40 Sabrina Robinson	AZ 17:02
Monica Joyce	MI 17:10
J L Johnson	CA 17:35
Laura Bruess	CO 18:11
Linda Gill	CA 18:31
Kim Jones	CO 18:37
Amy Hayes	NM 18:40
A Sherreitt	CA 19:10
W45 Marcella Teran	CA 18:18
Kim Rouse	CA 18:25
Sherril Hall	CA 19:23
Mariat Fernandez	CA 20:21
Susie Willard	OK 20:26
Carol Wimbish	CA 20:35
Luann Giebler	CO 20:58
Joann Scott	CA 21:01
W50 Loi Coker	CA 20:41
Joni Shirley	CA 20:50
Odet Osantowski	CA 21:26
Kerry Tabler	CA 21:56
Patty Pratt	CA 23:19
Maria Sanche	CA 23:30
W55 Joan Ottaway	CA 19:54
JoAnn Meyer	CA 21:10
Wendy Watson	CA 21:17
Ann Walker	CA 22:22
Kathy Loper	CA 22:23
Josie Chalmers	AZ 23:25
W60 Barbara Miller	CA 20:59
Eileen Pue	CA 24:17
Una Marie Pierce	CA 26:10
W65 Lois Calhoun	CO 23:50
Martha Walker	CA 26:12
W70 L Montgomery	CAN 26:08
Dorie Smith	CA 33:21
W80 Gerry Davidson	CA 31:26
<b>Age-Graded Performances in %</b>	
1 Simon Karori	42 96.3
2 Nolan Shaheed	51 \$300 93.9
3 Graeme Fell	42 93.8
4 Eddy Hellebuyck	40 \$200 92.5
5 Selwyn Blake	40 \$150 92.0
6 Doug Bell	50 \$125 91.7
7 Jon Sinclair	43 \$100 91.1
8 John Brennan	65 90.5
9 Steve Scott	44 90.0

W45 Marie Wickham	1:32:17
Debbie Kenney	1:35:19
Leah Whipple	1:35:45
W50 Deborah Barchat	1:43:46
Carol Gellman	1:44:06
Kathleen Horton	1:44:27
W55 M Greeley Walsh	1:40:40
Marjorie Kos	1:50:35
Barbara Charles	1:52:47
W60 Anna Thornhill	1:40:50
Mary Nathan	1:43:43
Carol Tyler	1:49:48
W65 Thelma Wilson	2:06:32
Naomi Vogel	2:10:24
Rosa Nales	2:22:28

**Law Enforcement Half-Marathon/USATF NE Championships**  
Melrose, MA; March 11

<b>Overall</b>	
Jack Dwyer	28 67:51
Grace Tucker	37 81:13
M40 Craig Fram	68:21
Paul Hammond	71:37
Larry Sayers	72:20
M45 Rob O'Hara	76:47
Celio Hernandez	79:18
Tom Mather	82:17
M50 Bill Dixon	78:14
Bob Sholl	79:14
Jerry Learned	79:31
M55 Monserate Burgos	83:42
Sumner Brown	87:19
Art Roberts	87:53
M60 Ron McDougald	99:09
Eldon Burkinshaw	1:40:33
Fred Zuliger	1:41:39
M65 Kurt Kelly	1:39:26
Paul McDermott	1:48:30
Karl Tuomivara	2:04:24
M70 Don Ross	1:44:55
John DiComandrea	1:54:34
Joe Shea	2:42:08
W40 Maggie Murray	83:58
Nancy Corsaro	87:15
Mia Jacobs	89:41
W45 Marge Bellisle	86:03
Sydney Letendre	96:08
Gail Breslow	96:10
W50 Rebecca Woolley	86:09
Deb Bullerjahn	92:06
Patty Foltz	1:41:02
W55 Jan Bober	1:39:13
Wendy Burbank	1:41:56
Catherine Farrell	1:47:36

**New Bedford Half-Marathon**  
New Bedford, MA; March 18

<b>Overall</b>	
Daniel Kirwa	1:06:05
Beth Whitney	1:16:53
M40 Glen Guillemette	1:11:35
M45 Bob Ruel	1:15:31
M50 Dennis Pepin	1:25:13
M55 David Cobb	1:27:26
M60 William Riley	1:26:50
M65 Hollis French	1:44:11
M70+ Joe Fernandez	1:37:14
W40 Susan Barber	1:25:55
W45 Mary Camire	1:29:36
W50 Patricia Nally	1:48:23
W55 Linda Dewing	1:53:14
W60 Barbara Belanger	2:02:27
W65 Mary McCauley	2:12:18

**NYRR Powerbar 20-Miles**  
Central Park, NYC; March 24

<b>Overall</b>	
Michael Slinsky	31 1:45:42
Gordon Bakoulis	40 2:05:20
M30 Toby Tanser	32 1:49:10
Joseph McVeigh	37 1:53:54
S Marsalese	35 2:00:31
M40 Alan Ruben	1:54:59
Henry Correa	2:00:47
Peter Allen	2:02:42
M45 Michael Flynn	1:50:35
John Shostrom	2:11:23
Richard Shaver	2:13:06
M50 Robert Hansen	2:22:44
Dariusz Luniewski	2:25:35
Robert Nordman	2:27:41
M55 John Samsel	2:21:33
Charles Bleifeld	2:31:30
Dennis Howe	2:43:51
M60 Eduard Fedosov	2:34:54
Mariusz Solarski	2:41:54
James Lu	2:43:53
M65 Alfred Finger	2:30:49
Richard Murphy	2:34:15
David Kenney	2:58:52
M70 Moises Salama	3:14:01
Gene Bandler	4:45:42
M75 Sab Koide	3:36:59
W30 Laurie Meacham	32 2:22:06
Gail Marino	39 2:24:12
Patrice Kentner	39 2:24:22
W40 Gordon Bakoulis	2:05:20
Jane Erbe	2:39:11
Adria Gallup-Black	2:43:42
W45 Gillian Horovitz	2:15:06
Marie Wickham	2:29:06
Luann Mestre	2:41:32
W50 Betty Shonts	2:29:48
Lily Kosaka	2:56:38
Terry Guadi	2:56:47
W55 Patricia O'Hanlon	2:59:09
Marjorie Kos	3:02:15
Ruth Fairbrother	3:15:01

**NYRR Spring Fling 4-Miles**  
Central Park, NYC; March 17

<b>Overall</b>	
Toby Tanser	32 19:51
Magdalena Visser	32 23:04
M30 Peter Sakalowsky	39 21:22
Justin Hatch	31 21:38
Felipe Vergara	36 21:41
M40 Amador Ybanez	21:35
Mark Heller	23:42
Ricardo Granados	24:09
M45 Tom Phillips	21:50
Walter Dupont	22:06
Richard Shaver	24:26
M50 Julio Aguirre	24:18
Leo Ciesa	25:34
Thomas Grimshaw	26:50
M55 Michael Hudick	25:07
James Hudick	26:19
Rolando Vahznay	27:05
M60 Pat Cosgrove	25:46
Francis Byrne	26:57
Michael Andreachi	27:29
M65 George Hirsch	28:09
David Kenney	30:11
Michael Frankfurt	33:37
M70 Leslie Buckland	42:20
Albert Puma	51:21

