

# NATIONAL MASTERS NEWS

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

288th Issue

August 2002

\$2.50



FROM GRANDMA'S MARATHON

A small portion of the 6900 runners who started the 26th annual Grandma's Marathon, June 22.

## Russians Run Off With Grandma

By SUSANNAH BECK

For a day marked by torrential rains in the morning and tornado warnings in the evening, the 26th Grandma's Marathon was a thundering success, June 23.

Race director Scott Keenan delayed athletes at the remote Two Harbors, Minn., starting line by almost 30 minutes, waiting out lightning and rain at

the downtown Duluth finish line. As a consequence, the "bubble" of runners was slipped into a brief window of perfect racing conditions, with only a little rain at the start, cool 50-degree temperatures, and that lucky break on the point-to-point course, an 8 mph tailwind.

Russian Fedor Rychov, 42, 2:17:55,

Continued on page 6

## 306 Compete in Hayward Classic

By JERRY WOJCIK

EUGENE, Ore. — Three women athletes and a men's relay team were the headliners in the Hayward Classic held here on June 29-30 at the University of Oregon's famed Hayward Field. Carol Finsrud, with three W45 U.S. records in the throws, was the standout athlete in the field of 306, which included a host of record-holders and national champions.

Finsrud, of Texas, who competed in the discus at the 2000 Olympic Trials in Sacramento, broke the shot put record (12.08) with a 12.12, the discus record of 38.46 with a substantial 48.74, and the hammer record (38.46) with a 41.90. She already owns the national W35 and W40 discus records.

Olga Kotelko, 83, led a successful

Continued on page 7



SUZU HESS

High jumpers Debbie Brill (r), 49, and Martha Mendenhall, 43, after Brill's U.S. W45 record 1.61, Hayward Classic.

## Orono, Maine to Host 35th USA T&F Masters Championships

The 35th annual National Masters Track and Field Championships will be staged on Aug. 8-11 at the University of Maine campus in Orono, where it was held in 1998. Since then, the meet has journeyed to Orlando, Fla., in 1999, Eugene, Ore., in 2000, and Baton Rouge, La., in 2001.

The Championships are open to all men and women athletes age-30-and-

over, who will compete in five-year age groups. Although anyone can enter, only U.S. citizens can place in the championships. Non-U.S. citizens, however, receive the same awards as do citizens. August 1 is the last date for entry, with a \$25 late penalty.

Running events will be held on the Clarence Beckett Family T&F Center,

Continued on page 8



Three Southern Belle age-group winners at the National Heptathlon Championships, Trenton, N.J., June 22-23 (from l): Ann Carter, W60, of Georgia; Phil Raschker, W55, of Georgia; and Liz Johnson, W45, of North Carolina.

## Pawlik, Wlodarczyk Top Scorers in National Decathlon/Heptathlon

By JEFF WATRY

Phil Raschker, 55, set a U.S. age-group record, and Emil Pawlik, 63, and Anna Wlodarczyk, 51, were the top scorers in the 2002 USATF National Masters Decathlon/Heptathlon Championships.

The event, on June 22-23, was held at the College of New Jersey in Trenton, where the 37 men and 7 women competitors were greeted by a great facility and hot weather. Last year, 33 men, and 10 women competed in the Championships in Tacoma, Wash.

Raschker, Marietta, Ga., who already has the W45 U.S. and W50 world heptathlon records, among dozens of others, scored 5344, which included 1171 points for a W55 U.S. record high jump of 1.42, an age-graded 93.4%. The present heptathlon record of 4758 was set by Christel Miller (now Donley) in 1991; the listed high jump record of

1.33 in 1996 belongs to Kathy Bergen.

Pawlik, who competed well last year, but was not 100% because of injuries, just about wrapped up the Combined-Event Male Athlete-of-the-Year Award by adding this title to his indoor heptathlon win at Kenosha, Wisc., in early March, and the indoor pentathlon victory in the National Indoor Championships later that month in Boston. Pawlik scored 7919 points, bolstered by a 5.23 long jump (987), an age-graded 92.9% 15.57 (986) in the hurdles, and a 1.57 high jump (982).

Phil Byrne, 61, 2001 Combined-Event Male Athlete-of-the-Year, was the second highest scorer and second to Pawlik in the M60 group, with a 7286. Todd Christensen, 45, former Pro Bowl tight end with the Raiders, who posted the men's highest total (5379) in his masters debut at the 2002 Indoor

Continued on page 13



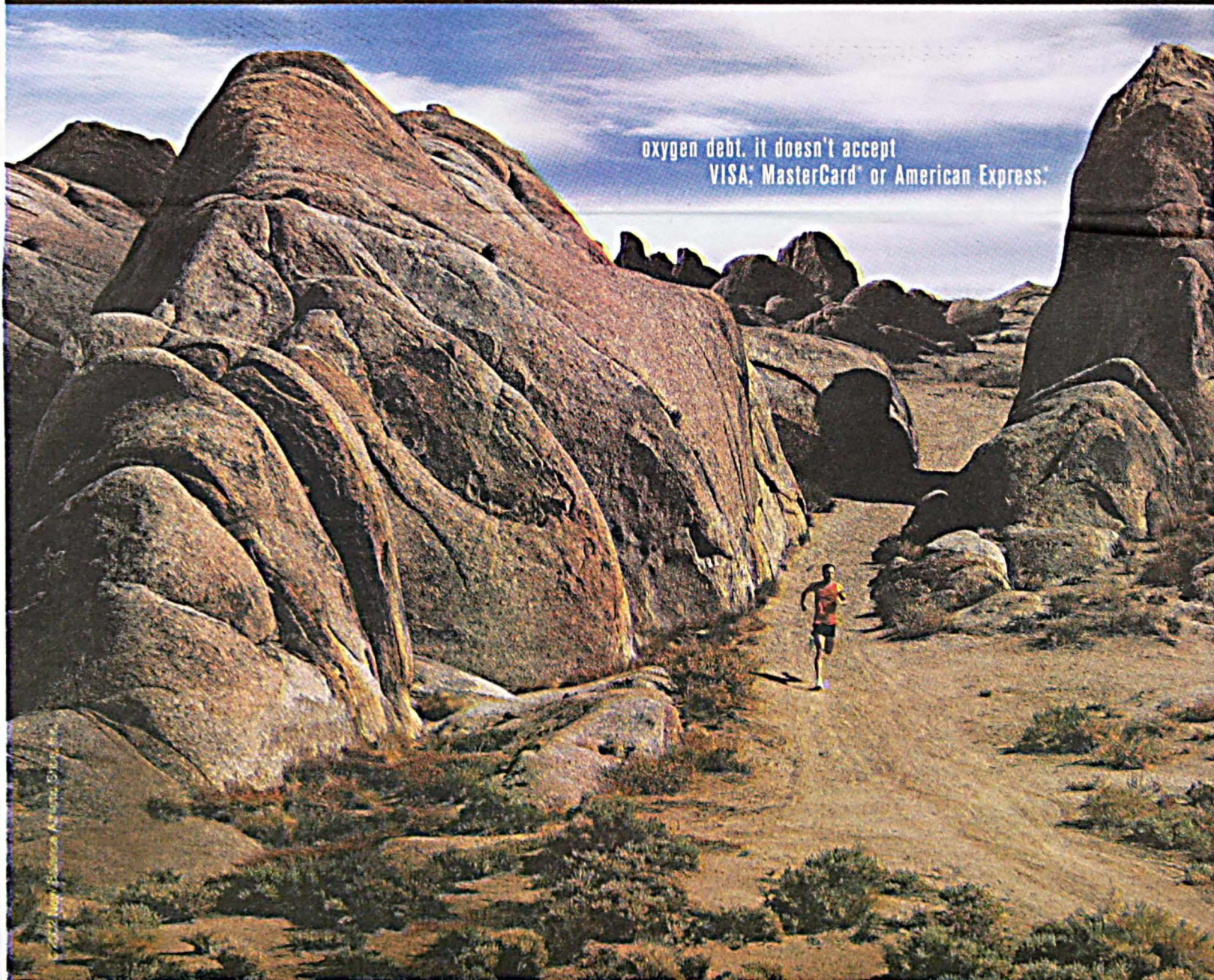


achieve new balance

www.newbalance.com 1-800-253-SHOE

**M764 MEN'S RUNNING SHOE**

A supportive cushioned trainer • Abzorb® cushioning in the heel and forefoot • Stability Web® provides midfoot support and torsional stability • Combined blown and solid rubber outsole for durability and cushioning • C-Cap® Midsole with a Dual Density medial support system • Available in widths: D, 2E, 4E



oxygen debt. it doesn't accept  
 VISA®, MasterCard® or American Express.®

CONTENTS

DEPARTMENTS

- USATF/LDR Office
- Letters to the Editor
- T&F Report . . . . .
- Twenty Years Ago . . . . .
- Third Wind . . . . .
- Ten Years Ago . . . . .
- Weight Room . . . . .
- The Foot Beat . . . . .
- Fifteen Years Ago . . . . .
- Five Years Ago . . . . .
- Racewalking . . . . .
- Training Advice . . . . .
- On the Run . . . . .
- International Scene
- Report from Britain
- New Age-Group A
- WMA Officers . . . . .
- Masters Scene . . . . .
- Schedule . . . . .
- All-American Standings
- Results . . . . .

FEATURES

- Grandma's Marathon
- Hayward Classic . . . . .
- National T&F Preview
- Natl. Decathlon/Heptathlon
- MUT Bids . . . . .
- State Street Mile . . . . .
- National T&F Sites
- Age-Graded Distance
- Portland Classic
- Green Bay Marathon
- USA T&F Meet . . . . .
- Southeastern Meet . . . . .
- SGMA Capital Challenge
- Brugge Grand Prix

ENTRY FORMS  
PRODUCTS

- New Balance . . . . .
- NMN Subscription Information
- Nevada Senior Olympics
- Arkansas Senior Olympics
- Long & Strong Journal
- Kansas Senior Olympics
- Pataki Catalog . . . . .
- Larry Stuart Javelin
- Mid-American X-Country
- Publications Order Form
- Ski & Travel . . . . .
- Bob Weiner Association
- Track & Field News
- San Diego Sr. Olympics
- Champions Run for Cancer





**CONTENTS**  
**DEPARTMENTS**

USATF/LDR Officers . . . . . 3  
 Letters to the Editor . . . . . 4  
 T&F Report . . . . . 5  
 Twenty Years Ago . . . . . 5  
 Third Wind . . . . . 6  
 Ten Years Ago . . . . . 6  
 Weight Room . . . . . 8  
 The Foot Beat . . . . . 8  
 Fifteen Years Ago . . . . . 9  
 Five Years Ago . . . . . 10  
 Racetracking . . . . . 10  
 Training Advice . . . . . 11  
 On the Run . . . . . 12  
 International Scene . . . . . 14  
 Report form Britain . . . . . 15  
 New Age-Group Athletes . . . . . 15  
 WMA Officers . . . . . 15  
 Masters Scene . . . . . 16  
 Schedule . . . . . 17  
 All-American Standards . . . . . 20  
 Results . . . . . 21

**FEATURES**

Grandma's Marathon . . . . . 1  
 Hayward Classic . . . . . 1  
 National T&F Preview . . . . . 1  
 Natl. Decathlon/Heptathlon . . . . . 1  
 MUT Bids . . . . . 4  
 State Street Mile . . . . . 8  
 National T&F Sites . . . . . 8  
 Age-Graded Distances . . . . . 8  
 Portland Classic . . . . . 9  
 Green Bay Marathon . . . . . 10  
 USA T&F Meet . . . . . 10  
 Southeastern Meet . . . . . 11  
 SGMA Capital Challenge . . . . . 12  
 Brugge Grand Prix . . . . . 14

**ENTRY FORMS/RACE & PRODUCT INFO**

New Balance . . . . . 2  
 NMN Subscription Form . . . . . 4  
 Nevada Senior Olympics . . . . . 5  
 Arkansas Senior Olympics . . . . . 5  
 Long & Strong Journal . . . . . 7  
 Kansas Senior Olympics . . . . . 8  
 Pataki Catalog . . . . . 9  
 Larry Stuart Javelin Video . . . . . 9  
 Mid-American X-C . . . . . 11  
 Publications Order Form . . . . . 13  
 Ski & Travel . . . . . 15  
 Bob Weiner Associates . . . . . 17  
 Track & Field News . . . . . 19  
 San Diego Sr. Olympics . . . . . 31  
 Champions Run for Children . . . . . 32



**NATIONAL MASTERS NEWS**

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



**Publisher:** Suzy Hess  
**Editor:** Jerry Wojcik  
**Editor-at-Large:** Al Sheahan  
**Associate Editor:** Angela Egremont  
**Assistant Editors:** Susannah Beck, Jane Dods, Erich Reed  
**National Masters News Office**  
 PO Box 50098 Eugene, OR 97405  
 541-343-7716, Fax: 541-345-2436  
**e-mail:** natmanews@aol.com  
**Masters Web Sites:**  
 www.nationalmastersnews.com  
 www.usatf.org  
 www.masterstrack.com  
 www.usaldr.org  
 www.world-masters-athletics.org  
**Schedule:** Jerry Wojcik, jerrywoj@aol.com  
**Advertising Representative:**  
 Suzy Hess 541-343-7716  
**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 (AL), Mike Polansky (NY),

Phil Raschker (GA), Ken Stone (CA), Pete Taylor (VA), 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).  
**Photographers:** George Banker (MD), Suzy Hess (OR), Mike Polansky (NY), Vic Sailer (NY), Tesh Teshima (HI), Thom Weddle (MN), 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 World Masters Athletics. As an independent publication, its editorial policy is not necessarily that of USATF or WMA.  
**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 statements 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 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 © 2002 by National Masters News. All rights reserved.**

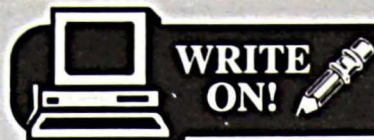
**NATIONAL MASTERS OFFICERS OF USA TRACK & FIELD**

<p><b>Chair</b>                  George Mathews                  PO Box 80128                  Seattle, WA 98108                  (206) 396-0727 (P)                  MTFCHAIR@ofanswers.com</p> <p><b>Vice-Chair</b>                  Suzy Hess                  PO Box 5272                  Eugene, OR 97405                  (541) 343-7716 (W)                  (541) 345-2436 (Fax)                  mtvicechair@aol.com</p> <p><b>Secretary</b>                  Bob Cahners                  4535 Lighthouse Lane                  Naples, FL 34112                  (941) 793-4574 (H)                  (941) 793-5744 (W)                  mtsec@aol.com</p> <p><b>Treasurer</b>                  Frank Lulich                  2315 Shields                  Eugene, OR 97405                  (541) 343-8604 (H)                  mtltreas@aol.com</p> <p><b>Regional Coordinators</b></p> <p><b>East</b>                  Roz Katz                  170-11 65th Ave.                  Flushing, NY 11365                  (718) 358-6233                  throwercaf@aol.com</p> <p><b>Mid-America</b>                  Doug Schnebeck                  4250 Aspen Rd., NE                  Albuquerque, NM 87110                  505-255-4222 (H)                  dschnebeck@comcast.net</p>	<p><b>Midwest</b>                  Ray Vandersteen                  PO Box 7019                  Villa Park, IL 60181-7019                  (630) 953-2052                  usatfvn@aol.com</p> <p><b>Northwest</b>                  Becky Sisley                  310 East 48th                  Eugene, OR 97405                  (541) 342-3113 (H)                  (541) 346-3383 (W)                  (541) 346-3583 (Fax)                  bsisley@oregon.uoregon.edu</p> <p><b>Southeast</b>                  Bob Fine                  3250 Lakeview Blvd.                  Delray Beach, FL 33445                  (561) 499-3370                  bobfine@aol.com</p> <p><b>Southwest</b>                  Courtland Gray                  801 Legacy Dr. #1414                  Plano, TX 75023                  972-527-9960                  cpgray@attbi.com</p> <p><b>West</b>                  Mark Cleary                  18 Charca                  Rancho Santa Margarita, CA 92688                  949-589-0242                  runnermark@cox.net                  www.xro.com/cleary.html</p>	<p><b>Active Athletes Representative</b>                  Dave Clingan                  1849 SE 20th                  Portland, OR 97214                  503-231-6345                  xroads@xro.com</p> <p><b>All American Standards</b>                  Len Olson                  3 Oceans West Blvd., #5C4                  Daytona Beach, FL 32118-5991                  Tedodiscus@aol.com</p> <p><b>Awards</b>                  Phil Byrne                  55 Constellation Wharf                  Charlestown, MA 02129                  617-242-8822                  pmb02129@aol.com</p> <p><b>Championships Games</b>                  Sandy Pashkin                  301 Cathedral Pkwy #6U                  New York, NY 10026                  212-666-8603                  spashkin@aol.com</p> <p><b>Championships Sites</b>                  Ken Weinbel                  4103 Hillcrest Ave., S.W.                  Seattle, WA 98116                  (206) 938-3895 (H)                  Kweinbel@attbi.com</p> <p><b>Combined-Events</b>                  Jeff Watry                  24304 77th Street                  Paddock Lake, WI 53168                  (262) 843-3567 (H)                  (847) 235-1042 (W)                  (847) 473-0477 (Fax)                  jwatry@parkson.com</p>	<p><b>Law Chair</b>                  Tom Light                  P.O. Box 1550                  Chugiak, AK 99567                  (907) 694-4623 (H)                  (907) 786-7431 (W)                  (907) 786-7401 (Fax)</p> <p><b>Marketing Director</b>                  Jeff Stamp                  Masters Invitational Program                  Mark Cleary (see West above)</p> <p><b>Racewalking</b>                  Rod Larsen                  104 Eleventh Ave.                  Windermere, FL 34786                  (407) 876-4467 (H)                  (407) 876-5843 (Fax)                  larsenrod@aol.com</p> <p><b>Rankings</b>                  Jerry Wojcik                  P.O. Box 50098                  Eugene, OR 97405                  jerrywoj@aol.com</p> <p><b>Records</b>                  Pete Mundle                  4017 Via Marina #C-301                  Venice, CA 90292                  pmundle@juno.com</p> <p><b>Rules Coordinator</b>                  Graeme Shirley                  11212 Via Carroza                  San Diego, CA 92124                  (858) 292-6132</p> <p><b>Substance Abuse Edu. &amp; Testing</b>                  Rose Monday                  805 Pinon Boulevard                  San Antonio, TX 78258</p>	<p>(210) 481-7301                  rosarita@swbell.net</p> <p><b>Team Manager</b>                  Sandy Pashkin (address above)</p> <p><b>Web Site Chair</b>                  Rex Harvey                  6744 Connecticut Colony Cir.                  Menior, OH 44060                  (440) 225-0751 (H)                  (440) 954-8122 (W)                  (440) 954-8111 (F)                  rexjh@aol.com</p> <p><b>Weight Events</b>                  Dick Hotchkiss                  14005 Meadow Dr.                  Grass Valley, CA 95945                  (530) 273-3660                  ashglaze42@hotmail.com</p> <p><b>WMA Delegates</b>                  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</p> <p><b>WMA Delegates: Women</b>                  Rose Monday                  Suzy Hess                  Joan Stratton                  Alternates:                  1) Sandy Pashkin                  2) Becky Sisley</p>
--	---	--	---	---

**NATIONAL MASTERS OFFICERS OF USA LONG DISTANCE RUNNING**

<p><b>Chair:</b>                  Norm Green                  407 Freedom Blvd.                  West Brandywine, PA 19320-1559                  runnorm@aol.com</p> <p><b>Secretary:</b>                  Barbara Leininger                  5115 Park Ave.                  Minneapolis, MN 55417                  (612) 823-2554</p> <p><b>Vice Chair:</b>                  John Boyle                  P.O. Box 1700                  DeLand, FL 32721                  (904) 736-0002                  (904) 740-1047 (Fax)</p> <p><b>Awards:</b>                  Don Lein                  13 Crosswinds Estates                  Pittsboro, NC 27312                  (919) 542-4790                  (919) 542-5157 (Fax)                  dmlein@earthlink.net</p>	<p><b>Road Records &amp; Rankings:</b>                  Basil &amp; 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</p> <p><b>Law and Legislation:</b>                  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</p> <p><b>WMA Delegates:</b>                  Mary Rosado (address above)                  Charles DesJardins</p>	<p><b>Rules Coordinator:</b>                  George Kleeman                  5104 Alhambra Valley Rd.                  Martinez, CA 94553                  (925) 229-2927                  (925) 229-2940 (Fax)                  georgeklee@aol.com</p> <p><b>Championships:</b>                  Ken Robichaud</p> <p><b>Championship Stats:</b>                  Norm Green (address above)</p> <p><b>Marketing Representatives:</b>                  Don Lein (address above)                  Jack Wing                  4038 East 48th St.                  Tulsa, OK 74135                  (918) 742-5418 (H, W, Fax)                  (918) 292-2860 (Fax)</p>	<p><b>IAAF Masters Committee:</b>                  Charles DesJardins                  PO Box 2281                  Carson City, NV 89702-2281                  (775) 884-9448                  CRDJ@interqwest.com</p> <p><b>Athlete Information Center Coordinator:</b>                  Barbara Leininger (address above)</p> <p><b>Cross-Country Representative:</b>                  Carole Langenbach                  4261 S. 184 St.                  Sea-Tac, WA 98188                  (206) 433-8868 (H, Fax)                  pntf@wolfenet.com</p> <p><b>Mountain, Ultra, Trail Representatives:</b>                  Theresa Daus-Weber                  Douglas Laufer                  Roy Pirrung</p>
--	--	---	--





**WRITE  
ON!**

Address Letters to: National Masters News  
P.O. Box 50098, Eugene, OR 97405 or  
E-mail: natmanews@aol.com

### WORLD MASTERS RANKINGS

I have produced world masters rankings unofficially for the past several years on masterstrack.com. It has been a challenging and rewarding experience, but this year (2002) will be my last year.

I've been selected by the Masters Track & Field Executive Committee to take over the official USA Masters Track & Field Rankings next year. I will be replacing Jerry Wojcik, who is retiring from that position after many years of outstanding service as USA Masters Rankings Coordinator.

In accepting this position, I have plans to put the 2003 USA Masters



ART SHAHZADE

K.K. Slaughter, M80 first in the 100 (20.8),  
Visalia Classic/CCA Championships, Visalia,  
Calif., May 18.

Rankings on-line in a format similar to the world rankings. But because of the time and commitment required to do the USA rankings, I will no longer be providing the world rankings.

This may result in the disappearance of on-line world masters rankings, unless WMA is willing to take over. I have contacted the council members of WMA and asked them to make world rankings an official WMA function next year.

The initial response I received from three council members (Torsten Carlus, Stan Perkins and Ron Bell) is encouraging. They are willing to consider it. In the words of Mr. Carlus, President of WMA, it is "something that should be our duty," and I strongly agree. This is a service that WMA can and should provide to masters athletes.

Taking on the world rankings will require commitment and resources. I think it is important that all athletes join me in encouraging WMA to accept this challenge and responsibility. I have set up a form on the internet to make it easy for anyone to send a simple, friendly message to the WMA council expressing a desire to see world rankings produced by WMA in 2003.

To use the form, go to <http://www.xro.com/yes.html>. It just takes a few seconds. Let them know that world masters rankings are important and should be continued next year. The future of world masters rankings may depend on it.

Dave Clingan  
World Rankings Coordinator  
Masterstrack.com

### 500kg JAVELIN

The situation with the 500kg javelin is to be expected. This and the 400kg for men was something that was not needed, was never technically researched, and is a financial burden on



JERRY WOJCIK

Jennifer Compton, W30, 36:58.72, and John Keston, M75, 43:52.38, running the 10,000 in a drizzle on Saturday, Hayward Classic, Eugene, Ore., June 29-30.

every masters javelin athlete.

In typical political fashion, the true facts are probably that somebody paid off some non-competing official with money. Follow the money trail, and I am sure we will find out the "whole story."

I assume that someone in the com-

ing year will be working in the background to come up with 300kg, 200kg, and 100kg javelins that can be sold to old folks homes.

Or maybe we can throw darts at age 100!

Ed Martin  
Palm Desert, California

## Bids Sought for Mountain, Ultra, and Trail Championships

The Mountain/Ultra/Trail Running Council (MUT) of USATF LDR is accepting bids for National Championship races at the ultra and sub-ultra distances for 2003 and 2004. For the first time in history, the MUT Council is seeking bids for mountain and trail race championships in the shorter distances.

In response to the growing success of U.S. mountain and trail racing, this new category of championships is being offered. The distances that can be awarded championships status are: 50K road, 50K trail, 50 mile road, 50 mile trail, 100 mile road, 100 mile trail, 100K road, 24-hour road/track, and sub-ultra mountain/trail races of various distances.

If you are interested in hosting a National Championship race in 2003 or 2004, please contact your regional MUT representative (listed below), who will supply you with a bid form. Completed bid forms must be

received by Aug. 15, 2002, for early review by MUT at the semi-annual championships selection meeting. Not all distances will necessarily be awarded in a given year. Race directors and the ultra, mountain, and trail running media will be notified by Sept. 1 regarding the outcome of the selection process.

Bids can be accepted after Aug. 15 for race distances that have not been awarded at the semi-annual championships selection meeting. These bids must be submitted by Nov. 20, 2002, for review at the USATF Annual Meeting, Dec. 4-8, 2002, in Kansas City, Mo.

MUT representatives are:

East (ultra): Janice Anderson, 1578 Menlo Drive, Kennesaw, GA 30152; Janice\_Anderson@HomeDepot.com; 770-794-9537 (h); 770-433-8211 Ext. 17654 (w).

West (ultra): Lorraine Gersitz, 517 Lazy Creek Circle, Fullerton, CA 92831; bruceandlo@earthlink.net; 714-526-5340(h); 562-860-2451 ext. 2414(w).

Central (ultra): Theresa Daus-Weber, 6970 Buckskin Drive, Littleton, CO 80125; theresadaus-weber@msn.com; 303-973-7579.

Mountain/Trail (sub-ultra): Brian Metzler, 5455 Spine Road, Mezzanine A, Boulder, CO 80301; trailedit@aol.com; 303-546-6613. □

### Mundle, Gray Marry

Pete Mundle, 74, World and U.S. Track and Field Records Coordinator for more than 30 years, gave up his life-long bachelorhood July 11 when he married Joyce Gray in a quiet ceremony at the Beverly Hills, Calif. Courthouse. □

## 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 racewalking. It contains information you can't get anywhere else. Subscribe Now.

### 2nd Class rates:

(USA, Canada, Mexico)  
 6 months \$16  
 1 Year \$28  
 2 Years \$52  
 3 Years \$75

1st Class rates:  
(USA, Canada, Mexico)  
 1 Year \$45  
 2 Years \$86  
 3 Years \$124

Foreign rates:  
(Air mail)  
 1 Year \$48  
 2 Years \$91  
 3 Years \$134

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



### Masters

Your USATF M...  
ence call meet...  
Mathews, Bec...  
Fine, Doug Schneeb...  
Weinbel. Not present:

The Committee cov...  
ing topics:

### Rankings

Dave Clingan's prop...  
the rankings job from...  
discussed. Jerry indic...  
that the indoor and o...  
should be kept separ...  
would continue to do...  
ings for another year o...  
year. Bob Fine will co...  
North American Racev...  
tion and Tom Higbie,...  
to input outdoor race...  
manes directly onto o...

The full indoor ra...  
published in the July...  
Masters News as a fou...  
was more expansive th...  
list that appears on th...  
site. In 2003, an eight...  
be planned for NMN...  
Dave Clingan's rankin...

While the bulk of t...  
come from publishe...  
other performances mu...  
the athlete on a form...  
Dave Clingan. Rankin...  
must be from sanctio...  
athletes must be membe...  
2002, we will accept...  
unsanctioned meets, b...  
rankings performances...  
meets sanctioned by...  
NCAA.

A motion was made...  
that we accept Dave Cl...  
with the addition that: (...  
must be from meets tha...  
by USATF or NCAA. (...  
must be members of US...  
will consider certain hi...

### Nevada S... In L...

Track & Field Con...

1500 M Racewalk  
5 K Racewalk  
5 K Road Race  
10 K Road Race  
50 M Dash  
100 M Dash

Call Now! For mo...

702-242

Fax: 702-2

www.nevadasenk...  
e-mail: srgames





## Track & Field Report

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

### Masters Executive Committee Meeting

Your USATF Masters Executive Committee held its first two-hour conference call meeting of the year on June 11. Members present were George Mathews, Becky Sisley, Courtland Gray, Rex Harvey, Mark Cleary, Bob Fine, Doug Schneebeck, Suzy Hess, Bob Cahners, Frank Lulich, and Ken Weinbel. Not present: Roz Katz, Sandy Pashkin, Dave Clingan, Ray VanderSteen.

The Committee covered the following topics:

#### Rankings

Dave Clingan's proposal to take over the rankings job from Jerry Wojcik was discussed. Jerry indicated his feeling that the indoor and outdoor rankings should be kept separate and that he would continue to do the indoor rankings for another year or so for \$500 per year. Bob Fine will coordinate with the North American Racewalking Association and Tom Highbie, racewalk ranker, to input outdoor racewalking performances directly onto our Web site.

The full indoor rankings list was published in the July issue of *National Masters News* as a four-page insert. It was more expansive than the rankings list that appears on the masters Web site. In 2003, an eight-page insert will be planned for NMN to include all of Dave Clingan's rankings.

While the bulk of the rankings will come from published meet results, other performances must be verified by the athlete on a form developed by Dave Clingan. Rankings and records must be from sanctioned meets, and athletes must be members of USATF. In 2002, we will accept rankings from unsanctioned meets, but in 2003, all rankings performances must be from meets sanctioned by USATF or the NCAA.

A motion was made by Suzy Hess that we accept Dave Clingan's proposal with the addition that: (a) performances must be from meets that are sanctioned by USATF or NCAA, (b) those ranked must be members of USATF, and (c) we will consider certain high quality, non-

sanctioned meets as determined by the rankings chairperson.

#### Bid for 2007

There was much discussion on the U.S. bid for the 2007 WMA World Championships. We still don't have a bid city from the U.S. Updates have been reported elsewhere. An exact report of these discussions appears on the USATF Masters Web page.

#### 2004 WMA Indoor Meet

We discussed potential bid venues for the 2004 WMA Indoor Championships. The Committee will work on finding a U.S. bidder for this event. A decision will be made at the 2003 Championships in Puerto Rico with all bids probably due by the end of this year.

#### New Standards

The custom when new standards are introduced has been to label the best performances as "bests" rather than "records" for the first three years. Many people feel cheated in that their performances may never make it to the record status. Ken Weinbel made a motion that the Executive Committee recommend that performances be eligible for records in the year in which they are executed. As a clarification, this motion comes as a result of new standards being adopted in various events, such as the javelin and weight. The motion was seconded by Frank Lulich and unanimously approved.

#### Record Reporting Policy

Article IV (records), Rule 180, Part 4 of the USATF Competition Rules, indicates that the meet director at a national championships meet shall determine if performances qualify as records. The

word "masters" is not present in this rule. We will try to get "masters" included in that rule. At USATF sanctioned meets, the USATF Competition Rules state that championship forms must be available. This form is available on the NMN Web site ([www.natmanews.com](http://www.natmanews.com)). It is the athlete's responsibility to get the form filled out.

#### Financial Support for NMN

It was agreed to give a grant in 2002 to the *National Masters News* in the amount

of \$5000. Bob Fine made a motion in support of this suggestion. It was seconded by Rex Harvey and unanimously approved. Becky Sisley suggested that future support for NMN be put into the budget as a line item. Other miscellaneous items discussed can be found on the USATF Masters Web site. □

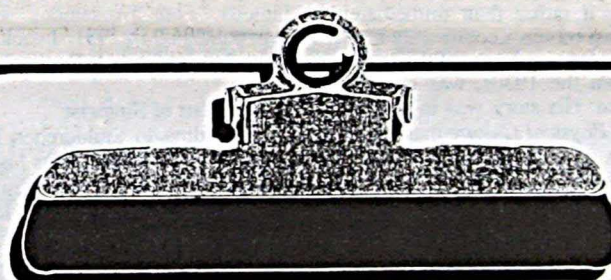
### TWENTY YEARS AGO August 1982

- Shirley Matson, 41, Wins Her 18th Event of the Year with a 38:29 10K in the West Regionals
- Payton Jordan, 65, Sets Two World Sprint Marks (100/12.6; 200/26.1) in Pacific Masters Meet
- Phil Raschker, 35, Sets Three U.S. Records (100/11.7; 200/25.5; HJ/5-1) in Atlanta Masters Championships
- Australia's Jack Stevens, 65, sets 800 WR of 2:20.50 in the Philadelphia National Masters Festival



JERRY WOJCIC

Top three finishers in the women's mixed age-group 5000: Mary Steinberg (l), W45 (20:32.70); Marie-Louise Michelsohn (c), W60 (20:22.76); and Pam Turner, W55 (21:03.46), Hayward Classic, Eugene, Ore., June 29-30.



## Arkansas Sr. Olympics

"Senior Arkansas Sports Organization"  
National Senior Games Qualifying Site

\*\*\*ARKANSAS IS AN OPEN STATE\*\*\*

SEPTEMBER 19-22, 2002

Open to all men and women 50 years of age and older. Individuals will compete in five-year age groups. Track schedule includes 100, 200, 400, 800, 1500 meter and 5000 meter roadrace, 1500 and 5000 meter racewalk, triathlon and cycling. Throws include discus, javelin and shot put. Jumps include high jump, pole vault and long jump. August 24 - 10K Road Race.

Hosted and organized by  
SENIOR ARKANSAS SPORTS ORGANIZATION  
P.O. BOX 3377, HOT SPRINGS, ARKANSAS 71914  
620 CENTRAL AVE., SUITE 2 E  
HOT SPRINGS, ARKANSAS 71901  
TELEPHONE: 501-321-1441 OR 1-800-720-7276 (AR ONLY)  
FAX# 501-321-4961 E-MAIL [arsolymp@hotsprings.net](mailto:arsolymp@hotsprings.net)  
[www.SrSports.org](http://www.SrSports.org)



### Nevada Senior Olympics In Las Vegas

Track & Field Competition October 5 & 6, 2002



#### Go for the Gold

1500 M Racewalk	200 M Dash	Discus
5 K Racewalk	400 M Dash	Long Jump
5 K Road Race	800 M Run	High Jump
10 K Road Race	1500 M Run	Pole Vault
50 M Dash	Shotput	Triple Jump
100 M Dash	Javelin	

Qualifying Games  
for the 2003  
National Senior Games  
in Hampton Road, VA  
All Skill levels welcome  
Age 50 and up

Call Now! For more information

702-242-1590

Fax: 702-242-3919

[www.nevadaseniorolympics.com](http://www.nevadaseniorolympics.com)

e-mail: [srgames1@juno.com](mailto:srgames1@juno.com)

Nevada Senior Games, Inc.,  
3890 N. Buffalo Dr.  
Las Vegas, NV 89129





## Third Wind

By MIKE TYMIN

### What to Do With Running Clutter?

When my wife suggested that my first month of retirement be spent organizing the spare bedroom I use as my "office" at home, I agreed that it was a project long overdue. The room is cluttered with about 500 books; more than 1000 magazines; 25 years of *National Masters News*; hundreds of newspaper clippings not yet filed away; sundry memorabilia, such as old running numbers and grammar school report cards; hundreds of photos; old letters; a copy of the November 22, 1963, issue of the *Oakland Tribune* with banner headlines of President Kennedy's assassination; an old autograph book with names like Cookie Lavagetto, Larry Doby, George Kelly, Billy Martin and other ballplayers of yesteryear; eight cameras that should have been tossed long ago; a large lithograph of the racehorse Citation that hung in my bedroom 50 years ago; some old scorebooks from Ebbets Field in Brooklyn, one from the Polo Grounds; several cookie cans filled with running medals; a baseball autographed by Don Newcombe; and some old stopwatches, including my first one, a birthday gift in 1954. About half of the clutter is running-related.

Over the years I have attempted to organize the material, but I've always lagged way behind. There are so many things I don't want to throw out. Yet, I don't know how to categorize them or where to store them so that I'll remember where they are.

#### Too Many Distractions

As I write this, I'm into day 43 of organizing the room and I've hardly made a dent in it. My problem is that I keep coming across reading material that I had long forgotten about, so I end up reading it rather than immediately filing it. Last month's column about Dr. Graeme Hammond, the 80-year-old runner from the 1930s, was one such interruption. His story was in one of a dozen old *Physical Culture* magazines I picked up at a flea market about 20 years ago.

In the September 1927 issue of that same magazine, I came across an article by Carl Easton Williams titled, "The Truth About the Athletic Heart." Williams points out that "people everywhere tell you to beware of the athletic heart." He mentions several well-known athletes of the day who had died young, giving rise to the oft-heard comment that "athletes die young" because their "hearts are no good."

#### The Athletic Heart

But Williams goes on to cite several studies that indicated that athletics make the heart a strong and enduring organ. "A powerful motor will pull you up the steepest hill, or bring the car through heavy mud, having the strength to combat resistance," Williams continued. "Just so, the athletic heart is the kind you can depend upon to carry you through the emergencies of life."

Also among the clutter was a 1950 Department of the Army physical training manual. As I browsed the pages in it, I came across this comment: "When individuals pass 30 years of age, it becomes increasingly difficult for them to reach and maintain a high level of physical fitness. Ample evidence is available that this can be done. But these men must work harder, longer, and more conscientiously at conditioning themselves; they must practice hygienic

health habits; and they must learn how to conserve themselves."

In the section on running, I found reference to slow running as "jogging." I don't recall that term used to describe slow running before the Bowerman and Cooper books of the late 1960s, but apparently it was around well before those two men began promoting "jogging" for fitness.

Among the many books was one titled *Knute Rockne, Man Builder* by Harry Stuhldreher, one of Rockne's famous "Four Horsemen." The book was published in 1931. I took time out to read the chapter on Rockne's philosophy.

#### Element of Surprise

According to Stuhldreher, Rockne's philosophy of football was his philosophy of life. "Winning too often is as disastrous as losing too often," Rockne is quoted. "Both get the same results, the falling off of the public's enthusiasm. We don't want to get into the rut that too many victories will dig for us. It will be more of a surprise if we lose this next season instead of winning and to keep the interest of all, we must surprise them."

Rockne believed in modesty. "A sucker," he said, "is one who lets notoriety go to his head and throw him off balance." As Rockne saw it, when a boy gets too full of himself, he's afraid that the world won't notice how good he is and he begins to call attention to himself, not realizing that the public likes to make its own discoveries. In a short time, he can tear down what had taken a lot of time to build up.

As I began looking through the stacks of mildewed and stained *Track & Field News* from 1958 through 1972, I recalled many names from the past. In the February 1961 issue is a photo of Russian high jumper Valeriy Brumel jumping high off a basketball court and touching the hoop with the toe of his right foot.

#### Fickle Fans

In the same issue, 32-year-old Peter McArdle of the New York A.C. comments about his age and the New York track fans: "These people, what do they



FROM GRANDMA'S MARATHON  
Fedor Rychov, 42, wins his second masters title with a 13th-place 2:17:55, Grandma's Marathon, June 22.

care if you die like a dog? They cheer when I'm ahead. Nice to hear. But when I get stomach cramps, they boo. Me, I run because I love it. I walk down the street, people say, 'There's McArdle, the runner.' Otherwise, they'd say, 'Who's that old bald guy?' My people in Ireland think I'm crazy. They write me letters, 'What are you trying to prove?'"