Gene Bandler	54:14
M75 Sab Koide	35:37
Wallace Cutler	42:41
Edward Finkelstein	44:03
M80 Thomas Gibbons	43:11
Wilfredo Rios	49:20
W30 Alexa Babakhanian	34 23:21
Aimee Landry	37 24:34
Alison Barbi	36 25:16
W40 Stacy Creamer	24:49
Adria Gallup-Black	26:43
Carrie Barratt	27:59
W45 Gillian Horovitz	24:12
Mollena Martinez	29:57
Jane Kenney	30:29
W50 Isela Santoscoy	26:52
Judy Harrigan	27:43
Roslyn Schloss	29:43
W55 Ruth Fairbrother	32:25
Chuang Chang	33:55
Anna-Lisa Wallin	33:57
W60 Edith Jones	33:42
Joan Bondell	34:40
Nike Mizelle	36:41
W65 Naomi Vogel	36:21
Elaine Breiger	44:45
Elizabeth Thomas	47:55
W70 Dolly Finkelstein	40:31
Bertha McGruder	47:42
Pearl Jones	59:16
W75 Muriel Merl	37:54
Edith Farias	40:36
Jozi Neulinger	58:33

**Kings Park 15K**  
Kings Park, L.I., NY; March 25

<b>Overall</b>	
Rafael Veras	30 51:15
Donna McMahon	31 58:10
M40 John McKim	54:26
Richard DeLa Sota	55:32
Thomas Taylor	55:36
John Williams	56:26
M45 Pete McNeill	56:47
John Delmaestro	58:38
Brian Manghan	60:09
M50 Alan Oman	56:31
Julio Aguirre	59:34
Luis Teran	63:13
M55 Jorge Aguilera	65:33
Joseph Lazzaro	66:37
Michael Service	70:08
M60 Jose Mendez	70:17
Hector Santiago	71:59
M65 Adolph Rettmer	77:42
Kevin Connors	79:33
M70 Guy Froehling	80:26
Odd Sangesland	93:41
M75+ Sab Koide	77 1:35:54
George Dennis	77 1:52:03
W40 Eileen Barnes	Corley 61:55
Elizabeth Ratner	65:32
Nancy Aboff	68:06
W45 Margarita Marascia	68:55
Robin Redeker	69:37
Helen Visgauss	70:20
W50 MaryAnne Goldman	75:41
Jacque Gow	77:46
Diane O'Donnell	79:13
W55 Hilory Boucher	82:37
Helma Clavin	84:43
W60 Pat Cataldo	84:03
Pat Delaney	92:29

**Nortel Networks Cherry Blossom 10 Mile**  
Washington, DC; April 8

<b>Overall</b>	
John Korir	26 KEN 46:12
Elana Meyer	34 RSA 52:16
M40 John Tuttle	50:18
Stephen Koch	55:44
Anthony Basile	56:11
Jeffrey Delie	56:31
Mark Malander	56:43
Charlie Andrews	56:57
Gary Peters	57:11
Terry McLaughlin	57:24
Greg Diamond	58:01
Craig Fishman	58:53
M45 Jim Whitnah	55:48
Dan Lawson	56:16
David Webster	58:19
Develand Campbell	58:33
Ronnie Knepper	59:09
Clay Schofield	60:27
Jerome Meredith	60:30
Robert Burns	60:34
Roberto Rodriguez	61:31
Gary Presuhn	61:36
M50 David Lowe	60:28
Mick Slonaker	60:36
William Walker	60:53
Jay Jacob Wind	62:20
Timothy Morgan	62:40
Kenneth Shipp	62:44
Ben Beach	63:14
John Dix	64:16
M55 Doug Goodhue	61:05
Piriya Pinit	62:24

W60 Edith Jones	3:19:38
Helga Smith	3:28:11
Cindy Peterson	3:43:06
W65 Naomi Vogel	3:34:47

**USATF/GNC 100K Championships**  
Pittsburgh, PA; March 24

<b>Overall</b>	
Jim Garcia	42 7:05:58
Anne Riddle	34 8:13:57
M40 Jim Garcia	7:05:58
Rudy Afanador	8:23:11
John Geesler	8:36:36
M45 David Luljak	8:08:05
Bob Jordan	9:07:21
Ray Krolewicz	10:57:24
M50 Roy Pirung	8:44:12
Keith Hileman	9:14:15
Don Meyer	10:19:27
M55 Frank Probst	9:42:17
M60 Al Bogenhuber	9:55:14
Ed Rousseau	10:46:43
W40 Chrissy Ferguson	8:46:21
Holly N-Zinzow	8:56:39
Katrine Sundling	10:05:11

**Kings Park 15K**  
Kings Park, L.I., NY; March 25

<b>Overall</b>	
Rafael Veras	30 51:15
Donna McMahon	31 58:10
M40 John McKim	54:26
Richard DeLa Sota	55:32
Thomas Taylor	55:36
John Williams	56:26
M45 Pete McNeill	56:47
John Delmaestro	58:38
Brian Manghan	60:09
M50 Alan Oman	56:31
Julio Aguirre	59:34
Luis Teran	63:13
M55 Jorge Aguilera	65:33
Joseph Lazzaro	66:37
Michael Service	70:08
M60 Jose Mendez	70:17
Hector Santiago	71:59
M65 Adolph Rettmer	77:42
Kevin Connors	79:33
M70 Guy Froehling	80:26
Odd Sangesland	93:41
M75+ Sab Koide	77 1:35:54
George Dennis	77 1:52:03
W40 Eileen Barnes	Corley 61:55
Elizabeth Ratner	65:32
Nancy Aboff	68:06
W45 Margarita Marascia	68:55
Robin Redeker	69:37
Helen Visgauss	70:20
W50 MaryAnne Goldman	75:41
Jacque Gow	77:46
Diane O'Donnell	79:13
W55 Hilory Boucher	82:37
Helma Clavin	84:43
W60 Pat Cataldo	84:03
Pat Delaney	92:29

**Nortel Networks Cherry Blossom 10 Mile**  
Washington, DC; April 8

<b>Overall</b>	
John Korir	26 KEN 46:12
Elana Meyer	34 RSA 52:16
M40 John Tuttle	50:18
Stephen Koch	55:44
Anthony Basile	56:11
Jeffrey Delie	56:31
Mark Malander	56:43
Charlie Andrews	56:57
Gary Peters	57:11
Terry McLaughlin	57:24
Greg Diamond	58:01
Craig Fishman	58:53
M45 Jim Whitnah	55:48
Dan Lawson	56:16
David Webster	58:19
De	