In the December 1959 issue of *Track & Field News*, shot put great Parry O'Brien is quoted: "Within the confines of a seven foot circle, nobody, no matter how big, can put the shot more than 67 feet. The circle limits the operating area, and no matter how huge a man may be or how strong, as he gets bigger his operating space becomes smaller. So, with the current physical standard, it's my belief that 67 feet is the limit, and I'm aiming for that mark."

#### The Easy Life

Looking through old *Sport* magazines dating back to 1948, I came upon an article by Jesse Abramson in the July 1958 issue discussing why Americans can't break four minutes for the mile. At the time, Don Bowden was the only American to have gone under four minutes, accomplishing the feat on June 1, 1957, with a 3:58.7 (after foreigners had broken the barrier 17 times).

Villanova Coach Jumbo Elliott is quoted: "It's a difference in background. Automobiles, television, and other distractions make for a softer life here. The town and club programs in Europe provide more competition per capita than we do. I never had anyone who could absorb the strenuous workload of training that (Ron) Delany did in the month he was preparing for the Olympics. In his training peak, he ran 17 in-and-out quarters in 61.5, jogging between each quarter, and on another day 24 220s in 27.5."

At the rate I'm going, it will be the end of the year before I have the room organized. Sorry, Gina. □

## Grandma's Marathon

Continued from page 1

was back in form this year, topping the M40+ after an aberrant 2:25 masters third-place at Grandma's 2001. Les Myers, 47, St. Louis, Mo., 2:32:59, was the next master.

Fira Sultanova, 40, Russia, 2:42:55, took the women's masters crown despite a week-long bout of flu and the best efforts of Minnesota's masters darlings, Janet Robertz, 42, Shorewood, Minn., 2:43:13, and Kelly Keeler, 40, Bloomington, Minn., 2:43:45.

Robertz, who was debuting at the marathon distance, achieved her goal of qualifying for the 2004 U.S. Olympic Marathon Trials (2:48 standard). "It felt great," she told the *Duluth Pioneer Press*. "I had a really strong finish. I was passing a lot of people near the end. I loved the weather and I loved the race." Keeler also qualified for the Trials, her third qualifying effort so far.

Two-time Grandma's champion, Jane Welzel, 47, Ft. Collins, Colo., used Grandma's to try to qualify for her sixth Olympic marathon trials, but dropped out at 20 miles when she realized that 2:48 was out of reach.

Grandmother, Gloria Jansen, 55, Edina, Minn., clocked 3:18:07 for the W55 (and W50+) win, somewhat off her hopes for a 3:15.

The Gary Bjorkland Half-Marathon did not have Grandma's luck with the weather. Preceding Grandma's by an hour, and running over the second half of the marathon course, runners were quickly drenched. Still, there were some great performances, not least by John Keston, 77, McMinnville, Ore., who sang the national anthem before scuttling over the course to the M70+ title, 1:37:45. Dan Conway, 63, Superior, Minn., poured it on to run 1:20:43. Michael Seaman, 52, Edina, Minn., tore it up in the M50, 1:13:43. The 1993 Bjorkland winner, Dan Carlson, 40, White Bear Lake, Minn., 1:10:21, and Laura Hruby, 41, Pittsburgh, Penn., 1:20:45, third woman overall, were the quickest youngsters over 40. □

—from *Duluth Superior.com*, *Duluth News Tribune*, *Pioneer Press*, and *Star Tribune reports*

### TEN YEARS AGO August 1992

- Doug Kurtis (40, 2:23) and Sharlet Gilbert (41, 2:38) Top Masters in Grandma's Marathon
- Pierre Levisse, 40, Defeats Nick Rose, 40, in Steamboat 4 Mile in Peoria
- 230 Compete at Hayward Classic in Eugene

## Hayward Cla

Continued from page 1

contingent of Canadian nine firsts, including record 0.97 in the high Mary Bowermaster's 1

Two women set 2000m steeplechase. ered the present W45 with an 8:21.66. The Robin Vesey, second who also broke h 8:37.56. Sharlet Gilbert W50 record of 10:5 minutes with an 8:26.1

Debbie Brill upper jump mark of 1.60 by 1993, with a 1.61.

An M40-49 quartet of 17:40.63 for the members were Dav Aasum, and Peter Ma of the So Cal TC, and former SCTC membe for Club West.

Other athletes com of single-age and mee

In the *National Ma Graded Mile* on S Louise Michelsohn, 6 Stony Brook, Long Is fully defend her title, with Dan McCorma The milers, 11 men an in separate races. M age-graded 89.0% 6:0 barely, from Dee Dee ran an 88.6% 5:36.10 71, of Kansas, a per Classic entrant, was 88.0% 5:56.66.

The Age-Graded M year an Oregon-shape by the meet host Ore was presented to Mich Hammonds, meet dire tion Saturday evening Casanova Center.

In other action, S and Harold Morioka M55 sprints, with Ro



Ken Bell, #1670, 51, an battle for first place in a Hayward Classic, Eugene Bell won the race and th with Ackerman, the M55



# Hayward Classic

Continued from page 1

contingent of Canadian athletes with nine firsts, including a W80 world-record 0.97 in the high jump, eclipsing Mary Bowermaster's 0.90 in 2000.

Two women set records for the 2000m steeplechase. Sue Grigsby lowered the present W45 record of 8:38.52 with an 8:21.66. The record is held by Robin Vesey, second to Grigsby here, who also broke her record with 8:37.56. Sharlet Gilbert erased the listed W50 record of 10:54.85 by over two minutes with an 8:26.95.

Debbie Brill upped the W45 high jump mark of 1.60 by Phil Raschker in 1993, with a 1.61.

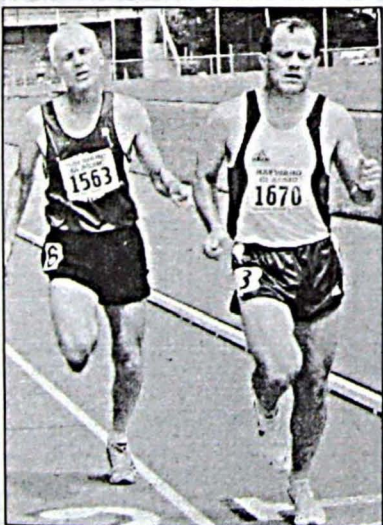
An M40-49 quartet set a world best of 17:40.63 for the 4x1600. Team members were David Olds, Jamin Aasum, and Peter Magill, all members of the So Cal TC, and Tony Young, a former SCTC member, who now runs for Club Northwest.

Other athletes compiled a long list of single-age and meet records.

In the *National Masters News* Age-Graded Mile on Saturday, Marie-Louise Michelsohn, 60, traveled from Stony Brook, Long Island, to successfully defend her title, shared last year with Dan McCormack, of Eugene. The milers, 11 men and 9 women, ran in separate races. Michelsohn ran an age-graded 89.0% 6:00.11 to win, just barely, from Dee Dee Grafius, 53, who ran an 88.6% 5:36.10. Paul Heitzman, 71, of Kansas, a perennial Hayward Classic entrant, was third with an 88.0% 5:56.66.

The Age-Graded Mile Award, this year an Oregon-shaped plaque donated by the meet host Oregon TC Masters, was presented to Michelsohn by Chuck Hammonds, meet director, at the reception Saturday evening at the U of O's Casanova Center.

In other action, Stephen Robbins and Harold Morioka tangled in the M55 sprints, with Robbins the winner



JERRY WOJCIK

Ken Bell, #1670, 51, and Ron Ackerman, 55, battle for first place in a mixed age-group 1500, Hayward Classic, Eugene, Ore., June 29-30. Bell won the race and the M50 title (4:55.57), with Ackerman, the M55 winner (4:55.79).



SUZY HESS

Chuck Hammonds, director of the Hayward Classic, presents Marie-Louise Michelsohn, 60, with the Oregon TC Masters Award for the best performance of 89.0% 6:00.11 in the *National Masters News* Age-Graded Mile, at the Hayward Classic Meet reception on June 29.

in the 100 (12.33/age-graded 95.1%) and 200 (25.21/94.4%). Paul Edens, 61, won the 200 with an age-graded 94.9% 25.48.

Robbins is the present M55 world champion in the 100 and 200; Morioka, a Canadian world-class 400 hurdler. At 59, both are at the top of their age group, and both turn 60 early in 2003. Morioka won the 400 an hour after the 100 with a 95.9% 55.42.

Veronica Amarasekara, 41, out-leaned Janna Gedde, 43, to win the 100 (12.89/12.90), but Gedde took the age-graded award (90.2% to 88.9%).

Peter Magill, M40, won the 800 and 1500 with meet bests 2:03.23 and 4:13.61, the latter from a tough field of M40s and M45s. Dave Clingan, M45, was third in the race with a 90.1% 4:16.00. Lisa Hamelin, W30, paced the women with a 4:51.88.

David Olds, M40, one second behind Magill in the 1500, won the 3000 in 8:44.31, with Jonathon Swanson, M30, first overall in 8:43.30. In the 5000, Rick Fuller, 37, finished first in 14:26.57. Odis Sanders, M40, ran the 10,000 in 32:47.17; Jennifer Compton, W30, was first woman in 36:58.72.

Michael Jaqua, M35, doubled in the high jump (1.68) and pole vault (3.66). Louis Baucom and Dan West both finished the vault at 4.12; Baucom the winner on fewer misses.

In the throws, Tim Fua, M30, hit the 16.31 mark with the 16# shot. Ron Mickle, M60, had the meet's farthest throw of 48.90 with the discus. Tom Gage, M55, past Olympian in the hammer, was the longest in the event with a 54.88.

The javelin had more entrants than the other throws this year. Sam Strickland won the M50 division with a 53.26. Gary Stenlund, in an event best 56.68, took the M60 gold medal. Becky Sisley, W60, won with a 27.62 over Canadian Marg Radcliff (27.38).

Using the new lighter WMA implements, weight throwers were the most



SUZY HESS

Women hammer throwers (from l): Melanie Reske, W80; Joyce Taylor, W50; Olga Kotelko, W80; Carol Finsrud, W45; Georgia Cutler, W55; and Pat Osmon, W75, Hayward Classic, Eugene, Ore., June 29-30. Finsrud broke three W45 U.S. age-group records for the shot, discus, and hammer.

impressive, with the M55 division particularly formidable. Gage won with a 19.68; Todd Taylor was second (17.84), and George Mathews, third (16.12). Floridian Bob Cahners, M60, in excellent shape after shoulder surgery, hurled the 20# weight 18.52. Finsrud hit the 13.08 mark with the 20#. The best weight marks of the meet will be submitted as possible records.

Racewalker Tommy Aunan, M40, was first overall in the 5000 (25:51.29) on Saturday and the 1500 (7:47.32) on Sunday. Kelly Murphey Glenn and Teresa Aragon staged duels in both W40 races, Aragon winning the 5000

in 27:06.36, and Murphey Glenn the 1500 in 8:02.26.

Announcing duties were handled ably by Dave Rubino and Frank Lulich on Saturday and Tom Jordan on Sunday.

The competition for the men's, women's and team trophies was dominated by the host Oregon TC Masters, who won the men's award with 734, the women's with 278, and the combined team with 1012.

The primary sponsors were Carter & Carter Financial Center, Duncan & Brown, Gill Athletics, Pacific Continental Bank, Sporthill, Track Town Pizza, and HealthSouth. □

## THROWERS

### TRAIN YOUR BRAIN!!!

The *Long & Strong Throwers Journal (LSTJ)* is a quarterly publication dedicated to the throwing events in track and field. It is the only throwing periodical of its kind in the world. *LSTJ* is about more than technique and training. Elite athletes and coaches give insight into their keys for success and the personalities behind their achievements. *LSTJ's* interviews with top name throwers such as Adam Nelson, Suzie Powell and Breaux Greer and legends such as Al Oerter, Michael Carter and John Powell are just what you are looking for. Technique tips from knowledgeable athletes and coaches such as Jud Logan and Jay Silvester are invaluable. *LSTJ* provides throws coverage and photos from major competitions that you won't find anywhere else. Whether you are a coach, athlete or official, or a Scholastic, Open or Masters competitor, it is crucial that you never stop learning! Let Long & Strong help you reach your potential!



[www.longandstrong.com](http://www.longandstrong.com)

Four Issues (1 Year): \$20 (U.S.) \$24 (Foreign-U.S. Funds). All Back Issues, plus future issues through July, 2003 for \$100 (\$120 Foreign). Checks/Money Orders/MasterCard, Visa

**Credit Card Orders**  
 MasterCard \_\_\_\_\_ Visa \_\_\_\_\_  
 Name \_\_\_\_\_ Account # \_\_\_\_\_  
 Address \_\_\_\_\_ Expiration Date \_\_\_\_\_  
 City, State \_\_\_\_\_  
 Zip \_\_\_\_\_ Phone \_\_\_\_\_  
 E-Mail \_\_\_\_\_  
 Comments \_\_\_\_\_

**MAIL/PAYABLE TO:**  
 Glenn Thompson, 3604 Green  
 Street, Harrisburg, PA 17110  
 (717) 238-1720





PAGLIANO'S PODIATRIC POINTERS  
**The Foot Beat**  
By JOHN W. PAGLIANO, D.P.M.

The Foot Beat will resume in September.

## National T&F Preview

Continued from page 1

an eight-lane, light blue oval inside the Alumni Stadium football field. Throwing events will be contested on an adjoining area north of the stadium.

In 1998, despite ongoing construction on the stadium stands during the meet, it was generally acknowledged as the "best ever" U.S. masters championships by the 1061 athletes who participated. Eight world and 27 national age-group records were set, with Leonore McDaniels, W70, of Virginia, accounting for three world and two U.S. records. Eleven national records were set by racewalkers.

This year's meet opens with the pentathlon and 5000 on Thursday. Events on Friday include the 5000 racewalk and steeplechase; Saturday's offerings include the 10,000, 100, and javelin, followed by the "Fabulous Championships Cookout Feast" in the evening. The meet wraps up on

Sunday with the 10K racewalk for men and women, the 1500, relays, and hammer.

To encourage more participation in the relays, a separate division will be set up for pick-up teams to participate in all of the relays at the Championships.

The weather should be near perfect with temperatures averaging in the high 70s during the day and mid-50s at night, with little chance of rain.

As they did in 1998, many visiting athletes will take advantage of Maine's famed reputation as a summer vacationland, and tour before, during, and after the meet. Others may opt to hang out at the dorms and talk track, or visit the local pubs and hoist a few in hopes of recapturing the spirit of college days long gone.

And, with a little bit of luck, maybe we'll all spot a moose before we leave. □



Masters in the Platinum Performance State St. Mile, Santa Barbara, Calif. (from l): Richard Burns, 47, 4:18; Dave Clingan, 48, 4:26; Mark Cleary, 43, 4:37; and Ryan Lamppa, 42, 4:25.

## Egle Flies, Burns Cooks in Santa Barbara

By JIM KORNEILL

Taking advantage of nearly perfect conditions, five masters runners achieved age-graded performances of over 90% at Santa Barbara, California's State Street Mile, June 16.

Mike Egle, 40, Des Plaines, Ill., led the group with an outstanding 4:06 on the mildly downhill course, breaking Steve Scott's masters course record of 4:10.

Egle's age-graded 96.1% only made him the No. 3 performer of the day, though, after 35-year-old Jim Sorenson's 3:56/96.5%, and Santa Clarita's Rich Burns, 47, whose 4:18 yielded a 96.4%.

Dave Clingan, 48, Portland, Ore., had what must be an uncommon opportunity to

run an excellent 4:26/94.3% to finish second in his five-year age group. Two Santa Barbarans rounded out the over-90% group, Ryan Lamppa, 42, 4:25/90.45%, and Terry Howell, 46, 4:33/90.4% (worth only third in his age group).

Under the guidance of Race Director Megan Rheinschild, the State Street Mile is continuing to grow into a strong draw for masters runners. Next year's race will add prize money equaling the open purse (\$500/\$250/ \$100) for the top three masters men (finishing under 4:30) and women (under 5:10).

Elite masters coordinators Jim Kornell and Dennis Mihora (dmihora@umich.edu) are working actively both to recruit top runners and, recognizing that Santa Barbara is an expensive city to visit, arranging a network of local runners happy to host out-of-town athletes.

Next year's race is June 15th. More information is available at [www.sbmile.com](http://www.sbmile.com). □

## SITES OF NATIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS

1	1968	San Diego, CA
2	1969	San Diego, CA
3	1970	San Diego, CA
4	1971	San Diego, CA
5	1972	San Diego, CA
6	1973	San Diego, CA
7	1974	Gresham, OR
8	1975	White Plains, NY
9	1976	Gresham, OR
10	1977	Naperville, IL
11	1978	Atlanta, GA
12	1979	Gresham, OR
13	1980	Philadelphia, PA
14	1981	Los Gatos, CA
15	1982	Wichita, KS
16	1983	Houston, TX
17	1984	Eugene, OR
18	1985	Indianapolis, IN
19	1986	New York City
20	1987	Springfield, OR
21	1988	Orlando, FL
22	1989	San Diego, CA
23	1990	Indianapolis, IN
24	1991	Naperville, IL
25	1992	Spokane, WA
26	1993	Provo, UT
27	1994	Eugene, OR
28	1995	E. Lansing, MI
29	1996	Spokane, WA
30	1997	San Jose, CA
31	1998	Orono, ME
32	1999	Orlando, FL
33	2000	Eugene, OR
34	2001	Baton Rouge, LA
35	2002	Orono, ME
36	2003	Eugene, OR
37	2004	Decatur, IL

## DISTANCES TO BE RUN IN AGE-GRADED 100m

Age	Men	Women	Age	Men	Women
30	100.0	100.0	66	79.7	76.7
31	100.0	100.0	67	79.0	75.9
32	100.0	100.0	68	78.3	75.1
33	100.0	99.7	69	77.6	74.3
34	99.3	99.0	70	76.9	73.6
35	98.6	98.2	71	76.1	72.7
36	98.0	97.5	72	75.3	71.8
37	97.4	96.8	73	74.5	71.0
38	96.7	96.0	74	73.7	70.1
39	96.1	95.3	75	73.0	69.2
40	95.4	94.6	76	72.1	68.3
41	94.8	93.9	77	71.2	67.3
42	94.2	93.2	78	70.4	66.4
43	93.6	92.5	79	69.5	65.4
44	92.9	91.8	80	68.6	64.5
45	92.3	91.1	81	67.7	63.5
46	91.7	90.4	82	66.7	62.4
47	91.1	89.7	83	65.8	61.4
48	90.5	89.0	84	64.8	60.4
49	89.9	88.3	85	63.9	59.3
50	89.3	87.6	86	62.8	58.2
51	88.7	87.0	87	61.8	57.1
52	88.1	86.3	88	60.8	56.0
53	87.6	85.6	89	59.7	54.9
54	87.0	85.0	90	58.7	53.7
55	86.4	84.3	91	57.6	52.6
56	85.8	83.7	92	56.4	51.3
57	85.2	83.0	93	55.3	50.1
58	84.7	82.4	94	54.2	48.9
59	84.1	81.7	95	53.1	47.7
60	83.5	81.0	96	51.8	46.4
61	82.9	80.3	97	50.6	45.1
62	82.3	79.6	98	49.4	43.8
63	81.6	78.9	99	48.2	42.5
64	81.0	78.2	100	47.0	41.2
65	80.4	77.5			

## The 19<sup>th</sup> Annual 2002 Kansas Senior Olympics Topeka, Kansas

(open to athletes who will be 50 or better by December 31, 2002)

Saturday and Sunday, September 28-29  
Track and Field Competition

Events offered: 100M, 200M, 400M, 800M, 1500M,  
Discus, Javelin, Shot Put, High Jump, Long Jump, Pole Vault



Qualify to attend the  
2003 Summer National Senior Games -  
The Senior Olympics in Hampton Roads, Virginia

Early Bird Entry: Friday, August 16, 2002  
Final Entry Deadline: Friday, August 30, 2002

For more information, please contact us at 785-368-3798  
or visit our website at [www.topeka.org](http://www.topeka.org)



Ross Carter

Masters thrower of the July 1998 U.S. record. Ross Carter, 88, of Oregon, at age 88, on June 16, 1998.

A list of his shot and discus world and U.S. record titles would fill a book. He had friends and followers in the world, as well as in the U.S.

When one of us threw a shot in Eugene was at a meet. "Wasn't an entrant, in fact, would come up and ask, 'How's Carter?' or 'How's Ross?'"

### Unique Style

He had perfected a style of throwing, which was to throw with an explosive motion, using all of his strength. It looked so simple and so easy that some of us who worked in the field tried to emulate it, with little success.

While most masters athletes are known primarily for his track and field, Ross also had a large following in the business world. He was general manager of Sustainer to the National News, and often featured in the trackside press for Hayward Classic Meets.

When the annual Record Book was published, he would buy copies and send them to his friends. The several times he was at a restaurant, he would have a tab for everybody. He had a sense of humor, enjoying a first-rate story, and was a storyteller himself.

He had starred in field events in Oregon in the '30s, the old Chicago Card years, and could entertain with tales of his football and the players.

### Natty Dresser

Ross had another

## THE OLYMPIC THROWER



Former AAU National World Masters Champion, ages 45 to 60





# The Weight Room

By JERRY WOJCICK

## Ross Carter, In A Class By Himself

**M**asters throwers who read the Obituary section on the Masters Scene page of the July issue were saddened to read of the passing away of Ross Carter. Ross died peacefully in his sleep of age-related causes in Eugene, Ore., at age 88, on June 20.

A list of his shot put and discus world and U.S. records and championship titles would fill this page. He had friends and followers all over the world, as well as in the U.S.

When one of us throwers who lived in Eugene was at a meet where Ross wasn't an entrant, inevitably someone would come up and ask, "Where's Ross?" or "How's the Carter doing?"

### Unique Style

He had perfected a unique one-step style of throwing, which enabled him to throw with an explosiveness that used all of his strength. The technique looked so simple and efficient that some of us who worked out with him tried to emulate it, with little success.

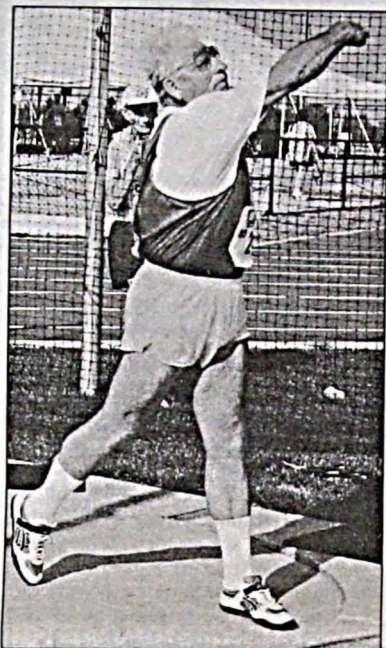
While most masters knew him primarily for his track accomplishments, Ross also had a large presence off the field. He was generous, a long-time Sustainer to the *National Masters News*, and often footed the entire bill for the trackside trainers at the Hayward Classic Meets in Eugene.

When the annual Masters Age Record Book was published, he would buy copies and send them to his friends. The several times I ate with him at a restaurant, he picked up the tab for everybody. He had a good sense of humor, enjoying a funny joke and first-rate story, and was a proficient storyteller himself.

He had starred in football at the U. of Oregon in the '30s, had played with the old Chicago Cardinals for several years, and could entertain listeners with tales of his football experiences and the players.

### Natty Dresser

Ross had another quality that I



Ross Carter

SUZY HESS

noticed and admired him for. He was a natty dresser, always looked spiffy, whether he was just working out, competing, or at a social function.

He liked to compete, win, and set records, and took pride in doing so, and I think that he had retained, above all of that, a sense of playfulness in the sport, a quality that is one of the driving forces of masters track, and seems, to me, to be disappearing.

He was member of the U. of O. Sports Hall of Fame, the Oregon State

Sports Hall of Fame, and the USATF Masters Hall of Fame.

### One of a Kind

Ross will be missed by his friends, family, and the throwing community. Like his throwing technique, he was one of kind. His records will probably be broken, not soon or easily, and disappear, but Ross Carter, the athlete and a man with a lot of class, will forever be with us who knew him. □

## 92 Meet Records Set in Portland

By DON KANE

We were blessed with warm weather at the annual Portland Masters TC Classic Masters Meet, Mt. Hood Community College, Gresham, on June 22-23, which was also designated as the Oregon Association Championships. Jim Puckett, meet director, and a large group of volunteers put on a great meet, on time with no hassles.

A big "well done" to Joyce Taylor, who has been competing for only two years under the tutelage of husband, Todd. Joyce and Todd both won their age groups in the superweight; in addition, Joyce had a possible W50 U.S. record with a 9.15. Vince Sempronio, M75, and Melanie Reske, W80, also set U.S. records at 7.50 and 3.82, respectively.

The strong field set an amazing 92 new meet records, 36 on the track and 56 in field events. The top field performance was a terrific 57.78 javelin throw by Gary Stenlund, 61, a 95% age-graded toss. On the track, former world champion Paul Edens, 61, ran a 12.48 100 to smash the meet record and earn a 95% age grading. He also ran a 91% 26.21 200.

There were numerous 80+% efforts, including Mike Andrews, M45, with an 85% in the 400 (56.18); an 87% 100 by John Poppell, M70, of Florida, in 14.65; and a 50.10 hammer throw by Todd Taylor, M55, for 83%.

An interesting progression is shaping up in the throws, where Melanie Reske, W80, set six meet records, while watching Patricia Osmon break



JERRY WOJCICK

Grove Bolles, whose 43.34 in the discus at the Hayward Classic, Eugene, Ore., June 29-30, ranked him first M70 in the world.

three of Melanie's W75 records in the hammer, javelin and weight throw. Osmon came close in the shot, and is expected back next year for another try. Reske's best effort was a 5.42 shot put. □

## FIFTEEN YEARS AGO August 1987

- Ken Dennis Sets Two M50 WRs (100/11.2; 200/22.9) in Northern California Seniors Classic
- Phil Raschker Breaks W40 100 WR (11.9) and Sets U.S. W40 HJ Mark of 5-0
- Payton Jordan (M70, 26.9, 200), Tom Patsalis (M65, 35-2 1/2, TJ), and Del Pickarts (M60, 183-8, JT) Smash WRs in SCATAC Meet

## 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, Kernville, Texas 78029

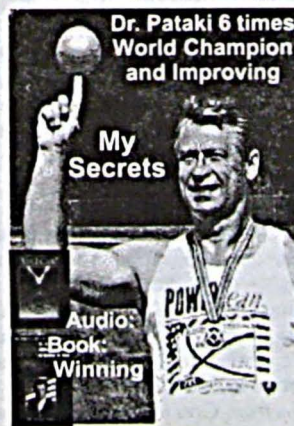
For MasterCard or Visa orders, call Sportsmen on Film at:

800-910-4868

or FAX 830-792-4224

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

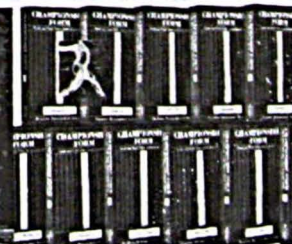
## PATAKI TRAINING SYSTEM patakitms.com Books, Videos, Audio, POWERball & Nutrition



Dr. Pataki 6 times World Champion and Improving

My Secrets

Audio Book: Winning



Video For Every Event Lasting Treasures of Sports Science

Sign up for the News Letter: Training & Nutrition for Masters

Phone 1-800-553-2188 Dr. Pataki Catalog on-line patakitms.com





## Masters Racewalking

By ELAINE WARD

### Training in the Heat

Following are a few tips on how to train safely in summer weather from Coach Mike DeWitt (WI) and Coach Jake Jacobson (FL) - ew.

**Coach DeWitt:** Carefully pick your training time and route. I have always preferred evening workouts during the summer months. As your body is getting hotter, the air is generally cooling down. In the morning as you start getting hot, so does the air.

Adjust your pace to the heat. Use a rough guideline of adding one second per mile onto your best race pace for every degree above 70 degrees if the humidity is under 66 percent. Add one second per mile for every 5 percent humidity above 66 percent. If you get above 15 seconds of adjustment, forget about doing a hard workout or about racing.

Dress appropriately. Clothing that is light in color and weight is the rule here. Wear 100% cotton t-shirts as much as possible, for they hold your perspiration longer and that keeps you cooler. Wearing tank tops is good, but remember that the sun's energy on your skin can heat you up pretty fast, faster than a t-shirt in most cases.

**Coach Jake Jacobson** (www.coachjake.com): Acclimating to hot weather racing cannot be rushed. It might take you ten days or more before you adapt. Put aside your hard workouts for a while, cutting back on both your mileage and your average pace per mile.

For the first couple of days walk 25 to

30 minutes at a comfortable pace in the heat. Then lengthen these easy workouts each day until you can train comfortably for 50 to 60 minutes or more. At this level, switch to a 40-minute workout at about 80 percent of your maximum heart rate for three to four days. This schedule should acclimatize you to quality hot weather training and racing.

Now think of this when you're too busy to stop what you're doing and take a drink of water. Your blood is 85 percent water, your brain is 75 percent water, and your muscles are 70 percent water. If a muscle is dehydrated by only 3 percent, it loses 10 percent of its contractile strength and 8 percent of its speed.

Feelings of thirst tend to kick in late. By the time you start feeling thirsty, your body's fluid level is probably quite low. It's a good idea to plan when and how much you'll drink before a hot weather workout or race.

The American College of Sports Medicine and other experts pretty much concur that you should drink about two eight-ounce glasses of water two hours before you go out to train. Then while you're out there, drink about 5-7 ounces of water every 15 minutes to hydrate and match your sweat loss. For workouts longer than 1 1/2 to 2 hours, grab a sports drink for improved results. □

### Kuznetsov, Bartoszek Plough Through Heat at Green Bay Marathon

Andrey Kuznetsov, 44, Rockville, Md./RUS, overcame heat, humidity, and a pack of galloping Kenyans to win the Cellcom Green Bay, Wisc. Marathon, June 23. In muggy 75-degree weather, the former Nordic ski-

ing ace decided on a conservative mid-marathon pace, trailing the small lead pack of young Kenyans, whom he bet would come back to him.

And so they did, with the Royal BodyCare-stumping Kuznetsov picking off the tiring, expiring Kenyan youths, until he found himself all alone in front some time after 20 miles.

His winning 2:23:33 is not far from his 2:23:40 winning time at the Washington, D.C., Marathon in March, but represents a somewhat conservative effort by the masterblaster with a 2:14 PR. Steve Wilson, M40, Lafayette, Ind., was 40+ runner-up for the second year, 2:36:49.

Danuta Bartoszek, W40, Mississauga, Ontario, CAN, was the W40+ winner, 2:49:26, good for second-woman overall. Locals Kris Schumacher, W50, 3:31:42, and Leanne Lange, W60, 3:31:43, appear to have worked together to secure their respective age division wins. □

- from Green Bay Press Gazette reports

#### FIVE YEARS AGO August 1997

- Lev Khiterman (M45, 2:25:47), Russia, and Gillian Horovitz (W40, 2:52:50), NYC, First Masters in Grandma's Marathon
- Sue Tunnicliff, 60, Sets W60 WR of 6-2 1/4 in the PV at Texas Masters Championships
- Record 270 at Hayward Classic in Eugene, Ore.
- John Damski, 82, Breaks M80 U.S. TJ Record with a 24-9 1/4 in Trojan Masters Meet at USC



Masters men's invitational 400m field at the USA Championships, Stanford, June 22, (from l): David Lucas, 42; Peter Grimes, 43; Elvis Forde, 42, first (48.60); James Lofton, 45; Glen Whiteley, 40; Carlos Amado, 40, second (50.13); Brian Conley, 42; and Kevin Morning, 45, third (50.96), with Mark Cleary, Masters Invitational Program Coordinator.

### Masters Featured in U.S. Championships

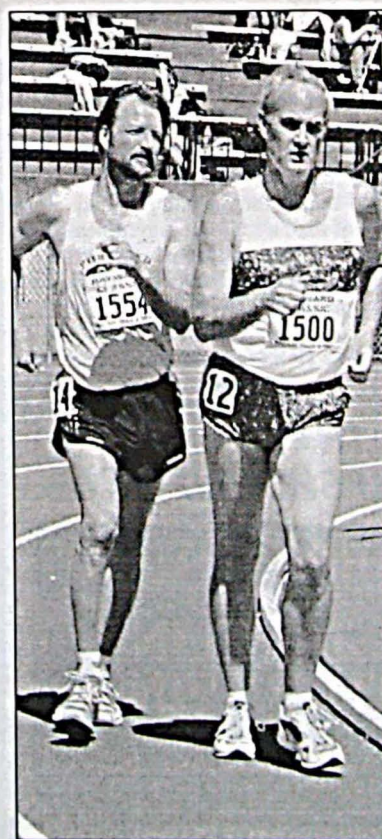
Masters men and women ran in two exhibition races at the USA Track & Field Championships at Stanford University, June 22.

In the first race, an 800 for women, Maureen de St. Croix, 49, of the Canadian Kajaks Club, won with a 2:19.51, an age-graded world-class 94.2%, in a field of eight. Dee Dee Grafius, 53, Southern California TC, was second, but broke a W50 U.S. record with a 2:23.60. Shirley Matson holds the record at 2:25.29 in 1992. Peggy Neal, 49, Eugene TC, was

third in 2:26.25, with Sharlet Gilbert, 51, a close fourth in 2:26.92.

A men's 400, the following race, was won by Elvis Forde, 42, unattached, in 48.60, for the top performance of 96.2%. Carlos Amado, 41, of Sweden, was second in 50.13 (92.6%); Kevin Morning, 45, Sprint Force, was third in 50.96 (93.7%).

The events were coordinated by Mark Cleary of the Masters Invitational Program. Masters were also featured in mile races at the USA Indoor Championships last February. □



JERRY WOJCIK  
Pat Dettloff, #1500, 50, in 25:52.45, and Rob Franks, 49, in 26:56.13, were division winners in the 5000 racewalk, Hayward Classic, Eugene, Ore., June 29-30.



JERRY WOJCIK  
Marianne Martino, W50 winner in the 1500 racewalk (8:46.31), Hayward Classic, Eugene, Ore.



### Train, Thi

To be a champion, you must think and live like one. You must be ambitious and serious about your training. How serious are you? Many of the following

#### Injury Prevention

To avoid injury, listen to your body. Practice preventative measures. Rest off one to two days or even a minor injury appears. Stop early on; run on soft surfaces. Visit a chiropractor or physical therapist to check for out-of-balance. Avoid too much, too soon.

#### Think

Thinking like a champion is a practicing mental training. Only elite athletes are using it to significantly improve performance. This involves relaxation techniques, visualization statements to obtain the best of your mind, achieve mental toughness, lessen anxiety.

Rehearse techniques, plan, etc. For example, rehearsing your workout will make it easier and more enjoyable. With these mental techniques, your state of mind can be optimized during competition to perform optimally.

The ideal state of mind is calm and focused, confident, energized and intense. Toughness also comes from thoughts and many come from intense training and state of mind for competition yourself, and performing a killer instinct.

#### Set Goals

Establish and work on minor goals, giving a challenge to your workout. This involves the edge of proper training technique. Knowing the purpose of your training, discomfort or pain motivation.

Have a race plan strategy. Enjoy the journey and minimize the outcome results with less performance. Aim to gain an experience of the spirit.

#### Live

Although the physical is the highest priority, correct living habits can add to your performance and even minutes to your time. The difference between defeat and victory.

#### Sleep

Since growth hormone is so important for athletic performance, mainly during sleep, adopt good sleep habits. Adequate and consistent





## Training Advice

By EARL FEE

### Train, Think, Live Like a Champion – Part II

To be a champion, you not only have to train like a champion, you have to think and live like one. It is an everyday process. Many excellent talented and ambitious runners are defeating themselves with the wrong approach. How serious are you about your specialty and how knowledgeable? And how many of the following are you doing consistently, if at all?

#### Injury Prevention

To avoid injury, listen to your body. Practice preventative maintenance; back off one to two days or even a week when a minor injury appears; take physiotherapy early on; run on soft surfaces; and visit a chiropractor once a month to check for out-of-balance in your body. Avoid too much, too soon, too long.

#### Think

Thinking like a champion means practicing mental training daily. Usually only elite athletes are using mental training to significantly enhance performance. This involves visualization, relaxation techniques, and self-assertive statements to obtain the ideal state of mind, achieve mental toughness, and lessen anxiety.

Rehearse techniques, rehearse race plan, etc. For example, mentally rehearsing your workout beforehand will make it easier and more beneficial. With these mental techniques, the ideal state of mind can be obtained before and during competition to enable you to perform optimally.

The ideal state of mind is mentally calm and focused, confident, low anxiety, energized and in control. Mental toughness also comes from positive thoughts and many consistent sessions of intense training and races. Develop a state of mind for competing against yourself, and performing your best. Not a killer instinct.

#### Set Goals

Establish and work on major and minor goals, giving a purpose to every workout. This involves a good knowledge of proper training for your specialty. Knowing the purpose will make the discomfort or pain more tolerable.

Have a race plan strategy for every race. Enjoy the journey (the training) and minimize the outcome (the competition) results with less stress and better performance. Aim to make each workout an experience of the body, mind, and spirit.

#### Live

Although the physical training takes highest priority, correct healthy daily living habits can add meters, seconds, and even minutes to your races – often the difference between victory and defeat.

#### Sleep

Since growth hormone (of major importance for athletes) is produced mainly during sleep, it is important to adopt good sleep habits, i.e., an adequate and consistent routine. A nap is

beneficial, even 10-15 minutes to recharge the batteries. Eat early in the evening or have your biggest meal of the day at noon for optimum sleep.

#### Social Activities

A late party night can set you back, taking several days to get back to normal. Such activities have to be minimized. If you have mainly running friends with like goals, there will be fewer problems.

#### Nutrition

The following will result in less body fat, less clogging of blood vessels, less bad LDL cholesterol, greater immune system, a healthier heart, and more energy. I call it my KISS diet: Keep It Simple, Stupid!

The ideal diet for athletes is 10-15% protein, 60-70% carbohydrates, and 15-30% fat (less than 10% saturated) calories. Eat lots of fruits and vegetables (mainly) for a high fiber, alkaline diet, to obtain their abundant vitamins and minerals.

Eat protein with vegetables only, since protein with starch causes disastrous digestion problems. Eat fruit for breakfast or as a snack, not with other foods. Minimize sugar and desserts. Sugar in excess is a poison.

Reduce salt as it is indigestible and clogs arteries, veins and capillaries, causing high blood pressure. Reduce dairy products and meats to minimize saturated fats and acidity. Don't eat pork (causes parasites) or shell fish (bottom garbage feeders).

Drink only distilled water to reduce chlorine and fluorine consumption, and blood vessel clogging. To live longer, don't overeat.

#### Summary

Make your habits, and your habits will make you. □

(Further details on these subjects are described in Earl Fee's running/fitness book, "How to Be A Champion from 9 to 90 – Body, Mind, Spirit Training." See the website [www.feefitnessforlife.com](http://www.feefitnessforlife.com). To order see the Publications Order Form on p. 13 of this issue.)