Continued from previous page

Pat Griffith	62:40
Jerry Solomon	65:05
Ben Dyer	66:18
M60 John Elliott	64:12
Bob Spearing	68:09
Art Morey	70:03
Antonio Panizza	70:16
Stan Neumann	71:54
M65 John Dugdale	68:29
Tom Ray	69:22
Richard Williams	74:50
George Yannakakis	75:00
Larry Dickerson	77:22
M70 Nianxiang Xie	78:45
Don McCarten	82:34
Peter Hui	91:48
Don Taylor	94:13
M75 Lou Lodovico	76:13
John Cahill	80:25
Walt Washburn	91:12
M80+HenryHeyman	80:24
W40 Donna Moore	61:09
Beth McCann	65:49
D WindsandDaum	66:33
Joan Fowler	67:14
Deb Barnett	67:59
W45 Betty Blank	68:16
Yvonne Bonner	70:30
Shelley Raiston	73:46
Mary Cupo	75:34
Nancy Young	77:33
W50 Sandra Adams	68:38
Lee Saroken	75:08
Judi Carbery	76:02
Marilyn Bevans	77:37
W55 Sharon Dolan	69:50
Wendy Watson	73:55
Linda Tice	74:45
Carol Hansen	77:25
W60 Imme Dyson	80:57
Cindy Clark	88:25
Godchild Habib	89:39
W65 Pat Ewell	97:24
JeanettChambers	1:43:15
Hiroko Hunt	1:53:48
W70 Antoinette Hill	1:48:24
Doralie Segal	1:49:06
Susan Wilson	2:04:05
W80+Hedy Marque	83:15:20

**SOUTHEAST**

**Shamrock Marathon & Masters 8K**  
Virginia Beach, VA; March 17

**Overall**

Michael Harrison	34	2:26:35
Janice McCaffrey	41	2:46:55
M40 Kris Warszawski	2:43:46	
Rob Levinsky	2:47:33	
M45 Greg Sellers	2:43:40	
Michael Fuller	2:49:21	
M50 R. Beauchamp	2:57:30	
Doc Weiss	2:58:38	
M55 John Loughran	3:06:51	
M60 Mel Williams	2:56:53	
M65 Mike Davilla	3:57:23	
M70 Lee Cooper	3:51:03	
M75 E B Lloyd	7:04:52	
M80 Ed Burnham	6:34:49	
W40 Janice McCaffrey	2:46:55	
Leisa Ensie	3:11:58	
W45 Mary Astrop	3:24:07	
Betty Blank	3:28:06	
W50 J Kruger-Williams	3:33:14	
Peggy Frederick	3:52:00	
W55 Merle Hines	3:38:41	
W60 Tina Staples	5:33:54	
W65 Marilyn Stevens	6:27:45	

**Masters 8K**

**Overall**

Eddy Hellybuyck	40	23:43
Tatyana Pozdnyakova	46	28:22
M40 Eddy Hellybuyck	23:43	
Andrey Kuznetsov	23:49	
John Tuttle	23:58	
Sam Ngatia	24:40	
Chris Fox	25:09	
M45 Dave Kannewurf	27:09	
Mike Zeigle	28:13	
Jim Goggin	28:18	
Rudolf Pekarek	28:32	
M50 Ervin Reid	27:33	
Rick Platt	28:04	
Mick Slonaker	29:04	
Bill Hart	29:40	
M55 Steve Frisk	30:10	
John Haubert	31:18	
Bob Hartless	31:57	
M60 Bob Sieller	32:15	
Tom Patton	37:55	
Charles Ross	38:29	
M65 Tom Ray	34:00	

Richard Williams	36:38
M70 Rudi Schuster	46:32
M75 Carl Stringer	34:57
W40 Jill Hargis	29:46
Robin Moon	31:19
Cinda O'Dell	32:17
Patrice Malloy	32:20
W45 T Pozdnyakova	28:22
Dorothy Winn	33:15
Kay Denzer	34:34
Christie Wamsley	34:55
W50 Catherine Wides	32:43
Rose Malloy	33:49
Barbara Armstrong	39:08
W55 Joan Coven	37:42
Lucia Davidson	40:29
Jean Pritsel	41:00
W60 Susie Klutz	37:00
Betty Munden	43:11
W65 Betty Dameron	47:17
W70 Iris Vinegar	60:14

**Azalea Trail Run 10K**  
Mobile, AL; March 24

**Overall**

Chebill Abraham	21	27:26
Gladys Asiba	23	32:42
M40 Eddy Hellybuyck	29:37	
Andrey Kuznetsov	30:06	
Peter Fleming	30:10	
Tom Redding	33:28	
Jeff Hathorn	33:56	
Joel Lambert	34:59	
Jim Frazier	35:02	
Jim Unger	35:26	
Jeff Dundas	36:04	
Andy Leonard	36:43	
M45 Leonard Vergunst	35:08	
David Yon	37:14	
Carl Jakob	37:37	
Leo LaFrance	37:53	
John Passwater	37:59	
Al Goudzward	38:43	
Joseph Waheen	39:15	
Paul Bryant	39:22	
Homer Roberts	39:31	
Paul Bergman	39:37	
M50 Gary Romesser	32:55	
Bill Rodgers	34:33	
Charlie Galloway	37:47	
Jerry Armstrong	39:24	
Jim Redmill	39:54	
Don Henderson	40:02	
Rick Walton	40:05	
Marshall McMillan	40:35	
M55 David Jeffrey	38:05	
Jim Baillargeon	40:01	
Paul Colomb	40:43	
Ken Royston	42:08	
John Hall	42:12	
Tad Jurgens	42:48	
Roger Pouyadou	42:54	
Bobby Scott	43:24	
M60 James Peller	40:55	
John Conroy	42:36	
Will Wright	44:12	
Charlie Mills	44:44	
Dan Seliga	45:32	
Leon Mattics	46:00	
M65 Richard Cumming	44:31	
Richard Kowalski	46:46	
Preston Masters	47:31	
Jerry Parker	47:41	
M70+ John Cahill	76	46:46
Paul Wissler	75	52:27
Jerry Webb	70	57:31
Arthur Gassen	76	59:17
W40 Mary Kniseley	34:41	
Marie Boyd	36:03	
Kim Jones	37:13	
Jean Lankford	37:22	
Sarah Kramer	38:28	
Nancy Stewart	39:18	
W45 Tatyana Pozdnyakova	35:38	
Susann Pierce	44:26	
Mary Jean Yon	44:43	
Kristin Vergunst	45:06	
Debbie Renfroe	45:32	
Sharon Zuhoski	46:05	
W50 Judith Hine	40:15	
Susan Holcomb	48:59	
Patricia Lerch	50:31	
Vicki Copeland	51:51	
Pamela Duke	52:21	
W55 Nina Holub	50:11	
Betty Lafferty	51:31	
Carol Buckley	53:15	
Jo Ann Daacon	53:47	
Becky Ryder	55:16	
W60 Polly Kenniston	51:39	
Carol Leckband	54:33	
Miriam Turner	59:49	
W65 Helen Corley	63:03	
Joan Shepherd	67:14	