### Need Back Issues?

Most back issues of the *National Masters News* are available for \$2.50 each, plus \$2.00 postage and handling for each order.

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

### Seven U.S. Records Set in Raleigh Rain

By PAUL HRONJAK

RALEIGH, N.C. – If only the weather had cooperated, this might have been one of the best Southeastern Masters meets ever, May 3-5. Unfortunately, there was a cold rain all day on Saturday, which made for very uncomfortable conditions for competitors, officials, and volunteers alike.

The athletes persevered, however, and seven U.S. and 31 meet records were set.

Marie-Louise Michelson, W60, of Stony Brook, N.Y., set new standards in the 3000 (12:06.65) and the 2000 steeplechase (9:17.00). In the steeplechase, she also had the best age-graded performance to win the \$100 Bob Boal award made possible by the generosity of long-time meet official Dr. A.C. Linnerud.

Phil Raschker, W55, Marietta, Ga., set records in the high jump (1.40) and long jump (4.77) in the pentathlon and probably would have had a new record for the hurdles and pentathlon, had the automatic timing system not failed. Jeanne Daprano broke the W65 mile record with a 6:32.47.

In the throws, Evelyn Wright, W65, Annapolis, Md., was the beneficiary of official Tony Wayne's having some down time and access to a shorter wire, which allowed her hammer to pass the strict weights and measures review performed at this meet. She

then used the implement to set a U.S. record 27.35, and to win the Nolan Fowler award for the best age-graded hammer throw of the meet.

Margaret Hinton, W80, stretched the 25# superweight record to 3.64.

In response to competitors' suggestions, the weight pentathlon was moved to Friday for this, the 33rd annual meet. The past few years saw throwing competition continuing until late in the evening, and the change made this year seemed to accomplish the goal, since all competition was concluded before 5:00 p.m. on Saturday.

The special presentations at the awards dinner included the Boal and Fowler awards mentioned above, as well as the Phil Raschker award for the best combined 100m and 200m times by a masters woman, won by Hillen Stubendorf, W50, Silver Spring, Md., with a combined 75.51% age-graded performance.

The Ervin Mitchell award for the best combined time in the 100m and 200m was won by Kaestner McDonough, M45, Richmond, Va., with a combined 85.91% age-graded performance. Evelyn Wright added the Bernice Holland award (best performance by a female masters thrower) to the Nolan Fowler award. The Ed Barron award for service to Masters Track & Field went to Paul Hronjak. □

Colorado - North Dakota - South Dakota - Kansas - Iowa - Minnesota - Missouri - Nebraska - New Mexico

USA Track and Field - Mid America Cross Country Championships  
University of Colorado - Boulder - Colorado - Saturday October 5, 2002 - 8:30 am



University of Colorado - Buffalo Ranch Cross Country Course  
CU South Campus - US 36 and Table Mesa Dr - Boulder, Colorado

Sponsored by USA Track and Field  
University of Colorado Cross Country Team  
Boulder Road Runners  
USATF - Colorado Association

USATF Awards (open to USATF members only)  
Individual Awards - top 3 finishers - 5-year age groups  
Team Awards (open to USATF clubs only) - top 3 teams - 10-year age groups  
Also - Foreign Athlete Awards - Optional Alumni Competition

Open Women's Division (ages 19-39) - 5.8 k  
Open Men's Division (19-39) - 8 k

University of Colorado Collegiate Races - Rocky Mountain Shootout  
Masters Men's and Women's Division (40 and above) 5.8 k



For More Information Contact:  
[www.toucantrackclub.net/midamerica.html](http://www.toucantrackclub.net/midamerica.html)  
or [www.usatf.org](http://www.usatf.org)  
Tim Dolen - 303-499-3841 - [tpdolen@yahoo.com](mailto:tpdolen@yahoo.com)





## On The Run

By HAL HIGDON

### Boston Relaxes Its Qualifying Standards

Life suddenly became easier for runners wanting to run the Boston Marathon – particularly older runners – as the sponsoring Boston Athletic Association relaxed its qualifying standards for the first time in more than a dozen years. The new standards, posted toward the end of June on the BAA's Web site ([www.baa.org](http://www.baa.org)), offer a 5-minute break for men and women over 45, up to an hour for those still running at age 80.

The standards date back to 1970. A record 1152 runners started Boston the previous year, way too many thought trainer Jock Semple, who shepherded runners each Patriot's Day, along with race director Will Cloney, a full-time employee of Keystone Funds. Tired of poseurs, who trained improperly and sometimes appeared dressed as King Kong or smoking cigars, the pair asked runners to certify their ability to finish faster than four hours. "I could walk that fast," claimed Semple, who had placed ninth in 1944 with 2:51:34.

As a writer for *Runner's World* (then called *Distance Running News*), I objected, both in print and to Semple personally the next time I saw him. I felt the standards would stifle both Boston's and running's growth. How wrong I was! As the standards were progressively tightened over the next decade, runners accepted them as a challenge and trained harder to make the field.

#### Tougher Standards

For the 1976 race, Cloney and Semple tightened entry standards to an imposing 3:00 for men and 3:30 for women and masters (those over 40). But nothing helped stem the tide. The running boom had begun. The ranks swelled to 7877 entrants in 1979, with easily a third as many bandits tagging behind. So in 1980, standards came down to 2:50 for men, 3:10 for masters men and 3:20 for women, eventually 3:30 for masters women (defined then

as those over age 40). Numbers dipped in 1981, but by 1982 7439 entered.

By then, the flood had crested. As the running boom continued through the 1980s, every major city had a marathon, siphoning off some of the energy that in previous decades had been focused almost solely on from 3:30 to 3:00 to ultimately 2:50 for men and 3:10 for women at Boston.

#### A New Kind of Runner

During the 1990s, a new breed of runner arrived more interested in finishing a marathon, rather than finishing it fast. With greater volunteer support, the BAA realized it could tolerate fields near 10,000 and decided to relax its qualifying times to 3:10 and 3:40 for men and women aged 18-34. Every five-year age group after that, runners received a 5-minute qualifying cushion up to maximums of 3:50 and 4:20 for men and women over 70.

Those standards worked for younger runners, but failed to reflect the fact that past age 50, aging runners lose more than they gain. According to one survey posted to my Virtual Training Forum, while 637 men and women aged 35-39 qualified for Boston at the fast 2001 LaSalle Bank Chicago Marathon, only 12 men and 1 woman over 60 made the cut. None over 70 did. Even as gifted an athlete as two-time winner John A. Kelley failed to match the standard after age 72, although he continued to run late into his 80s.

#### Revised Standards

That imbalance apparently has been remedied. The new standards reward older runners, beginning with an extra 5 minutes at age 45, 10 minutes at age 55, 20 at age 60, 30 at age 65, 40 at age 70, 50 at age 75 and an hour at age 80. But younger runners get no break, and not all posting to Virtual Training seemed pleased. "I still think the disparity between the men's and women's times is grossly unfair," claims Jeff Bennett, age 25. "While I have already solidly beaten 3:40, I'm not sure I possess the athletic talent to run a 3:10. At least not for a couple more years."

Whether the new standards are fair will be subject for debate between now and next April, but as another poster, John Borchers, commented: "In a few years nobody will remember that the Boston qualifying times changed. There will only be those who qualified and those who did not." □

(Hal Higdon can be contacted by e-mail at [halhigdon@atbi.com](mailto:halhigdon@atbi.com); his Web site is [www.halhigdon.com](http://www.halhigdon.com))



Age-group M75+ award winners Bill Benson (2nd l), Bert Jablon (c), and Ed Finkelstein (3rd l) with Gary Jaffe (l) and Marty Lerner (r) of event sponsor David Lerner Associates, Long Island Police Appreciation 5K, East Meadow, N.Y., June 13.

### Ensign Now Leads The Senate; Gordon Best in Congress

By JEFF DARMAN

After being cancelled last fall due to the terrorist attacks of September 11, the 21st SGMA Capital Challenge took place Wednesday, May 1, in Washington, D.C.'s Anacostia Park.

A large contingent of congressmen and senators, two cabinet members (Secretary of Health and Human Services, Tommy Thompson, and OMB Director, Mitchell Daniels), federal judges and scores of media were among the 500 runners who took part in the three-mile team race. Teams were captained by a U.S. senator, representative, cabinet member, sub-cabinet presidential appointee, federal judge, on-air media personality, or professional journalist.

The purpose of the SGMA Capital

Challenge is to determine who is the fittest: the Legislative Branch, the Executive Branch, the Judicial Branch, or the media that covers them, and to raise money for the D.C. Special Olympics. This year almost \$10,000 was raised.

Abe Lincoln and George Washington were on hand to hold the finish tape and "work the crowd" before the race, engaging in animated conversations with today's politicians and those who cover them.

First time participant, John Ensign (R-NV), took home the top senator finisher honor (21:12), while Kay Bailey Hutchison (R-TX) repeated as the women's winner (36:38). Representative Bart Gordon (D-TN) is still the fastest man in Congress with his 17:37 time.

Overall winners were Richard Cochran of the U.S. Navy (14:46) and Janel Kiley of *National Geographic* (18:21). Former world record holder, Jim Ryun, again enlisted his twin sons and daughter for his team and retained House Division team honors.

Senator Richard Lugar continued his streak of finishing all 21 Challenges.

Race records were set by Judge James Baker (judicial division) of the U.S. Court of Appeals for the Armed Forces, who ran a time of 17:06, and Emily Harris (electronic journalist), of NPR with a time of 22:11.

As always, the race had a festive air and this year included pre-race entertainment by singer/songwriter John Flynn. The runners quenched their thirst with Deer Park Natural Spring water and munched on fruit and chocolate crossants.

The SGMA Capital Challenge highlights the ability of many of the nation's busiest leaders to stay fit. Challenge title sponsor, SGMA (Sporting Goods Manufacturers Association), and contributing sponsors Fannie Mae, Deer Park, *Roll Call* and *Running Times* donated \$4000 to D.C. Special Olympics, as well as paying all race expenses. All entry fees went to Special Olympics also. □



Senator Craig Thomas, 69, (R-WV), finishing the 21st SGMA Capital Challenge Three Mile, Washington, D.C., May 1.



Mary Dunn, 50, third overall (39:52), Ryka Women's 10K, Hartford, Conn., June 29.



Laura Freix, 41, first W40 Have Heart 10K, Washington

### Decathlon/He

Continued from page 1

Heptathlon, won the 1 with a 7006.

Robert Baker, 56, in his division, score adding this title to his onships victory. Greg indoor champion in the jumps, used his exp 6960 with a big lift of his 7.02 long jump.

Włodarczyk, a Polish lives and coaches California, scored 595 three marks scoring over hurdles, 13.00 (1065); (1171); and long jump. She holds the W50 world triple jump at 11.37, set 14th Veterans Char Brisbane.

Veronica Amarasek California, scored 46 points coming in (13.02/872), high jump and long jump (5.28/ kara holds the W40 na the long jump at 5. 5116 points at last onships.

A big thanks to all to Rob Doran for getting up on the East Coast running the hurdles o to get another pole v special thanks to He Dolan, who I hope w to his great facility.

For the 2003 C looks like it could Ala., or Charlotte, N. end of June 15. Or information, we will





GEORGE BANKER

Laura Freix, 41, first W40+ (40:21), Laywers Have Heart 10K, Washington, D.C., June 15.

## Decathlon/Heptathlon

Continued from page 1

Heptathlon, won the M45 gold medal with a 7006.

Robert Baker, 56, the lone entrant in his division, scored 6980 points, adding this title to his indoor championships victory. Greg Foster, 40, 2002 indoor champion in the long and triple jumps, used his expertise to score 6960 with a big lift of 1035 points for his 7.02 long jump.

Wlodarczyk, a Polish national who lives and coaches in Southern California, scored 5990 points, with three marks scoring over 1000 points: hurdles, 13.00 (1065); high jump, 1.51 (1171); and long jump, 5.19 (1145). She holds the W50 world record in the triple jump at 11.37, set last year at the 14th Veterans Championships in Brisbane.

Veronica Amarasekara, of Southern California, scored 4686, her highest points coming in the hurdles (13.02/872), high jump (1.48/842), and long jump (5.28/877). Amarasekara holds the W40 national record for the long jump at 5.44, and totaled 5116 points at last year's championships.

A big thanks to all the athletes, and to Rob Doran for getting this meet set up on the East Coast and passing on running the hurdles on the second day to get another pole vault pit set up. A special thanks to Head Coach Steve Dolan, who I hope will invite us back to his great facility.

For the 2003 Championships, it looks like it could be Birmingham, Ala., or Charlotte, N.C., on the weekend of June 15. Once we get more information, we will publicize it.

# PUBLICATIONS ORDER FORM

	Quantity	Total (US\$)
<b>Masters Age Records (2002 Edition)</b> 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, 2001. 56 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, USATF Masters T&F Records Chairman. \$6.00.	_____	\$ _____
<b>Masters Track &amp; Field Rankings (2001)</b> Men's and women's 2001 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.	_____	\$ _____
<b>McMahon Family Trust Masters Track &amp; Field Indoor Rankings</b> Indoor rankings for 2002. 4 pages. \$2.00.	_____	\$ _____
<b>Masters Age-Graded Tables</b> 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.	_____	\$ _____
<b>Masters 5-Year Age-Group Records</b> 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 Mar. 1, 2002; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, USATF Masters T&F Records Chairman. \$2.00.	_____	\$ _____
<b>Masters 5-Year Indoor Age-Group Records</b> Same as above, except indoor records (M40+, W35+) as of March 1, 2002 (world) and November 30, 2001 (USA). \$2.00.	_____	\$ _____
<b>Competition Rules for Athletics (2002 Edition)</b> U.S. rules of competition for men and women for track & field, long distance running and racewalking—youth, open and masters. \$12.00.	_____	\$ _____
<b>USATF Directory (2001/2002)</b> Names and addresses of national officers and staff, board of directors, sport and administrative committees, association officers and addresses, etc. \$12.00.	_____	\$ _____
<b>USATF Governance Handbook (2002)</b> U.S. Bylaws and operating regulations, forms for membership, race sanction, records, course measurement, etc. 152 pages. \$12.00.	_____	\$ _____
<b>Running Encyclopedia, The Ultimate Source for Today's Runner</b> Twenty-six chapters from A to Z of history, facts, personalities, events, terms, and pictures of running by Joe Henderson and Richard Benyo. Chapter W, for example, starts with "waffle sole" and ends with "Wysocki, Ruth." A must for every runner's library. 417 pp. \$24.95	_____	\$ _____
<b>How to be A Champion from 9 to 90.</b> Earl W. Fee, world-record-holder in the M65 and M70 300H, reveals his secrets that enabled him to achieve over 30 world records in 15 years of running. 420 pages, 25 chapters, 100s of excellent references. US\$19.25/CAN\$28.50, plus postage & handling.	_____	\$ _____
<b>USATF Logo Patch</b> 3 color embroidered 4" x 3". \$4.50.	_____	\$ _____
<b>USATF Race Walking Patch.</b> 3-color embroidered 4" x 3" with gold trim. \$5.50.	_____	\$ _____
<b>USATF Cross Country Patch.</b> 3-color embroidered 4" x 3" with gold trim. \$5.50.	_____	\$ _____
<b>USATF Lapel Pin.</b> 3-color USATF Logo on 7/8" soft enamel lapel pin (nail pin back with military clutch). \$5.50.	_____	\$ _____
<b>USATF Decal.</b> 3-color. 3" x 2-1/2". \$2.00.	_____	\$ _____
<b>2002 Road Race Management Directory</b> 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.	_____	\$ _____
<b>Running Research News</b> Bi-monthly newsletter. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. \$35.00 per year.	_____	\$ _____
<b>Back Issues of National Masters News</b> _____ issues: \$2.50 each.	_____	\$ _____
<b>Postage and Handling</b>	_____	\$ 2.00
<b>Overseas Air Mail (add \$5.00 per book)</b>	_____	\$ _____
<b>TOTAL</b>	_____	\$ _____

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

Name \_\_\_\_\_

Address \_\_\_\_\_

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





## International Scene

By **TORSTEN CARLIUS**  
WMA President

### WAVA/WMA Reaches 25-Year Milestone

Yes, it is actually true. On August 9 WAVA/WMA celebrates its 25th birthday, providing good reason to look back at those dedicated and farsighted individuals who, in 1977, took a bold step and founded a world organization for veterans/masters athletics. There were some early enthusiastic pioneers (David and Helen Pain among them) following the Olympic Games in Munich, GER, in 1972, to whom we owe much gratitude for their inspiration and vision. After the first truly international veterans track and field meet in London they inspired many more and laid the groundwork for an almost unbelievable development.

Don Farquharson, CAN, who headed the Canadian Masters, took the initiative to invite athletes to the first World Veterans Championships in Toronto in 1975. With athletes representing 32 countries, these Championships were a great success. During the meet there was also a meeting to discuss the formation of a world body for veterans athletics. An interim committee was set up to study the possibilities. This committee was chaired by Jack Fitzgerald, GBR, with Don Farquharson, CAN, as Secretary and Treasurer, plus David Pain, USA, Wal Sheppard, AUS, Maeve Kyle, NIR, Jacques Serruys, BEL, Bob Fine, USA, Ian Hume, CAN, and Konrad Hemelind, SWE, as members.

#### Source of Inspiration

From these first World Championships it is also worth mentioning that they inspired Cesare Beccalli, ITA, to invite athletes to the first European Veterans Championships in Viareggio, ITA, in 1978, where the European Veterans Athletics Association (EVAA) was founded as the first Regional Association.

However, the attempts in Toronto were not the first to build a veterans athletics movement. In 1968 the "Interessen-Gemeinschaft Alterer Langstreckenläufer" (IGAL) was founded in the Netherlands with Arthur Lambert, Meinrad Nagelle, Dr. Van Anken and Jacques Serruys as pioneers.

This organization had a successful life but slowly it became evident that two world bodies for veterans athletics was one too many and, in 1988, IGAL joined WAVA which became the undisputed world body for veterans/masters athletics.

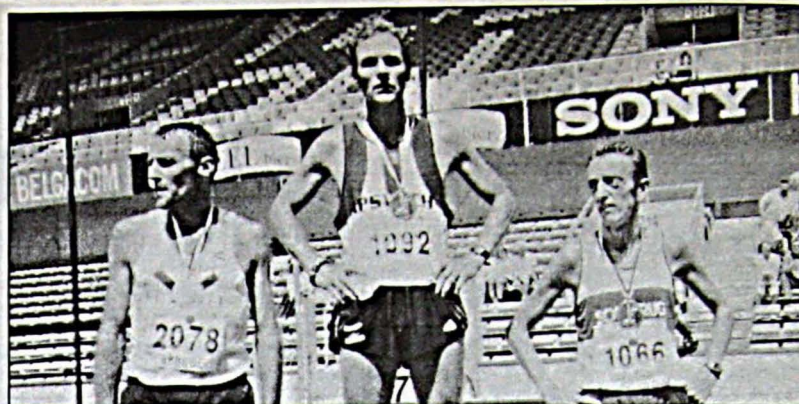
Gothenburg, SWE, was awarded the second World Veterans Athletics Championships, held August 8-13, 1977. On the second day of these championships, Aug. 9, WAVA was founded at the first General Assembly. Don Farquharson, CAN, was elected the first WAVA President and the Executive Committee included Jacques Serruys, BEL, Vice President, Roland Jerneryd, SWE, Secretary, Harm Hendricks, NED, Treasurer, and Hazel Rider, GBR, Women's Representative.

#### Organizational Expansion

The Council was expanded to include six Regional Representatives, i.e., Danie Burger, RSA, for Africa, Hideo Okada, JPN, for Asia, Cesare Beccalli, ITA, for Europe, Bob Fine, USA, for North and Central America and the Caribbean, Wal Sheppard, AUS, for Oceania, and José Tejeiro Santos, VEN, for South America.

August 9, 1977, was a historic day for veterans/masters athletics. IAAF took a certain interest in the Championships in Gothenburg as the IAAF President, Adrian Paulen, BEL, attended the Championships. His per-

Continued on page 16



MARILYN MITCHELL

First three in the Veterans Grand Prix Brugge 25K, Brugge, Belgium, June 23, (from l): Bill Snelgrove, 46, GBR, 90:08; Richard Jordan, GBR, 44, 88:25; and Paul Meulebrouck, 40, BEL, 90:18.

## The Last Ultimate Veterans Grand Prix Held in Brugge, Belgium

By **MARILYN MITCHELL**

Jacques Serruys and his wife, Hannelore Guschmann, said farewell to their many running friends in the last edition of the Brugge Veterans Grand Prix 25K & 10K in the beautiful, medieval town of Brugge, Belgium, on June 23.

Both the men's and women's 25K races were won by impressive margins. The 25K winner, Richard Jordan (GBR, 44, 1:28:25), repeated his victories in 1998 and 2001. Second this year was Bill Snelgrove (GBR, 46, 1:30:08).

A self-employed house builder, Jordan found his first Brugge win in 1998 the most difficult. He races a multitude of distances, favors any distance 10 miles or longer, and has done high-altitude training in Kenya with African running friends. He intends to return in the near future for further training.

The top two 25K female winners were W35s: Jacqueline Massey, (GBR, 1:39:48), and Hilde Pauwels, second (BEL, 1:47:13). Anne Sweeney (GBR) was the first W40, fourth overall in 1:49:34.

Unlike her male counterpart, the women's 25K winner was running this race for the first time and, according to her fans, she had her usual pre-race jitters and trepidation, which, as usual, had no apparent ill effects on her performance. Massey's usual racing distance is the marathon, where she has posted a best of 2:53 in the 2002 London Marathon.

Overall 10K winner, Paul Muller (GBR, 45, 32:03), was followed by Eric Williams (GBR, 46, 32:55). The top women's 10K winners were Janet Ray (GBR, 41, 38:14) and Jill Postlethwaite (GBR, 37, 38:29).

Surely one of the happiest 10K finishers was Anna Scott, 46, of the Mansfield Harriers, running her first 10K race ever.

The 10K started outside Jan Breydel Stadium, and the 25K at the Grand Place in the town center. Both races finished inside the stadium before a crowd and the St. Cecilia Jabbeke brass band. The mixed sunny/overcast day was hot, with much of the 10K course covered by

tall trees as the race wound its way through a nature preserve.

Exemplary were the 150 volunteers; the presentation of medals by Olympic and world champion steeplechaser, Gaston Roelants; the race-in-progress announcements inside the stadium in English, Flemish and French; the quick availability of velo-bound results very soon after the last competitors crossed the finish line of each race; the quality of all the awards; and the 50+ page slick paper booklet with sponsor advertising.

Age-group awards went five-deep and all age-group winners...five-deep...received a very handsome piece of luggage, a backpack, a tote or a handbag with designer names, such as "Tommy Hilfiger" and "Moschino." Each finisher received a large medal.

The award ceremony immediately followed the finish of the races, with a dinner in the early evening, highlighted by a strolling Dixieland Jazz band, which serenaded individual tables in English with popular numbers as "Down by the Riverside," "Alexander's Ragtime Band," and "You Are My Sunshine."

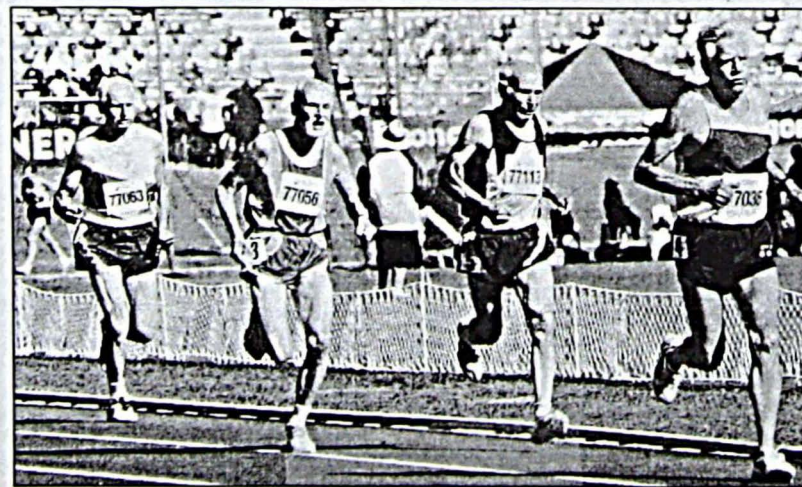
Staged 25 times over the past 29 years, this last race had 700 participants in the 10K and 500 participants in the 25K, with the highest female participation in the history of the race at 40%. A number of countries were represented, but the U.K. was the clear winner, with 900 participants.

Said Guschmann, "I'm sad because...we know all these people for so many years...and it creates friendship with so many people...but on the other hand, we always said we'll never go down on our level of quality. For the moment we just have not the funds to organize on the same level."

It should be noted that Belgium has a recent law under which the municipalities must now be compensated for their services, such as the cost for the police, road closures, etc., so, to continue, the event will have expenses not heretofore incurred.

On their own initiative, but with the approval of Serruys, several runners have been talking with U.S.- and Europe-based race organizers about

Continued on page 15



LEO BENNING

Final in the M75 800, won by Ake Jonsson (2nd left), SWE, in 2:51.79, 14th World Veterans Championships, Brisbane.

By BRIDGET C...  
Nothing whets  
British athletes mor...  
road relays held at...  
fic-free venue in...  
Birmingham. This...  
of club strength and...  
alty and camaraderie...  
le eight stages of...  
mile course; the...  
stages and all other...  
the women, do three...  
This year, 239...  
starter in ideal weat...  
the 15th running of...  
Helen Burrell, R...

### ATHLETES WHO... ATHLETE (RESIDEN

JOETTA CLARK (US)  
CARMEN GRELL (GE)  
CHRISTIAN POPES  
ROGER KINGDOM (U)  
KAREN VAUGHN (PI)  
LYUBOV GURINA (U)  
MICHAEL JANUSEY  
LYUBOV KARPOVA  
LINDA EDMUNDS (O)  
LAT-CHU NG (HKG)  
URSULA HOHENBER  
CARL REICHARD (N)  
SUSAN POST (PORT)  
KARIN GEISE (GER)  
KLAUS GOLDAMMER  
RICHARD WATSON  
BARBARA STRATTO  
LAURIE BINDER (S)  
STEVE FERRAZ (SA)  
CHARLES ALLIE (I)  
ANN JANKORSKI (I)  
MARGARITHA DAEI  
NINA BRYANT (MIL)  
KAREN HUFF (WILM)  
SIRPA MARTILA (F)  
CAROLYN ISHIDA (I)  
VIC HECKLER (CHI)  
DIANE YOUNG (SAR)  
CHRISTA VOSS (GE)  
THOMAS O'HORA (P)  
ZDENEK KARASEK (I)  
GEOFF BACON (RSA)  
ALBERTA CODD (CA)  
SHIRLEY INGRAM (I)  
PATRICIA LARSON  
ANNETTE HORSNELL  
JUDY HELEN HAMM  
VALERIE YOUNG (NY)  
RUDOLF TOMASEK (I)  
INGRID GOODBODY  
DAVE DAVIS (SAN)  
BARBARA MOELLER  
SIRKKA KAUPPINEN  
MARILYN HARBIN (I)  
CORDELL LINDSEY  
GERALD ENGLAND (I)  
KATHARINE BRIEG  
SUSAN ELEANOR T  
ENRIQUE HELF (GE)  
DICK BARTEK (SAN)  
MARY FARNSWORTH  
LEE BLOUNT (ST)  
ROLF CONZELMANN  
HANS PROBST (GER)  
P. PIPER (AUS)  
CHUCK SOCHOR (GA)  
ILSE KIRSTEN (GI)  
HORST VIEWEG (GI)  
JOYCE GREEN (AUS)  
MAEANN GARTY (SI)  
EVELYN SCHMIDT  
SVEIN OLAV HOI  
ELIZABETH MESSI  
HELEN SCHLEY (M)  
HUBERT DUKE (LO)  
GLADYS LEHMAN (I)  
HEATHER MAY (NZ)  
MOLLY MONHEIT (I)  
JOHN GETAS (US)  
ALBERTUS VAN Z  
BILL JAMES (WIC)  
TAKURO MIURA (J)  
GEORGE SCUTTS (I)  
JOHN CLARKE (LO)  
GEORGE VANG (NO)



Report from Britain

239 Clubs Face Off in Road Races

By BRIDGET CUSHEN

Nothing whets the appetite of British athletes more than the national road relays held at a permanent, traffic-free venue in Sutton Park, Birmingham. This is the ultimate test of club strength and depth, and of loyalty and camaraderie, as M40-49 tackle eight stages of the exactly three-mile course; the M50-59 run six stages and all other age groups, plus the women, do three.

This year, 239 clubs faced the starter in ideal weather conditions for the 15th running of this event.

Helen Burrell, Redhill RR, led the

ladies home on the first leg in 17:10, followed by Ann Nixon (17:54), Forest of Dean, and Ann Ford (18:00) Redhill RR. A cumulative time of 53:43 saw Bristol AC retain the W35-44 age-group trophy from Bideford AAC, with Redhill, third. The W45-54 medals went to Redhill (58:52), City of Bath AC, and Wrexham AAC. Five teams contested the W55 race, won in 69:18.

The M50-59 race went to Stockport Harriers in 1:42.10, 14 seconds to spare over Oxford City AC, and the Scottish club Cambuslang, for whom Archie Jenkins ran the fastest stage in

16:13.

Alan Burton, Harry Clayton, and Chris Elson gave Bristol its second trophy of the day, finishing in 54:14, well clear of Bingley Harriers (55.20) in the M60-69 race. An M70 team of Ernie Blackler, Ron Franklin, and Laurie Forster clocked up 71:50 to take the trophy back to North London.

The M40-49 race was run separately. The lead changed right up to the final stage when it was left to Nigel Gates to blaze around in 14:59 to take Brighton & Hove home worthy winners. The fastest stages, however, went to Alan Jackson, who just turned 40, in 14:5, and Tom O'Connor of Woodford Green (14:54).

The 13th European Championships will be held in Potsdam, Aug. 15-25, with a record entry. Among the British athletes showing good form in their build-up are world M45 800

champion Dave Wilcock, who notched a 2:03.3 800 and 4:20.04 1500 double in June, and Darell Maynard, who set a British M40 400 indoor record in February, and ran a super 50:02 in Wales. □

Veterans Grand Prix

Continued from page 14

taking over and continuing the race in some form. Talks are in the formative stages with one option being the continuation of the race in its current format in Brugge and another being the inclusion of the race on a program of already-existing distance events.

Farewell, Jacques and Hannelore. Know that your many friends thank you for your contributions over the years to masters running. □

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, AUGUST 2002

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
JOETTA CLARK (US)	8- 1-62	40-44
CARMEN GRELL (GER)	8-11-62	40-44
CHRISTIAN POPESCU (ROM)	8-12-62	40-44
ROGER KINGDOM (US)	8-26-62	40-44
KAREN VAUGHN (PLACENTIA, CA)	8- 5-57	45-49
LYUBOV GURINA (URS)	8- 6-57	45-49
MICHAEL JANUSEY (MCMURRAY, PA)	8-13-57	45-49
LYUBOV KARPOVA (RUS)	8-14-57	45-49
LINDA EDMUNDS (CAN)	8- 3-52	50-54
LAT-CHU NG (HKG)	8- 7-52	50-54
URSULA HOHENBERG (GER)	8- 9-52	50-54
CARL REICHARD (NOANK, CT)	8-13-52	50-54
SUSAN POST (PORTLAND, OR)	8-13-52	50-54
KARIN GEESSE (GER)	8-26-52	50-54
KLAUS GOLDAMMER (GER)	8-28-52	50-54
RICHARD WATSON (YUMA, AZ)	8-31-52	50-54
BARBARA STRATTON (FREMONT, CA)	8- 2-47	55-59
LAURIE BINDER (OAKLAND, CA)	8-10-47	55-59
STEVE FERRAZ (SAN FRANCISCO, CA)	8-11-47	55-59
CHARLES ALLIE (PITTSBURGH, PA)	8-20-47	55-59
ANN JANKORSKI (LOS ANGELES, CA)	8-21-47	55-59
MARGARITHA DAEHLER (SUI)	8-21-47	55-59
NINA BRYANT (MIDWEST CITY, OK)	8- 5-42	60-64
KAREN HUFF (WILMETTE, ILL)	8- 7-42	60-64
SIRPA MARTTILA (FIN)	8- 7-42	60-64
CAROLYN ISHIDA (HARBOR CITY, CA)	8- 9-42	60-64
VIC HECKLER (CHICAGO, IL)	8-10-42	60-64
DIANE YOUNG (SARATOGA, CA)	8-10-42	60-64
CHRISTA VOSS (GER)	8-20-42	60-64
THOMAS O'HORA (PITTSBURGH, PA)	8-26-42	60-64
ZDENEK KARASEK (CZE)	8-30-42	60-64
GEOFF BACON (RSA)	8-31-42	60-64
ALBERTA CODD (CA)	8- 0-37	65-69
SHIRLEY INGRAM (ROSEBURG, OR)	8- 3-37	65-69
PATRICIA LARSON (PRIOR LAKE, US)	8- 4-37	65-69
ANNETTE HORSNELL (NZL)	8- 7-37	65-69
JUDY HELEN HAMMOND (NZL)	8- 9-37	65-69
VALERIE YOUNG (NZL)	8-10-37	65-69
RUDOLF TOMASEK (CZE)	8-11-37	65-69
INGRID GOODBODY (US)	8-13-37	65-69
DAVE DAVIS (SAN JOSE, CA)	8-20-37	65-69
BARBARA MOELLER (US)	8-20-37	65-69
SIRKKA KAUPPINEN (FIN)	8-23-37	65-69
MARILYN HARBIN (MARTINEZ, CA)	8-30-37	65-69
CORDELL LINDSEY (LOS ANGELES, CA)	8- 0-32	70-74
GERALD ENGLAND (IN)	8- 5-32	70-74
KATHARINE BRIEGER (BERKELEY, CA)	8- 5-32	70-74
SUSAN ELEANOR THOMSON (GBR)	8- 7-32	70-74
ENRIQUE HELF (GER)	8- 9-32	70-74
DICK BARTEK (SANTA BARBARA, CA)	8-10-32	70-74
MARY FARNSWORTH (US)	8-12-32	70-74
LEE BLOUNT (ST. LOUIS, MO)	8-14-32	70-74
ROLF CONZELMANN (GER)	8-19-32	70-74
HANS PROBST (GER)	8-24-32	70-74
P. PIPER (AUS)	8-10-27	75-79
CHUCK SOCHOR (GOWEN, MI)	8-16-27	75-79
ILSE KIRSTEN (GER)	8-17-27	75-79
HORST WIEG (GER)	8-20-27	75-79
JOYCE GREEN (AUS)	8-24-27	75-79
MAEANN GARTY (SAN DIEGO, CA)	8-26-27	75-79
EVELYN SCHMIDT (ST. LOUIS, MO)	8-29-27	75-79
SVEIN OLAV HOILO (NOR)	8-30-27	75-79
ELIZABETH MESSENGER (THORNTON, NH)	8-30-27	75-79
HELEN SCHLEY (MYERSVILLE, MD)	8-31-27	75-79
HUBERT DUKE (LOS ANGELES, CA)	8- 0-22	80-84
GLADYS LEHMAN (REEDLEY, CA)	8- 2-22	80-84
HEATHER MAY (NZL)	8- 4-22	80-84
MOLLY MONHEIT (LAFAYETTE, CA)	8- 5-22	80-84
JOHN GETAS (US)	8-11-22	80-84
ALBERTUS VAN ZYL (RSA)	8-13-22	80-84
BILL JAMES (WICHITA, KS)	8-28-22	80-84
TAKURO MIURA (JPN)	8-10-17	85-89
GEORGE SCUTTS (GBR)	8-14-17	85-89
JOHN CLARKE (LOVELAND, CO)	8-25- 7	95-99
GEORGE VANG (NOR)	8- 7- 2	100-104

Compiled by Pete Mundle, World and U.S. Masters T&F Records Coordinator

XV WMA INTERNATIONAL CHAMPIONSHIPS  
CAROLINA, PUERTO RICO • July 1-14, 2003

XVI WMA INTERNATIONAL CHAMPIONSHIPS  
SAN SEBASTIAN, SPAIN • JULY 2005

TRAVEL TOGETHER AND SAVE!!!!!!

If you are not on our mailing list and wish to be, please mail, fax, or E-mail your address to Paul Geyer, Master Race Walker, at the address below. Packages will be to and from all destinations from USA and Canada. Side trips will also be offered.

TO SECURE YOUR SPACE, PLEASE CONTACT US NOW.

**Ski & Travel International, Inc.**  
PO Box 1816, Detroit Lakes, MN 56502-1816  
Telephone & Fax: 218-847-0410  
E-mail: skiescape@lakesnet.net / Web site: www.ski-escape.com  
Check our web site for 2003 SKI TOURS

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

TREASURER:

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

VICE-PRESIDENT:

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

WOMEN'S

REPRESENTATIVE  
Marina Hoernicke-Gil  
Les Oblades 3  
La Mont Goda  
E-17310 Lorete de Mar  
Spain  
Phone or fax: 0034972-365457  
E-mail: marhoer@teleline.es

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

IAAF

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

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

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: evaas.serruys@skynet.be

OCEANIA

Stan Perkins  
106 Silkwood St.  
Algerster, 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

WMA web site: <http://www.world-masters-athletics.org>



# Masters Scene

## NATIONAL

• The RRCA Women's Distance Festival series of races continues through Oct. 19th (Coos Bay, OR). This month's events are scheduled for the 3rd in Marshalltown, IA, and Toledo, OH; 10th, Williamsburg, VA; 17th, Colonial Heights, VA; 24th, College Park, MD; and 31st, Holmdel, NJ. For more information, 703-836-0558; www.rrca.org

## EAST

• Bob Otrando's outstanding M45 indoor WR mark of 16.43/53-11 with the 16# shot in the Dartmouth Relays in February was overlooked in the 2002 indoor season results. The mark increases the old record of 15.78/51-9# by Ed Hill in 1988 by over two feet!

• John Hinton, 40, running for Fleet Feet Racing, broke the M40 U.S. record for the 1500 with a 3:52.99 at the Boston High Performance Meet, Waltham, MA, June 8. The present record is 3:53.18 by Larry AlMBERG in 1989. Hinton finished fifth in an open field of 11.

• Wendy Burbank, 59, Boxford, MA, outlegged the W40+ field with a 35:42, James J. Connolly Memorial 8K, Woburn, MA, June 20. Mike Ward, 42, Nashua, NH, took the M40+ race in 28:14. The W60+ race was won by 80-year-old Louise Rossetti, Saugus, MA, in 56:01.

• Jim Hage, 44, Lanham, MD, recorded a seventh overall 32:56, 12th Lawyers Have Heart 10K, Washington, DC, June 15. Chuck Moeser, 50, Sterling, VA, finished with the leaders (34:42). Laura Freix, 41, Centerville, VA, was top W40+ (40:21).

• Margret Betz, 65, Conklin, NY, ran a 1:36:08, an A-G 85.5%, in the Vestal XX (20K), Vestal, NY, June 15, for a possible W65 record. The only listed time for the W65 20K is an unvalidatable 1:37:04. Suzy Myette, 45, Endicott, NY, was first woman overall in 87:06. Paul Leonard, 40, Scranton, PA, was second male in 72:38.