Helen Amazeen	69:55	
W70+Lois Gilmore	70	54:58
Faye Eisenacher	74	64:43
Vera Whiteside	72	72:17

**Cooper River Bridge Run**  
Charleston, SC; April 7

**Overall**

James Koskei	28:45
Catherine Ndereba	32:33
M40 Simon Karori	29:21
Andrew Masai	29:44
Selwyn Blake	31:48
M45 Jim Wilhelm	35:17
David Renneisen	35:59
Paul Dawson	36:20
M50 Gary Romesser	33:18
Robert Schlau	35:06
Ervin Reid	35:13
M55 Terry Van Natta	37:51
Tom Dooley	38:10
Steve Annan	38:45
M60 Gerald Friedman	42:52
Dean Godwin	43:47
Floyd Deandrade	43:50
M65 Raymond Stone	47:28
Joe Nettles	48:39
Clyde Mizzell	48:57
M70 William Boulter	50:35
David Anderson	50:53
Lonnie Collins	54:21
M75+John Cahill	47:32
Franklin Mason	58:50
David Mellard	61:54
W40 Elena Viazova	34:48
Sabrina Robinson	35:11
Janice Addison	36:37
W45 T Pozdnyakova	35:53
Barbara Holzman	44:02
Catherine Lempesis	44:08
W50 Terry Mahr	39:10
Judith Hine	40:53
Sally Driggers	46:09
W55 Mary Thompson	49:46
Joan Mulvihill	49:56
Nita Eichstaedt	50:57
W60 Patricia Rhode	56:51
Robin Johnson	66:00
Helen Botti	66:11
W65 Joyce Huguilet	59:48
Elfriede T Beeson	64:43
Camille Daniel	67:11
W70 Garthedon Embley	70:53
Wyndall Henderson	96:30
Mabel Veige	97:19
W75+Mary Canty	91:10
Lucy Jones	117:48
Margaret Wright	118:46

**MIDWEST**

**Stampede of Races**  
Ann Arbor, MI; April 7

--5K--

**Overall**

Nathaniel Clay	23	15:46
Anne Bork	31	19:17
M40 Norris McCrary	18:50	
M45 Ken Yelle	20:56	
M50 Bob Cranson	21:30	
M55 Roger Kilponen	25:20	
M60 Joe Bianco	25:23	
M65 Eugene Keywandwry	25:50	
M70 Jim Beal	23:08	
M75 Stuart Baggeley	28:59	
W40 Ruth Lara	22:03	
W45 Corliss Irrer	22:22	
W50 Caroline Dick	21:57	
W55 Shirley Torrance	32:31	
W60 Janet Wallen	26:33	
W65 Betty Dunlap	38:45	

--10K--

**Overall**

Eric Green	32	32:00
Carla Lagenthal	26	43:50
M40 Bryan Alfonso	33:27	
M45 Glen Feldspausch	36:54	
M50 Rich Walker	41:16	
M55 Darrel LaMar	44:28	
M60 Harvey Bliszak	60:59	
M65 Jerry Wolberg	60:22	
M75 Jim Forshue	45:52	
W40 Vicki Norfleet	48:26	
W45 Corien Sorenson	51:12	
W50 Grace Harrison	44:59	
W55 Ruth Thelen	47:35	
W60 Ellen Nitz	49:59	
W65 Chris Swanson	52:54	

--20K--

**Overall**

John Dorsch	67:13
Cathy Herne	76:44

**Masters**

Bruce Harrison	70:58
Wanda Gunderson	98:11

M40 Jim Bedford	72:15
M45 Rick Straub	78:31
M50 Ron Marinucci	86:58
M55 Wally Herral	78:29
M60 Dan Hendren	98:15
M65 Darrell McKee	1:46:09
M75 Jim Zink	2:30:06
W40 Rosalia Madrigal	95:49
W45 Barbara West	1:49:11
W55 Kathy Morse	1:48:19
W60 Cathy Detman	1:48:28

**SOUTHWEST**

**Schlotsky's Bun Run 5K**  
Tulsa, OK; March 17

**Overall**

Brian Baker	14:34
Laura Baker	16:59
M40 John Sharp	16:00
Doug Clark	16:09
Ron Wall	16:51
M45 Pete Orban	16:21
John Stukely	17:01
Doug Vaughn	17:42
M50 R Chilworth	18:51
M McCracken	19:50
Chas. Holcomb	19:56
M55 Geo Marchetti	18:19
Steve Haigh	19:18
Ron Kykendall	19:20
M60 Jim McFadden	20:15
Andy Hogan	21:15
Bill Jones	21:17
M65 Bob Adkins	21:26
Bill Snyder	24:29
Allen Klein	24:32
M70 Paul Heitzman	19:52
Rich Mitchell	25:45
Art Roepke	26:18
M75 Tom O'Connell	30:54
C Gutheridge	34:40
Ross Waltzer	48:35
M80 Fisher Lewis	28:16
W40 Deb Torneden	17:34
Brenda Stukey	18:28
Kim Bricker	18:50
W45 Mona Canaday	22:09
Donna Spencer	22:23
Nancy O'Neal	22:40
W50 Trudy Callaway	22:28
Grace McCoy	23:47
Janet Ellsbury	24:42
W55 Cheryl Barrick	26:35
D Montgomery	27:28
Lana Wilson	28:09
W60 B Hambrick	28:22
A Meadows	31:37
M Cunningham	32:50

**Tyler Azalea 10K**  
Tyler, TX; March 31

**Overall**

Andrew Letherby	29:44
Grace Mornanyi	34:55
M40 Mark Morris	36:41
M45 Elias Palacios	36:45
M50 Tony Collins	39:59
M55 Mark Phillips	44:59
M60 Robert Freeman	48:22
M65 Harold Wilson	42:49
M70+Fred Samford	56:01
W40 Carmen Troncoso	35:19
W45 Joyce Deason	41:09
W50 Marisa Quinones	46:49
W55 Janette Brown	53:39
W60 Barbara McLeod	59:49
W65 Suzanne Dailey	78:11
W70+Ima Gene McCord	63:49

**Austin American-Statesman**  
Capitol 10K  
Austin, TX; April 1

**Overall**

Delmir Dos Santos	35	30:27
Albina Gallyamova	36	34:58
M40 Joe Flores	33:01	
Chris Crawford	34:26	
Tim Terwey	36:26	
M45 Keith Dowland	33:16	
John Gonzales	36:32	
M50 David Cromer	39:34	
Ridge Williams	39:56	
M55 Gerald Roy	38:56	
Michael Chicka	39:18	
M60 Bill Harding	41:41	
Roy Dwyer	42:12	
M65 Ino Cantu	41:57	
Jim Braden	47:19	
M70 Dan Allensworth	52:46	

M75 Harry Hagan	76:19	
M80 Louis Johnson	81	117:23
W40 Marie Boyd	36:21	
Donna Moore	40:23	
Cindy Samok	42:15	
W45 Julie Palmer	43:50	
Jan Lebourgeois	46:05	
W50 Judy Enis	52:32	
Marcella Paul	49:35	
W55 Janet School	48:37	
Josie Bowman	48:45	
W60 Gayla Chambers	61:02	
Jody Kehle	65:54	
W65 Beverly Avery	57:30	
Marilyn Denison	67:29	
W70 Shirley Gilliland	86:17	
W75 Wanda Hall	88:26	

**Redbud 10K**  
Oklahoma City, OK; April 8

**Overall**

Julius Mwangi	25	30:32
Deborah Torneden	40	38:05
M40 Douglas Clark	34:41	
Robert Anex	35:53	
Ron Wall	37:12	
Danny Ponder	38:33	
M45 Peter Orban	35:14	
Steve Jennings	38:08	
Doug Vaughn	38:40	
Steve Tunney	42:56	
M50 Crail Wahl	39:59	
Ron Kykendall	41:27	
Rick Brower	42:22	
M55 Ron Barrick	46:18	
Mike Peterson	47:41	
Earl Jackson	48:01	
M60 Jim McFadden	44:24	
Jim Tabor	47:15	
Kent Frates	50:36	
M65 Dean Windsor	56:16	
Don Smith	64:00	
M70 Paul Heitzman	44:57	
John Wilson	76:38	
M75 Jack Rector	60:29	
W40 Deborah Torneden	38:05	
Brenda Stukey	40:04	
Priscilla Godi	40:32	
W45 Susie Willard	43:44	
Joanne Jackson	47:54	
Marie Breshears	49:00	
W50 Barbara Luciano	41:19	
Sandra Hanson	48:39	
Nancy Fullhart	57:53	
W55 Sheryl Drevo	50:13	
Donna Eichner	55:43	
J Hammond	65:18	
W60 Geraldine Weber	52:42	
Kathy Moffitt	60:42	
W65 none		
W70 Pat Hill	63:35	

**WEST**

**San Jose Mercury News Press**  
Run 10K  
San Jose, CA; March 11

**Overall**

Simon Sawe	27	29:14
Lyudmila Vasilyeva	31	33:35
M40 Armando Siqueiros	31:55	
Bob Ebert	32:50	
Adolfo Lopez	33:02	
Lloyd Stephenson	33:37	
M50 Jim Gorman	35:04	
Bob Anderson	37:17	
Eric Belden	39:	

Continued from previous page

W70 Lorry Plasencia	35:40
Marie Earl	46:11
Judy Godsey	47:19
W75 Dagmar Toklison 79	60:47
-10K-	
<b>Overall</b>	
Hector Lopez 33	32:04
Shireen Crumpton 30	35:21
M40 Jeff Snyder	36:02
Patrick Byrne	36:36
Jim Morehart	37:56
M45 Scott Rosenlieb	36:55
Mark Hughes	39:09
Perry Forrester	39:21
M50 Frank Escobedo	43:03

John Secunda	45:42
Jeff Wilson	46:20
M55 Larry Arata	45:38
Bill Haallsworth	46:17
Richard Fuchs	47:45
M60 Terry Dunbar	41:06
Victor Gonzalez	45:53
William Kim	48:06
M65 Stanley Polski	46:08
Leroy Carter	50:24
Dusty Snyder	52:33
M70 Bob Koch	48:51
Ellis Revness	51:28
Pete Petracek	52:17
M75 Phil Clarke	67:57
Roy Murano	68:38
M80 Dick Greenberg 80	82:36
George Feinstein 87	88:58

W40 Mary Button	39:53
Tracy Kierce	43:12
Darleen Fitzgerald	45:49
W45 Leslie King	43:06
Therese Molina	46:52
Jette Wypych	49:21
W50 Stacy Georgilas	49:05
Ronnie Ruggerie	53:06
Karen Nawrocki	59:45
W55 Irene Thomson	53:50
Diane Thomas	55:54
Maria Lewis	59:02
W60 Bonnie Robinson-Jones	50:51
Darnell Owens	68:15
Carol Mills	73:34
W65 Urmula Krummel 65	67:33
Carol Ferris 65	68:25

<b>KRFC Houlihan's 12K</b>	
San Francisco, CA; March 25	
<b>Overall</b>	
Chris Lundstrom	37:21
Rosa Gutierrez	43:08
M40 Ty Strange	40:08
Chris Jagers	40:50
Lynn Mentzer	41:11
M45 Lloyd Stephenson	41:01
Bob Ebert	41:16
Fletcher Lesley	42:43
M50 Dan Sauers	42:18
Don Paul	43:12
Greg Jewett	43:56
M55 Frank Ruona	44:19
Richard Parker	48:23
Leonard Goldman	48:28
M60 Russ Kiemann	48:33
Joe Hurtado	50:18
Doug Braasch	51:32
M65 Ralph Poole	49:33
Bernie Hollander	54:59
Jim Moore	55:51
M70 Bill Fortune	58:55
Sam Hirabayashi	62:06
Ed Reyna	65:05
M75 Harold powers	73:07
Jack Friedlander	80:18
Frank Rodriguez	88:05
M80 Foy Blackburn	139:00
W40 Diana Fitzpatrick	47:04
Karen Steele	48:47
Carole Keller	48:49
W45 Christine Iwahashi	52:40
Dale Pitman	54:43
Cindy Scott	55:28
W50 DeeDee Grafius	49:06
Katherine Frank	55:03
Barbara Ashe	57:49
W55 Jessie Stratton	58:55
Greta Carriger	59:42
Edda Stickle	62:10
W60 Barbara Miller	53:09
Jutta McCormick	60:41
Louise Walters	61:43
W65 Myra Rhodes	62:05
Peggy Kang	70:24
Jo Sullivan	80:39
W70 Joy Johnson	81:27
Peggy Ewing	82:26
Marian McKone	103:37
W75 Paulette Parsons	91:43
Po Adams	94:42