• Kate Paddon, 40, New Hartford, CT, 37:21, loped to the overall win at the Ryka/Lady Footlocker Women's 10K, Hartford, CT, June 29. Mary Dunn, 50, Cheshire, CT, was third overall, 39:52. The race is the kickoff of the 5-city Ryka/Lady Footlocker "Take Fitness to Heart" women's road racing series. The next cities to host R/LF series events are Minneapolis, Aug. 10, and Kansas City, Oct. 6. See www.ryka.com for details.

• At the NYRR WABC Father's Day 5 Miler, Central Park, NYC, June 16, Amador Ybanez, 46, 27:03, slipped past Tim Leinbach, 40, 37:14, to lead home the masters men. Leading the women was Catherine Stone, 40, 29:46; winning her age-group decisively was Ginette Bedard, 68, 39:54.

• Ybanez, 19:05, and Yukiko Nishide, 40, 22:42, were top masters at the NYRR Fitness 3.5 Miler, Central Park, NYC, June 22. Age-group standouts included Sab Kolde, 78, 31:33, and Thelma Wilson, 70, 32:15.

• Gordon Bakoulis, 41, 28:04, was first woman across the line at the NYRR Lesbian & Gay Pride Run 5 Miler, Central Park, NYC, June 29. Grabbing the men's masters title was Alan Ruben 45, 26:57, with Muriel Merl 76, 46:40, leaving her peers in the dust.

## SOUTHEAST

• Phil Raschker, W55, continued her assault on the record books with a WR 2.60 in the PV and U.S. record 1.41 for the HJ in the Birmingham Masters Meet, Samford U., June 8. Kathy Bergen set the HJ record of 1.33 in 1996. Joy MacDonald holds the PV record at 2.56 in 1997. In an age-graded 100m, Bob

Blackburn, 45, won in 10:08, with Elvis Forde, 40, second in 10:86. Earlier, Forde had run an A-G 90.1% 51.20 400.

• Jim Bates, 46, Hampton, VA, with a third-place 35:48, and Sherry Volk, 41, Williamsburg, VA, with a first woman overall 42:37, were first masters. Williamsburg Jaycees Run for Life 10K, Newport News, VA, June 22. First 65+ were Tom Ray, 69, Kitty Hawk, NC, 45:51, and Nancy Patron, 65, Williamsburg, 57:41. First RWers were Harry Watson, 61, Suffolk, VA, 61:44, and Karen Schenck, 47, Woodbridge, VA, 81:38.

• Elena Fidatof, 41, ROM, 34:44, and Andrew Masal, 42, KEN/Albuquerque, 29:59, were the big 40+ bananas at the Peachtree 10K Road Race, Atlanta, GA, July 4. Gordon Bakoulis, 41, NYC, the dominant U.S. masters woman on the scene this summer, was a mere two seconds behind Fidatof, 34:46.

## WEST

• At the Shriners 8K and PAC Assoc./USATF Championship in Sacramento, CA, June 22, a pending national age-group record was set by Shirley Matson, 61, of Larkspur, CA, who ran 32:31. The old mark of 32:42 for W60-64 was set at the Shriners Run in 2000 by Barbara Miller of Modesto, CA. Miller set a pending age-62 record this year in 34:42. Myra Rhodes of Sacramento set an age-69 record with her 39:21, breaking the old mark by 93 seconds. Lloyd Stephenson, 47, San Francisco, was top M40+ performer with an A-G 90.1% 25:48.

• Danny Reid, M40, cruised to the masters first in 15:57, Wild Rivers 5K, Irvine, CA, June 22. Bob Koch, 75, took the M70+ race in 25:20. Nancy Hunsaker, W45, was W40+ first in 20:41. Judy Starnes, W60, nabbed the W60+ race in 30:42.

• Mo Bartley, 47, Cool, CA, hot-footed to the women's first overall in 18:53, Friday Night 5K, Sacramento, June 14. Ron Richardson, 45, hastened to the M40+ win in 17:01. Randy Sturgeon, 50, Folsom, CA, was M50 winner (18:00).

• Lad Pataki smashed the M55 WR for the WP with a 5460 and his U.S. record (16.06) for the SP with a 16.45, KelField Throws Meet #107, Santa Cruz, CA, June 29. Klaus Liedtke (GER) holds the WR at 5152 in 1998.

• Ultra goddess Ann Trason, 41, Kensington, CA, notched her 13th win at the Western States 100 Mile Endurance Run, Auburn, CA, June 29, churning out her third fastest WS100 time, 18:16 (hours). She was sixth overall. Mark Richtman, 47, Novato, CA, was the first M40+, 17:59, taking the overall bronze. Multiple WS100-winner and hometowner, Tim Twietmeyer, 43, Auburn, CA, was fourth overall, 18:08.

## NORTHWEST

• Aaron Sampson, 40, Salt Lake City, soared to an M40 WR of 7.68/25-2 1/2 in the long jump at the Utah Summer Games Meet, Southern Utah U., Cedar City, on June 21. The current record is 7.57/24-10 by Hans Schicker (GER) in 1989.

• Terry Williams, 47, Vancouver, WA, in 34:55, and Susan Hawkins, 40, in 41:21, exploded to masters firsts, Pacific Continental Bank Butte to Butte 10K, Eugene, OR, July 4. Marcial Soto, 50, of Eugene, was second M40+ (35:09). NMN staffer, Susannah Beck, 34, was first woman overall (34:57), and Jane Dods, 66, Springfield, OR (also an NMN staffer), took the W65 contest (59:21). Almost 3400 entered the 10K and a 4.5-mile fun walk.

• Angela French, 43, Lacey, WA, dominated the W40+ group, with an 18:51, Race for

the Cure 5K, Seattle, June 2. Dorie Quam, 57, Bellevue, WA, was the W55 winner in 22:18.

## INTERNATIONAL

• Gail Kirkman, Te Anau, NZL, broke the W50 800 WR with a 2:20.01 in the NZ Championships, Wellington, in March. The present record is held by Barbara Lehman, GER, at 2:21.05 in 1992. Kirkman also set NZMA records in the 400, HJ, 80H, and 300H.

• Barbara Neil, South Africa, set a world age-47 best of 1:46:19 for the 20K RW, Eisenhüttenstadt, Germany, June 2. On June 8, she finished 10th among all women with a 24:21 in a 5000 Open Invitational, Krakow, Poland. She holds the W45 world best at 24:14.9.

• A French M40-49 team set a world best for the 4x1500 with a 16:44.78 in a meet at Bourgoin-Jallieu, July 3. A U.S. team set the present best of 16:59.10 in 1999 at Irvine, CA.

• Claude Sterley, 90, lengthened the M90 HT world record with an 18-97 in the West Pretoria Championships, Cape Town, South Africa, last February. Kizo Kimura, of Japan, has the current record at 17.30. Sterley, fondly known as "Oom Claude" in SA sport circles, and SA heavyweight boxing champion in 1937-38, started competing as a master in 1986 and was awarded Masters Springbok colors for the hammer in 1990.

• Ann-Chatrine Ruehlow, W65, hit a WR 35.79 with the discus, German Masters Championships, Ahlen, May 30. The present record is 34.47 by Rosemary Chrimes (GBR). Ruhl already holds the W60 WR (39.08).

• Tania Pacev, 42, Lakewood, CO, was the top U.S. finisher at the IAU World 100K Championships, Torhout, BEL, June 21. Pacev, 13th, 8:23:24, led the U.S. women's team to the bronze medal. Kevin Setnes, the team's chaperone, described it as "the worst organized in the history of the World 100K event," including "a course overrun with cyclists and cars." Jim Garcla, 43, Westford, MA, the fourth U.S. man, finished 50th overall, 7:48:43. — from Dan Brannen at www.americanultra.org.

## OBITUARIES

• Ivy Browne, 87, who set a W80 WR in the SP, an AR in the WT, and the present W80 U.S. record for the 25# superweight (3.24) in the

## International Scene

Continued from page 14

sonal interest led to a decision by IAAF to assign to WAVA the administration and organization of athletics for women 35 years and over and men 40 years and over. The two bodies worked for some years independently of each other, but at the end of the 1980s and beginning of the 1990s, discussions within IAAF led to the formation of a Veterans' Committee within IAAF — a committee that now serves a very useful liaison link between WMA and IAAF.

### Unforeseen Growth

I doubt that those who took the historic decision in Gothenburg in 1977 had any idea of what lay ahead and how their fledgling organization would develop. I'm sure no one could foresee the enormous development and extension that has led to the masters athletics movement as we now know it. The 2750 athletes in Gothenburg, representing some 30 countries, have more than doubled to about 6000 athletes and the number of



JERRY WOJCIK

Harold Morioka, 59, winning the M55 400 with an A-G 95.9% 55.42, Hayward Classic, Eugene, Ore., June 29-30.

National Masters Indoor Championships, Reno, NV, February 1995, passed away of leukemia on April 30. In 1934, she clocked the fastest swim across the San Francisco Bay (two hours and six minutes), a record that stood for 46 years.

WMA affiliates has grown to about 130 countries.

We have today an active world organization with Stadia and Non-Stadia World Championships, and we hope to add World Indoor Championships next year. WMA now has six Regional Associations that all do a very important job. Europe has a complete program with Stadia, Non-Stadia and Indoor Championships, and in Asia we have seen the first Non-Stadia Championships. There is a strong desire worldwide to do more and to do it together within our great family.

I thought it worthwhile to relate a little of our history as we celebrate our 25th year. It is too easy to forget what has happened in the past. However, what we do now and in the future has a strong connection to the organization's developmental history.

Those who founded WAVA in 1977 took a bold step — now it is we who will ensure our movement has a future and will grow stronger still. I am sure we will succeed. □

USA track and 30 unless otherwise noted. Long distance events national masters age 40. International over 35. Entry blank printed in the new or corrections to

## TRACK

### NAT

August 8-11. 35th Masters Championship. Orono. Rolland Memorial Gymnasium. 207-581-1077; mcom; http://www.trackfield.html  
September 7. US Weight & Super West Seattle Stadium. Hillcrest Ave. SW. 932-3923; kweinbe November 9. US Weight Pentathlon. Amant, La. Jeff B. Gonzales, LA 7072. May 27-June 9. Games/The Senior Roads, Va.  
August 14-17, 2002. National Masters C Field, Eugene, Ore.

Connecticut, D Maryland, M New Jersey, N Pennsylvania,

August 1-3. Syracuse, N.Y. 51 stategames.org  
August 1, 8. Summer Series. Sachem HS. 7: www.litf.org  
August 4 & 1. Meets, T.C. Williams. 8:30 am. 703-671-



George Carroll (c title (5:34.3) in the Pa., June 29. W 6:23.7, and Bill P



# 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

**August 8-11.** 35th annual USATF National Masters Championships, U. of Maine, Orono. Rolland Ranson, U. of Maine, Memorial Gymnasium, Orono, ME 04469. 207-581-1077; mainetrack\_field@yahoo.com; <http://www.ume.maine.edu/track/trackfield.html>

**September 7.** USATF National Masters Weight & Superweight Championships, West Seattle Stadium. Ken Weinbel, 4103 Hillcrest Ave. SW, Seattle, WA 98116. 206-932-3923; kweinbel@attbi.com

**November 9.** USATF National Masters Weight Pentathlon Championships, St. Amant, La. Jeff Baty, 321 E. Josephine St., Gonzales, LA 70737. 225-644-6930.

**May 27-June 9, 2003.** National Senior Games/The Senior Olympics, Hampton Roads, Va.

**August 14-17, 2003.** 36th annual USATF National Masters Championships, Hayward Field, Eugene, Ore.

### EAST

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

**August 1-3.** Empire State Games, Syracuse, N.Y. 518-474-8889; [www.empirestategames.org](http://www.empirestategames.org)

**August 1, 8, 15.** Long Island T&F Summer Series, Mitchell Park. 8th-Sachem HS. 7:00 pm. 516-349-1770; [www.litf.org](http://www.litf.org)

**August 4 & 18.** Potomac Valley TC Meets, T.C. Williams HS, Alexandria, Va. 8:30 am. 703-671-2520; [www.pvtc.org](http://www.pvtc.org)



JOYCE GEROUX

George Carroll (c) won his third straight M55 title (5:34.3) in the Pittsylvania Mile, Pittsburgh, Pa., June 29. With Carroll are Dave Steed (l), 6:23.7, and Bill Plues, 6:46.0.

**August 7.** DC Road Runners Free One Mile & 3K Track Championships, Washington & Lee HS, Arlington, Va. All age groups/open to all. Register on site. Bob Weiner, 301-283-0821.

**August 18.** New Hampshire, Granite State Senior Games, Memorial HS, Manchester. Open to out-of-state. GSSG, 610 Front St., Suite B, Manchester, NH 03102-2610. 603-622-9041; [www.nhseiniorgames.org](http://www.nhseiniorgames.org)

**September 4-11.** Maine Senior Olympics, Portland. Anita Chandler, 207-775-6503.

**September 20-23.** New Jersey Senior Olympics, Fort Monmouth. Michael Garamella, 973-618-1111.

**October 3-5.** Maryland Senior Olympics, Towson U., Baltimore. Bob Zeigler, 410-704-4456; [www.towson.edu/solympics](http://www.towson.edu/solympics)

### SOUTHEAST

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

**August 31-September 1.** USATF Southeast Regional Masters/PVA Championships, T.C. Williams HS, Alexandria, Va. Mark Richards Pentathlon & Special Weight Pentathlon on 31st. SASE to Potomac Valley Games, c/o V. Meyer, 2305 S. Buchanan St., Arlington, VA 22206. 703-671-2520; [www.pvtc.org](http://www.pvtc.org)

**September 24-28.** Georgia Golden Olympics, Robins AF Base. Vicki Pilgrim, 404-657-6644.

**September 30-October 6.** North Carolina Senior Games, Raleigh. Cindy Trumbower, 919-851-5456; [www.ncseniorgames.org](http://www.ncseniorgames.org)

### MIDWEST

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

**August 4-8.** Michigan Senior Olympics, Midland. Marye Miller, 248-608-0255; [www.michiganseniorolympics.org](http://www.michiganseniorolympics.org)

**September 3-15.** Wisconsin Senior Olympics, Milwaukee. Helen Ramon, 262-821-4444; [www.execpc.com/~aging](http://www.execpc.com/~aging)

**September 18-22.** Kentucky Senior Olympics, Elizabethtown. Eddie Bowen, 270-358-4321; [www.scrtc.com/~wenk4jz](http://www.scrtc.com/~wenk4jz)

**September 20-22.** Illinois Senior Olympics, Springfield. Sheila Shields, 217-789-2284.

### MID-AMERICA

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

**August 4.** Blair Open Track Meet, Blair, Nebr. Mike Maryott, 1485 South St., Blair, NE 68008. 402-426-5955.

**August 7-11.** New Mexico Senior Olympics, Las Cruces. Cecilia Acosta, 505-623-5777.

**August 15-18.** Nebraska State Senior

Olympics, Kearney. Open to out-of-state. Scott Hayden, 308-237-4644; [www.nebraskaseniorgames.com](http://www.nebraskaseniorgames.com)

**August 24.** Halstead Masters & Open Meet, Halstead HS, Kansas. 4:00 pm. Bob Everski, Halstead Recr. Commission, 316-835-3366, 835-2286.

**August 31-September 1.** Rocky Mountain Masters Games, Colorado St. U., Fort Collins. Jim Weed, 1166 Eagle Rd., Broomfield, CO 80020. Jerry Donley, 719-635-1264; [www.denvertrackclub.org/RMMG/RMMG-events.htm](http://www.denvertrackclub.org/RMMG/RMMG-events.htm)

**September 5-8.** South Dakota Senior Games, Sioux Falls. Al Weisbecker, 605-428-3807; [www.sdseiniorgames.atfree.com](http://www.sdseiniorgames.atfree.com)

**September 28-29.** Kansas Senior Olympics, Topeka. KS Sr. Olympics, 1534 SW Clay, Topeka, KS 66604. 785-368-3798.

### SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**August 26 - September 1.** Texas Senior Games Championships, Lubbock. Nancy Swallow, 877-747-7572; [nancy.swallow@lubbocksports.org](mailto:nancy.swallow@lubbocksports.org)

**September 19-22.** Arkansas Senior Olympics T&F Events, Hot Springs. Qualifying for 2003 NSGA Championships. AR Sr. Olympics, PO Box 3377, Hot Springs, AR 71914. 502-321-1441; email: [arsolymp@hotsprings.net](mailto:arsolymp@hotsprings.net)

**September 21-26.** Louisiana Senior Olympic Games, Baton Rouge. Butch Gipson, 225-925-1748; [www.lsoq.net](http://www.lsoq.net)

### WEST

Arizona, California, Hawaii, Nevada

**August 3.** Prescott Senior Olympics, Prescott, Ariz. Don Fishel, Box 2059, Prescott, AZ 86302. 928-777-1122.

**August 3-4.** California Senior Games, San Jose. CC. 408-297-0247; [becky.atigedewe@ci.sj.ca.us](mailto:becky.atigedewe@ci.sj.ca.us); [www.sjseniorgames.com](http://www.sjseniorgames.com)

**August 31.** KelField Throws Meet #109, Santa Cruz, Calif. 831-458-0300; [kelfield@aol.com](mailto:kelfield@aol.com)

**September 15.** Peter St. Gene, Inc.'s Champions Run for Children, Kezar Stadium, Golden Gate Park, San Francisco, CA. 5K Run or Walk, Track Dashes, Mile, and Invitational Mile. 415-759-2690; [www.jambajuice.com](http://www.jambajuice.com).

**September 21.** San Diego Senior Olympics, Cuyamaca College, El Cajon,

## ON TAP FOR AUGUST

### TRACK AND FIELD

You can compete in the USATF 35th National Masters Championships, Orono, Me., on the 8th-11th, and still have plenty of time to head for the NCCWMA Championships, Leon, Mexico, on the 22nd-25th. For more action, try the California Senior Games, San Jose, on the 3rd-4th, or the Southeast Regional Championships, Alexandria, Va., and the Rocky Mountain Masters Games, Fort Collins, Colo., both on the 31st-Sept. 1st. The 13th European Veterans Championships are scheduled for Potsdam, Germany, on the 15th-25th.

### LONG DISTANCE RUNNING

The National Masters 50K Championships, Sausalito, Calif., on the 24th heads the list. A varied schedule includes the Beach to Beacon 10K, Cape Cod, Mass., on the 3rd; Falmouth, Mass., 7.05 Mile, on the 11th; Parkersburg, W. Va., Half-Marathon, on the 17th; America's Finest City Half-Marathon, San Diego, on the 18th; Nationwide Insurance Hood to Coast Relay in Oregon on the 23rd; Crim 10 Mile, Flint, Mich., and Maggie Valley, N.C., Moonlight Races on the 24th; and the Charleston, W.Va., 15 Mile on the 31st.

### RACEWALKING

The 5000 National Championships on the track will be decided on Friday, the 9th in Orono, followed by the 10K road walk for men and women on Sunday, the 11th. □

Calif. 50+ SDSSF, 619-226-1324. [www.sdseiniorgames.org](http://www.sdseiniorgames.org).

Continued on page 18

## WANT PRESS FOR YOUR RACE / MEET??

Too often, at national, regional, even world class events, there is zero or next to no major press coverage - despite top quality athletes who break national age records in your meet. Bob Weiner, former White House press staff and media coordinator for Congressional committees - and a dedicated masters runner who has directed RRCA national championship road races and USATF world class track events - has formed a public affairs company and contacted National Masters News about this glaring omission and need in the masters running circuit. Bob worked at the 2002 Salt Lake Olympics generating press for the World Anti-Doping Agency's drug testing activities before and at the Games - obtaining stories on "Today", "Good Morning America", NBC Evening News, HBO, AP, the Washington Post, New York Times, Los Angeles Times, NPR, and all major media. He had done the same for U.S. Drug Czar Barry McCaffrey at the 2000 Sydney Olympics. Bob and his company -- Robert Weiner Associates Public Affairs - are eager and ready to help the Masters Running movement.

Press at your race is a motivational tool for the runners and field athletes, organizers, friends, supporters, and the public - before and after your event, a useful magnifier for years as you keep giving out clips. And it's just plain fun to see your event on the eleven o'clock news! Or in the wires or networks if you capitalize on something truly major.

**WANT PRESS AT YOUR RACE/MEET (OR OTHER MAJOR EVENT OR ISSUE!)?**

**CONTACT: ROBERT WEINER ASSOCIATES PUBLIC AFFAIRS**

**E-MAIL [Weinerpublic@comcast.net](mailto:Weinerpublic@comcast.net)**

**PHONE: 301-283-0821**

**Website: [www.geocities.com/weinerpublic](http://www.geocities.com/weinerpublic)**



Continued from page 17

**September 28-October 6.** Nevada State Games, Las Vegas. Vince Adamo, 3890 N. Buffalo Dr., Las Vegas, NV 89129. 702-242-1590. www.nevadaseniorolympics.com

**October 5.** 29th annual Club West Meet, Santa Barbara, Calif. Beverley Lewis, 805-969-5852, fax: 969-6613; Gordon McClenathen, 805-964-3005.

**October 5-6.** Nevada Senior Olympics, Las Vegas, Nevada. Nevada Senior Games, Inc., 3890 N. Buffalo Dr., Las Vegas, NV 89129. Contact: 702-242-1590; e-mail: srgames1@juno.com; web: www.nevadaseniorolympics.com

**October 20.** Self-Transcendence Masters Games, Long Beach St. U., Calif. 40+. Bigalita Egger, 6220 Bristol Parkway, #315, Culver City, CA 90230. 310-645-0271; fax: 645-8618.

**NORTHWEST**

Alaska, Idaho, Montana, Oregon, Utah, Washington, Wyoming

**August 8-11.** Wyoming Senior Olympics, Evanston. Open to out-of-state. Steve Liechty, Evanston Parks & Rec., 275 Saddleridge Rd., Evanston, WY 82930. 307-789-1770; www.eprd.net

**September 12-15.** Idaho Senior Games, Boise. Karin Hoffer-Boles, 800-859-0324; www.iad-ore.com

**October 7-19.** Huntsman World Senior Games, St. George, Utah. 10K, 5K, 1500. Contact: 800-562-1268; www.seniorgames.net

**INTERNATIONAL**

**August 15-25.** 13th European Veterans Athletics Championships, Potsdam, Germany. Leichtathletik-Verband Brandenburg e.V. Am Luftschiffhafen 2. D-14471 Potsdam. 0331-900100; fax: 0331-900101; www.LV-Brandenburg.de



ART SHANZADE

David Salazar, winner, M50 800 (2:06), Visalia Classic/CCA Championships, Visalia, Calif., May 18.

**August 22-25.** North & Central American & Caribbean WMA Regional Championships, Leon, Mexico. Enrique Heredia Lozano, FMAVAC, eherediavaca@hotmail.com; www.angelfire.com/la3/fmav

**September 20-29.** Asia-Pacific Games, Queensland, Australia. www.mastersgames.com.au

**October 5-13.** World Masters Games, Melbourne, Australia. Multi-sport. WMG, Locked Bag 2002, South Melbourne, VIC 3205, AUST. E-mail: info@2002worldmasters.org; www.2002worldmasters.org

**November 3-10.** 11th South American Championships, Cochabamba, Bolivia. Pablo Vera, PO Box 24, Cochabamba, Bolivia. 591-4 4263068; fax: 591-4 4119200; anambol2002@yahoo.com

**July 2-13, 2003.** 15th World Masters Athletics Championships, Carolina, Puerto Rico. www.puertorico2003.org

**LONG DISTANCE RUNNING****NATIONAL**

**August 24.** USATF National Masters Championships/Headlands 50K Trail Race, Sausalito, Calif. Peter Franks, PO Box 26052, San Francisco, CA 94126. 415-636-4655; www.headlands50k.org

**September 14-15.** USATF National Masters 24-Hour Championships, Olander Park, Sylvania, Ohio. Dan Brannen, 4 Strawberry Ln., Morristown, NJ 07960. 973-898-1261; danbrannen@earthlink.net

**September 29.** USATF National Masters Marathon Championships/Twin Cities, Minneapolis/St. Paul, Minn. TCM, Inc., 2925 Dean Parkway, Ste. 110, Minneapolis, MN 55416. 612-925-3500; fax 925-3532; www.twincitiesmarathon.org

**October 19.** USATF National Masters Championships/Edmund Fitzgerald 100K, Duluth, Minn. Sue Olson, 157625 Judicial Rd., Burnsville, MN 55306. 952-892-1108; www.edmundfitz.com

**October 26.** USATF National Masters 15K Championships/Tulsa Run, Okla. Jack Wing, 4038 E. 48th St., Tulsa, OK 74135. 918-292-1939.

**November 3.** USATF National Masters 8K Cross-Country Championships, Rochester, N.Y. Peter Glavin, 160 Laney Rd., Rochester, NY 14620. 716-242-9031; www.gvh.net

**November 24.** USATF National Masters 5K Cross-Country Championships, Holmdel, N.J. Madeline Bost, PO Box 10120, New Brunswick, NJ 08906. 732-296-0006; www.usatf.org/assoc/nj

**December 14.** USATF National Masters 10K Cross-Country Championships, Rocklin, Calif. Joe Rubio, Venue Sports, 4035 S. Higuera, San Luis Obispo, CA 93401. joe@venuesports.com; www.resultzone.com/xcnats

**EAST**

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

**August 3.** Beach to Beacon 10K, Cape Elizabeth, Me. Entries close at 5000. 888-480-6940; www.Beach2Beacon.org

**August 6.** JP Morgan Chase Corporate Challenge 3.5 Mile, Syracuse, N.Y. 315-446-6285; www.jporganchasecc.com

**August 10.** George Sheehan 5 Mile, Red



SUZY HESS

Paul Edens, 61, won the M60 200 with an age-graded 94.9% 25.48, Hayward Classic, Eugene, Ore., June 29-30.

Bank, N.J. 732-303-7478(d); www.sheehan.classic.org

**August 11.** SBLI Falmouth 7.05 Miles, Falmouth, Mass. 508-737-7874; Falmouth RoadRace.com

**August 11.** Torrington Donors Week 5 Mile, Torrington, Conn. 860-482-4425; torrington.race@hotmail.com

**August 12, 19, 26.** Hudson Mohawk RRC Bethlehem 5K Cross-Country, Elm Ave. Park, Delmar, N.Y. 518-435-4500; hmrrc.com

**August 17.** Merchants Mile, Massapequa Park, L.I., N.Y. 516-349-9157; www.litf.org

**August 18.** Eamonn Coghlan 5K Classic, Belmont Race Track, N.Y. 212-686-1210; 685-4649.

**August 25.** NYRR NYC Marathon 18 Mile Tune-Up, Central Park. 212-860-4455; www.nyrrc.org

**August 25.** Citizens Bank 5K Women Running Wild, Osterville, Mass. www.citizensbank5k.com

**August 25.** Stone Harbor Lions 10K/USATF Mid-Atlantic Championships, Avalon, N.J. 609-368-1440.

**September 2.** New Haven 20K & 5K, New Haven, Conn. 203-481-5933; newhavenroad.race.org

**September 8.** Komen Boston Race for the Cure 5K, Brighton, Mass. 617-746-9292; www.bostonraceforthe.cure.org

**September 14.** Officer Gary Farley 5K, Seaford, L.I., N.Y. 516-349-9157; www.litf.org

**September 15.** Ithaca 5 & 10 Milers/RRCA Eastern Region Championships, Ithaca, N.Y. Lorrie Marnell, 607-255-8877.

**September 15.** CVS/Pharmacy Downtown 5K, Providence, R.I. Charlie Breagy, c.breagy@worldnet.att.net

**September 15.** Jefferson Hospital Philadelphia Half-Marathon & 5K, Philadelphia, Pa. 215-564-6499; www.philadistanceun.org

**September 19.** NYRR American Heart Association 5K Run on Wall St., 6:30 pm. 212-860-4455; www.nyrrc.org

**September 21.** The Great Cow Harbor 10K/RRCA Championships, Northport, N.Y. Cow Harbor 10K, PO Box 41, Northport, NY 11768. www.cowharborrace.com

**September 21.** Lake Winnepesaukee Relay, Weirs, N.H. 8-person teams. Ken Robichaud, 603-234-5452; krobichaud@presstek.com

**September 22.** NYRR Fred Lebow 5K Cross-Country, Central Park. 212-860-4455; www.nyrrc.org

**September 22.** Falling Leaves 5K/RRCA National Championships, Utica, N.Y. Jim Stasaitis, 154 Elmwood Place, Utica, NY 13501. 315-797-4949.

**September 27-28.** Reach the Beach 200 Mile Relay, Bretton Woods-Hampton Beach, N.H. 508-881-4505; www.rtbrelay.com

**September 28.** NYRR Fifth Avenue Mile, NYC. 212-860-4455; www.nyrrc.org; M&W60+ contact Al Puma, 718-854-6886; alpuma@att.net

**September 29.** Four Seasons Terry Fox 5K, Philadelphia. 215-963-2737.

**September 29.** Ro-Jack's 8K/USATF-NE 8K Grand Prix Championships, Attleboro, Mass. Leigh-Anne Cubberley, Ro-Jack's Food Stores, 50 Suffolk Rd., Mansfield, MA 02048.

**October 5.** New Hampshire Marathon, 10K, & 5K, Newfound Lake. 603-744-2150; www.nhmarathon.com

**October 6.** BAA Half-Marathon, Boston, Mass. 508-435-6905/617-236-1652; www.baa.org

**October 6.** Maine Marathon, Relay, & Half-Marathon, Portland. 207-741-2084; www.mainemarathon.com

**October 12.** United Technologies Greater Hartford Marathon, Hartford, Conn. 860-652-8866; www.hartfordmarathon.com

**October 13.** Delaware Distance Classic 15K/USATF Mid-Atlantic Championships, Wilmington. 302-798-4179.

**October 13.** Brooks Pharmacy Ocean State Marathon, Providence, R.I. 401-885-4499; www.OSM26.com

**October 13.** Mohawk Hudson River Marathon, Schenectady-Albany, N.Y. Boston qualifier. 518-435-4500; www.hmrrc.com

**October 14.** Tufts 10K Health Plan for Women, Boston. Kristin Girard, tufts10K@conventures.com

**October 19.** Baltimore Comcast Marathon, Baltimore, Md. 800-487-0670; www.TheBaltimoreMarathon.com

**October 20.** Army Ten-Miler, Washington, D.C. 202-685-3361; armytenmiler.com

**October 27.** CompassBank Cape Cod Marathon/Relay, Falmouth, Mass. Limited to 1200 marathoners and 150 relay teams. USATF NE Championships. 508-540-6959; email: marathon@cape.com

**October 27.** Mystic Places Marathon & Relay, East Lyme, Conn. 203-481-5933; mysticplacesmarathon.org

**October 27.** Mayor's Cup Men's 8K & Women's 5K Cross-Country, Dorchester, Mass. USATF-NE, 617-566-7600; BAA, 617-236-1652.

**SOUTHEAST**

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

**August 6 (Tues.).** Crime Prevention 5K, Mobile, Ala. 251-661-9977; caljester5@aol.com

Continued from page

**August 24.** Magg 8K & 4K, Magg moonlightrace.com

**September 1.** Ro Virginia Beach www.mrhalf.com

**September 21.** V Trail Run/RRCA ionships, Brooks 1606.

**September 28.** Saraland, Ala. 25

**October 12.** 15K/RRCA Nat tree City, Ga. Ja

**October 20.** Tr Virginia Beach www.baybridgem

M Illinois, Indiana, Wisconsin

**August 8.** JP Challenge 3.5 M 9000; www.chase

**August 10.** Paavo Upon, Wisc. 715 com

**August 11.** Dog D Lake, Ill. 815-459

**August 17.** Star Series, Kalamazoo www.standardfed

**August 17.** Parkersburg, W. parkersburgnews

**August 24.** Crim Flint, Mich. 810-2

**August 31.** Charle & 5K, Charle charlestondistanc

**September 8.** Ch 929-6072; chicag

**September 14.** S Series, Detroit-M www.standardfed

**September 21.** Patterson Air Fo Contact: 937-25 wpaaf.af.mil

**September 21.** Morganfield, K Johnson, 270-388



Hurdlers Rick E. Hayward Classi

Continued on page 19



Continued from page 18

**August 24.** Maggie Valley Moonlight Race 8K & 4K, Maggie Valley, N.C. [www.mvmoonlightrace.com](http://www.mvmoonlightrace.com)

**September 1.** Rock 'N' Roll Half-Marathon, Virginia Beach, Va. 800-311-1255; [www.mrhalf.com](http://www.mrhalf.com)

**September 21.** West Florida Y Croom 50K Trail Run/RRCA Southern Region Championships, Brooksville. Jim Bodoh, 813-884-1606.

**September 28.** Harvest Festival 8K, Saraland, Ala. 251-661-9977; fax: 661-9050.

**October 12.** Peachtree City Classic 15K/RRCA National Championships, Peachtree City, Ga. Jan Stewart, PO Box 2377, Peachtree City, GA 30269. 678-364-1109.

**October 20.** Trigon Bay Bridge Marathon, Virginia Beach, Va. 757-498-0215; [www.baybridgemarathon.com](http://www.baybridgemarathon.com)

**MIDWEST**

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

**August 8.** JP Morgan Chase Corporate Challenge 3.5 Mile, Chicago, Ill. 773-777-9000; [www.chasecc.com](http://www.chasecc.com)

**August 10.** Paavo Nurmi Marathon & Relay, Upson, Wisc. 715-561-3290; [www.hurleywi.com](http://www.hurleywi.com)

**August 11.** Dog Days of Summer 5K, Crystal Lake, Ill. 815-459-1823; fax: 788-0469.

**August 17.** Standard Federal Bank 10K Series, Kalamazoo, Mich. 877-904-5408; [www.standardfederalbank10k.com](http://www.standardfederalbank10k.com)

**August 17.** Parkersburg Half-Marathon, Parkersburg, W. Va. 304-485-8844; [www.parkersburgnewsandsentinel.com](http://www.parkersburgnewsandsentinel.com)

**August 24.** Crim Festival of Races 10 Mile, Flint, Mich. 810-235-3396; [www.crim.org](http://www.crim.org)

**August 31.** Charleston Distance Run 15 Mile & 5K, Charleston, W.Va. 304-348-6464; [charlestondistanceun.com](http://charlestondistanceun.com)

**September 8.** Chicago Half-Marathon. 773-929-6072; [chicagohalfmarathon.com](http://chicagohalfmarathon.com)

**September 14.** Standard Federal Bank 10K Series, Detroit-Metro, Mich. 877-904-5408; [www.standardfederalbank10k.com](http://www.standardfederalbank10k.com)

**September 21.** USAF Marathon, Wright Patterson Air Force Base, Dayton, Ohio. Contact: 937-257-4350; <http://afmarathon.wpafb.af.mil>

**September 21.** Corn Classic 5000, Morganfield, Ky. 8:30 am. Douglas J. Johnson, 270-389-4684; 389-2323

**September 29.** Fox Cities Marathon, Appleton, Wisc. 5K Run/Walk on 28th. \$10,000 prize money. Contact: 877-230-7223; [www.foxcitiesmarathon.org](http://www.foxcitiesmarathon.org)

**October 6.** 25th annual Detroit Free Press/Flagstar Bank Marathon, Detroit, Mich. 734-769-2926; [www.detroitfreepressmarathon.com](http://www.detroitfreepressmarathon.com)

**October 13.** LaSalle Bank Chicago Marathon. 888-243-3344; [www.chicago-marathon.com](http://www.chicago-marathon.com)

**October 20.** Columbus Marathon, Columbus, Ohio. 614-421-RUNN; [www.columbusmarathon.com](http://www.columbusmarathon.com)

**October 26.** Extreme Exchange 5 Mile Cross-Country/RRCA Central Region Championships, Valparaiso, Ind. Clark Goyeske, 219-853-4124; [www.dunelandexchangeclub.org](http://www.dunelandexchangeclub.org)

**November 2.** Kentucky Miles of Smiles 100 Mile, Lexington to Mt. Sterling (50 miles, 1st day/return 2nd day). Also Man O' War Marathon. Don Hall, 325 Shoreside Dr., Lexington, KY 40515. 859-264-9378.

**MID-AMERICA**

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

**August 3.** St. Louis TC Cross-Country Kick-Off 5K, Forest Park, Mo. [www.stlouistrackclub.com](http://www.stlouistrackclub.com)

**August 10.** RYKA Take Fitness to Heart Series Women's 10K, Minneapolis. <http://ryka.com/tfth.asp>

**September 7.** Dick Beardsley Half-Marathon & 5K, Detroit Lakes, Minn. 1-800-542-3992; [www.visitdetroitlakes.com](http://www.visitdetroitlakes.com)

**September 14.** Turkey Day 10K, Worthington, Minn. 507-376-6105(d); 376-5610(e).

**September 21.** Walker North Country Marathon, Relay, & 10K Run/Walk, Walker, Minn. 218-547-3327; [www.raceberryjam.com](http://www.raceberryjam.com)

**September 29.** Twin Cities 10 Mile, Minneapolis. 612-925-3500; [twincitiesmarathon.org](http://twincitiesmarathon.org)

**October 5.** USATF Mid-America Masters & Open Cross-Country Championships, U. of Colorado, Boulder. Masters M&W-5.8K. Tim Dolen, 303-499-3841; [tpdolen@yahoo.com](mailto:tpdolen@yahoo.com); [www.toucantrackclub.net/midamerica.html](http://www.toucantrackclub.net/midamerica.html); [www.boulderroadrunners.org](http://www.boulderroadrunners.org)

**October 13.** Mount Rushmore Marathon, Rapid City, S.D. 605-721-1251; [info@mount-rushmoremarathon.com](mailto:info@mount-rushmoremarathon.com)

**October 13.** Durango Marathon, Durango, Colo. [www.durangomarathon.com](http://www.durangomarathon.com)

**SOUTHWEST**

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**August 24.** Arkansas Senior Olympics 10K, Hot Springs. Qualifier for 2003 NSGA Senior Games. AR Sr. Olympics, PO Box 3377, Hot Springs, AR 71914; 501-321-1441; [arsr-olymp@hotsprings.net](mailto:arsr-olymp@hotsprings.net)

**October 5-6.** Arkansas Traveller 100 Mile/RRCA Southern Region Championships, Perryville. Stan Ferguson, 501-329-6688; [www.angelfire.com/ak3/at100](http://www.angelfire.com/ak3/at100)

**October 20.** Koala Centers & Luke's Locker 20K/RRCA Southern Region Championships, Houston, Texas. Barbara Sheppard, 713-797-8601; [www.houston20K.com](http://www.houston20K.com)

**WEST**

Arizona, California, Hawaii, Nevada

**August 3.** ARR Summer Series 5K, Glendale, Ariz. Peggy Sheedy, phone/fax: 623-362-8438.

**August 3.** Pride of the Valley 5K, Baldwin Park, Calif. David Gonzales, 626-813-

5245; fax: 814-2998.

**August 18.** 24th annual McConnell's Ice Cream 5K & 10K, Santa Barbara, Calif. Kevin Young, 805-564-3400; [kyoung@sbre.com](mailto:kyoung@sbre.com)

**August 18.** America's Finest City Half-Marathon & 5K, San Diego, Calif. 858-792-2900; [www.afchalf.com](http://www.afchalf.com)

**August 22 (Thurs).** Sunset in the Park 2.8 & 4.8 Cross-Country Race, Huntington Beach, Calif. 6:00 pm. SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417; [www.nealand.com/finishline](http://www.nealand.com/finishline)

**August 24.** Summertime Jet to Jetty 5K & 10K, Playa del Rey (Los Angeles), Calif. Airport Marina Counseling Service, 310-670-1410.

**September 2.** 49er Canyon 10 Mile Classic, Auburn, Calif. 530-878-0697; fax: 888-6457.

**October 13.** Long Beach Marathon, Half-Marathon, & 5K, Long Beach, Calif. 562-728-8829; [www.runlongbeach.com](http://www.runlongbeach.com)

**NORTHWEST**

Alaska, Idaho, Montana, Oregon, Utah, Washington, Wyoming

**August 23.** Nationwide Insurance Hood to Coast Relay 195 Mile, Mt. Hood-Seaside, Ore. 503-292-4626; [www.hoodtoacoast.com](http://www.hoodtoacoast.com)

**September 21.** Prefontaine Memorial 10K, Coos Bay, Ore. 541-269-1103; [prefontaine-run.com](http://prefontaine-run.com)

**October 6.** Portland Marathon, Portland, Ore. PM, PO Box 4040, Beaverton, OR 97076. [www.portlandmarathon.org](http://www.portlandmarathon.org)

**CANADA**

**October 27.** Casino Niagara International Marathon & Half-Marathon, Niagara Falls, Ontario. 905-356-9460; [www.discoverniagara.com](http://www.discoverniagara.com)

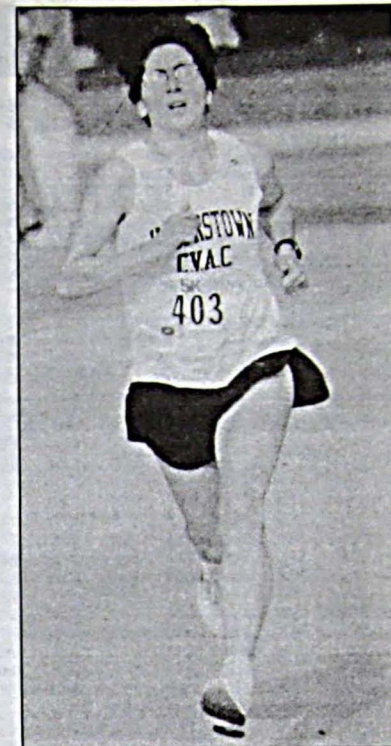
**INTERNATIONAL**

**September 22.** New Zealand Masters Half-Marathon Championships, Clevedon, Manukau City. Fax: 09 279 8709; [www.manukau-marathon.co.nz](http://www.manukau-marathon.co.nz)

**RACEWALKING**

**August 8-11.** USATF National Masters 5000 (9th) & 10K (11th) RW Championships, Orono, Me. See National T&F Schedule.

**September 1.** USATF National Masters 40K Championships, Ft. Monmouth, N.J. Elliott Denman, Shore AC, 28 N. Locust



**GEORGE BANKER**  
Maria Spinnler, 40, Hagerstown, Md., first master (18:46), Metro 5K for Women, Tyson's Corner, Md.

St., W. Long Branch, NJ 07764. 732-222-9080; [elliottden@aol.com](mailto:elliottden@aol.com)

**September 7.** North Central 5K RW Championships, Detroit Lakes, Minn. Paul Geyer, 218-847-0410.

**September 21.** USATF National Masters 5K RW Championships, Kingsport, Tenn. Bobby Baker, 318 Twin Hill Dr., Kingsport, TN 37660. 423-349-6406; [bbaker@preferred.com](mailto:bbaker@preferred.com)

**September 28.** USATF National Masters One-Hour RW Championships, St. James, N.Y. Michael Roth, Walk USA, 185 Lake Ave., St. James, NY 11780. 631-584-9824; [mjroth@IX.netcom.com](mailto:mjroth@IX.netcom.com)

**October 7-19.** Huntsman World Senior Games, St. George, Utah. Contact: 800-562-1268; [www.seniorgames.net](http://www.seniorgames.net)

**October 20.** USATF National Masters 20K Championships, Coconut Creek, Fla. Dan Koch, Florida AC, 3331 N.W. 22nd St., Coconut Creek, FL 33066. 954-970-9634; fax: 970-0382; [racewalker@cyber-agency.net](mailto:racewalker@cyber-agency.net)



**SUZIE HESS**

Hurdlers Rick Easley, 48, and Robert Hahn, 50, Hayward Classic, Eugene, Ore., June 29-30.

For the latest in top-level track & field

**TRACK & FIELD NEWS**

The Bible of the Sport, published monthly since 1952. \$43.95 yr.

TRACK PERIODICALS • TRACK BOOKS • VIDEOS  
TOURS TO THE OLYMPICS, TRIALS, WORLDS  
[www.trackandfieldnews.com](http://www.trackandfieldnews.com)

Track & Field News, 2570 El Camino Real, Suite 606,  
Mountain View, CA 94040 • 650/948-8188 • 650/948-9445 fax







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

Table with 4 columns: Event, Name, Time, and Points. Includes USATF Masters Invitational Races and M40+ 400.

USATF National Masters Decathlon/Heptathlon Trenton, N.J.; June 22-23

Table with 11 columns: Athlete Name, Points, 100, LJ, SP, HJ, 400 Day 1, HURDLE, DT, PV, JT, 1500. Lists athletes like Theobald, Phillips, Melton, Pngel, McKenzie, Skubst, Byrne, Foster, Janusey, Makozy, Poor, Doran, Plummer, Cristensen, Russ, Watry, Mulkey.

Table with 2 columns: Athlete Name and Results. Includes Mose, Eddie and Doran, Bob.

Table with 2 columns: Athlete Name and Results. Includes Russell, Alan and Hawkins, John.

Table with 2 columns: Athlete Name and Results. Includes Hough, Norman and Johnson, Mark.

Table with 2 columns: Athlete Name and Results. Includes Garrity, Michael and Friedman, Dave.

Table with 2 columns: Athlete Name and Results. Includes Baker, Robert and Pawlik, Emil.

Table with 2 columns: Athlete Name and Results. Includes Byrne, Phil and Meyer, Alex.

Table with 2 columns: Athlete Name and Results. Includes Cyprus, Norm and Ondre, Michael.

Table with 2 columns: Athlete Name and Results. Includes Bergfeldt, Bob and Shupp, Phillip.

Table with 2 columns: Athlete Name and Results. Includes Jankovich, Bill and Trunkner, Clarence.

Table with 2 columns: Athlete Name and Results. Includes Stevenson, Charles and Hirsimaki, Fred.

Table with 2 columns: Athlete Name and Results. Includes Pitsner, Liz.

Continued on next page



Continued from previous page

2 Judge, Shana	19.25	1.18m	9.72m	3.26m	20.62m	3:10.28
	w: NW1	3:10.51	31:10.75	10:08.50	67:08.00	
Age-Graded Mark:	18.29	1.27m	9.72m	3.50m	24.02m	3:03.97
Age-Graded Percent:	66.75%	60.82%	45.31%	46.57%	30.04%	61.36%
Age: 38	2242	(459)	(379)	(511)	(0)	1349 (200) (364) (329)

1 Amarasekara, V	13.02	1.48m	10.20m	29.50	5.28m	20.03m	3:05.12
	w: NW1	4:10.25	33:05.75	w: NW1	17:04.00	65:08.00	
Age-Graded Mark:	14.77	1.69m	10.90m	27.73	6.09m	26.52m	2:51.96
Age-Graded Percent:	82.72%	81.32%	50.82%	78.03%	81.11%	33.16%	65.64%
Age: 40	4686	(872)	(842)	(589)	(652)	2955 (877) (411) (443)	

1 Thompson, Irene	13.91	1.33m	8.09m	31.44	4.30m	28.06m	2:52.20
	w: NW1	4:04.25	26:06.50	w: NW1	14:01.25	92:01.00	
Age-Graded Mark:	14.89	1.62m	9.91m	28.38	5.33m	42.22m	2:33.37
Age-Graded Percent:	82.03%	77.78%	46.23%	76.27%	70.96%	52.78%	73.61%
Age: 47	4752	(856)	(759)	(524)	(601)	2740 (651) (710) (651)	

1 Wlodarczyk, Anna	13.00	1.51m	9.07m	30.56	5.19m	16.33m	2:38.25
	w: NW1	4:11.50	29:09.25	w: NW1	17:00.50	53:07.00	
Age-Graded Mark:	13.40	1.95m	11.04m	26.48	6.92m	23.74m	2:14.77
Age-Graded Percent:	91.15%	93.79%	51.48%	81.74%	92.02%	29.69%	83.76%
Age: 51	5990	(1065)	(1171)	(598)	(756)	3590 (1145) (359) (896)	

1 Raschker, Phil	16.98	1.42m	8.75m	32.84	4.37m	21.36m	3:09.29
	w: NW1	4:07.75	28:08.50	w: NW1	14:04.00	70:01.00	
Age-Graded Mark:	16.49	1.95m	12.21m	27.29	6.26m	35.30m	2:33.61
Age-Graded Percent:	74.09%	93.42%	56.97%	79.29%	83.40%	44.13%	73.49%
Age: 55	5344	(655)	(1171)	(675)	(688)	3189 (930) (577) (648)	

1 Carter, Ann	18.90	1.03m	6.35m	34.02	2.86m	15.27m	4:26.08
	w: NW1	3:04.50	20:10.00	w: NW1	9:04.75	50:01.00	
Age-Graded Mark:	17.19	1.51m	10.17m	27.08	4.40m	28.68m	3:24.83
Age-Graded Percent:	71.06%	72.54%	47.42%	79.92%	58.61%	35.85%	55.11%
Age: 60	3477	(575)	(632)	(541)	(705)	2453 (403) (452) (169)	

**EAST**

**Potomac Valley TC Meet  
Alexandria, VA; May 12**

<b>100m</b>	M35 Lorenzo Thomas	13.36
	M45 Matt Texier	12.02
	M50 Chuck Williams	13.06
	M55 Jim Thurman	13.62
	M30 Lillian Awdi	13.26
	W55 Sue Phillips	20.90
	W60 Toni Letaw	19.17
	W80 Carla Convery	26.74
<b>200m</b>	M45 Matt Texier	24.30
	M50 Chuck Williams	26.00
	M55 Jim Thurman	28.30
	M60 Risto Marttinen	32.00
	W30 Lillian Awdi	26.90
	W55 Sue Phillips	53.10
	W60 Toni Letaw	43.70
	W80 Carla Convery	65.80
<b>400m</b>	M35 Yonco Mermersky	54.20
	M40 Joe Aukward	58.73
	M45 James Moreland	80.90
	M55 D J Bertagnoli	67.50
	M60 Risto Marttinen	75.80
	W35 Lillian Awdi	61.80
<b>800m</b>	M50 Jay J Wind	2:40.30
	M55 D J Bertagnoli	3:06.10
	W30 Lillian Awdi	2:53.60
<b>Mile</b>	M30 Craig Chasse	4:51.83
	M40 Kevin Stuart	6:12.88
	M45 James Moreland	5:45.75
	M50 Dan Eddy	5:14.92
	M55 Bob Weiner	5:56.50
	M60 James Verdier	6:29.90
<b>3000m</b>	M40 Ted Poulos	11:19.20
	M45 James Moreland	11:25.20
<b>Long Jump</b>	M30 Jamaal Abdullah	20-3.5
	W55 Sue Phillips	9-4.5
	W60 Toni Letaw	8-7.5
<b>Shot Put</b>	M55 Vic Litwinski	32-7
	M65 William Smith	32-10
	W30 Jennifer Stevens	35-5.5
	W55 Sue Phillips	23-3.5
	W60 Toni Letaw	19-3
	W80 Carla Convery	12-3.75
<b>Discus</b>	M30 James Barr	114-10
	M55 Vic Litwinski	100-6
	M65 William Smith	128-10
	W30 Lillian Awdi	83-11
	W55 Sue Phillips	67-7
	W60 Toni Letaw	48-10
	W80 Carla Convery	25-6
<b>Javelin</b>	M65 Russ White	166-3

**Potomac Valley TC Meet  
Alexandria, VA; May 25**

<b>100m</b>	M35 Daniel Wall	12.42
	M40 Eugene Vickers	11.32
	M45 Matt Texier	12.02
	M50 Chuck Williams	12.90
	M55 Mick McDaniel	11.90
	W30 Lillian Awdi	13.20
	W35 Linda Terry	16.50
	W45 Sunny Fitzgerald	17.50
	W60 Toni Letaw	19.20
<b>200m</b>	M30 Bernard Smallwood	27.10
	M35 Yonco Mermersky	26.50
	M40 Eugene Vickers	23.20
	M45 Matt Texier	24.50
	W30 Lillian Awdi	26.90
	W80 Carla Convery	32.90
<b>400m</b>	M30 Bernard Smallwood	1:02.40
	M40 Eugene Vickers	52.10
	M50 John Thornton	1:01.70
	M55 D J Bertagnoli	1:01.70
	W45 Sunny Fitzgerald	1:26.20
<b>800m</b>	M30 Edmund Burke	2:12.00
	M50 John Thornton	2:32.80
	M55 D J Bertagnoli	2:54.20
<b>Mile</b>	M30 Edmund Burke	4:35.60
	M35 Kyle Caudle	4:46.70
	M40 Curtis Davis	5:06.40
	M45 Dean Beatty	5:07.50
	M50 Dan Eddy	5:08.40
	M55 Bob Weiner	6:13.50
	W35 Anne Pastorkovich	8:00.90
	W40 Bernadette Flynn	6:19.80
	W45 C Caravoulas	8:55.40
<b>3000m</b>	M40 William Greene	11:03.20
	M45 James Moreland	11:21.40
	W45 C Caravoulas	18:09.80
<b>Long Hurdles</b>	M40 Timothy McMahon	1:07.02

M65 Don Beck	1:00.30
<b>High Jump</b>	
W65 Evelyn Wright	4-2
<b>Long Jump</b>	
W60 Toni Letaw	8-1
W65 Audrey Lary	11-11
<b>Shot Put</b>	
M40 James Brown	39-6
M55 Victor Litwinski	33-6
M60 Jack Kuhns	38-2.50
M65 Bill Smith	32-6.75
M80 George Ryffel	23-2
W30 Jennifer Stevens	32-11
W60 Toni Letaw	19.75
W65 Evelyn Wright	26-2
<b>Discus</b>	
M55 Victor Litwinski	92-3
M60 Jack Kuhns	120-9
M65 Bill Smith	138-4
M80 George Ryffel	58-4
W30 Lillian Awdi	76-8
W65 Audrey Lary	72-9
<b>Javelin</b>	
M55 Russ White	167-5
M60 Jack Kuhns	116-7
W65 Evelyn Wright	77-10
<b>Weight Throw</b>	
M40 James Brown	46-1
M60 Jack Kuhns	40-6
W65 Evelyn Wright	26-9
<b>Mile RW</b>	
M45 James Moreland	8:40.10
M50 Jim Wass	8:43.00
M55 Victor Litwinski	9:35.00
W45 C Caravoulas	11:44.00
<b>3000m RW</b>	
M45 James Moreland	16:48.80
M50 Jim Wass	17:38.90
M55 Victor Litwinski	18:55.40
W40 Virginia Ingles	18:12.60
W45 C Caravoulas	22:19.70

**Potomac Valley TC Meet  
Alexandria, VA; June 9**

<b>100m</b>	M30 Patrick Howell	11.70
	M35 Derrick Golden	11.10
	M45 Matt Texier	11.80
	M55 Dennis Newton	12.50
	M65 Don Beck	14.20
	M70 Don McCarten	19.50
	W35 Charlene Golden	14.90
	W50 Ima Hayes	13.60
	W55 Sue Phillips	20.40
<b>200m</b>	M30 Patrick Howell	24.10
	M35 Lorenzo Thomas	25.80
	M45 Matt Texier	24.90
	M50 Larry Hart	33.20
	M55 Jim Thurman	29.40
	M65 Don Beck	30.80
	M70 Don McCarten	42.70
	W50 Hillen Stubendorff	32.10
<b>400m</b>	M40 Glen Whiteley	52.70
	M50 Larry Hart	1:11.50
	M55 D J Bertagnoli	1:08.81
	M65 Don Beck	1:11.50
	M72 Don McCarten	1:32.20
<b>800m</b>	M30 John Dugan	1:59.50
	M40 Brett Pelham	2:19.60
	M50 James Brooks	2:42.80
	M55 D J Bertagnoli	2:53.30
<b>Mile</b>	M30 John Dugan	4:36.40
	M40 Brett Pelham	5:03.00
	M45 Tim Kelley	5:16.30
	M50 Steve Brooks	5:56.00
	M55 Bob Weiner	5:57.00
	M60 James Verdier	6:20.30
<b>3000m</b>	M30 Alex Major	14:41.60
	M40 Ted Poulos	9:34.10
	M45 James Moreland	11:35.30
<b>Short Hurdles</b>	M40 Karl Smith	14.34
<b>Shot Put</b>	M30 Kunie Lawson	41-11.75
	M40 James Brown	40.25
	M55 Victor Litwinski	31-11.25
	M60 Jack Kuhns	36-4.50
	M65 Adolf Kuegler	41-8
	M75 Charles Pistorino	27-8
<b>Discus</b>	M30 Kunie Lawson	148-8
	M40 Chris Pendergrass	147-8

M55 Victor Litwinski	97-9
M60 Jack Kuhns	124
M65 Bill Smith	130-7
M75 Charles Pistorino	75-8
<b>Javelin</b>	
M30 James Barr	158-5
M40 Brett Pelham	78-6
M45 Mark Rose	89
M55 Russ White	163-9
M60 Jack Kuhns	107-6
M65 John Sellers	81
M75 Charles Pistorino	85-10
<b>Weight Throw</b>	
M40 James Brown	46-11
M55 Victor Litwinski	24-8.50
M60 Jack Kuhns	44.50
M65 Adolf Kuegler	44
<b>Mile RW</b>	
W45 C Caravoulas	11:51.40
<b>3000m RW</b>	
W45 C Caravoulas	22:24.00

**Potomac Valley TC Meet  
Alexandria, VA; June 23**

<b>100m</b>	M30 Thomes Verell	13.20
	Mark Gleason	13.20
	M55 Jim Thurman	12.10
	W65 Evelyn Wright	16.50
<b>200m</b>	M30 Blair Desio	24.30
	M40 Eugene Vickers	22.80
	M45 Paul Allen	24.70
	M50 Mike McCormick	28.30
	M55 Jim Thurman	27.80
	W30 Laura Yancer	31.70
<b>400m</b>	M30 Blair Desio	52.30
	M35 Jim Burns	1:02.30
	M40 Eugene Vickers	54.30
	M45 Paul Allen	55.70
	W65 Tami Graf	1:44.70
<b>800m</b>	M30 Blair Desio	2:30.00
	M35 Jim Burns	2:27.50
	M50 Larry Hart	2:42.50
<b>Mile</b>	M30 Malcolm Lester	5:01.80
	M35 Jim Burns	5:34.10
	M40 Ted Poulos	4:59.00
	M45 Peter Blank	6:29.60
	M50 Mike McCormick	5:47.30
	M55 Bob Weiner	6:14.40
	W65 Tami Graf	6:45.50
<b>3000m</b>	M30 Malcolm Lester	10:05.50
	M40 Ted Poulos	10:07.50
	M45 Peter Blank	14:02.00
	M50 Jay Wind	14:02.50
	W65 Tami Graf	16:29.30
<b>High Jump</b>	M70 Jim Condell	4-0
	W65 Evelyn Wright	4-2
<b>Long Jump</b>	M70 Jim Condell	10-3
	W65 Evelyn Wright	11-3
<b>Triple Jump</b>	W65 Evelyn Wright	24-8
<b>Shot Put</b>	M35 Tony Dziepak	34-6.25
	M40 Warren Taylor	47-1.75
	M55 Daniel Folk	27-7.25
	M60 Jack Kuhns	39-11
	M70 Jim Condell	32
	W65 Evelyn Wright	27-6
<b>Discus</b>	M35 Tony Dziepak	108-11
	M55 Daniel Folk	95-4
	M60 Jack Kuhns	125-7
	M70 Jim Condell	95-2
	W65 Evelyn Wright	73
<b>Javelin</b>	M60 Jack Kuhns	106-7
	M65 John Murray	108
	M70 David Wilson	85-1
	W65 Evelyn Wright	62-3
<b>Weight Throw</b>	M55 Daniel Folk	26-6
	M60 Jack Kuhns	44-3
	W65 Evelyn Wright	23-7
<b>Mile RW</b>	M45 John Winkler	10:47.10
<b>3000m RW</b>	M45 Peter Blank	19:33.40
	M50 Jim Wass	17:29.10



Continued from previous page

Table of athletic results for High Jump, Pole Vault, Shot Put, and other events, listing names and times.

Table of athletic results for various events including 5000m, 10000m, and 15000m, listing names and times.

Table of athletic results for 5000m, 10000m, and 15000m events, listing names and times.

Table of athletic results for 5000m, 10000m, and 15000m events, listing names and times.

Table of athletic results for 5000m, 10000m, and 15000m events, listing names and times.

Table of athletic results for 5000m, 10000m, and 15000m events, listing names and times.

Continued on next page



Continued from previous page

M55 Lance Nettland	3.42
M65 Robin Herron	3.61
M75 Buck Bradberry	3.80
William Daprano	3.67
W35 Regina Richardson	5.23
W50 Linda Lowery	4.43
Triple Jump	
M35 Charlie Babb	10.44
M40 James Singleton	12.38
Lewis Kayes, III	11.27
M45 Glen Turner	11.01
Frank Sharpe	10.36
M50 Bob Rockwell	11.12
W35 Regina Richardson	10.19
W50 Linda Lowery	9.31
Shot Put	
M35 Matt Murphy	9.00
M40 Nathan Emery	12.28
Scott Murphy	9.54
M50 Bob Green	12.34
M55 Kennet Arthur, Jr	12.19
M65 Robin Herron	10.98
Tom Trautwein	9.43
W60 Carol Young	7.87
Javelin	
M30 Mark Murphy	32.94
M35 Matt Murphy	43.14
Rob Lawson, IV	37.89
M40 Steve Jordan	32.24
Scott Murphy	33.28
M50 Robert Kouvolio	54.80
M65 Robin Herron	24.50
M75 William Daprano	43.74
W45 Liz Johnson	19.42
W60 Carol Young	21.39
Ann Carter	13.78
Don Brady Memorial	
Masters Meet	
Murfreesboro, TN; June 16	
55m	
M35 Jeff Mitchell	8.24
M40 Lindsey Thurman	7.71
M55 Phil Campbell	7.66
M50 Greg Marshall	7.52
L Robertson	7.77
M60 Golden Bertram	8.06
M65 Ralph Summerlin	9.28
M70 John Wall	9.10
Fred Lovelace	9.99
100m	
M30 Don Drummond	11.26
Marcus Santi	11.57
M35 Jeff Mitchell	13.86
M40 Harold Pierce	12.18
Mark Fox	13.57
M45 Calvin Saulsberry	12.17
Phil Campbell	12.85
M50 Greg Marshall	12.41
Ellis Mayfield	12.97
M60 Golden Bertram	13.77
Frank Downs	13.95
M65 Patrick Meagher	15.05
Ralph Summerlin	16.53
M70 John Wall	15.56
Fred Lovelace	17.28
W40 Beverly Conner	14.17
M55 Phil Raschker AR	13.53
(Kathy Jager/13.55/1999)	
Marlys Wulfsberg	19.58
200m	
M30 Marcus Santi	23.45
M40 Harold Pierce	23.89
Dexter McCloud	24.22
M45 Paul Gorden	25.08
Calvin Saulsberry	25.33
M50 Greg Marshall	26.31
Dave Craig	26.72
M60 Golden Bertram	28.89
M65 Patrick Meagher	31.58
M70 Fred Lovelace	36.71
M55 Phil Raschker	28.95
W65 Jeanne Daprano	35.82
400m	
M30 Todd Ashley	55.47
M40 Elvis Forde	51.23
Mark Fox	1:01.32
M45 Paul Gorden	55.88
Bill Cheadle	57.56
M50 David Amster	1:01.80
Will Shipley	1:48.57
M60 Golden Bertram	1:05.68
Frank Downs	1:06.96
M65 Patrick Meagher	1:12.07
M70 Fred Lovelace	1:25.86

M70 Donald Mather	25.58
W50 Diane Vance	22.44
W55 Alice Tym	18.64
Weight Throw	
M50 Will Shipley	7.35
M70 Donald Mather	6.92
M75 Richard Bergenback	8.18
W55 Alice Tym	5.80
1500m RW	
M50 Will Shipley	10:06.24
M70 Fred Lovelace	10:12.33
Florida Sunshine Games	
Palm Beach Gardens; June 16	
100m	
M30 Everton Whitehorn	11.45
Julius Poole	12.62
M35 Daren Welborn	11.49
Louis Bokogna	12.14
M40 David Zeiters	11.98
John Burke	12.05
M45 Steve Palacios	12.05
Norman McPherson	16.88
M50 Wayne Hansen	13.50
Jon Davis	13.61
M60 Ray Lebowitz	14.66
M65 Benjamin Jimenez	16.91
M70 Larry Fleischman	15.79
Paul Gauden	17.61
W35 Michele Poole	13.43
200m	
M30 Everton Whitehorn	23.16
M35 Daren Welborn	23.74
M40 Harold Pierce	23.73
John Burke	24.22
M45 Steve Palacios	29.65
M50 Paul Caruso	27.07
M55 Jon Davis	27.94
Lloyd Long	30.01
M60 Lionel Bonck	30.29
Ray Lebowitz	33.70
M65 Benjamin Jimenez	38.62
M70 George George	39.14
Paul Gauden	48.37
W35 Michele Poole	27.57
400m	
M30 Charles Oswald	55.76
M40 Randy Brower	54.13
M45 Jeffrey Elliot	57.55
M50 Paul Caruso	1:02.42
M55 Jon Davis	1:04.81
M60 Lionel Bonck	1:08.39
M70 George George	1:31.13
Paul Gauden	1:40.55
W35 Tarissa Lawrence	1:34.82
W45 Jo Anne Miller	1:16.62
800m	
M30 Brian Hickey	2:15.85
Charles Oswald	2:27.83
M35 John DiDonato	2:37.72
M45 Robert Castillo	2:06.41
John Carran	2:42.76
M50 Paul Caruso	2:25.51
Matt Duncan	2:35.51
M60 Joseph Glazer	3:15.40
Miro Mitusina	3:43.94
M70 Martin Quinn	3:50.21
W40 Elaine Rancatore	2:47.46
W45 Celene Peters	2:54.72
Rosa Rogers	3:00.03
W60 Willy Moolenaar	3:15.38
1500m	
M30 Brian Hickey	4:40.44
Charles Oswald	4:49.95
M35 James Rogan	5:29.45
M45 Roberto Castillo	4:26.19
Trevor King	5:11.20
M55 Matt Duncan	5:39.10
M70 Martin Quinn	7:06.34
W40 Elaine Rancatore	5:50.54
W45 Rosa Roger	5:57.15
Celene Peters	5:58.72
W60 Willy Moolenaar	6:48.43
3000m	
M30 Charles Oswald	11:29.54
M35 Also Virano	9:44.06
Miguel Diaz	12:18.95
M45 Jose Clavijo	9:44.06
M50 Tom Sununu	13:49.82
M70 Martin Quinn	14:39.75
W30 Nicole Shuey	11:11.99
Noel Altamirano	14:34.58
W55 Maria Clavijo	17:26.97
Short Hurdles	
M30 Brian Bombel	17.31
M40 David Zeiters	16.02

M55 Robert Norton	20.64
M60 John Sloan	21.37
High Jump	
M30 Charles Oswald	1.52
M45 Jim Eirikis	1.47
M55 Robert Norton	1.27
George Robinson	1.11
M60 Ray Lebowitz	1.06
M65 Rudolph Houg	1.27
M70 Richard Lowery	1.42
Larry Fleischman	1.16
Pole Vault	
M40 Mike Logue	3.81
M55 Lloyd Long	2.59
M60 John Sloan	2.59
M70 Larry Fleischman	1.82
Long Jump	
M30 Todd Hill	5.15
Charles Oswald	4.29
M35 Daren Welborn	6.13
M40 Ragner Mossberg	4.80
M45 Jim Eirikis	4.34
M55 Wayne Hansen	4.52
Robert Norton	4.26
M60 Ray Lebowitz	4.08
Miro Mitusina	2.97
M65 Benjamin Jimenez	3.37
Richard Lowery	3.39
Triple Jump	
M30 Todd Hill	10.39
M60 Ray Lebowitz	8.30
Shot Put	
M30 Charles Oswald	8.63
M50 Leonard Bonalsky	9.64
M55 George Robinson	8.51
M60 Gary Winters	12.45
Ray Lebowitz	9.20
M65 Rudolph Houg	11.44
Benjamin Jimenez	6.08
M70 Pay Carstensen	11.02
Richard Lowery	9.57
W45 Linda Calogero	5.36
W60 Loyda Jimenez	5.15
Discus	
M30 Charles Oswald	30.50
Leonard Bonalsky	29.90
M50 Lloyd Long	38.96
George Robinson	23.30
M60 John Sloan	35.73
Ray Lebowitz	32.67
M65 Rudolph Houg	46.04
Benjamin Jimenez	23.23
M70 Richard Lowery	32.04
Pay Carstensen	28.00
Hammer	
M55 George Robinson	17.60
M60 John Sloan	29.32
M70 Pay Carstensen	43.23
Javelin	
M50 Nathan Robinson	46.50
M55 Lloyd Long	26.26
Robert Norton	25.47
M60 John Sloan	35.00
Ray Lebowitz	22.37
M70 Larry Fleischman	24.16
W40 Kristy Yackey	16.20
1500m RW (unjudged)	
M45 Mike Felling	7:00.59
M50 Jimmy Bord	9:21.52
M60 Peter Bayer	9:25.98
M70 Robert Fine	9:04.99
M75 Marvin Goldenberg	9:19.63
W55 Marjorie Pilla	9:21.98
3000m RW (unjudged)	
M50 Jimmy Boyd	21:09.32
M55 Jay Caplen	22:51.43
M60 Peter Bayer	19:41.24
M70 Robert Fine	18:54.52
M70 Danny De Mauro	21:22.59
W55 Marjorie Pilla	20:05.60
North Carolina Masters Throws	
Classic	
Rocky Mount, NC; June 22	
Shot Put	
M30 Neil Derycke	14.13
M50 John von Rohr	12.81
M55 Gordon Herbert	10.29
M60 Mike Valle	12.00
M70 Pay Carstensen	11.05
Discus	
M30 Neil Derycke	39.55
M50 John von Rohr	36.40
M60 Mike Valle	43.29
M70 Pay Carstensen	27.51

Hammer	
M30 Neil Derycke	34.06
M45 Dave Vandergriff	46.04
M50 John von Rohr	44.39
M60 David Wheeler	30.62
M70 Pay Carstensen	41.81
Javelin	
M30 Neil Derycke	30.47
M55 Gordon Herbert	29.32
M60 Mike Valle	33.06
M70 Pay Carstensen	24.48
Weight Throw	
M30 Neil Derycke	11.56
M45 Dave Vandergriff	14.44
M50 John von Rohr	15.82
M60 Mike Valle	15.47
M70 Pay Carstensen	16.45
Superweight	
M30 Neil Derycke	3.39
M45 Dave Vandergriff	5.62
M50 John von Rohr	3.79
M60 David Wheeler	2.36
M70 Pay Carstensen	3.08
MIDWEST	
Indiana Championships	
Indiana St. U.; June 9	
100m	
M35 Roger Malone	12.75
M40 Kent Powers	12.10
Jeffrey Siek	12.94
M45 Andrew Mason	12.13
Thomas Bunner	12.26
M55 Dan Hansman	13.38
M70 Byford Reed	16.68
W40 Kathy Shook	14.91
W55 Lynne Ingalls	15.16
W70 Georgia Johnson	19.72
200m	
M40 Mike Kesterson	25.97
Jeffrey Siek	27.55
M45 Thomas Bunner	24.96
Paul Gorden	25.26
M55 Dan Hansman	28.62
W40 Kathy Shook	30.12
W55 Lynne Ingalls	30.15
W70 Georgia Johnson	47.84
400m	
M45 Paul Gorden	55.78
Larry Lux	58.79
M55 Leon Savenas	63.26
W40 Kathy Shook	67.62
W55 Lynne Ingalls	71.69
M45 Bill McCormick	2:11.12
Scott Caldwell	2:16.98
5000m	
M40 Trent Sinnett	19:13.58
High Jump	
M30 Stephen Smith	2.14
Pole Vault	
M35 Richard Jones	3.35
M40 Jerry Rohn	3.65
M45 Thomas Bunner	4.10
M60 David Serius	2.90
Long Jump	
M40 Kent Powers	5.68
Mike Kesterson	5.38
M55 Dan Hansman	4.15
Triple Jump	
M40 Kent Powers	11.84
Jerry Rohn	10.59
Shot Put	
M45 Ron Summers	13.86
Russ Taylor	11.66
M55 Loam Robertson	13.19
Mickey Bitsko	11.93
M60 Stephen Cohen	12.21
David Serius	8.25
W70 Georgia Johnson	5.98
Discus	
M40 David Perkins	40.00
Mike Kesterson	35.10
M50 Greg Zachwieja	38.42
M55 Mickey Bitsko	36.54
Loam Robertson	36.06
M60 Stephen Cohen	44.92
David Serius	29.48
M65 Everett Hardy	38.38
Hammer	
M50 Greg Zachwieja	33.30
M55 Mickey Bitsko	45.13
Javelin	
M40 Mike Kesterson	52.10
M55 Mickey Bitsko	30.34
M60 David Serius	30.74
M65 John Murray	32.16
Dayton Masters Track Classic	
Dayton, OH; July 6	
100m	
M30 George Joachim	11.2

M35 Oliver Mason	11.9
M40 Steve Hieskell	11.7
M45 Tom Smith	11.5
M50 L N Robinson	13.2
M55 Lloyd Hathcock	12.3
M60 Avital Schurr	13.2
M65 Thom Phillips	14.1
M75 Jack Greenwood	14.8
M75 Richard Soller	16.7
W40 Kathleen Shook	14.2
W60 Essie Kea	16.1
200m	
M30 Gordon Benning	22.9
M35 Dan Mullins	26.4
M40 Tyrone Williams	23.2
M45 Tom Smith	23.8
M50 L N Robertson	27.4
M55 Lloyd Hathcock	26.3
M60 Bob Shoemaker	34.1
M65 Paul Williams	31.5
M70 Jack Greenwood	31.3
M75 Richard Sommers	37.6
W40 Kathleen Shook	28.7
W60 Essie Kea	33.3
400m	
M30 Gordon Benning	51.5
M40 Tyrone Williams	52.9
M45 Tom Smith	55.6
M50 Turran Harper	1:04.5
M55 Allen Huff	59.7
M70 Jack Greenwood	1:37.9
W40 Kathleen Shook	1:05.5
800m	
M40 Lawrence Cox	3:04.3
M45 Scott Caldwell	2:17.1
M50 Turran Harper	2:14.4
M55 Dale Gaide	2:10.1
M65 Jack Miller	
1500m	
M40 Lawrence Cox	6:14.5
M45 Bob Moats	5:37.4
M50 Ronald Ruffin	5:05.2
3000m	
M50 Ronald Ruffin	10:58.4
M55 Lee Mitchell	12:26.9
Short Hurdles	
M30 Kevin Boggs	15.8
M40 Michael Soriano	21.4
M50 Jim Woosley	19.6
M60 Adam Slater	19.1
High Jump	
M30 Kevin Boggs	5.4
M40 Walt Reynolds	6.4
M45 Garry Pirsch	5.6
M50 Al Gabbard	4.10
M60 James Mills	4.2
M70 Cliff Dickman	3.8
M75 Richard Soller	3.10
Pole Vault	
M55 Matti Kilpeladuen	12.6
M60 David Servis	9.6
Long Jump	
M40 Walt Reynolds	20-2.75
M45 A J Mason	16.4
M50 John Jones	15.8.50
M60 Alan Slater	16-1.50
M70 Cliff Dickman	10-4.25
M75 Burt Saidel	12
W35 Lori Huff	7-1.25
Triple Jump	
M40 Kent Powers	40.25
M45 Garry Pirsch	28-7.25
M60 Alan Slater	33-8
Shot Put	
M30 D Gossett	39.8
M35 David Witt	33-10.75
M40 Craig Rinker	41-7
M45 Kurt Koehler	32-1
M50 Tim Quinn	43-10.75
M55 Loam Robertson	45.50
M60 James Mills	29-6.50
M65 William Edwards	34-5.50
M70 Pete Augsburg	39-2.25
W50 Diane Vance	24-1
W60 Jane Mills	19.50
Discus	
M30 D Gossett	134-5
M35 David Witt	125-10
M40 Matt Gauthier	139-3
M45 Kurt Koehler	104-5
M50 David Stebing	122-5
M55 Loam Robertson	130-7
M60 Terry Simons	133-6
M65 Everett Hardy	127-7
M70 John Moss	126-3

Continued on next page

Continued from previous page

Javelin	
M30 Kevin Boggs	
M35 Dan Mullins	
M40 Charley Green	
M45 Garry Pirsch	
M50 David Stebing	
M55 Doug Weikert	
M80 James Mills	
M65 Gerald Keenen	
M70 Cliff Dickman	
W50 Diane Vance	
W60 Jane Mills	
1500m RW	
M60 Bill Rush	
M70 Sam Mukes	
W35 Lori Huff	
W45 Gloria Lewis	
W50 Gwen Thomas	
MID-AM	
USATF Mid-America	
Masters Champs	
Wichita, KS	
100m	
M40 Donald Cottrill	
Roger Davis	
M45 Tad Tromble	
Kirk Burgess	
Larry Burney	
M55 Ross Jensen	
Ron	



Continued from previous page

Javelin	
M30 Kevin Boggs	109-10
M35 Dan Mullins	119-7
M40 Charley Green	185-6
M45 Garry Pirsch	110-9
M50 David Stebing	126-9
M55 Doug Weikert	96-5
M80 James Mills	117-5
M65 Gerald Keenen	106-7
M70 Cliff Dickman	72-1
W50 Diane Vance	64-6
W60 Jane Mills	43-2
1500m RW	
M60 Bill Rush	10:13.1
M70 Sam Mukes	13:51.0
W35 Lori Huff	11:10.0
W45 Gloria Lewis	15:10.6
W50 Gwen Thomas	9:22.0