**NORTHWEST**

<b>Shamrock 15K, 8K &amp; 5K</b>	
Portland, OR; March 18	
<b>Overall</b>	
Phillmon Hanneck 29	45:32
Tatiana Salazar 32	54:48
M40 Chris Clark	50:23
M45 Bruce Paullin	53:01
M50 Francis Kessler	57:38
M55 Scott Taylor	59:52
M60 Bill Fallon	63:24
M65 Keith Fitch	71:35
M70 Tony Freeman	81:43
W40 Denise Foote	58:44
W45 Lesley Roberts	68:06
W50 Cheryl Chadwick	68:16
W55 Kathy Stout	83:19
W60 Ellie Putnam	86:27
W65 Susan Means	102:10
<b>8K Overall</b>	
Ian Solof 29	24:17
Deanna O'Neil 36	28:45
M40 Zac Schendel	24:22
M45 Roger Tumasonis	29:30
M50 Bill McCall	29:32
M55 Michael Camahan	30:38
M60 Gary Reddaway	33:55
M65 Bob Kiever	43:55
M70 John Keston	38:13
W40 Jane Clevenger	31:43
W45 Lisa Holder	37:51
W50 Phyllis McCall	38:07
W55 Sarah Lockhart	38:59
W60 Julie Johnisee	49:11
W65 Barbara Dougan	56:45
W70 Billie Smith 77	52:03
<b>5K Overall</b>	
Greg Kuntz	15:07
A Booterbaugh	18:00
M40 Bob Stiner	17:54
M45 Peter Spir	17:55
M50 Art Conner	20:08
M55 Jim Watts	23:14
M60 Mike Paul	22:39
M65 Jack Keener	25:01
M70 John Keston 76	22:02
W40 Janet Hipshman	19:40
W45 Karen Conner	25:48
W50 Olga Ginez	25:29
W55 Beverly Feucht	25:48
W60 Andrea Andersen	29:31
W70 Pat Rouse	38:31
W80 Irene Crane 84	40:34

**CANADA**

<b>Around the Bay 30K</b>	
Hamilton, ONT, CAN; March 25	
<b>Overall</b>	
Joseph Ndritu	1:36:39
Elisabeth Ruel	1:54:20
M40 David O'Keefe	1:44:39
Peter Drake	1:51:56
Glen Martila	1:52:45
Gordon Aglor	1:54:39
Ed McColm	1:55:39
M45 Jim Van Buskirk	1:56:35
Anthony Farr	2:00:40
David McConkey	2:02:27
Phil McNamee	2:04:29
Duane Kennedy	2:04:40
M50 Pat Donnelly	2:02:10
Paul Jewell	2:02:35
Gary Fryatt	2:07:10
M55 Roger Cobbleddick	2:07:40
G Malaczynski	2:07:44
Paul Collard	2:07:57
M60 Robert Glazier	2:14:58
Joe Fadista	2:17:21
Euclide Lantignea	2:17:53
M65 John Spagnoli	2:14:12
James Simpson	2:30:38
John Campbell	2:34:56
M70+Ed Whitlock	2:00:55
Richard Sullivan	3:05:53
Odino Solingo	3:12:34
W40 Carolyn Silvey	2:13:26
Anita Weisseneder	2:20:42
Joanne M-Moldyri	2:21:51
Lynda Deboer	2:25:14
Brenda Brunstein	2:28:22
W45 Louise Voghel	2:10:33
Mary Hanley	2:18:29
Rosemary Wedlake	2:18:43
Nancy Cole-Hryciw	2:22:25
Joanne Debruyne	2:24:36
W50 Mary Lou Hamm	2:27:53
Helga Rinneard	2:28:58
Patricia Hinton	2:37:13
W55 Claire Oger	2:46:31
Nina Bovio	2:52:18
Joan Thomas	2:53:31
W60 Wilma Lang	3:01:58
Anita Warner	3:06:34
Mary Demattia	3:25:05
W65 Katherine Pye	2:53:07
Brenda Chaplin	3:33:48
Sheila Noonan	4:31:14

**ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, MAY 2001**

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
VASILII SIDORENKO (RUS)	5-1-61	40-44
HEIDI DENTON (SCOTTSDALE, AZ)	5-8-61	40-44
ZSUZSANNA PETO (AUT)	5-23-61	40-44
SARAH BOSLAUGH (NEW YORK, NY)	5-4-56	45-49
STEVE SCOTT (LEUCADIA, CA)	5-5-56	45-49
JANET TAKAHASHI (CAN)	5-16-56	45-49
DON QUARRIE (JAM)	5-1-51	50-54
NANCY SHAFER (BOWLING GREEN, OH)	5-1-51	50-54
JOSIE HEFFERNAN (GBR)	5-1-51	50-54
YAIR KARNI (ISR)	5-1-51	50-54
PATRICIA OAKES (GBR)	5-2-46	55-59
SUSAN GUSTAFSON (NORWELL, MA)	5-2-46	55-59
DENNIS PHILLIPS (PHILOMATH, OR)	5-7-46	55-59
CAROLYN DULLAWAY (AUS)	5-8-46	55-59
MAGON FRANCKX (BEL)	5-13-46	55-59
MARY ELLEN WILLIAMS (DARNESTOWN, MD)	5-17-46	55-59
DAVE ROBINSON (SAN DIEGO, CA)	5-22-46	55-59
WILLI ZAISER (GER)	5-22-46	55-59
DAPHNE DUNN (US)	5-23-46	55-59
TOM RAUSCHER (US)	5-23-46	55-59
WAYNE LAMBERT (DANA POINT, CA)	5-28-46	55-59
NANETTE FURGINE (SWI)	5-28-46	55-59
GEOFF BARRATT (GBR)	5-31-46	55-59
L. KORCHAGINA (URS)	5-31-46	55-59
LENA SANDGREN (SWE)	5-3-41	60-64
RALPH ZIMMERMAN (BUFFALO, NY)	5-12-41	60-64
B. GREEN (GB)	5-15-41	60-64
DAVID THORESON (SANTA BARBARA, CA)	5-16-41	60-64
LETHA FIGG-HOBLYN (PORTLAND, OR)	5-17-41	60-64
BERNADETTE MCGRATH (AUS)	5-18-41	60-64
JOHN DOBROTH (VENTURA, CA)	5-19-41	60-64
CHRISTA SEILNACHT (GER)	5-20-41	60-64
URSULA STELLING (GER)	5-23-41	60-64
MIRIAM ST. CLAIR (PALO ALTO, CA)	5-30-41	60-64
MARGARET CARINCI (RICHMOND HILL, NY)	5-30-36	65-69
GERARD VERVOORT (FRANCE)	5-30-36	65-69
PHIL SCUDIERI (US)	5-7-36	65-69
TOR HAALAND (NOR)	5-7-36	65-69
ULRICH SCHIROW (WG)	5-9-36	65-69
DAVE CADIZ (KAILUA, HI)	5-9-36	65-69
HANS JURGEN GASPER (WG)	5-10-36	65-69
HINRICH JOHN (WG)	5-11-36	65-69
PETE STOPOULOS (E. MOLINE, IL)	5-11-36	65-69
SUE BERMAN (CAMBRIDGE, MA)	5-14-36	65-69
JAMES DALEY (NEW IPSWICH, NH)	5-14-36	65-69
MAVIS CARTER (NZL)	5-16-36	65-69
VALERIE ENDRES (SAN LUIS OBISPO, CA)	5-19-36	65-69
LARS LINDHE (SWE)	5-21-36	65-69
FRITZ MUELLER (WG-NY)	5-23-36	65-69
WERNER VON MOLTKE (WG)	5-24-36	65-69
THOMAS BUTTERFIELD (WINDSOR, CT)	5-26-36	65-69
DAWSON PRATT (US)	5-27-36	65-69
HILMA JAGER (GER)	5-30-36	65-69
BUZZ PORTER (DAYTONA BEACH, FL)	5-31-36	65-69
WILLIAM STODDART (GB)	5-2-31	70-74
BETTY NEAL (FAIRFIELD, OH)	5-4-31	70-74
ANN E. DERUIG (RSA)	5-4-31	70-74
VALBORG OSTBERG (NOR)	5-14-31	70-74
JOE CHADBOURNE (CHAGRIN FALLS, OH)	5-15-31	70-74
CHADWICK BOLENDER (SEATTLE, WA)	5-18-31	70-74
GERD DREWNIAK (WG)	5-21-31	70-74
THOMAS COLSON (GB)	5-28-31	70-74
MILA KANIA (WARWICK, NY)	5-28-31	70-74
GLORIA BORTELL (FAIRFAX, VA)	5-27-31	70-74
GEZA DORIBAN (HUN)	5-1-26	75-79
DESMOND MARGETSON (US)	5-2-26	75-79
SALVADORE MARTINEZ (SPA)	5-5-26	75-79
JOE KING (ALAMEDA, CA)	5-9-26	75-79
LIDA ASKEW (US)	5-23-26	75-79
SHIRLEY SEGAR (DUNCANS MILLS, CA)	5-27-26	75-79
HEIKKI AHTIANEN (FIN)	5-1-21	80-84
BOO MORCOM (WILMOT FLAT, NH)	5-1-21	80-84
JAMES UPHAM (JUNCTION CITY, KS)	5-12-21	80-84
CAROL PEEBLES (FOND DULAC, WI)	5-14-21	80-84
HARRY LAMPERT (RSA)	5-18-21	80-84
KARL-HEINZ HOYER (GER)	5-22-21	80-84
VALERIE TYSON (AUS)	5-23-21	80-84
ALBERT SALMON (CA)	5-23-21	80-84
JANE DANA (REDLANDS, CA)	5-24-21	80-84
EILA HOGVIST (FIN)	5-25-21	80-84
FRANK BOWLES (GREELEY, CO)	5-31-21	80-84
WILLIAM THOMPSON (BRYANTVILLE, MA)	5-1-16	85-89
COLIN FAIREY (GB)	5-11-16	85-89
JACK THATCHER (MANHATTAN BEACH, CA)	5-21-16	85-89
FRANCISCO COLON (PUR)	5-25-16	85-89
ALDO AMORETTI (ITA)	5-8-11	90-94
MARGARET LOPEZ (MIDDLETOWN, NJ)	5-18-11	90-94
ROBERT HUNTER (BEAVERTON, OR)	5-20-11	90-94
OIVA LATTU (FIN)	5-22-11	90-94
MIKE KISH (FONTANA, CA)	5-15-6	95+
JULIUS GILBERT (GARDEN GROVE, CA)	5-31-6	95+
MAX BAYNE (ST. PETERSBURG, FL)	5-29-1	95+