**MID-AMERICA**

USATF Mid-America Regional Masters Championships  
Wichita, KS; June 8

100m	
M40 Donald Cotner, Jr.	11.28
Roger Davis	11.98
M45 Tad Tromble	11.64
Kirk Burgess	11.66
Larry Burney	11.72
M55 Ross Jensen	13.42
Ron Colliver	14.14
James Snook	14.31
M60 Gary Oliphant	13.47
M65 Bob Lida	12.47
Richard McGibbon	13.53
Roger Weidman	15.27
M70 Darwin McCloud	18.81
W40 Robin Galloway	14.29
Kathleen Reed	15.04
W45 Mileah Laeb	17.46
W55 Jenny Dobbert	17.12
Nina Bryant	18.86
W60 Eileen Schmidt	19.65
W65 Christel Donley	17.73
200m	
M40 Roger Davis	27.64
M45 Tad Tromble	24.58
William Sellar III	25.11
Kirk Burgess	25.31
M50 Jim Dolezel	25.87
M55 Ron Colliver	27.46
James Snook	32.03
M65 Bob Lida	26.23
M70 Darwin Michaud	38.49
W40 Robin Galloway	30.86
Kathleen Reed	32.59
W45 Mileah Laeb	39.43
Claudia Lewis	39.76
W50 Deanna Scoville	39.92
W55 Jenny Dobbert	39.24
W60 Eileen Schmidt	46.94
400m	
M40 Roger Davis	55.27
M45 Brooks Wright	1:00.64
M55 Larry Law	1:13.2h
M60 Ross Greathouse	1:08.95
M65 Bob Lida	1:02.95
M70 Darwin Michaud	1:32.73
W40 Robin Galloway	1:13.26
W45 Claudia Lewis	1:34.35
W50 Deanna Scoville	1:29.3h
Vicki McEvoy	1:29.48
W60 Eileen Schmidt	1:45.45
800m	
M45 Brooks Wright	2:27.36
M50 Mack Moore	3:01.07
M55 Jeff Berven	2:21.86
Jim Moore	2:54.88
M70 Darwin Michaud	4:06.96
W45 Judith Udall	3:15.95
W50 Deanna Scoville	3:44.6h
Vicki McEvoy	3:59.36
W60 Eileen Schmidt	4:31.33
1500m	
M55 Jeff Berven	4:44.11
Jim More	5:57.38
M60 Ross Greathouse	5:54.71
M70 Darwin Michaud	8:03.52
W45 Judith Udall	6:24.36
3000m	
M45 Steve Daley	11:49.6h
M50 Maure Weigel	13:31.29
M55 Jeff Berven	10:47.0h
Short Hurdles	
M40 Ken Ellis	17.03

M45 Kelly Meares	20.29
M50 Jim Dolezel	16.46
Long Hurdles	
M50 Jim Dolezel	1:08.49
Maure Weigel	1:21.78
High Jump	
M40 Ken Ellis	5-9.50
Lyle Whitaker II	5-2
Dwayne Johnston	5-2
M45 David Caldwell	5-7
Kelly Meares	5-2
M50 Steve Cox	5-2
Jim Dolezel	5-2
Maure Weigel	4-6
M55 Ron Colliver	5-2
Larry Law	5
Bob Everoski	3-8
M60 Gary Oliphant	3-8
Jerry McBride	3-6
M70 Ross Vrooman	4
Jerry Donley	3-10
M75 Dale Hearon	3-4
M80 Scott Herman	3-8
W60 Eileen Schmidt	3-6
W65 Christel Donley	3-10
Pole Vault	
M40 Den Ellis	13-6
M45 Mark Brenull	14-1
Kelly Meares	11
M50 Jim Dolezel	10
M55 Ron Colliver	9-6
M60 Jerry McBride	9
M70 Jerry Donley	9
Long Jump	
M40 Lyle Whitaker II	16-5.50
Dwane Johnston	14-9.50
M45 David Caldwell	16-10
Kelly Meares	16-2.50
M50 Jim Dolezel	17-11.75
Maure Weigel	15-7.25
M55 Ron Colliver	15-11.25
Larry Law	13-10.50
M60 Gary Oliphant	16-2.25
Jerry McBride	8-7
M70 Jerry Donley	12-1
M80 William Trimmell	4-1.50
W60 Eileen Schmidt	9-9.50
Triple Jump	
M50 Maure Weigel	32-7.50
Jim Dolezel	32-6
M55 James Snook	25-9.75
Bob Everoski	24-9.25
M65 Richard McGibbon	27-9.75
Shot Put	
M30 Ryan Hale	43-10
John Kummerlin	47-7.25
Barry Rennolet	35-9.25
M40 Patrick O'Connor	46-10.50
Rick Anderson	46-1.50
David Doly	38-11.25
M45 David Rhatigan	37-9
H R Surrell	31-3.25
Kelly Meares	30-1.50
M50 Ed Forester	47-5
M55 Karl Bims	36-10.50
Blaine Welson	35-2.25
M60 Jerry McBride	31-11.50
M65 Ron Anderson	33-6.25
M70 Wendell Palmer	40-6
Ross Vrooman	31-3
Russell Meyer	31.75
M80 Scott Herman	27-2.25
William Trimmell	27
W55 Nina Bryant	19-4.75
W60 Eileen Schmidt	20-8
W65 Christel Donley	23-11.75
W70 Dorothy Meyer	16.50
Discus	
M30 John Kummerlin	119-6
Ryan Hale	118
M40 Rick Anderson	140-4
Patrick O'Connor	137-6
Mark Talbert	116-5
M45 David Rhatigan	124-1
M50 Ed Forester	136-8
Blaine Welson	118-8
Steve Cox	114-11
M55 Karl Bims	97-11
M60 Jerry McBride	68-10
M65 Ron Anderson	152-1
M70 Wendell Palmer	150-6
Ross Vrooman	99-2
Bill Buttenworth	89-7
M75 Ed Hooker	110-7
Dale Hearon	60-8
M80 Scott Herman	82-11

William Trimmell	39-2
Hammer	
M30 Ryan Hale	153-6
John Kummerlin	102-4
M55 Karl Bims	121-11
M70 Wendell Palmer	130-5
Javelin	
M30 John Kummerlin	123-3
M40 Leon Morrow	136
Ken Ellis	133-6
Lyle Whitaker II	112-9
M45 John Ellison	133-2
H R Surrell	129-7
M50 Steve Cox	140-5
M55 Karl Bims	90-1
M65 Ken Ohm	118-4
M70 Russell Meyer	78-6
M80 Homer Socolofsky	89-5
W55 Nina Bryant	47-6
W60 Eileen Schmidt	40-9
W65 Christel Donley	71-7
3000m RW	
M50 Ed Stienk	19:20.38
M60 Frank Chenoweth	21:02.16
M65 Richard Ontow	19:24.51
M75 Dick Donley	24:29.01
W50 Patsy Barker	22:25.26
W60 Peggy Chenoweth	26:04.09

**USATF Minnesota Masters Championships**  
Blaine; June 9

100m	
M30 Rendward Wells	10.68
Bradley Keyes	13.20
M40 Jeffery Stone	12.71
Kerry Baubie	12.94
M45 Greg Schwab	12.56
Donald Tarasewicz	12.66
M50 Russ Anteronen	14.40
M55 Paul Montgomery	13.23
James Michaux	16.70
M60 Kelly Sorem	14.78
James Wagner	15.27
M65 Ronald Clendening	19.94
Jim Peterson	16.81
M70 Walter Ostrem	19.51
W35 Joe Ann Jackson	13.89
200m	
M30 Rendward Wells	21.25
Syvanne Hepburn	21.74
M40 Jeffery Stone	25.38
Kerry Baubie	25.84
M45 Greg Schwab	25.13
Donald Tarasewicz	25.15
M50 Russ Anteronen	30.63
M55 Paul Montgomery	26.37
James Michaux	33.17
M60 James Wagner	30.62
Kelly Sorem	30.89
M65 Jim Nelson	38.36
M70 Walter Ostrem	39.05
M80 Ralph Maxwell	39.68
W35 Joe Ann Jackson	29.11
400m	
M30 T J Benzi	53.44
Jeff Schweinefus	56.42
M45 Robert Barnett	1:05.14
Marr Olson	1:06.24
M50 Shawn Regan	59.37
M55 Michael Burns	1:18.90
W35 Tish Borgen	1:24.37
800m	
M40 Gerry Werven	2:18.35
Marvin Roebuck	3:18.98
M45 Gerald Matrykowski	2:29.50
M55 James Michaux	2:58.16
Art Maillet	3:03.32
W45 Lindsay Nielsen	3:05.47
1500m	
M40 Gerry Werven	4:34.53
M45 Gerald Matrykowski	5:54.74
M50 Tom Literski	5:34.76
5000m	
M60 Thom Weddle	18:50.79
Rick Kleyman	19:44.22
Short Hurdles	
M30 Terry Hollingsworth	18.83
M50 Carter Holmes	18.92
M55 Michael Burns	23.41
M60 George LaBelle	19.89
M65 Paul Lehmkuhl	22.32
Long Hurdles	
M50 Carter Holmes	1:11.55
M55 Michael Burns	1:33.89
M60 George LaBelle	1:04.63

High Jump	
M30 Bradley Keyes	1.66
M40 Andrew Larson	1.62
M45 Valery Snezhko	1.54
M50 Michael Moser	1.34
Jim Rosamilia	1.26
M60 George LaBelle	1.18
M65 Tom Langenfeld	1.46
M80 Ralph Maxwell	1.14
Pole Vault	
M30 Terry Hollingsworth	3.20
M40 Jim Wolter	3.81
Doug Weimerskirch	3.66
M45 John Lund	3.51
M55 Karl Bims	3.35
M60 Jim Noonan	2.97
Long Jump	
M40 Kerry Baubie	5.45
David Lehmkuhl	4.73
M50 Russ Anteronen	3.80
M60 George LaBelle	3.50
M65 Ronald Clendening	3.96
Paul Lehmkuhl	3.91
M80 Ralph Maxwell	3.30
W35 Joe Ann Jackson	4.25
W50 Deb Vestal	2.45
Triple Jump	
M60 George LaBelle	7.21
M65 Jim Peterson	8.04
Paul Lehmkuhl	7.69
M80 Ralph Maxwell	6.47
W50 Deb Vestal	5.48
Shot Put	
M30 Bradley Keyes	10.76
M40 Doug Weimerskirch	9.86
M50 David Anderson	9.95
Michael Moser	9.82
M60 George LaBelle	10.00
Roger Anderson	9.32
M65 Gene Lohman	9.63
Jim Peterson	9.40
M70 Earl Luse	9.57
W50 Sandy O'Neil	5.55
Discus	
M30 Bradley Keyes	33.72
M40 Doug Weimerskirch	30.58
M45 Gerald Matrykowski	29.36
M50 David Anderson	35.22
Tim Fuehrer	26.84
M60 Roger Anderson	29.26
George LaBelle	28.40
M65 Jim Peterson	34.86
Gene Lohman	30.54
M70 Earl Luse	22.72
W50 Deb Vestal	14.34
Javelin	
M30 Bradley Keyes	40.54
M40 Doug Weimerskirch	44.04
M45 Mark Haesly	36.80
M50 Jim Rosamilia	43.72
M55 Art Maillet	20.38
Michael Moser	20.90
M60 George LaBelle	32.34
M65 Jim Peterson	27.86
Gene Lohman	19.78
M70 Earl Luse	22.08
5000m RW	
M60 Bernie Finch	34:25.6
M80 Paul Geyer	41:48.8
W35 Tish Borgen	30:31.2
W45 Kathy Finch	35:27.9h

**SOUTHWEST**

Southwestern Association Championships  
Dallas, TX; June 8

100m	
M30 Steven Hawthorn	10.50
Darryl Brumfield	12.90
M35 Trent Hagler	11.48
Doug Caduncog	12.64
Eddie Moore	12.70
M40 Lindy Raney	11.76
Bryan Shilcutt	12.56
Byron Ware	12.93
M45 Will McHone	12.26
Richard Thomas	12.44
Roland Sales	12.58
M50 Mike Loyd	13.46
Thomas Acrey	14.76
Terry Sutton	14.86
M55 Courtland Gray	12.32
Michael Vaught	14.52
M65 Ole Lorenzetti	23.29
M70 Joe Summerlin	13.82
W35 Lola Ogunde	12.98
W45 Debra Stuart	16.32
W60 Shelly Whitlock	18.35

MarionCoffeeCarney	19.09
W65 MaryLouBradford	16.89
Phyllis Provost	21.09
200m	
M30 Chris Essick	27.75
M35 Clain Ugly	23.41
Trent Hagler	23.68
Michael Dennis	24.78
M40 Lindy Raney	24.59
Dave DiMassa	25.39
Byron Ware	27.29
M45 Will McHone	25.63
Richard Thomas	25.65
Roland Sales	26.32
M50 Mike Loyd	27.73
Terry Sutton	29.75
Thomas Acrey	36.08
M55 Michael Vaught	30.21
Jim Sheehar	30.81
M60 Marvin Herring	32.01
M65 Wayne Bennett	27.54
Lowell Bonfield	28.78
M70 Joe Summerlin	29.21
Joe Vaughn	32.55
W45 Debra Stuart	33.16
W60 M Coffee Carney	41.87
W65 MaryLou Bradford	39.84
400m	
M30 Chris Essick	53.92
M35 Michael Dennis	58.66
M40 John Bechtold	55.02
Dave DiMassa	57.32
M45 Rick Easley	55.39
M50 Larry Danehower	60.89
M55 Bill Lewis	59.68
Andy Pittman	74.50
M65 Ole Lorenzetti	1:55.20
W65 Phyllis Provost	1:51.90
800m	
M50 Larry Danehower	2:24.35
M55 Dave Joyce	2:41.87
M60 Marvin Herring	3:03.99
M65 Ole Lorenzetti	3:59.28
M75 Richard Widener	3:28.75
W65 Phyllis Provost	4:08.56
1500m	
M50 Anthony Colon	4:55.20
M65 Ole Lorenzetti	8:11.80
M70 Richard Widener	7:17.11
M80 Orville Rogers	8:22.54
5000m	
M35 Ron Bouchard	18:21.80
M45 Ray Kirchmeyer	29:03.40
M50 Randall Hollis	36:12.70
M65 Ole Lorenzetti	28:16.40
M75 Richard Widener	25:45.20
M80 Orville Rogers	30:24.60
Short Hurdles	
M30 Chris Essick	16.08
M50 Robert Hahn	16.04
M50 Colin Williams	110m15.21
M55 Courtland Gray	14.87
W30 Tamika Francis	13.65
Long Hurdles	
M30 Chris Essick	60.85
M40 Robbie Birdwell	62.04
M45 Rick Easley	62.02
High Jump	
M50 Terrell Schaffer	1.45
M55 Dennis Schmitt	1.35
Jerry Wright	1.22
M70 Val Smith	1.19
W60 Shelly Whitlock	1.04
W65 Phyllis Provost	0.94
Mary Lou Bradford	0.94
Pole Vault	
M30 Timothy Dooky	3.05
M35 Richard Hare	3.05
M40 Mike Timm	14.11
Richard Barrett	14.11
Tom Garzillo	3.20
M45 James Fountain	4.27
M50 Michael Vick	3.35
Rick Dambrogi	3.28
M55 Dennis Schmitt	3.28
Jerry Wright	2.90
M65 George Jageman	2.29
W60 Shelly Whitlock	1.68
W65 Mary Lou Bradford	1.83
Long Jump	
M40 Vince Morris	4.36
M50 Terry Sutton	3.43
M55 Dennis Schmitt	4.45
Jerry Wright	4.14
M65 Lowell Bonfield	4.03
George Jageman	2.72
M70 Val Smith	2.70
W65 Phyllis Provost	2.01
Triple Jump	
M45 Ray Kirchmeyer	7.04
M55 Dennis Schmitt	6.16
M70 Val Smith	5.65
Shot Put	
M40 Richard Stewart	13.02

M50 Brooks West	13.34
Roger Conboy	12.33
Terrell Schaffer	9.35
M60 John Conniff	13.16
Richard Cochran	12.72
Harold Crater	10.88
M65 George Jageman	9.19



Continued from previous page

M40 Michael Sullivan	23.14
Kenneth Semien	25.40
M45 Mark Hamlett	28.70
M50 Chris Jensen	26.56
Mike Smith	28.37
M55 George Lyden	26.05
M60 Steve Bowles	27.76
Daniel Short	33.57
W30 Jenni Burks	28.60
W45 Jacqueline Board	28.10
<b>400m</b>	
M30 Mark Borchard	55.60
Chris Standage	56.34
M35 Rawle Crichtlow	50.34
Boe Garry	54.95
M40 Michael Sullivan	52.14
Steve Terrill	54.30
M50 Chris Jensen	58.83
Pat Fahy	59.07
M60 Steve Bowles	1:05.96
Daniel Short	1:16.37
W45 Jacqueline Board	1:03.50
<b>800m</b>	
M30 Victor Huggins	2:20.25
M35 Jeff Maples	2:14.75
M40 Steve Terrill	2:04.37
Greg Hamcock	2:15.67
M45 Jim Hershberger	2:15.16
Mark Hamlett	2:17.41
M50 Mike Smith	2:28.88
W30 Eileen Prescott	2:32.85
W45 Jacqueline Board	2:44.32
<b>1500m</b>	
M30 John Ringo	4:21.15
Chris Standage	4:51.16
M35 Glen Mikolajczyk	4:40.37
Jim Prescott	4:51.30
M40 Dave Shain	5:25.64
M45 Mark Hamlett	4:45.46
W30 Eileen Prescott	5:09.74
<b>3000m</b>	
W30 Eileen Prescott	11:15.94
W50 Karen Davis	13:10.41
Toni Hernandez	16:08.20
<b>5000m</b>	
M35 Jim Prescott	18:07.25
M40 Benjamin Letzel	17:27.79
M45 Chuck Collins	19:15.71
M75 Clyne Lunford	25:03.81
<b>Short Hurdles</b>	
M30 Kane Wilson	16.52
M35 James Smith	15.74
M40 Dannie Jackson	15.91
M45 Todd Christensen	16.94
M50 Pat Fahy	16.52
<b>400m Hurdles</b>	
M30 James Smith	8.86
M45 Jeff Buhmiller	1:09.27
W30 Arnie Stanford	1:08.23
<b>3000m Steeplechase</b>	
M35 Jeff Maples	12:24.37
<b>4x400 Relay</b>	
M40 Strapped Jock	3:41.68
<b>High Jump</b>	
M35 Dana Edwards	1.40
M45 Brian Campbell	1.86
Todd Christensen	1.60
M50 Pat Fahy	1.55
Bob Lawson	1.40
M55 John Perkins	1.40
Bob Zawidski	1.35
Bruce Long	1.35
M60 Daniel Short	1.25
Dick Cunningham	1.25
M65 Phil Shipp	1.30
M85 Roy Clark	.96
W45 Nancy Cochrane	1.25
<b>Pole Vault</b>	
M30 James Jager	3.56
M45 Roy Willis	3.35
Todd Christensen	3.05
M55 Bruce Long	2.74
John Perkins	2.74
M60 Dick Cunningham	2.74
Larry Jones	2.59
M65 Phil Shipp	2.13
W35 Jen Croissant	2.45
<b>Long Jump</b>	
M30 Cameron Ivie	5.56
Mark Borchard	5.46
M35 Boe Garry	5.44
M40 Dannie Jackson	6.22
Chris Harvey	4.66
M45 Todd Christensen	5.37
Richard Watson	4.22
M50 Pat Fahy	5.33
Chris Jensen	5.14
M55 John Perkins	3.79
Bob Zawidski	3.26
M60 Daniel Short	4.08
W30 Jenni Burks	5.19
W45 Nancy Cochrane	3.26
<b>Triple Jump</b>	
M30 Cameron Ivie	12.28
Steve Burks	11.38
M50 Pat Fahy	11.06
M55 John Perkins	8.00
Bob Zawidski	7.27
M60 Daniel Short	7.93
W30 Jenni Burks	9.67
W35 Jen Croissant	7.94
<b>Shot Put</b>	
M30 Keith Mitchell	12.57
Kane Wilson	10.93
M40 Ron Lambert	10.15

Jeff Crothers	10.04
M45 Todd Christensen	13.36
Richard Watson	10.30
M50 Clay Hull	12.24
Tony Powers	8.95
M60 Gerald Vaughn	13.99
Phil Shipp	11.70
M70 Paul O'Leary	11.48
M75 Wes Goddwin	10.69
M85 Roy Clark	7.04
W30 Rebecca Harrington	8.27
W35 Jen Croissant	7.73
W40 Julie Harvey	5.61
W45 Nancy Cochrane	5.16
<b>Discus</b>	
M30 Kane Wilson	38.22
Mark Borchard	29.17
M40 Ron Lambert	33.49
M45 Todd Christensen	36.39
Bob Conroy	30.22
M50 Tim Colby	27.84
Larry Aker	26.97
M55 Hal Fisher	41.86
M60 Dick Dow	39.36
M65 Phil Shipp	39.26
M75 Wes Goddwin	33.40
M85 Roy Clark	19.30
W30 Rebecca Harrington	28.42
W40 Julie Harvey	16.47
W50 Lynn Balfanz	13.78
<b>Hammer</b>	
M40 Jeff Crothers	34.58
M40 Ron Lambert	10.15
M45 Richard Watson	33.44
M50 Clay Hull	43.73
M55 Bob Osterhoudt	40.26
M75 Tom DeVaughn	20.80
W55 Elke Davis	16.59
<b>Javelin</b>	
M30 Lawson Spiers	39.96
M35 Dana Edwards	29.20
M45 Richard Watson	46.34
Todd Christensen	42.52
M50 Clay Hull	38.79
Tim Colby	35.76
M55 Bob Colby	31.42
Bruce Long	30.00
M60 Robert Tyner	35.51
Steve Bowles	32.38
M65 Phil Shipp	35.49
W45 Nancy Cochrane	13.46
W55 Elke Davis	10.84
<b>3000m Racewalk</b>	
M85 Roy Clark	25:59.67
<b>5000m Racewalk</b>	
M50 William Jefferson	36:46.69
<b>Grand Canyon State Games</b>	
<b>Tempe, AZ; June 21-22</b>	
<b>100m</b>	
M30 Norris Thomas	11.73
Daniel Mrkwicka	14.93
M35 Rawle Crichtlow	11.18
Boe Garry	11.83
M40 Jim Leavit	12.04
Garry Young	12.40
M45 Sab Onyepunuka	11.86
Burrell Bender	12.38
M50 Floyd Apiller	13.68
Bill Greenspan	14.32
M55 Ronnie Jordan	13.15
John Davis	13.46
M70 Andy Anderson	15.08
W45 Jacqueline Board	13.40
W55 Kathy Jager	14.50
<b>200m</b>	
M35 Rawle Crichtlow	22.66
Courtney Muhammad	23.59
M40 Dave DiMassa	25.40
Ken Semien	25.60
M45 Sab Onyepunuka	24.16
Burrell Bender	26.73
M50 Floyd Apiller	27.81
Mike Smith	28.77
M55 Ronnie Jordan	27.73
John Davis	28.78
M70 Andy Anderson	32.44
Charles Rice	39.71
W45 Jacqueline Board	28.08
W55 Kathy Jager	31.13
<b>400m</b>	
M30 Johnny Martinez	56.08
Wm Roderick	62.25
M40 Dave DiMassa	95.56
Rick Raymond	56.34
M50 Mike Smith	61.62
Buck Lentzer	67.51
W45 Jacqueline Board	62.85
<b>800m</b>	
M30 Wm Roderick	2:38.04
Roman Navarro	3:02.16
M35 Glen Mikolajczyk	2:12.79
Jeff Maples	2:19.36
M40 Greg Hancock	2:15.86
Rick Raymond	2:31.25
M45 Mark Halver	2:34.48
M50 Pat Fahy	2:18.82
Jerry Canavan	3:06.57
W35 Eileen Prescott	2:33.40
W45 Jacqueline Board	2:41.00

<b>1500m</b>	
M30 Rod Coker	4:14.26
Roman Navarro	6:12.95
M35 Glen Mikolajczyk	4:36.62
Jeff Maples	4:40.07
M40 Greg Hancock	4:55.16
M45 Dave Parnell	6:14.39
W35 Eileen Prescott	5:28.63
W40 Paula Webb	9:48.24
W50 Elizabeth Smith	7:54.11
<b>3000m</b>	
W30 Lisa Winans	12:21.60
W35 Eileen Prescott	11:40.30
<b>5000m</b>	
M30 Roman Navarro	22:34.19
M35 Jim Prescott	18:03.48
M40 David Dobler	15:35.77
Ben Letzel	17:24.52
M45 Dean Herbert	17:51.66
Paul Ruckel	18:25.58
M50 Buck Lentzer	19:00.56
Andy Pearlstein	19:35.05
M55 Dewey Schade	23:14.66
<b>Short Hurdles</b>	
M30 Norris Thomas	15.53
M35 James Smith	16.70
M40 Dannie Jackson	16.61
M50 Pat Fahy	17.31
John Gray	21.36
M60 Bob Osterhoudt	17.35
Dave Doerler	20.83
W50 Nancy Cochrane	16.33
<b>400m Hurdles</b>	
M35 James Smith	59.52
M40 Steve Janusz	68.58
W30 Ariz Striders	54.62
Ariz Rising Suns	61.50
<b>4x400m Relay</b>	
M30 Feel the Heat	3:38.42
StrappedJockRaci3	5:56.54
<b>4x800m Relay</b>	
M30 StrappedJockRaci3	41:87
W40 Simply Devine	13:45.05
<b>High Jump</b>	
M30 Wm McDonald	1.45
M40 Mike Smith	1.50
Chris Harvey	1.40
M45 Brian Campbell	1.85
Richard Watson	1.45
Mike Johnson	1.45
M50 Pat Fahy	1.55
Tim Colby	1.45
M55 John Perkins	1.40
Bob Zawidski	1.35
M60 Andy Almeraz	1.20
M70 Geo McGrady	1.15
W40 Katie Padilla	1.35
W50 Nancy Cochrane	1.22
W55 Kathy Jager	1.12
<b>Pole Vault</b>	
M30 Rick Scaife	3.96
M35 Andy Chavez	3.35
M40 Shawn Brown	2.89
M45 Mark Herman	3.50
M55 Mick James	3.05
John Perkins	2.74
M60 Larry Jones	2.74
Dick Cunningham	2.74
W35 Jennifer Croissant	2.74
W55 Kathy Jager	2.43
<b>Long Jump</b>	
M30 Jeremy Holter	6.16
M35 Boe Garry	5.61
Wm McDonald	4.90
M40 Dannie Jackson	6.23
Eric Peay	5.46
M45 Fred Buys	5.56
Sab Onyepunuka	5.55
M50 Pat Fahy	5.27
Mike Smith	4.07
M55 Bob Zawidski	4.13
John Perkins	3.97
M65 Ronnie Bosman	3.85
M70 Geo McGrady	3.49
W35 Anna Battle	4.99
Marianna Gutz	4.85
W50 Nancy Cochrane	3.19
W55 Kathy Jager	3.55
<b>Triple Jump</b>	
M30 Cameron Ivie	12.14
M35 Anthony Buckler	9.60
M40 John Burke	8.55
M45 Fred Buys	9.97
M50 Pat Fahy	11.15
John Gray	9.40
M55 Bob Zawidski	8.51
Godfrey Cernyar	7.98
W35 Marianna Gutz	8.71
Jennifer Croissant	7.64
<b>Shot Put</b>	
M30 Geoffrey Riggs	11.32

M35 Ron Stilwell	13.59
Mark Downhan	10.21
M40 Garry Young	10.11
Bill Martin	7.18
M45 Mike Aunders	10.69
Richard Watson	10.63
M50 Michael Shiaras	15.24
Clay Hull	11.26
M55 Duane Thompson	11.16
Charles Quarelli	9.96
M60 Bob Osterhoudt	11.45
M70 Paul O'Leary	11.09
Dave Douglass	9.80
M75 Wes Goodwin	10.71
M85 Roy Clark	6.38
W30 Jan Ware	9.88
W35 Jennifer Croissant	8.66
W40 Julie Harvey	6.10
W55 Kathy Jager	8.55
Elke Davis	5.70
<b>Discus</b>	
M30 Geoffrey Riggs	25.76
M35 Tim Edwards	46.28
Ron Stilwell	41.86
M45 Mike Johnson	33.60
Richard Watson	31.38
M50 Clay Hull	37.90
Tim Colby	32.31
M55 Chas Quarelli	30.55
M60 Bob Osterhoudt	39.06
M70 Dave Douglass	29.42
Paul O'Leary	26.34
M75 Wes Goodwin	30.58
M85 Roy Clark	19.01
W30 Jan Ware	29.92
Kim Edwards	21.42
W40 Julie Harvey	16.56
W50 Nancy Cochrane	16.14
W55 Kathy Jager	21.65
Elke Davis	14.59
<b>Hammer</b>	
M45 Richard Watson	33.68
M50 Clay Hull	43.36
M60 Bob Osterhoudt	43.22
M65 Ben McGrady	31.18
M70 Dave Douglass	34.68
M75 Thom DeVaughn	21.02
W50 Nancy Cochrane	14.22
W55 Kathy Jager	20.40
Elke Davis	17.32
<b>Javelin</b>	
M35 Ron Stilwell	46.07
Wm McDonald	38.06
M40 Eric Peay	36.37
Bill Martin	26.53
M45 Jim Lothrop	55.80
Richard Watson	49.00
M50 Mike Chapman	48.02
Tim Colby	45.80
M55 Chas Quarelli	40.95
Bob Colby	33.29
M65 Ben McGrady	39.46
M70 Dave Douglass	29.55
W30 Jan Ware	21.33
W35 Crystal OrthCotter	23.02
W50 Nancy Cochrane	15.31
W55 Kathy Jager	19.47
Elke Davis	12.41
<b>3000m Racewalk</b>	
M50 Steve Call	17:47.28
Buck Lentzer	21:28.81
M70 Cliff Elkins	20:43.27
Geo Heberling	21:29.93
M85 Roy Clark	35:32.47
W70 Claire Elkins	24:38.13
<b>from Pat Fahy</b>	
<b>Crown Valley Senior Olympics</b>	
<b>Pasadena, CA; June 15</b>	
<b>50m</b>	
M55 Gary Wuest	6.7
M60 Gary Sims	6.9
M65 Delos Eyer	7.2
M70 Tom Enomoto	7.6
M75 Dewey Vroom	7.7
M80 Al Guidet	9.0
M85 Bill Morales	8.8
M50 Brenda Matthews	7.1
W55 Lynn Naftel	7.3
W60 Kathy Bergen	7.1
W65 Ellen Brannigan	9.4
W70 Louise Martin	12.6
<b>100m</b>	
M50 Ron Beadle	12.8
M55 Simeon Baldwin	13.1
M60 Jack Karbens	14.3
M65 Frank Hollier	13.5
M70 Tom Enomoto	14.1
M85 Richard Leach	18.4
M50 Brenda Matthews	14.1
W60 Kathy Bergen	14.6
W65 Patricia Willis	23.7

W70 Magdalena Kuehne	17.8
W75 Shirley Dietderich	22.7
<b>200m</b>	
M50 Herman Castille	26.0
M55 Simeon Baldwin	27.2
Richard Watson	27.6
M60 Lee Gillespie	29.1
M65 Frank Hollier	31.2
M70 Louis Beadle	31.2
M75 Milo Sather	37.3
W50 Brenda Matthews	31.1
W55 Lynn Naftel	29.8
W70 Magdalena Kuehne	39.5
<b>400m</b>	
M50 Herman Castille	57.6
M55 Ronald Salupo	1:01.5
M60 Gary Sims	1:03.9
M65 Jesse Carrington	1:06.3
M70 Jim Selby	1:10.8
M75 Walter Atcheson	1:33.5
W55 Lynn Naftel	1:07.8
<b>800m</b>	
M50 Bill Fitzpatrick	2:22.2
M55 Simeon Baldwin	2:26.0
M60 Stanley Baker	2:44.0
M65 Ray Archibald	3:26.8
M70 Jim Selby	2:51.2
M75 Milo Sather	3:22.5
W50 Nancy Cochrane	3:13.0
<b>1500m</b>	
M50 Hugo Velasquez	4:58.7
M55 Ronald Salupo	4:51.7
M60 Carlos Cruz	7:12.1
M65 Carl Grubbs	6:59.6
M70 Jim Selby	6:09.3
M75 Avery Bryant	7:37.2
W55 Yoko Eichel	6:07.3
W65 Diane Bromstead	8:37.2
<b>5000m</b>	
M55 Ritchie Geisel	18:45.3
M60 Peter Mireles	24:34.5
M65 M Elbouzaoui	25:19.9
M70 Robert Skankey	23:41.6
M75 Cliff Cole	31:45.8
W60 Yvette Lavigne	23:14.9
W65 Diane Bromstead	30:33.5
W75 Mary Coropoff	48:24.9
<b>High Jump</b>	
M50 Charles Rader	5-5
M60 Davie Perry	4-11.75
M65 Ray Fitzhugh	4-2
M70 George Demos	3-10
M75 Robert Bonnell	3-1
M80 Vic Jones	3-4
W55 La Tanya Glass	4
W65 Christel Donley	3-8
W75 Johnnye Valien	3-1
<b>Pole Vault</b>	
M50 Paul Heglas	12
M60 Mike McHomey	7-6
M65 Ray Fitzhugh	8
M70 Jerry Donley	9
M75 Donald Roser	6
<b>Long Jump</b>	
M50 Mike Tipping	17.25
M55 James Khols	



Continued from previous page

**NORTHWEST**

Montana Senior Olympics  
Bozeman; June 14-15

60m	M50 Robert Glendon	10.40
	M55 Jerry Carey	8.81
	M60 Joe Johnson	8.32
	M65 Darwin Grimm	8.66
	M70 Byford Reed	10.04
	M75 George Butchko	11.20
	M80 Wilfred Wright	11.50
	W60 B J Lee	16.7h
100m	M50 Willie Venable	12.70
	M55 Jerry Carey	14.30
	M60 Joe Johnson	13.27
	M65 Darwin Grimm	13.85
	M70 Byford Reed	16.81
	M75 Charles Jannings	17.52
	M80 Wilfred Wright	19.27
200m	M50 Willie Venable	26.75
	M55 Jerry Carey	30.22
	M60 Merv Armstrong	28.25
	M65 Raymond Morrison	30.37
	M70 Karl Newman	37.66
	M75 Charles Jannings	37.96
	M80 James Curran	37.96
400m	M50 Parker White	1:00.0
	M60 Darrell McNenny	1:11.0
	M65 Raymond Morrison	1:14.5
	M70 Karl Newman	1:40.0
	M80 James Curran	2:10.0
	W65 Barbara Debbs	2:17.0
	W70 Nessie Hollicky	1:41.0
800m	M50 Patrick Hatfield	2:40.9
	M60 Darrell McNenny	3:09.1
	M65 Don Jelinek	3:42.9
	M75 Charles Jannings	4:56.5
	M80 James Curran	5:02.0
	W65 Barbara Dubbs	4:59.8
	W70 Nessie Hollicky	3:46.6
High Jump	M50 L Rick Adams	5-2
	M60 Joe Johnson	4-6
	M65 Darwin Grimm	5-4
	M70 Dean Fredrickson	3-6
	M75 Charles Jannings	3-7
Long Jump	M50 Bob Stevenson	11-10.50
	M55 Gordon Noble	12-9
	M60 Merv Armstrong	14-1
	M65 Robin Herron	12.75
	M75 Charles Jannings	10-2
	W65 Mae Schroeder	5-2
Triple Jump	M50 Bob Stevenson	19-6.25
	M60 Merv Armstrong	26-3.50
	M75 Charles Jannings	16
Shot Put	M50 Bob Sager	39-3.50
	M55 Bruce Jones	41.25
	M60 Edwin Johnson	38-9.50
	M65 Robin Herron	36-5.25
	M75 Richard Moore	28-8.50
	W60 Linda Harvel	16
	W75 Mary Birgenheier	18-5.25
Discus	M50 Alan Sorenson	112
	M55 Gary Schneider	137-9
	M60 Edwin Johnson	145-9
	M65 Robin Herron	110-6
	M70 Wayne Meyer	94-5
	M75 George Gutchko	83-1
	W65 Mae Schroeder	39-3
	W70 D Jean Olsen	32-10
	W75 Mary Birgenheier	45-4
Hammer	M50 Bob Sager	141-9
	M65 Robin Herron	123-1
	M75 Charles Jannings	88-2
	W60 Linda Harvel	36-4
Javelin	M50 Alan Sorenson	103-4
	M55 Bruce Jones	114-1
	M60 Merv Armstrong	105-5
	M65 Miri Gratton	112-4
	M70 Wayne Meyer	107-9
	M75 George Butchko	66-20
	W65 Mae Schroeder	45-8
	W70 D Jean Olsen	25-8

1500m RW	M65 Walter Egged	9:02.99
	M70 Jerard Hargis	10:12.52
	M75 Matt Merrill	10:34.0h
	W55 Odessa Eddie	10:39.0h
	W60 Jean MacInnes	10:10.0h
5000m RW	M55 Rich Breiner	36:13.93
	M65 Walter Egged	35:40.49
	M70 Jerard Hargis	36:29.06
	M75 Matt Merrill	36:57.97
	W55 Odessa Eddie	38:31.04
	W60 Jean MacInnes	36:36.88
5K Road Race	M50 Patrick Hatfield	22:10
	M55 Leon Shearman	23.39
	M60 Darrell McNenny	26:53
	M65 Don Jelinek	30:54
	M80 Theodore Berreth	1:07:27
	W55 Odessa Eddie	34:41
	W55 Molly Hayes	37:38
	W70 Nessie Hollicky	29:53
	W80 Valley Ellingsen	42:30
10K Road Race	W50 Michael Robinson	46:37
	M55 Leon Shearman	53:38
	M60 Darrell McNenny	1:02:02
	M65 John Bailey	1:07:31
	W55 Nancy Lorling	55:54
	W65 Molly Hayes	1:21:05
	W70 Nessie Hollicky	1:02:13

**Portland Masters**  
Classic/Oregon Association  
USATF Championships  
Mt. Hood Community College  
Gresham, OR; June 22-23

100m	M35 Paul Scarlett	12.19
	Doug Puckett	12.39
	Bob Blackburn	12.36
	John Wells	12.59
	Steven Hardison	12.59
	Mark Lesniak	12.92
	Willie Venable	13.01
	Jeff Schaller	13.39
	Kameron Mitchell	14.16
	Richard Ying	14.57
	Charlie Brocato	13.22
	Ron Jensen	14.26
	Steve Peirce	14.68
	Paul Edens	12.48
	Michael Myles	13.88
	Roger Brown	14.95
	Ron Brown	14.06
	Jim Schlewitz	16.33
	Larry Wright	17.44
	John Poppell	14.65
	Jack Coy	15.24
	Cully Vaughan	16.85
	Bill Bronson	16.65
	Caroline Cooney	16.91
	Rose Schlewitz	19.08
	Ivy Granstrom	47.84
200m	M35 Brian Coushay	24.08
	Doug Puckett	24.74
	John Wells	26.34
	Dwayne Baruso	26.61
	Mark Lesniak	26.41
	Willie Venable	26.71
	Kameron Mitchell	28.35
	Richard Ying	29.78
	Charlie Brocato	27.03
	Joe Johnston	28.09
	Steve Peirce	30.90
	Paul Edens	26.21
	Joe Johnson	28.61
	Michael Myles	28.98
	Paul Stepan	32.48
	Ron Brown	30.30
	Jim Schlewitz	33.58
	Larry Wright	37.21
	John Poppell	31.64
	Jack Coy	32.20
	Caroline Cooney	36.49
400m	M30 Marc Patrick	57.68
	Doug Puckett	53.60
	Paul Scarlett	56.10
	Randolph Lytle	1:00.51
	Mike Andrews	56.18
	Dwayne Baruso	59.22
	Robert Johnson, Jr	1:01.58
	Parker White	1:01.95
	Rich Tucker	1:01.15
	Steve Peirce	1:06.70
	Ron Jensen	1:07.69
	Steve Munroe	1:13.45
	Don McMillan	1:00.35
	Wally Brawner	1:12.09
	Paul Stepan	1:12.49
	Larry Wright	1:22.41

M70 Don Kane	1:08.99	
W90 Ivy Granstrom	3:54.48	
800m	M35 Joe Dudman	2:16.89
	M40 Kevin Pualk	2:05.03
	M45 Gordon Valient	2:15.43
	Tim Connolly	2:25.70
	M50 Jim Jones	2:08.98
	Tim Goodman	2:31.10
	M55 Steve Peirce	2:45.58
	Steve Munroe	3:05.07
	M60 Don McMillan	2:24.12
	Dan McCormack	2:31.07
	Larry Wright	2:02.60
	M65 Don Kane	2:59.30
	M70 Don Kane	2:59.30
	W35 Carmen Jackinsky	2:41.99
	W40 Deborah Jones	2:54.90
	W65 Suzi MacLeod	3:20.36
1500m	M35 Mike McManus	4:12.46
	Joe Dudman	4:24.60
	M40 Robert Conrad	4:22.81
	M45 Dave Clingan	4:14.66
	Alan Knoop	4:43.46
	Gordon Valient	4:49.63
	M55 Steve Peirce	5:50.89
	Steve Munroe	6:24.56
	M65 Larry Wright	6:08.81
	M70 Tom Brinton	6:14.25
	Jack Keener	6:45.96
	W35 Carmen Jackinsky	5:43.32
	W40 Deborah Jones	5:46.26
	W60 Laura Stepan	8:18.18
	W65 Suzi MacLeod	6:41.72
5000m	M35 Joe Dudman	16:48.93
	Jim Bogus	17:08.45
	M40 Tim Swietlik	17:07.71
	M45 Bob Stiner	17:26.36
	M50 Marc Witata	19:06.78
	Scott Taylor	18:08.64
	William Groesz	20:33.80
	Steve Peirce	24:55.16
	Ed Tanner	27:28.52
	Larry Wright	22:17.97
	Bob Kiever	26:21.95
	M80 Joseph Mallon	39:08.68
	W43 Deborah Jones	21:00.66
	W52 Jeanette Groesz	20:37.41
	W69 Susan Means	29:55.33
	W77 Helen Lachman	37:43.00
10,000m	M55 Ed Tanner	51:34.50
	M65 Bob Kiever	52:11.00
5000m RW	Rob Frank	28:07.98
	Doug Vermeer	28:09.17
	Bart Kale	30:57.40
	Pat Detloff	25:45.59
	M50 Stan Chraminski	26:44.72
	Bob Novak	27:21.29
	Gary Firestone	32:23.85
	M60 Edgar Kousky	28:55.48
	George Opsahl	30:02.68
	Richard Zerbe	33:55.55
	Ron MacPike	32:48.57
	W40 Lisa Remillard	37:03.30
	W50 Cynda Goodman	41:15.29
	W55 Donna Lafayette	33:17.24
	W65 Bev Laveck	29:49.90
1 mile RW	M45 Rob Frank	7:55.26
	M50 Pat Detloff	7:44.55
	M60 George Opsahl	9:14.91
	M65 Ron MacPike	10:07.99
	W40 Marie Vermeer	10:41.99
	Lisa Remillard	11:18.31
	W50 Cynda Goodman	12:41.98
	W55 Donna Lafayette	10:26.01
2000m Steeplechase	M60 Wally Brawner	8:32.08
	M70 John Hepner	9:10.55
	W45 Robin Vesey	8:25.94
	W55 Jean Moule	13:04.90
3000m Steeplechase	M50 Jim Satterfield	12:52.10
	M55 Steve Peirce	15:20.69
80m High Hurdles	M75 Denny Sullivan	17.00
100m High Hurdles	M55 Steve Peirce	24.06
60-64 Men	M60 Joe Johnson	20.06
	Dick Rex	20.28
300m Int.Hurdles	M60 Joe Johnson	1:03.07
	W56 Jean Moule	1:27.83
400m Int.Hurdles	M40 Randolph Lytle	1:19.49
	M55 Steve Peirce	1:28.03
Long Jump	M35 Mike Toll	6.25
	M45 Bob Blackburn	5.98
	Billy McKinney	5.27
	M55 Steve Peirce	3.48
	M60 Dick Rex	3.75
	Jack Kondrasuk	3.24
	Norman MacLeod	4.34

M75 Cully Vaughan	3.21	
M75 Denny Sullivan	3.19	
M80 Bill Bronson	3.14	
Low Luehrs	1.73	
W35 Julie Toll	3.96	
W55 Caroline Cooney	3.12	
Triple Jump	M35 Brian Coushay	13.34
	Mike Toll	12.53
	M45 Mike Lariza	12.95
	M50 Kameron Mitchell	9.37
	M55 Steve Peirce	7.38
	M65 Norman MacLeod	9.49
	M75 Denny Sullivan	7.93
	M80 Low Luehrs	3.77
	W36 Julie Toll	8.86
High Jump	M35 Brian Coushay	1.83
	Mike Jaqua	1.66
	M40 Randolph Lytle	1.37
	M55 Joe Johnston	1.52
	M60 John Burns	1.52
	Joe Johnson	1.37
	Mike Akerman	1.37
	Roger Brown	1.27
	Don McCrea	1.17
	Jack Kondrasuk	1.17
	Ora Banister	1.17
	M65 John Steinman	1.37
	M70 Harvey Lewellen	1.27
	Jack Keener	1.17
	M75 Vince Sempronio	1.22
	Denny Sullivan	1.17
	Gilbert Young	1.13
	Low Luehrs	1.04
	W55 Caroline Cooney	1.07
	Jean Moule	1.04
Pole Vault	M35 Mike Jaqua	3.81
	M40 Tom Rosenthal	3.51
	Bob McCormick	3.20
	Dean Cox	3.05
	M45 Louis Baucum	3.96
	M50 Josef Pfister	3.66
	Richard Ying	3.05
	Kameron Mitchell	2.90
	M55 Joe Johnston	3.66
	Larry Holmes	3.35
	M60 Don McCrea	2.44
	M65 John Steinman	2.97
	Donald Gray	2.74
	Allen Morris	2.44
	M75 John Cleveland	2.29
	Denny Sullivan	2.13
	Low Luehrs	1.07
Shot Put	M45 John Wells	10.05
	M50 Jack Romansic	10.32
	Jan Grigsby	9.54
	M55 Jack Miller	9.80
	Bob Long	9.09
	M60 Joe Johnson	11.37
	Bud Sanborn	11.24
	Jack Kondrasuk	9.69
	Ora Banister	9.33
	Don McCrea	9.25
	John King	7.33
	M65 James Koch	12.63
	Bob Lawson	11.94
	Neil Saling	11.50
	Preston Evans	9.24
	M70 Tom Allison	11.28
	John Hepner	10.13
	Cully Vaughan	9.83
	M75 Vince Sempronio	10.95
	Cal Hersey	9.59
	Bob Reiman	8.98
	M84 Low Luehrs	7.39
	Don Jacobs	4.65
	M90 Leon Joslin	6.30
	W50 Joyce Taylor	8.16
	Linda Romansic	6.45
	W55 Georgia Cutler	7.56
	Jean Moule	7.40
	W65 Marilyn Gray	4.96
	W75 Patricia Osmon	5.37
	W80 Melanie Reske	5.42
Javelin	M35 Dan Scott	45.64
	M45 Brian Valley	49.28
	Billy McKinney	27.86
	M50 Sam Strickland	46.76
	Ray Milojevich	41.92
	Jack Romansic	27.90
	M55 Robert Rice	39.88
	M60 Gary Stenlund	57.78
	Gary Reddaway	49.48
	John Burns	46.94
	Doug Appel	46.52
	Bud Sanborn	35.62
	Joe Johnson	34.56
	Ora Banister	32.38
	Don McCrea	29.78
	M65 Bob Lawson	37.06
	Jim Schlewitz	22.36
	M70 Cully Vaughan	31.86
	Tom Allison	31.54
	M75 Cal Hersey	28.06
	Vince Sempronio	22.72
	M80 Bill Bronson	29.38

Joseph Mallon	17.12	
Low Luehrs	13.82	
Don Jacobs	11.66	
Leon Joslin	12.48	
W50 Linda Romansic	12.66	
W55 Georgia Cutler	18.86	
Jean Moule	14.24	
Caroline Cooney	8.62	
W60 Becky Sisley	25.78	
Rose Schlewitz	15.32	
Laura Stepan	10.82	
W65 Marilyn Gray	9.34	
W75 Patricia Osmon	11.48	
W80 Melanie Reske	9.38	
Weight Throw	M50 Jack Romansic	11.37
	Jan Grigsby	10.03
	M55 Todd Taylor	18.00
	Luigi Schiavo	8.62
	M60 Bud Sanborn	11.22
	Jack Kondrasuk	7.98
	M65 Bob Lawson	15.00
	James Koch	10.80
	M70 Tom Allison	11.05
	John Greenlee	9.70
	M75 Vince Sempronio	12.92
	Ward Church	8.82
	M90 Leon Joslin	4.30
	W50 Joyce Taylor	12.32
	Linda Romansic	7.98
	W55 Georgia Cutler	10.54
	W75 Patricia Osmon	5.86
	W80 Melanie Reske	5.87
Superweight	M50 Jack Romansic	6.06
	M55 Todd Taylor	9.06
	Luigi Schiavo	3.94
	M60 Bud Sanborn	4.50
	M65 Bob Lawson	5.62
	M70 Tom Allison	6.94



Continued from previous page

M55 Harold Morioka	55.42	
Larry Norris	61.10	
Ron Pate	64.44	
M60 Don McMillan	59.95	
Herb Gee	63.63	
Jim Francis	64.85	
Stan Baker	66.58	
Paul Stepan	73.30	
Woodie Woodsum	73.87	
M70 Don Kane	69.74	
John Cauldwell	84.50	
W35 Mary Macauley	60.92	
Colleen Barney	61.93	
W45 Peggy Neal	64.56	
Rebecca Mitchell	73.21	
Rene Wendt	73.94	
W50 Sharlet Gilbert	65.87	
W60 Diane Palmason	71.41	
Marg Radcliffe	79.45	
Laura Stepan	1.47.53	
<b>800m</b>		
M30 Keith Thomas	2:27.18	
M35 Joe Dudman	2:18.15	
Brad Adams	2:21.06	
Rick Sherman	2:32.11	
M40 Peter Magill	2:03.23	
Mark Cleary	2:10.36	
M45 Lance Podolski	2:06.62	
Gordon Hodson	2:06.87	
Gordon Valiant	2:10.70	
Tim Connolly	2:21.14	
M50 Jim Jones	2:11.32	
Gary Ahearn	2:20.62	
Ken Bell	2:24.68	
M55 Frank Condon	2:30.96	
Ron Pate	2:39.88	
M60 Don McMillan	2:20.93	
Des O'Rourke	2:35.44	
Robert Ryan	3:19.09	
W30 Tina Fisher	2:35.35	
W35 Mary Macauley	2:20.97	
Sherri Sims	2:38.50	
Carmen Jackinsky	2:40.51	
W40 Deborah Jones	2:49.08	
W45 Sue Grigsby	2:42.61	
W50 Sharlet Gilbert	2:30.87	
W60 Diane Palmason	3:00.16	
W65 Suzy MacLeod	3:15.92	
<b>1500m</b>		
M35 Joe Dudman	4:34.41	
Robert Durkee	4:37.79	
Brent Halse	5:04.42	
M40 Pete Magill	4:13.61	
David Olds	4:14.81	
Brad Jensen	4:21.01	
Robert Conradt	4:23.15	
Pat Wagner	4:26.80	
Mark Cleary	4:36.47	
Steve Grube	4:53.00	
Galen Martin	5:02.22	
M45 Dave Clingan	4:16.00	
M50 Ken Bell	4:55.57	
Tim Goodman	5:09.29	
M55 Ron Ackerman	4:55.79	
Fred Pietrzak	5:19.27	
Frank Condon	5:31.88	
Frank Wilson	5:48.26	
M60 Tom Balcom	5:37.46	
Larry Dunlap	5:59.16	
Robert Ryan	6:46.34	
M75 John Keston	6:14.25	
W30 Lisa Hamelin	4:51.88	
W35 Julie Thomas	5:23.38	
W40 Deborah Jones	5:52.82	
W50 Sharlet Gilbert	5:18.37	
W60 Marie-L. Michelson	6:02.50	
<b>National Masters News A-G Mile</b>		
<b>Name &amp; Age</b>	<b>Time</b>	<b>A-G</b>
Marie-L. Michelson 60	6:00.11	89.0
Dee Dee Grafius 53	5:36.10	88.6
Paul Heitzman 71	5:56.66	88.0
Dan McCormack 63	5:35.37	85.5
John Keston 77	6:51.82	82.9
Chris Yorges 36	4:37.35	82.9
Suzi MacLeod 68	7:14.04	81.5
Desmond O'Rourke 63	5:52.45	81.4
Tom Brinton 74	6:45.35	80.6
Gary Ahearn 51	5:19.50	80.5
Mary Steinberg 46	5:55.38	78.5
Sherri Sims 36	5:56.31	78.3
Fred Pietrzak 55	5:41.34	77.9
Rick Muth 53	5:38.73	77.2
Rene Wendt 47	6:11.63	75.8
Brian McDermot 47	5:31.06	75.2
Christy Fazio 39	6:02.65	72.5
Julie Thomas 35	5:51.49	72.4
Giovanna Rosenlicht 42	6:49.81	65.8
Donn Kirk 71	8:00.53	65.3
<b>3000m</b>		
M30 Jonathon Swanson	8:43.30	
M35 Brad Adams	10:19.15	
Brent Halse	10:30.67	
M40 David Olds	8:44.31	
Tony Young	8:45.52	

Brad Jensen	9:32.60
Mark Cleary	10:06.22
M45 Dave Cook	10:21.66
Brian Boyle	12:37.15
M50 Tim Goodman	10:58.30
Gordon Hilton	12:08.25
M55 Ron Ackerman	10:42.28
Phil Nemir	11:20.58
Frank Wilson	12:02.23
Steve Munroe	13:42.98
M60 Thom Weddle	10:42.49
Blaine Lawson	12:13.18
Robert Ryan	14:12.77
M70 Paul Heitzman	11:54.42
M75 John Keston	12:56.18
W35 Christy Fazio	12:04.35
W40 G Rosenlicht	13:31.26
W45 Mary Steinberg	11:50.68
Kim Boon	13:02.82
Deborah Bradley	15:59.62
W50 Barb Spannaus	13:08.14
W60 Marie-L. Michelson	11:53.28
<b>5000m</b>	
M35 Rick Fuller	14:26.57
Dale Londos	15:39.65
Joe Dudman	16:15.97
Kyle Gee	17:19.97
Robert Durkee	17:42.84
Brent Halse	18:12.75
M45 Alan Knoop	16:26.42
Rick Russell	19:18.90
M55 Phil Nemir	19:37.58
M60 Blaine Lawson	21:31.84
Robert Ryan	24:27.05
M65 Ken Ogden	22:43.43
Bob Kiever	23:58.01
M70 Paul Heitzman	20:59.32
Donn Kirk	28:41.22
Stan Rodkey	29:46.42
M75 John Keston	21:44.87
Craig McMicken	27:42.53
W40 Giovanna Rosenlicht	23:00.69
W45 Mary Steinberg	20:32.70
W55 Pam Turner	21:03.46
W60 Marie-L. Michelson	20:22.76
Suzanne Rodkey	29:14.10
W65 Susan Means	28:43.59
W75 Helen Lachman	37:41.41
<b>10,000m</b>	
M40 Odis Sanders	32:47.17
Tim Swietik	35:42.76
M45 Marcial Soto	35:34.05
M55 Genadiy Katkov	46:27.96
Steve Munroe	49:13.96
M60 Larry Dunlap	44:56.77
M70 Stan Rodkey	63:49.38
M75 John Keston	43:52.38
W30 Jennifer Compton	36:58.72
W60 Suzy Rodkey	60:58.81
<b>Short Hurdles</b>	
M35 Michael Jaqua	21.03
M45 Brian McKinley	17.03
Don Helton	21.54
M50 Roger Parnell	16.53
Robert Hahn	16.79
M60 Joe Johnson	20.99
M70 John Hepner	17.65
M75 Denny Sullivan	19.33
W40 V Amarasekara	12.81
Janna Gedde	14.59
<b>Long Hurdles</b>	
M35 Rick Sherman	70.70
M45 Brian McKinley	62.13
Rick Easley	63.58
Russ Jacquet/Acea	68.59
M50 Robert Quist	69.21
M55 Larry Norris	68.78
M60 Joe Johnson	58.49
W55 Jean Moule	82.07
<b>Steeplechase</b>	
M35 Chris Yorges	10:06.04
M40 Pat Wagner	10:33.37
M45 Leonard Hill	10:17.46
Dave Cook	10:41.16
M55 Ron Pate	12:39.26
M60 Tom Balcom	8:29.30
Robert Ryan	10:11.66
M65 Ken Ogden	9:34.66
M70 John Hepner	8:48.85
W45 Sue Grigsby	AR8.21.66
(Vesey/B. 38.52/2000)	
Robin Vesey	8:37.56
W50 Sharlet Gilbert	AR8.26.95
(Trotto/10.54.85/2000)	
W55 Jean Moule	12:57.98
<b>4x100m Relay</b>	
M50-59 Pacific NW "A"	49.21
(Brocato/Lesniak/Jacobsn/Lyden)	
<b>4x400m Relay</b>	
M40-49 So Cal TC	3:56.66
(Easley/Jensn/Cleary/Olds)	
Oregon Assoc	4:03.02
(Podolski/Connolly/McMillan/Martin)	
Racewalkers/NW5.07.00	
(Vermeer/Frank/Dettloff/Aunan)	

M50-59 OR TC Masters 4	26.65
(Pietrzak/Norris/Lulich/Pate)	
W30-39 Team Oregon	4:53.32
(Jones/Sims/Vesey/Jackinsky)	
W40-49 Running Unlimi4	58.84
(Boon/Steinberg/Wendt/Palmason)	
Racewalkers NW7	20.63
(Mordian/MurphGlenn/Vermer/Aragon)	
W50-59 WestCoastWom8	19.61
(Blochwitz/Warburg/Murphy/Blacklund)	
<b>4x1600m Relay</b>	
M40-49 NoNameTC WB17	40.63
(Olds/Aasum/Magill/Young)	
<b>High Jump</b>	
M35 Michael Jaqua	1.68
Mike Toll	1.50
M45 Don Helton	1.50
Bob Blackburn	1.46
M50 Richard Beswick	1.50
Mark Wysong	1.46
M55 Frank Condon	1.42
M60 Joe Johnson	1.33
Ora Banister	1.21
Don McCrea	1.21
M65 Milton Newton	1.41
John Steinman	1.37
M70 Harvey Lewellen	1.25
Cully Vaughn	1.17
Chas Bispala	1.09
M75 Vince Sempronio	1.25
M80 Gilbert Young	1.09
W40 Martha Mendenhall	1.57
W45 Debbie Brill	AR1.61
(Raschker/1.60/1993)	
W55 Caroline Cooney	1.01
Jean Moule	1.01
W60 Marg Radcliffe	1.21
Becky Sisley	1.13
W65 Ginny Merriman	0.97
W80 Olga Kotelko	0.97
<b>Pole Vault</b>	
M35 Michael Jaqua	3.66
M40 Dan Umehofer	4.27
Dean Cox	3.20
M45 Louis Baucum	4.12
Dan West	4.12
Joseph Reed	2.90
Don Helton	2.29
Russ Jacquet/Acea	1.83
M50 Richard Ying	2.90
Larry Bonnett	2.75
M55 Joe Johnston	3.81
Dennis Phillips	3.81
Dick Clintworth	3.36
Chuck Hammonds	2.75
M60 Larry Holmes	3.51
James Matejka	2.90
Don McCrea	2.29
M65 Don Steinman	2.75
M70 Harvey Lewellen	2.29
Cully Vaughn	1.83
M75 John Cleveland	2.29
Denny Sullivan	1.83
W40 Donna Schultz	2.59
<b>Long Jump</b>	
M35 Mike Toll	6.10
M40 David Gilliland	4.61
M45 Bob Blackburn	5.62
Don Helton	3.94
M50 Roger Parnell	5.50
Jeff Schaller	4.83
James Manor	4.81
M55 Robert Rice	3.95
Larry Tergesen	3.37
M60 Paul Stepan	3.31
Don McCrea	2.63
M65 Kermit Walker	4.52
Ralph Daehler	4.00
M70 Cully Vaughn	3.75
M75 Denny Sullivan	3.28
M80 Bill Bronson	2.98
Myron Dover	2.70
W30 Paula Leslie	5.03
W40 V Amarasekara	5.25
Janna Gedde	4.43
W55 Caroline Cooney	3.02
W60 Marg Radcliffe	3.44
W80 Olga Kotelko	2.13
<b>Triple Jump</b>	
M40 Brian Goushay	13.24
David Gilliland	10.70
M45 Mike Lariza	13.24
Don Helton	9.70
M50 James Manor	9.53
M65 Kermit Walker	9.87
M75 Denny Sullivan	7.44
W35 Julie Toll	8.88
W40 Veronica Amarasekara	10.31
W45 Debbie Brill	9.60
<b>Shot Put</b>	
M30 Tim Fua	16.31
M40 Mark Dvornik	12.25
Ray Roff	9.69
M45 Dan Taylor	11.38
Mark Neal	10.97

Bob Blackburn	8.75
M55 Tom Gage	14.66
Robert Rice	12.48
Jack Miller	9.63
Richard Starkey	7.51
M60 Gene Thacker	12.94
Bob Cahners	11.56
Joe Johnson	11.34
Rich Hotchkiss	10.14
Joe Myers	10.04
Don McCrea	9.21
Ora Banister	9.03
M65 Bob Ward	12.71
Bob Lawson	12.07
Neil Saling	11.03
J P Evans	9.23
M70 Tom Allison	11.40
Harvey Lewellen	11.32
Cully Vaughn	10.14
Chas Bispala	9.48
M75 Vince Sempronio	10.73
Cal Hersey	9.30
Bob Reiman	8.91
M80 Myron Dover	6.79
M85 Jim Murray	7.46
W45 Carol Finsrud	AR12.12
(Grissom/12.08/1984)	
W50 Mary Jacobson	11.39
Joyce Taylor	8.77
W55 Jean Moule	7.74
Georgia Cutler	7.59
W65 Marilyn Gray	4.67
W75 Pat Osmon	5.23
W80 Olga Kotelko	6.09
Melanie Reske	4.95
<b>Discus</b>	
M40 Mark Dvornik	37.36
William Tyson	32.98
Ray Roff	27.40
M45 Dan Taylor	36.58
Lorin Zastoupl	36.08
M50 Thomas Fahey	48.60
John Slovinc	32.90
M55 Tom Gage	43.54
Todd Taylor	38.22
Jack Miller	31.90
Luigi Schiavo	26.38
Tom Bartlett	25.87
M60 Ron Mickle	48.90
Conrad Sundholm	42.74
Rich Hotchkiss	41.86
Joe Myers	40.40
Gene Thacker	36.46
Don McCrea	29.96
Ora Banister	29.52
M65 Bob Lawson	44.52
Bob Ward	42.98
Neil Saling	41.16
M70 Grove Bolles	43.34
Harvey Lewellen	38.26
Tom Allison	35.78
Chas Bispala	25.06
M75 Cal Hersey	29.68
Vince Sempronio	28.94
Bob Reiman	25.54
M80 Myron Dover	24.98
M85 Jim Murray	18.60
W30 Frances Jones	33.34
W45 Carol Finsrud	AR48.74
(Welding/38.46/2001)	
W50 Mary Jacobson	29.66
Joyce Taylor	23.76
W55 Jean Moule	21.54
Georgia Cutler	20.76
W65 Marilyn Gray	11.38
W75 Pat Osmon	11.22
W80 Olga Kotelko	14.74
Melanie Reske	10.66
<b>Hammer</b>	
M40 Cory Holly	41.92
M50 Thomas Meyer	46.74
Thomas Fahey	37.50
M55 Tom Gage	54.88
Todd Taylor	51.46
George Mathews	46.20
M60 Bob Cahners	44.90
Rich Hotchkiss	43.90
M65 Bob Ward	43.38
Jim Hitchman	34.56
Bob Lawson	29.88
M70 Harvey Lewellen	42.94
Jerry Wojcik	32.98
Tom Allison	28.74
M75 Vince Sempronio	26.22
M85 Jim Murray	16.58
W45 Carol Finsrud	AR41.90
(Stratton/38.46/1997)	
W50 Joyce Taylor	40.44
W55 Georgia Cutler	32.06
W75 Pat Osmon	17.86
W80 Olga Kotelko	17.10
Melanie Reske	12.24
<b>Javelin</b>	
M35 Daniel Scott	44.86

M45 Brian Valley	48.74
Rick Easley	43.02
Dan Taylor	31.54
Don Helton	30.16
M50 Sam Strickland	53.26
Joe Brogdon	52.90
Ray Milojevich	41.92
M55 Robert Rice	40.52
Bob Burkholder	40.40
Larry Tergesen	31.86
Richard Starkey	24.26
M60 Gary Stenlund	56.68
Gary Reddaway	50.16
Doug Appel	46.90
Joe Johnson	33.64
Ora Banister	30.78
Don McCrea	28.06
M65 Mai Russell	36.18
Bob Lawson	36.00
Ralph Daehler	24.66
Jim Schlewitz	23.28
M70 Tom Allison	32.70
Cully Vaughn	32.68
John Hepner	32.02
Jerry Wojcik	27.16
Chas Bispala	24.38
M75 Vince Sempronio	26.28
Cal Hersey	24.70
M80 Bill Bronson	29.46
Myron Dover	17.76
M85 Jim Murray	10.20
W45 Carol Finsrud	30.16
W55 Georgia Cutler	19.80
Jean Moul	15.72
Caroline Cooney	10.14
W60 Becky Sisley	27.62
Marg Radcliffe	27.38
Rose Schlewitz	16.36
Laura Stepan	14.82
W75 Pat Osmon	11.94
W80 Olga Kotelko	15.18
Melanie Reske	9.82
<b>Weight Throw</b>	
M45 Dan Taylor	9.30
M55 Tom Gage	19.68
Todd Taylor	17.84
George Mathews	16.12
Luigi Schiavo	8.34
M60 Bob Cahners	18.52
Rich Hotchkiss	16.55
M65 Bob Ward	16.82
Bob Lawson	14.03
M70 Harvey Lewellen	14.65
Jerry Wojcik	13.03
Tom Allison	



Continued from previous page

Vestal XX 20K

Vestal, NY; June 15

Overall Tom Gudas 38 71:59 Suzy Myette 45 87:06 M40 Paul Leonard 40:2nd 72:38 Gary Fancher 41rd 73:19 M50 Tom Carter 50 78:30 BongJoonYoon 55 84:24 M60 George Groome 62 95:39 Fred Bostrom 64 1:42:04 M70 Ron Jess 70 1:45:59 W40 S Myette 45 87:06 Theresa Fulgieri 46 96:38 W50 Barbara Morrissey 51:46:14 W60 Margret Betz 5AR1:36:08 (Dick/1:37:04/1989)

Saucony X-C Series Pittsburgh, PA; June 15

-2K- M40 Joe Seiler 7:19 M50 Terry Jackson 9:01 M60 Rick Katterson 9:29 W50 Kathy Jackson 11:55

-4K- M40 Dominic Wyzomirski 13:48 Dario Conatelli 15:17 Jim Stitt 17:12 M50 Dave Sobal 14:45 Robert Kelley 17:46 M60 Rick Katterson 19:25 John Harwick 22:52

-8K- M40 Erick Wilkins 28:51 Larry Van Dyke 29:16 Don Smith 30:19 Jim McCarthy 32:48 M50 George Carroll 32:52 Dave Sobal 36:52 M70 Elmer Gasper 54:14 W40 Paula Bassert 40:26 W50 Debi Page 40:11

NYRR Father's Day 5 Miles Central Park, NYC; June 16

Overall Stephen Ondieki 27 23:57 Leteyesus Berhe 23 27:59 M40 Tim Leinbach 27:14 M45 Amador Ybanez 27:03 M50 Thomas Hall 28:15 M55 Adolf Lawrowski 31:10 M60 Jack Brennan 31:27 M65 Witold Bialokur 32:56 M70 Kenneth Jones 35:41 M75 Jack Haar 45:05 M80 Mel Freidel 1:02:53 M85 Wilfredo Rios 1:03:24 W40 Catherine Stone 29:46 W45 Vickie Petrucelli 38:15 W50 Cathy Handy 36:34 W55 Susanna Beltrandi 42:11 W60 Nike Mizelle 45:45 W65 Ginette Bedard 39:54 W70 Helen Steiman 1:17:02 W75 Joan Rowland 54:49 W80 Althea Jureidini 1:24:45

James J. Connolly Memorial 8K Woburn, MA; June 20

Overall David Hinga 26 23:42 Diane McCarthy 30 31:34 M40 Mike Ward 42 28:14 M50 Michael Menovich 51 29:02 M60+AI Nagel 60 33:04 W40 Joan Lally 41 36:12 W50 Wendy Burbank 59 35:42 W60+Louise Rossetti 80 56:01

NYRR Fitness 3.5 Miles Central Park, NYC; June 22

Overall Arsenio Ortiz 18:47 Kanin Malska 31 21:51 M40 David Hardy 20:04 M45 Amador Ybanez 19:05 M50 Harry Lichtenstein 22:23 M55 Tomas Maruri 21:46 M60 Ark Maciak 24:32 M65 Michael Goldman 24:52 M70 Leo Schonhaut 30:04 M75 Sab Koide 31:33 M80 Mel Freidel 43:16 M85 Wilfredo Rios 45:30 W40 Yukiko Nishide 22:42 W45 Pamela Minetti 24:55 W50 Cathy Handy 25:23 W55 Susan Sideman 27:19 W60 Ruth Fairbrother 30:19

W65 Naomi Vogel 32:48 W70 Thelma Wilson 32:15 W75 Joan Rowland 28:12 W80 Althea Jureidini 1:04:08

Lions Sizzler Bedford 20K Bedford, NH; June 23

Overall Chris Magill 29 64:30 Molly Taber 29 74:33 M40 Steven Snover 42 68:34 Paul Hammond 42 69:19 Mark Reeder 43 69:42 M50 Larry Olsen 55 72:03 Bill Dixon 55 74:14 Phil Riley 50 75:14 M60 John Pelton 63 86:01 Jim Daley 66 90:01 M70+Bill Engle 71 1:41:54 Don Ross 72 1:44:35 W40 Nina Caron 42 79:31 Nancy Corsaro 43 79:41 Sue Lachance 42 80:35 W50 Patty Foltz 53 93:48 Dot Helling 52 98:24 W60 Dianne Curley 61 2:14:50 Judy Scott 61 2:43:49

Fairfield Half-Marathon Fairfield, CT; June 23

Overall Abdelhadi Habassa 261:04:26 Nuta Olanu 1:14:05 M40 Joseph Puopolo 1:17:15 Antonio Bautista 1:18:11 Jamie Palacios 1:18:23 M50 John DiCarlo 1:23:43 Thomas Hiten 1:24:44 Daniel Lavoie 1:25:29 M60 John Dugdale 1:34:47 Jose Mendez 1:38:10 Dick Simko 1:39:39 M70+Remo Pagliarella 2:04:56 Fred Savage 2:08:21 Al Chameides 2:15:34 W40 Sharon Vos 1:30:25 Cynthia McHugh 1:32:36 Judy Rubin 1:36:03 W50 Barbara Byrnes 1:47:33 Gail Kislewitz 1:49:13 Regina Birch 1:49:27 W60 Zofia Turosz 2:05:05 Frances Goulant 2:20:38 Kathleen Scott 2:35:45 W70+Bertha McGruder 3:05:55

NYRR Lesbian & Gay Pride 8K Central Park, NYC; June 29

Overall Sean MacMillan 23 25:24 Gordon Bakoulis 41 28:04 M40 Bob Bythell 27:13 M45 Alan Ruben 26:57 M50 Thomas Hall 28:19 M55 Julio Aguirre 31:24 M60 Jack Brennan 31:43 M65 Alfred finger 33:19 M70 Joseph Burns 43:03 M75 Sab Koide 45:48 M80 Mel Freidel 1:04:14 W40 Gordon Bakoulis 28:04 W45 Marie Wickham 33:39 M50 Sandra Powers 35:44 W55 Rita La Bar 39:17 W60 Ruth Fairbrother 43:11 W65 Elaine Breiger 49:16 W70 Joan Fisher 1:04:53 W75 Muriel Merl 46:40

Ryka/Lady Footlocker 10K Women's Run Hartford, CT; June 29

Overall Kate Paddon 40 37:21 W40 Kate Paddon 37:21 Maureen Burns 40:23 Nancy Olson 47:09 Shari Cantor 47:09 W45 Sidney Letendre 41:26 Mindy Struwas 45:14 Ilona Figura 46:22 Sue Birkhead 46:54 W50 Mary Dunn 39:52 Barbara Deubel 45:42 Linda Rocco 51:08 Liz Chertoff 51:26 W55 Barbara Maloney 50:38 Linda Zavalick 51:06 Betty Seabrooks 53:03 W60 Judith McGrath 52:41 W65 Jeanette Cyr 60:47 Mary McCauley 61:55 Diane Stuart 85:46

Pittsylvania Mile Run Pittsburgh, PA; June 29

Mile M30 Todd Kletter 4:33.1 Dan Holland 4:46.9 Tom Maloney 5:27.5 Franklin Chen 6:22.2 Chris Walliser 7:38.7 M35 Harold Walls 6:00.0 M40 Larry Van Dyke 4:54.8 Joe Seiler 5:35.4 Phil Pillin 5:51.5 Mark Bier 6:06.3 Francis Denes 7:11.8 Rob Carr 8:31.9 M45 Jim Wilhelm 4:57.0 Lee Zerkowitz 5:06.8 D. Bierbower 5:09.1 G. Dieffenbach 5:28.2 Roy Hetrick 6:29.1 M50 Dave Sobal 5:08.4 Don Slusser 5:42.3 Joe Silverio 6:18.7 Pete Baum 6:47.8 M55 George Carroll 5:34.3 Dave Steed 6:23.7 Bill Plus 6:46.0 M60 Jim Waldorf 5:59.3 M65 John Harwick 8:33.3 M70 Elmer Gasper 9:25.9 M80 Stuart Kaufman 10:24.3 W55 Joyce Geroux 7:53.4

Connecticut Senior Games 10K Niantic; July 14

M50 Wayne Jolley 39:05 M55 Ron Dombrowski 45:03 M60 Bill Borla 37:07 M65 John Dugdale 42:25 W55 Pat Phillips 57:02 W60 Barbara Frasca 62:45 W65 Jeanette Cyr 59:25 W85 Mary Haines 95:00

SOUTHWEST

Williamsburg Jaycees Run for Life 10K Newport News, VA; June 22

Overall Michael Mann 33 33:04 Sherry Volk 41 42:37 M40 Jim Bates 3rd 35:48 Ned Berg 38:30 Fesshaye Haile 38:56 M45 Stephan Chantry 39:41 David Smith 41:29 M50 Dale Abrahamson 40:20 Robert Wilson 42:43 M55 Ken Mitchell 48:56 Doug Berry 50:58 M60 Dick Pierce 48:00 Jimmy Williamson 50:43 M65+Tom Ray 69 45:51 John Essery 66 48:22 W40 S Volk 42:37 Carol Talley 3rdF 45:45 W45 Gloria Savage Early 57:12 Jima Irvin 61:09 W50 Brenda Mitchell 58:06 W55 Barbara Ivey 52:06 Betsy O'Neill 53:48 W60 Joan Coven 50:05 W65+Nancy Patron 65 57:41

Peachtree Road Race Atlanta, GA; July 4

Unofficial Results Top 10 Men 40+ 1 Andrew Masai 29:59 2 Gennady Temnikov 30:17 3 Dennis Simonaitis 30:38 4 Simon Karori 30:40 5 Andrey Kuznetsov 30:46 6 Danny Martinez 31:26 7 Eddy Hellebuyck 32:34 8 Mike Fitzgerald 33:40 9 John Barbour 33:47 10 Randy Ward 34:10 Top Ten Women 40+ 1 Elena Fidatof 34:44 2 Gordon Bakoulis 34:46 3 Maria Trujillo de Rios 34:57 4 Joan Nesbit-Mabe 35:53 5 Sue Kelly 36:52 6 Kathy Waldron 37:08 7 Wendie Cherry 38:16 8 Claudia Kasen 38:34 9 Nancy Stewart 38:50 10 Charlotte Johnson 39:00

Memorial Mile Boardman, OH; May 27

Overall Matt Folk 4:10 Debbie Kilpatrick 4:53

MIDWEST

Memorial Mile Boardman, OH; May 27

Overall Matt Folk 4:10 Debbie Kilpatrick 4:53

Masters Jim Weilhelm 4:40 Penny Felger 5:29

Grandmasters Ron Legg 4:57 Carolyn DeChristofaro 6:41 M35 Nick DePinto 4:37 M40 Jim Fedor 4:48 M45 Brad Smith 5:13 M50 Jim Moore 5:15 M55 John Gilkey 5:25 M60 Fred Simone 6:34 M65+Ted Venn 6:24 W35 Karen Grantonic 6:21 W40 Barb Wendel 6:42 W55 Kathy Shoaf 6:59

Steamboat Classic 4 Mile Peoria, IL; June 8

Overall Tim Broe 24 17:46 Colleen De Reuck 19:59 M40 Mark Piatjes 19:57 David Miller 21:01 James Acklin 21:30 Bob Matthews 21:36 M45 Ed Ricca 21:22 Bernie Wilder 21:48 Leo Vandervugt 22:22 Jim Desjardins 23:04 M50 Jim Pelarske 22:16 Glen Herold 22:43 Angelo Rinchuso 23:52 M55 Merlin Anderson 23:11 Ken Jagrin 23:58 Larry McMasters 24:31 M60 Jack Nelson 24:34 Doug Braasch 27:47 M65 Carl Segretto 27:05 John Quinton 27:52 M70 Norm Kelley 36:10 M75+Tom Paluska 46:02 W40 Christina Walsh 25:28 Pamela Campbell 26:01 Maria Asher-Goettler 28:01 Carol Pratt 29:23 W45 Beverly Enslow 26:54 Becky Hubbard 28:15 Diana Houlihan 29:06 Valerie Vesely 29:38 W50 Joan Fraser 29:40 Karen Kokesch 30:49 Jean Oldham 31:33 W55 Rhonda Danner 34:33 Katherine Murdoch 36:01 Sandra Theobald 36:02 W60 Barbara Miller 27:34 Judy Teeple 32:48 W65 Barb Gurtler 32:45 Marion Kowalski 38:39 W70 Lois Gilmore 34:26 W75+Geneva Meadows 52:13