Compiled by Pete Mundle, World and U.S. Masters T&F Records Chairman

**2000 U.S. MASTERS OUTDOOR TRACK & FIELD RANKINGS BOOK**

- Men's and women's 2000 U.S. 5-year track & field age-group rankings.
- 56 pages, over 100-deep in some events.
- All T&F events.

Send \$8.00 plus \$2.00 postage and handling to:

NATIONAL MASTERS NEWS  
P.O. Box 50098  
Eugene, OR 97405

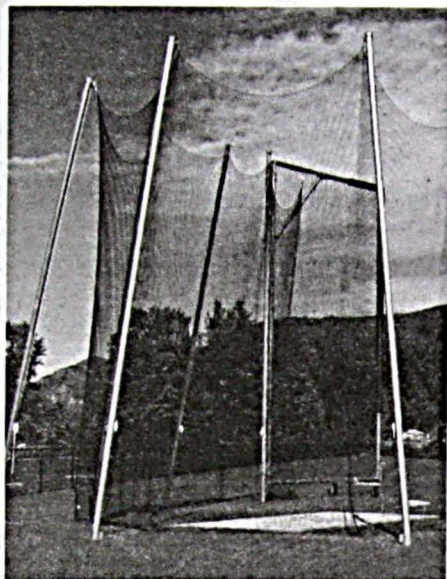
Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

[www.nationalmastersnews.com](http://www.nationalmastersnews.com)

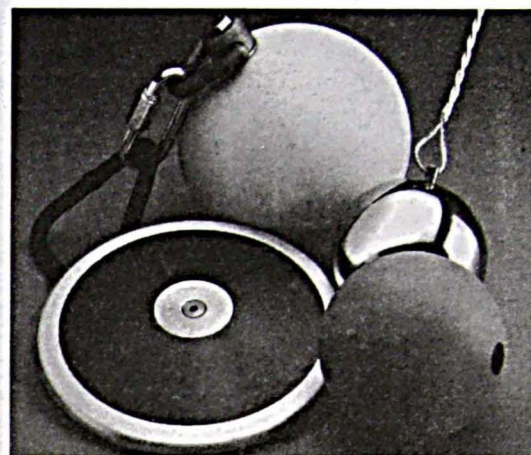
**EVERYTHING TRACK & FIELD, EVERYTHING FAST AND PRICED RIGHT!**  
**We Carry UCS, Gill, Pacer, First Place, Nelco and More.**



THROWING CAGES



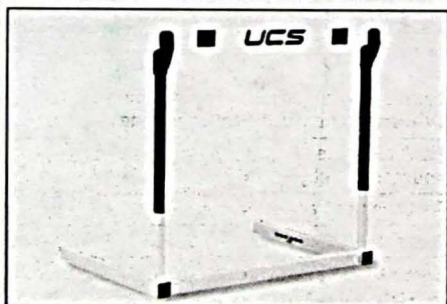
TENTS



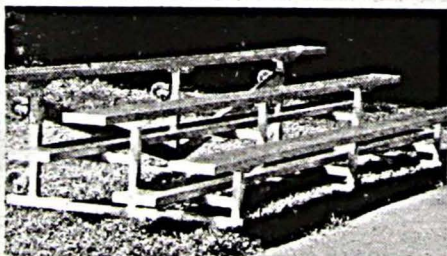
DISCUS, HAMMER, SHOTS & INDOOR WEIGHTS



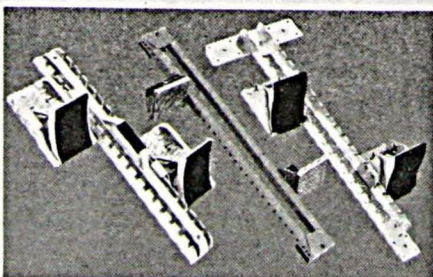
LANDING PITS



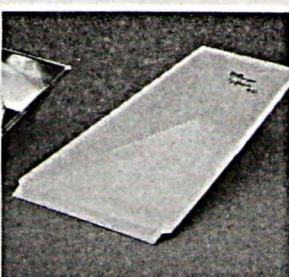
HURDLES



BENCHES AND BLEACHERS



STARTING BLOCKS



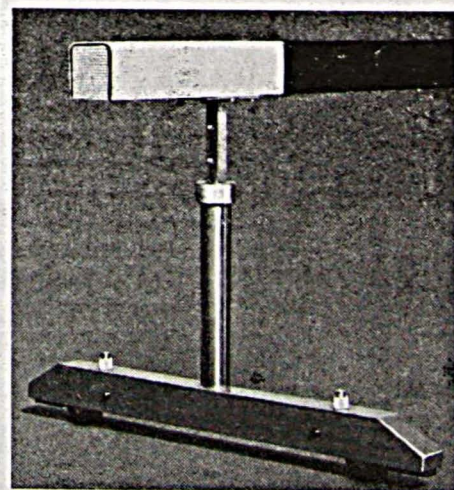
POLE VAULT BOXES



STOPWATCHES



VAULTING POLES



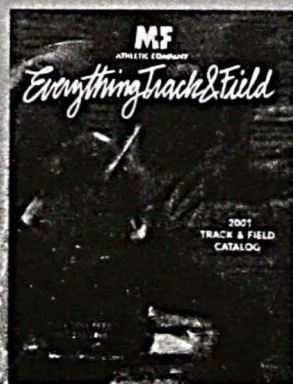
STEEPLECHASE BARRIERS

**RELY ON M-F ATHLETIC FOR YOUR TRACK REQUIREMENTS.**

**Our 2001 Catalog Is Ready! Request Your FREE Copy.**

68 pages chock full of equipment, implements and accessories. A great reference and a dependable, low cost source.

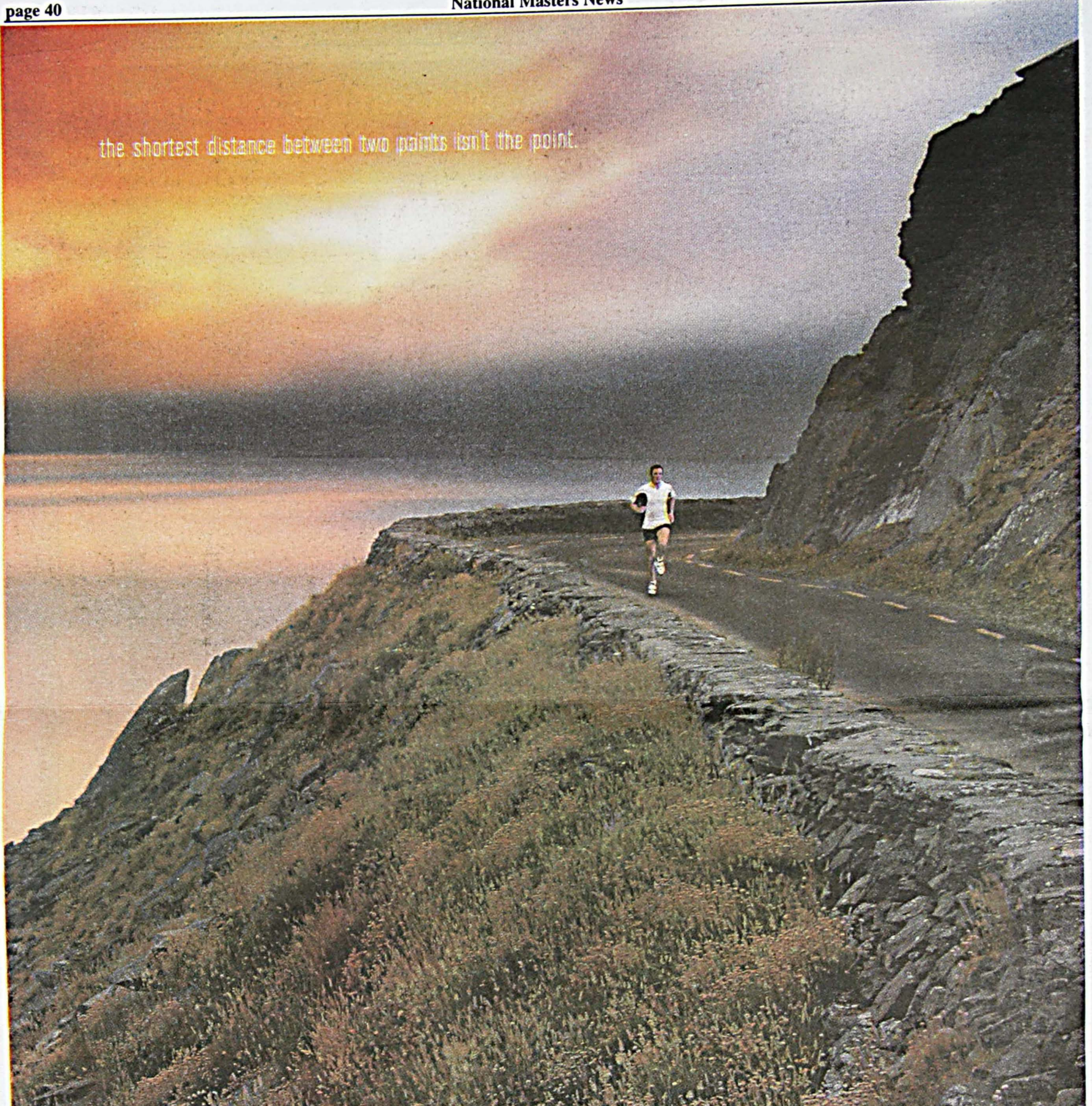
**Call Toll-Free 1-800-556-7464**  
**Fax Toll-Free 1-800-682-6950**



**M-F ATHLETIC COMPANY**

11 Amflex Drive, P.O. Box 8090  
 Cranston, RI 02920-0090 USA  
 E-Mail: [mfathletic@mfathletic.com](mailto:mfathletic@mfathletic.com)  
 Visit Our Web Site: [www.mfathletic.com](http://www.mfathletic.com)

the shortest distance between two points isn't the point.



M854 MEN'S RUNNING SHOE

A high-mileage stability training shoe

- Abzorb™ cushioning in the heel and forefoot
- Graphite Rollbar™ stability technology
- T.P.U. Medial Post™ provides motion control
- Stability Web™ offers lightweight midfoot support
- C-Cap™ Midsole provides maximum cushioning and flexibility
- N-Durance™ heel pad for increased durability
- Available in four widths: B, D, 2E, 4E

achieve new balance



www.newbalance.com 1-800-253-SHOE  
© 2001 New Balance Athletic Shoe, Inc.