Cellcom Greenbay Marathon Greenbay, WI; June 23

Overall Andrey Kuznetsov 2:23:33 Tatiana Titova 2:46:55 M40 A Kuznetsov 2:23:33 Steve Wilson 2:36:49 Bill Kotaska 2:59:00 M45 George Ogutu 2:57:28 Norb Lauer 2:57:33 Joe Jackels 3:02:15 M50 Roy Pirrung 3:01:29 Virgil Koski 3:06:34 W-K Keung 3:29:34 M55 Thomas Sullivan 3:18:48 Gary Julin 3:20:32 Alan Kraszewski 3:35:37 M60 Paul Hargrave 3:52:54 Pete Quinn 4:17:51 M65 Bruce Kattler 4:52:37 George Stump 5:19:46 M70 Jerry Johncock 3:54:28 Dewain Jenkins 5:04:30 M75+Dean Rademaker 6:39:04 W40 Danuta Bartoszek 2:49:26 Jill Anderson 3:10:11 Kate McCoy 3:18:39 W45 Tina Bielefeldt 3:51:03 Cindy de Wulf 3:56:34 Deb Cooney 4:00:19 W50 Kris Schumacher 3:31:42 Marlene Atwood 3:55:54 Un Ha Lee 4:19:06 W55 Sue Ellen Trapp 4:00:42 Florence Banaszak 4:31:20 Mary Dose 4:52:29 W60 Leanne Lange 3:31:43 Sally Goshorn 4:34:29

Cellcom Greenbay Marathon Greenbay, WI; June 23

Overall Jared Mondry 3:08:56 Brent Pinder 3:19:14 John Hopkins 3:23:44 Robert Spry 3:28:08 Richard Borst 3:29:24 Gary Zimmerman 3:33:11 Hank Larsen 3:33:20 David Roseen 3:34:59 M65 Jim Schleisman 3:20:27 Rich Trochman 3:33:59 Richard Burch 3:44:48 Daniel Shuff 3:50:56 Harold Frederick 3:56:40 Ernest Ogren 4:01:17 Donald Miller 4:13:18 Dick Westerlund 4:14:23 M70+ Greg Prom 3:57:08 William Holihan 4:16:25 Pat Moreland 4:43:16 Larry Boies Jr 4:50:03 Peter Butler 4:54:01 Kenneth Butts 5:01:36 W40 Fira Sultanova 2:42:55 Janet Robertz 2:43:13 Kelly Keeler 2:43:45 Madelyn N-Schientz 2:47:26 Janice Addison 2:53:22 Jeanne L-Johnson 2:54:42 Alevtina Naumova 2:57:08 Pamela Weier 2:57:45 Barbara Acosta 2:57:53 Tina Escobar 3:04:04 Jean Herbert 3:05:39 Kristine G-Goetz 3:09:25 Janet Gensler 3:24:13 Andriette Wickstrom 3:24:32 Lori Safford 3:33:56 Deborah Frederickson 3:34:31 Colleen Boran 3:34:39 Dawn Long 3:34:44 Maureen Tippen 3:36:17 Lynn Kershnik 3:38:26 W60 Gordie Farrell 3:20:34 Sue Coughlan 3:33:43

Cellcom Greenbay Marathon Greenbay, WI; June 23

Overall John Itati 28:50 Katie McGrey 33:26 M40 Andrey Kuznetsov 30:29

MID-AMERICA

Lifetime Fitness 10K Minneapolis, MN; May 25

Overall John Itati 28:50 Katie McGrey 33:26 M40 Andrey Kuznetsov 30:29

Simon Karori 31:23 Todd Sheldon 32:39 M45 Perry Bach 34:06 Bobby Paxton 34:53 M50 Jerry Beutel 36:36 Claude Forshier 41:05 M55 Bill Hansen 40:52 John Brown 41:07 M60 Jim Storm 61:25 M65 Richard Olson 55:02 M70 Jay Faulks 62:09 W40 Janet Robertz 35:29 Kelly Keeler 36:13 Debbie Leyden 36:37 W45 Tya. Pozndnyakova 34:54 Julia Virkus 42:41 W50 Gloria Jansen 43:17 Linda Schissel 44:48 W55 Sherri O'Donnell 51:30 Mary Hiatt 53:09

Grandma's Marathon & Gary Bjorkland Half-Marathon Duluth, MN; June 22

Overall Ely Rono 32 2:10:57 Zinaida Semenova 39 2:32:21 M40 Fedor Ryzhov 2:17:55 Kevin Haas 2:34:52 Stuart Kolb 2:38:10 Kirt Goetzke 2:43:09 Richard Dodd 2:43:41 Thomas Seiden 2:43:44 Keith Berndt 2:44:47 Bob Schwelm 2:46:55 Patrick Mchugh 2:48:36 Robert Steinbach 2:49:22 Les Myers 2:52:59 Brent Smith 2:39:28 David Tappe 2:43:57 Terry Stewart 2:44:21 Joseph Haynes 2:44:31 Allen Zetterlund 2:46:23 Bill Raabe 2:47:54 Steve Moe 2:49:24 Rick Ironside 2:50:12 Steven Sondral 2:51:31 M50 Rob Whetham 2:46:06 John Cretzmeier 2:50:56 Carl Mohr 2:53:39 John Jenk 2:56:53 R Wheeler 2:57:40 M Wheelier 3:01:18 Terrence Hakkola 3:01:27 Glen Page 3:06:36 M55 Milton Schumacher 3:07:43 Leonard Cooquy 3:09:43 Patrick Mcdavitt 3:12:59 John Stephens 3:13:11 Dean Bluhm 3:13:31 Paul Ford 3:13:48 John Farah 3:13:57 Chuck Sorensen 3:15:25 Jared Mondry 3:08:56 Brent Pinder 3:19:14 John Hopkins 3:23:44 Robert Spry 3:28:08 Richard Borst 3:29:24 Gary Zimmerman 3:33:11 Hank Larsen 3:33:20 David Roseen 3:34:59 M65 Jim Schleisman 3:20:27 Rich Trochman 3:33:59 Richard Burch 3:44:48 Daniel Shuff 3:50:56 Harold Frederick 3:56:40 Ernest Ogren 4:01:17 Donald Miller 4:13:18 Dick Westerlund 4:14:23 M70+ Greg Prom 3:57:08 William Holihan 4:16:25 Pat Moreland 4:43:16 Larry Boies Jr 4:50:03 Peter Butler 4:54:01 Kenneth Butts 5:01:36 W40 Fira Sultanova 2:42:55 Janet Robertz 2:43:13 Kelly Keeler 2:43:45 Madelyn N-Schientz 2:47:26 Janice Addison 2:53:22 Jeanne L-Johnson 2:54:42 Alevtina Naumova 2:57:08 Pamela Weier 2:57:45 Barbara Acosta 2:57:53 Tina Escobar 3:04:04 Jean Herbert 3:05:39 Kristine G-Goetz 3:09:25 Janet Gensler 3:24:13 Andriette Wickstrom 3:24:32 Lori Safford 3:33:56 Deborah Frederickson 3:34:31 Colleen Boran 3:34:39 Dawn Long 3:34:44 Maureen Tippen 3:36:17 Lynn Kershnik 3:38:26 W60 Gordie Farrell 3:20:34 Sue Coughlan 3:33:43

Grandma's Marathon & Gary Bjorkland Half-Marathon Duluth, MN; June 22

Overall Ryan Meissen 24 1:04:19 Debra Gormley 35 1:20:18 M40 Dan Carlson 1:10:21 Todd Sheldon 1:10:50 Matthew Bamard 1:12:18 M45 Bobby Paxton 1:15:39 Bill Krezonoski 1:18:55 Michael Bjornberg 1:21:39 M50 Michael Seaman 1:13:43 Jerry Beutel 1:21:16 William Hidding 1:24:52 M55 Dave Dooley 1:19:46 Greg Larson 1:21:34 Paul Lamere 1:25:13 Dan Conway 1:20:43 David Jeronimus 1:28:10 Jim Geegan 1:36:15 M65 G. Bassingthwaite 1:45:54 Ronald Rude 1:49:25 Rob Whetham 1:50:40 M70+ John Keston 1:37:45 Enc Imperius 1:47:37 Donald Willoughby 1:53:22 Laura Hruby 1:20:45 Kristi Larson 1:26:34 Mary Mathews 1:31:36 Laura Clark Taylor 1:26:29 Joann Hanowski 1:34:20 Ann Haugejorde 1:35:44 W50 Nancy Camp 1:40:27 Diane Stoneking 1:47:59 Julie Hill 1:49:21 W55 Kathleen Peterson 1:48:24 Jean Garlie 1:49:34 Mary Hiatt 1:55:26 W60 Mariyn Schnobrich 1:42:30 Audrey Schroeder 2:08:11 Sandie Walhof 2:10:50 W65 Wen Shi Yu 2:05:05 Mariyn Schlaefer 2:18:44 Lois Gonda 2:20:13 Luth Rowan 2:36:49 Diane Goulett 2:39:27 Catherine Olson 2:43:40

Friday Night 5K Sacramento, CA; June 14

Overall Larry Blaylock 22 15:54 Mo Bartley 47 18:53 M40 Ron Richardson 45 17:01 M50 Randy Sturgeon 50 18:00 M60 Ricardo Guidolin 64 21:41 M70 Vic Lyons 78 56:34 W40 M. Bartley 47 18:53 Barbara 41 20:36 W50 Jenny Bremen 51 28:35 W60 Roberta 63 30:31 W70 Helen Tom 73 45:38

Platinum Performance State Street Mile Santa Barbara, CA; June 16

Men's Elite Mile 1 Christian Hesch 23 3:56 8 Mike Eggle 40 4:06 12 Richard Burns 47 4:18 18 Ryan Lampka 42 4:25 20 Dave Clingan 48 4:26 24 Terry Howell 46 4:33 25 Mark Cleary 43 4:37 M40-49 1 Tim Mock 45 4:41 2 Fred Maggione 45 4:53 3 Hans Vankoppen 46 4:57 4 Bill Stephens 44 5:01 5 Steve Milley 40 5:04

Platinum Performance State Street Mile Santa Barbara, CA; June 16

Men's Elite Mile 1 Christian Hesch 23 3:56 8 Mike Eggle 40 4:06 12 Richard Burns 47 4:18 18 Ryan Lampka 42 4:25 20 Dave Clingan 48 4:26 24 Terry Howell 46 4:33 25 Mark Cleary 43 4:37 M40-49 1 Tim Mock 45 4:41 2 Fred Maggione 45 4:53 3 Hans Vankoppen 46 4:57 4 Bill Stephens 44 5:01 5 Steve Milley 40 5:04

Platinum Performance State Street Mile Santa Barbara, CA; June 16

Men's Elite Mile 1 Christian Hesch 23 3:56 8 Mike Eggle 40 4:06 12 Richard Burns 47 4:18 18 Ryan Lampka 42 4:25 20 Dave Clingan 48 4:26 24 Terry Howell 46 4:33 25 Mark Cleary 43 4:37 M40-49 1 Tim Mock 45 4:41 2 Fred Maggione 45 4:53 3 Hans Vankoppen 46 4:57 4 Bill Stephens 44 5:01 5 Steve Milley 40 5:04

Platinum Performance State Street Mile Santa Barbara, CA; June 16

Men's Elite Mile 1 Christian Hesch 23 3:56 8 Mike Eggle 40 4:06 12 Richard Burns 47 4:18 18 Ryan Lampka 42 4:25 20 Dave Clingan 48 4:26 24 Terry Howell 46 4:33 25 Mark Cleary 43 4:37 M40-49 1 Tim Mock 45 4:41 2 Fred Maggione 45 4:53 3 Hans Vankoppen 46 4:57 4 Bill Stephens 44 5:01 5 Steve Milley 40 5:04

Platinum Performance State Street Mile Santa Barbara, CA; June 16

Men's Elite Mile 1 Christian Hesch 23 3:56 8 Mike Eggle 40 4:06 12 Richard Burns 47 4:18 18 Ryan Lampka 42 4:25 20 Dave Clingan 48 4:26 24 Terry Howell 46 4:33 25 Mark Cleary 43 4:37 M40-49 1 Tim Mock 45 4:41 2 Fred Maggione 45 4:53 3 Hans Vankoppen 46 4:57 4 Bill Stephens 44 5:01 5 Steve Milley 40 5:04

Carolyn Mather 3:36:02 Patti Vitek 3:37:48 Linda Davis 3:41:03 Dee Dee Beard 3:44:45 Marjorie Peterson 3:47:00 Sandy Muires 3:49:38 Gloria Jansen 3:18:07 Nancy Joyce 3:37:46 Gael Jones 3:46:41 Marian Lyons 3:48:30 Kathryn Benhardus 3:53:35 Dee Dushack 3:57:55 Charlotte Hartwig 3:58:25 Peggy Trager 4:05:09 W60 Dorothy Tanner 3:41:47 Jan Rohde 4:10:50 Delores Horn 4:11:36 Karen Connelly 4:39:30 Donna Ross 4:49:33 Judy Teeple 4:50:38 Carol Willey 4:56:03 Mary Pemuth 5:30:02 W65 Patricia Amidon 5:09:47 Dorothy Marden 5:23:06 Deette Andersen 6:15:28 W70+ Joy Johnson 5:11:55

Overall Ryan Meissen 24 1:04:19 Debra Gormley 35 1:20:18 M40 Dan Carlson 1:10:21 Todd Sheldon 1:10:50 Matthew Bamard 1:12:18 M45 Bobby Paxton 1:15:39 Bill Krezonoski 1:18:55 Michael Bjornberg 1:21:39 M50 Michael Seaman 1:13:43 Jerry Beutel 1:21:16 William Hidding 1:24:52 M55 Dave Dooley 1:19:46 Greg Larson 1:21:34 Paul Lamere 1:25:13 Dan Conway 1:20:43 David Jeronimus 1:28:10 Jim Geegan 1:36:15 M65 G. Bassingthwaite 1:45:54 Ronald Rude 1:49:25 Rob Whetham 1:50:40 M70+ John Keston 1:37:45 Enc Imperius 1:47:37 Donald Willoughby 1:53:22 Laura Hruby 1:20:45 Kristi Larson 1:26:34 Mary Mathews 1:31:36 Laura Clark Taylor 1:26:29 Joann Hanowski 1:34:20 Ann Haugejorde 1:35:44 W50 Nancy Camp 1:40:27 Diane Stoneking 1:47:59 Julie Hill 1:49:21 W55 Kathleen Peterson 1:48:24 Jean Garlie 1:49:34 Mary Hiatt 1:55:26 W60 Mariyn Schnobrich 1:42:30 Audrey Schroeder 2:08:11 Sandie Walhof 2:10:50 W65 Wen Shi Yu 2:05:05 Mariyn Schlaefer 2:18:44 Lois Gonda 2:20:13 Luth Rowan 2:36:49 Diane Goulett 2:39:27 Catherine Olson 2:43:40

Friday Night 5K Sacramento, CA; June 14

Overall Larry Blaylock 22 15:54 Mo Bartley 47 18:53 M40 Ron Richardson 45 17:01 M50 Randy Sturgeon 50 18:00 M60 Ricardo Guidolin 64 21:41 M70 Vic Lyons 78 56:34 W40 M. Bartley 47 18:53 Barbara 41 20:36 W50 Jenny Bremen 51 28:35 W60 Roberta 63 30:31 W70 Helen Tom 73 45:38

Platinum Performance State Street Mile Santa Barbara, CA; June 16

Men's Elite Mile 1 Christian Hesch 23 3:56 8 Mike Eggle 40 4:06 12 Richard Burns 47 4:18 18 Ryan Lampka 42 4:25 20 Dave Clingan 48 4:26 24 Terry Howell 46 4:33 25 Mark Cleary 43 4:37 M40-49 1 Tim Mock 45 4:41 2 Fred Maggione 45 4:53 3 Hans Vankoppen 46 4:57 4 Bill Stephens 44 5:01 5 Steve Milley 40 5:04

Platinum Performance State Street Mile Santa Barbara, CA; June 16

Men's Elite Mile 1 Christian Hesch 23 3:56 8 Mike Eggle 40 4:06 12 Richard Burns 47 4:18 18 Ryan Lampka 42 4:25 20 Dave Clingan 48 4:26 24 Terry Howell 46 4:33 25 Mark Cleary 43 4:37 M40-49 1 Tim Mock 45 4:41 2 Fred Maggione 45 4:53 3 Hans Vankoppen 46 4:57 4 Bill Stephens 44 5:01 5 Steve Milley 40 5:04

Platinum Performance State Street Mile Santa Barbara, CA; June 16

Men's Elite Mile 1 Christian Hesch 23 3:56 8 Mike Eggle 40 4:06 12 Richard Burns 47 4:18 18 Ryan Lampka 42 4:25 20 Dave Clingan 48 4:26 24 Terry Howell 46 4:33 25 Mark Cleary 43 4:37 M40-49 1 Tim Mock 45 4:41 2 Fred Maggione 45 4:53 3 Hans Vankoppen 46 4:57 4 Bill Stephens 44 5:01 5 Steve Milley 40 5:04

Platinum Performance State Street Mile Santa Barbara, CA; June 16

Men's Elite Mile 1 Christian Hesch 23 3:56 8 Mike Eggle 40 4:06 12 Richard Burns 47 4:18 18 Ryan Lampka 42 4:25 20 Dave Clingan 48 4:26 24 Terry Howell 46 4:33 25 Mark Cleary 43 4:37 M40-49 1 Tim Mock 45 4:41 2 Fred Maggione 45 4:53 3 Hans Vankoppen 46 4:57 4 Bill Stephens 44 5:01 5 Steve Milley 40 5:04

Platinum Performance State Street Mile Santa



Continued from previous page

6 Jim Sloan 44	5.05
7 Eric Durak 41	5.07
8 Alec Morales 41	5.10
9 Reid Parker 42	5.13
10 John Yee 42	5.16

**W70-49**

1 Elizabeth North	5.30
2 Joyce Brisby 40	5.41
3 Deborah Flores 49	5.50
4 Dayna Jordan 41	5.51
5 Maggie Mason 45	5.56

**M50-59**

1 Jim Kornell 50	4.47
2 Carl Schulhof 56	5.10
3 Dennis Mihora 57	5.25
4 Gary Maxwell 52	5.29
5 Danny Castro 50	5.48
6 Stan Rosenfield 54	5.54

**W50-59**

1 Paulette Posch 52	6.18
2 Shari Nicholls 53	6.30
3 Gail Ward 53	6.34

**M60-69**

1 John Brennan 66	5.38
2 Don Truex 65	5.43
3 Gordon McClenathen 68	6.01

**W60-69**

1 Jane Dods 66	7.45
2 Judy Alexander 62	8.52

**M70+**

1 David Shelton 70	7.17
2 Bill Kennedy 71	7.19

**W70+**

1 Rosemarie Disandro 72	11.03
-------------------------	-------

**Wild Rivers 5K**  
Irvine, CA; June 22

**Overall**

Brad Kablefeldt 22	15.23
Brooke Thomas 20	18.06
M40 Danny Reed	15.57
Henry Burkhardt	18.00
John McCormack	18.21
Art Hernandez	18.39
Mark Campbell	18.43
M45 Keith Wittauer	17.09
Jeff Snyder	17.53
Andy Vano	18.41
David Smith	18.46
Mike Haubril	19.00
M50 Bill Sumner	18.28
Neil Sybert	19.39
Chuck McCann	20.11
Justin Williams	21.16
Craig Willhite	24.50
M55 Wayne Mitchell	19.25
Bill Sokol	22.37
Joahn Backman	22.39
Michael McCaffery	26.57
M60 Gary Riley	20.31
Luis Varga	21.50
Andrew Bailey	25.18
Don Fisk	25.55
Bob Westbrook	26.53
M65 Jerry Jefferson	26.26
Richard Tamoush	26.37
Howard Kugel	27.02
Steven Shearing	33.33
M70 Bob Koch 75	25.20
Frank Husak 73	27.08
Bill Kennedy 71	28.35
Chuck Lesberg 74	29.34
Joe Fleishman 79	35.40
M80 Karlis Smilons 81	42.57
W40 Jackie Birkfield	21.25
Debbie Watson	21.34
Cathy Shargay	23.08
Margaret Nalbandpan	24.12
Patty Naruse	24.24
W45 Nancy Hunsaker	20.41
Diane Farson	24.42
Janice Michaud	33.41
Francois Kinsel	34.07
W50 Kay Parmenter	29.17
Cheryl Groce	36.21
W55 Angie McCaffery	28.47
Pauline Fritts	36.10
W60 Judy Starnes 60	30.42
Irene Bourke 64	51.02
Shannon Fong 60	57.32

**Shriner's 8K Run**  
Sacramento, CA; June 22

**Overall**

Peter Gilmore 25	23.41
Heather Tanner 24	27.36
M40 Danny Gonzales	24.38
Jose Pilar Aispuro	25.41
Yitas Ezerskis	25.55
M45 Lloyd Stephenson	25.48
Miguel Tibaduiza	26.03
Yeo Matt	26.59
M50 Don Paul	27.16
Michael Duncan	29.37
Jim Gorman	29.53
M55 Chuck MacDonald	28.38

Michael Dove	29.03
Greg Jewett	29.16
M60 Robert Gormley	30.52
Robert Sheldner	31.34
Neal Chappell	33.08
M65 Philip Erath	36.45
Elmo Shropshire	37.11
Roger Fong	37.29
M70 Ed Reyna	41.58
Edgar Brichta	44.34
M75 Sam Hirabayashi	39.56
W40 Maria Trujillo-Rios	28.17
Carol Keller	30.37
Sara Freitas	30.41
W45 Mo Bartley	30.46
Kim Rupert	31.51
W50 Melinda Morse	31.52
W55 Cynthia Calvin	42.53
W60 Shirley Matson	32.31
Barbara Miller	34.42
W65 Myra Rhodes	39.21
W70 Charlotte Davis	59.29
W75 Po Adams 77	63.25

**Western States 100 Mile**  
Squaw Valley to Auburn  
Auburn, CA; June 29-30

**Overall**

Scott Jurek 28	16:19.10
Ann Trason 41	18:16.26
M40 Tim Twietmeyer	18:08.43
M45 Mark Richtman	17:59.59
M50 Rae Clark	21:09.37
M55 Wally Hesselmeier	22:20.39
M60 Tom Trabert	26:23.15
M65 Karsten Solheim	29:50.04
W40 Ann Trason	18:16.26
Luanne Park	20:48.22
W45 Maria Lemus	26:53.49
W50 K Forshey-Trabert	27:41.25
W55 Nancy March	23:15.20
W60 Hwa Ja Andrade	29:40.36

**NORTHWEST**

**Rhody Run 12K**  
Port Townsend, WA; May 19

**Overall**

Uli Steidl	37.02
Judith Leroy	44.55
M40 Al Reimer	41.18
Cliff Richards	43.10
M50 Larry Abraham	45.30
Ron Miller	46.44
M60 Dennis Oltare	51.11
M70+Masahiro Sato	69.09
W40 Angela French	48.34
W50 Wendy Watson	58.49
W60 Esther Conway	69.05
W70+Chloe Parr	75.22

**Race for the Cure**  
Seattle, WA; June 2

**Overall**

Vasilyeva Lyuchmila 31	17.33
W40 Angela French	18.51
Deirdre Beck	20.04
W45 Nancy Hawkins	20.20
Karen King	21.12
W50 Carol Finn	22.36
Phyllis Nelson	22.59
W55 Done Quam	22.18
Ricki Vadset	24.41
W60 Sue Stipe	24.54
Nancy Peterson	29.15
W65 Patricia Johnson	25.06
Carol Hemus	27.15

**Sound to Narrows 12K**  
Tacoma, WA; June 8

**Overall**

Eric Tollefson 29	38.35
Angela French 43	47.39
M40 Kurt Schaefer	43.11
M45 Richard Day	46.34
M50 Larry Abraham	45.53
M55 Eric Feaver	51.13
M60 Earl Gratzler	53.48
M65 Ronald Brinton	52.05
M70 John Maxwell	61.27
M75 Ozzie Bender	69.05
M80 Arnie Knudsen	2:22.57
W40 Angela French	47.39
W45 Julie Groo	48.38
W50 Lynn Shaffer	57.55
W55 Lynn Maxwell	61.42
W60 Bonnie Dinehart	72.19
W65 Wilma Parker	72.37
W70 Patricia Johnson	66.33
W75 Velma Buck	90.43
W85 Fenya Crown	1:55.46

**Mayor's Midnight Sun Runs**  
Anchorage, AK; June 22

**Overall Marathon**

Ben Sauvage	2:34.20
Christine Clark	2:38.19
M40 Tim Heppner	3:06.41
M45 Steve Wilson	2:58.25

M50 Frank Cahill	2:59.23
M55 Arthur Burger	3:11.51
M60 Royce Sayer	3:32.50
M65 David Kenney	4:33.19
M70 John Perce	4:58.36
M75+Paul Giofriddo	5:09.39
W40 Laura McDonough	3:15.45
W45 Loretta Ulbari	3:40.29
W50 Sandy Padgett	4:01.48
W55 Julie Lister	5:53.00
W60 Barbara Pearce	5:22.13
W65 Teresa Hull	5:30.51
W70 Joyce Duval	6:19.38
W75+Mabel Velge	6:31.04

**Half-Marathon**

Overall	
Ross Curley	1:12.05
Marjone Shearer	1:24.23
M40 Phil Ware	1:19.07
M45 Tom Smayda	1:28.00
M50 Ron Downey	1:23.41
M55 Jon Lyon	1:41.15
M60 Dennis Muirhead	1:40.40
M65 Buff Burtis	1:57.43
M75+Glen Hackney	7:23.34.24
W40 Pam Richter	1:39.23
W45 Margaret Starnes	1:39.57
W50 Pok Maley	1:57.30
W55 Elaine Nelson	1:45.54
W60 Patricia Vigil	2:11.31
W65 Joan Lindemuth	2:25.32
W70 Diane Severin	3:19.49

**5M**

Overall	
Pat Egelus	30:14
Tanya Brown	34:03
M40 Patrick O'Leary	32:20
M45 Stewart Miyashiro	35:42
M50 Norman Ferris	35:04
M55 Wyatt Earp	45:26
M60 Bill Berg	59:02
M65 Larry Shanley	50:09
M70 Jack Wright	68:54
M75+Howard Hunt	78:24
W40 Ruth Bamdt	39:19
W45 Carol Jewell	41:40
W50 Linda Elling	45:48
W55 Pat Weiss	53:11
W60 Betty Brckel	63:23
W65 Mary Marsolais	51:45
W75+Pauline Pergande	94:36

**Butte to Butte 10K**  
Eugene, OR; July 4

**Overall**

Dan Nelson 38	30:41
Susanah Beck 34	34:57
M40 Patrick Wagner	35:56
M45 Terry Williams	34:55
M50 Marcial Soto	35:09
M55 John Postlethwait	41:57
M60 Richard Leutzinger	44:48
M65 Marv Rexius	44:15
M70 Tom Brinton	51:46
M75 Marin Franssen	60:00
W40 Susan Hawkins	41:21
W45 Kim Ward	43:44
W50 Marilyn Nippold	46:16
W55 Judy Gilbert	51:01
W60 Nini Monroe	55:45
W65 Jane Dods	59:21

**CANADA**

**Clagary Stampede 10K**  
Calgary, AB; CAN; July 7

**Overall**

Jeremy Deere	31:35
Maria Zambrano	35:05
M40 Dan Bambrury	34:32
M45 Ralph Ruff	37:39
M50 John McCafferty	37:15
M55 Bob Fyvie	39:44
M60 Richard Ellum	47:43
M65 Bill Wyllie	47:58
M70+Eric Miles	52:23
W40 Susan Spencer	44:43
W45 Jackie Holloway	37:47
W50 Nielda Gervan	45:29
W55 Maureen Ander	55:48
W60 Beverley Cook	54:18
W65 Helly Visser	50:55
W70+Nessie Hollicky	58:09

**INTERNATIONAL**

**Veterans Grand Prix 10K & 25K**  
Brugge, Belgium; June 23

**10K**

M40 Patrick Carlan	GBR 33:17
Danny Kerschietter	BEL 34:15
Peter Stafford	GBR 34:28
M45 Paul Muller	GBR 32:03
Eric Williams	GBR 32:55
Mike Higginbottom	GBR 34:22

M50 Desmond Michael	GBR 35:06
Barry Peatfield	GBR 35:39
M55 Harry Matthews	GBR 34:46
Tony Linturn	GBR 35:43
M60 Les Presland	GBR 36:19
M65 Heinrich Ruecker	GER 39:33
John Taylor	GBR 44:20
M75 Seryozha Saruchayan	ARM 54:05
M80+ Emiel Pauwels 83	BEL 54:16
W35 Jill Postelthwaite	GBR 38:29
W40 Anne Kirtley	GBR 38:40
W40 Janet Ray	GBR 38:14
W45 Julia Armstrong	GBR 39:24
W55 Diane Marsh	GBR 41:14
W60 Hazel Imeson	GBR 42:58
W65 Felicity Garland	GBR 41:45
W70 Lynne Newton	GBR 42:47
W75 Christine Lee	GBR 44:08
M75 Mary Anstey	GBR 47:01
W70 Betty Forster	GBR 61:24

**25K**

Richard Jordan	GBR 1:28:25
Paul Meulebrouck	BEL 1:20:18
Stephen Davies	GBR 1:30:20
M45 Bill Snelgrove	GBR 1:30:08
M70 Jack Wright	BEL 1:30:34
M75+Howard Hunt	BEL 1:33:01
M50 Jimmy Bell	GBR 1:32:18
M55 Kenneth Payne	GBR 1:33:15
M60 Omer Van Noten	BEL 1:31:08
M65 Dave Waywell	GBR 1:32:41
M70 Eddy Thelen	NED 1:45:50
M75 Peter Lambert	GBR 1:52:50
M80 Victor Vandenas	BEL 2:12:12
M85 Donald Adie	GBR 2:02:07
W35 Jacqueline Massey	GBR 1:39:48
W40 Hilde Pauwels	BEL 1:47:13
W45 Anne Sweeney	GBR 1:49:34
W50 Gail Pryke	GBR 1:51:40
W55 Vicky Hendrickx	BEL 1:53:56
W60 Diny Van Pinxten	NED 2:00:33
W65 Maddy Collinge	GBR 1:54:44
W70 Jeanette Hardwick	GBR 1:55:54
W75 Anne Bland	GBR 2:01:23
W80 Moira Lenaghan	GBR 2:12:20
W85 Pamela Jones	GBR 2:03:57
W90 Irene Clark	GBR 3:10:48

**2001 Shore AC 1-Hour Postal Racewalk**

M40 Ian Whatley	12,055
Rod Craig	12,016
Reynaldo Carrazana	11,763
Marco Evoniuk	11,101
Richard McElvery	10,950
Mike Blanchard	10,684
M45 Steve Pecinovskiy	11,544
Eric Poulsen	11,285
Rob Frank	11,093
Bill Reed	10,910
Shawn Frederick	10,752
Mike Felling	10,283
M50 Robert Keating	11,669
Richard McGuire	11,599
Shoja Torabian	10,822
Bob Novak	10,810
Stan Chraminski	10,748
Ray Funkhouser	10,723
Joe Light	10,604

**RACEWALKING**

Stanley Sosnowski	10,435
M55 Leon Jasionowski	11,927
Dave Baldwin	10,587
Jack Lach	10,393
George Opsahl	10,291
Rick Campbell	10,101
Victor Litwinski	9,928
M60 Paul Johnson	10,673
James McGrath	10,128
Thomas Knatt	10,016
Jack Elwarner	9,945
John Backland	9,943
Bob Cella	9,726
M65 Jack Bray	10,617
Bob Barrett	10,290
Al DuBois	9,960
Ben Ottmer	9,403
Carl Acosta	9,360
Arvid Rolle	9,346
Ed Lane	9,341
Gerry Gomes	9,316
Leon Glazman	9,090
Bob Davis	8,703
Jack Shuter	8,497
Lee Hoffman	8,394
Vilmars Strautins	8,359
Huey Johnson	8,304
Richard Huie	7,544
Phillip Hordiner	6,617
M70 Jack Starr	9,548
Peter Corona	9,505
Bill Moremen	8,822
Dick Vaughn	8,791
Bill McCann	8,718
Bob Fine	8,699
Louis Free	8,499
Alex Muster	8,433
George Solis	8,328
Tom Buis	8,327
Dan De Mauro	8,294
Edward Gawinski	8,270
Robert Drude	7,644
Clint Edwards	7,588
Sig Kurz	7,230
Herman Smoler	7,191
Marvin Dicker	6,678
M75 Robert Mimm	8,932
Albert Goldman	8,566
Charles Boyle	8,215
Klaus Timmerhaus	8,200
Masashi Noritake	7,993
Daniel Marzano	7,796
Sumner Shafmaster	7,228
M80 John Jevinsohn	7,985
Walter Scully	7,374
Jorge Neehary	7,170
Joe Biersteker	7,165
Herm Arrow	7,100
Troy Grove	6,681
M85 Harry Drazin	6,031
W40 Victoria Herazo	11,805
Marcia Gutsche	11,362
Monetta Roberts	10,127
Ann Percival	9,619
Dawn Beigel	9,125



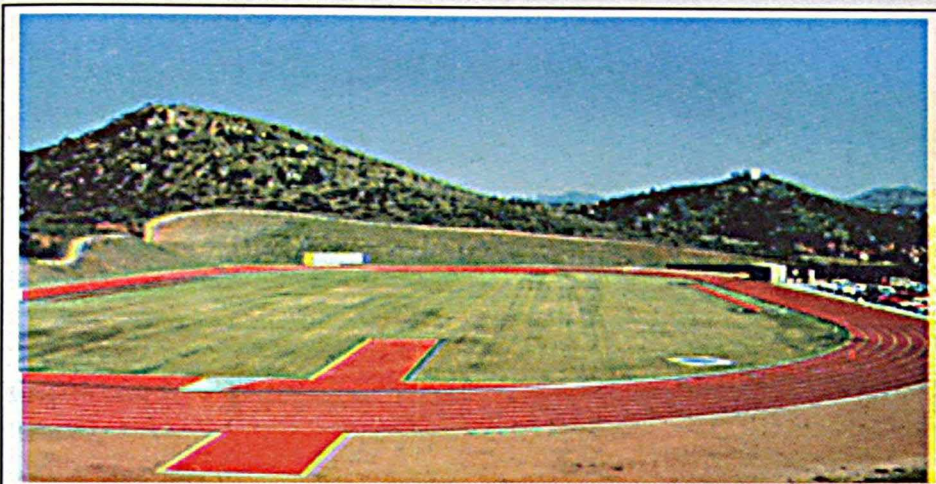


# San Diego Senior Olympics

Cuyamaca College, El Cajon

September 21, 2002

Open to all athletes age 50 and over



New SDSSF Medals given to top three winners. Athletes receive free goody bag, water and fresh fruit.

**HOW TO ENTER:** Choose the appropriate EVENT CODE(S) & Description(s) from the list below and complete the Entry Form found to the right. Each athlete must submit an entry form and signed waiver with the registration and event fee.

EVENT CODE	EVENT DESCRIPTIONS	Approximate Start Times
RA - 03	Race walking 5000m	7:00am
TR - 07	3000m run	
RA - 01	Race walking 1500m (Expert)	
RA - 02	Race walking 1500m (Novice)	
TR - 08	80/100/110m hurdles	10:00am
TR - 06	1500m run	
TR - 04	400m dash	
TR - 02	100m dash	
<b>LUNCH BREAK</b>		<b>1:00pm-1:30pm</b>
TR - 12	400m relay intergenerational run	1:30 pm
TR - 09	300/400m hurdles	
TR - 01	50m dash	
TR - 05	800m run	
TR - 03	200m dash	
TR - 10	2000m Steeplechase 30" (Men 60+/All Women)	
TR - 11	3000m Steeplechase 36" (Men 40-59)	

**FIELD EVENTS**

FD - 07	Hammer Throw	8:00am
FD - 03	Long Jump	10:00am
FD - 01	High Jump	9:00am
FD - 05	Shot Put	1:00pm
FD - 02	Pole Vault	9:00am
FD - 08	Javelin Throw	After Discus Throw
FD - 06	Discus Throw	9:00am
FD - 04	Triple Jump	After Long Jump

Final start list and times available 9/20 at the Opening Ceremony.  
Rules: USATF Masters Rules apply

**RELEASE OF LIABILITY**

**PHOTO & FILM WAIVER:** I hereby grant full permission to the organizers, their agents, employees, and representatives to use my name, voice, and/or picture or film in any broadcast, telecast, advertising, promotion or other use in relation to the San Diego Senior Olympics.

**LIABILITY WAIVER:** I, undersigned participant, hereby agree to indemnify and hold harmless the organizers of the San Diego Senior Olympics (SDSO), San Diego Senior Sports Festival, California State Senior Games Foundation and all sponsors, their agents, employees, and representatives and assigns, from any and all actions or claims of whatsoever kind or nature which I or my representatives or assigns may have or at any time in the future have due to any injury or property damage arising out of my participation in the SDSO. I understand and agree that any dispute regarding injury or property damage caused by myself or by another participant is not the responsibility of the San Diego Senior Sports Festival or SDSO. I warrant and represent to the organizers that I have prepared myself for the event(s), which I have entered by practicing the same prior to my participation. I warrant and represent that I am in good physical health and condition, am physically able to compete in the event(s), and know of no physical restriction whatsoever which would prohibit my participation in the SDSO. The organizers have advised me that it would be in my best interest to consult a physician prior to my preparation for and participation in the SDSO. I recognize and understand that the preparation and competition may necessitate strenuous physical activity and could possibly activate an unrecognized pre-existing cardiovascular disorder or other physical condition, which I may have, thereby resulting in serious or life-threatening physical harm to me. The organizers have my permission to have a physician treat me during my participation in the SDSO.

Print Name: \_\_\_\_\_

Signature: \_\_\_\_\_

**2002 Individual Registration Form**

Name: \_\_\_\_\_ Circle One: M/F

Address: \_\_\_\_\_

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

Phone Number/ (Evening): \_\_\_\_\_

Email: \_\_\_\_\_

B-day: \_\_\_\_\_

Person to contact in case of emergency:

Name: \_\_\_\_\_

Phone: ( ) \_\_\_\_\_

**Entry Information- List Event Code(s)- Found on left side of page**

Event Code	Event Descriptions
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	_____
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	_____
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	_____
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	_____
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	_____

**PAYMENT INFORMATION**

- 1) Early Bird Registration Fee (\$29.00) \_\_\_\_\_  
Can compete in other Sr. Olympic events w/out add l fee
  - 2) After 8/26 Add \$10.00/person \_\_\_\_\_
  - 3) Total Event Fees: # of Events x \$5 \_\_\_\_\_
  - 4) \_\_\_\_\_ # of Opening Ceremony tickets @\$15 each \_\_\_\_\_
  - 5) \_\_\_\_\_ # of T-Shirts @ \$5 each \_\_\_\_\_
  - 6) \_\_\_\_\_ # of Padre Tickets @ \$5 each \_\_\_\_\_
  - 7) Donation to SDSSF tax-deductible \_\_\_\_\_
- Total Amount Enclosed** \_\_\_\_\_

Make check payable to: SDSSF, P.O. Box 84202, San Diego, CA 92138

**Register online at [www.sdseniorgames.org](http://www.sdseniorgames.org)**  
**SDSSF 619.226.1324**  
**[info@sdseniorgames.org](mailto:info@sdseniorgames.org)**  
**[Graeme Shirley theshirleys@abac.net](mailto:GraemeShirleytheshirleys@abac.net)**



