

NATIONAL MASTERS NEWS

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

329th Issue

January 2006

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Pawlik, O'Connor Named Best 2005 T&F Athletes Ayala-Troncoso, DeReuck, Hussein Top LDR Picks

T&F Honors Go to Donley, Larsen, Lewis, Vaill, and Pashkin

Emil Pawlik, 66, Gleukos Masters Athlete of the Year, and Nadine O'Connor, 63, were selected as the Outstanding Male and Female Masters for 2005 by the Masters T&F Committee of USA Track & Field, the governing body for athletics in the U.S., at its annual meeting in Jacksonville, Fla., Nov. 30-Dec. 4.

They were recognized along with other award winners at the Awards Breakfast Buffet on Saturday, Dec. 3, at the Grand Ballroom of the Hyatt Regency Jacksonville Riverfront.

Pawlik, Jackson, Miss., won 10 national championships (high jump, long jump, short hurdles, and pentathlon in both indoor and outdoor championships; indoor heptathlon; and decathlon, with a world record), and the decathlon (another world record) and 100m hurdles in the WMA World Championships in Spain. His indoor

pentathlon score and wins in the indoor and outdoor hurdles were U.S. records.

Adding awards to his list of championships, he also received the 2005 Outstanding Combined-Events Award and was selected M65 Track Athlete of the Year. He won the Outstanding Combined-Events Award in 1999, 2000, 2002, 2003, and 2004.

O'Connor, Del Rey, Calif., won five national championships: 200 indoor (world record 29.51, an age-graded 95.9%); pole vault indoor (world record 2.90); and 100, 200 and pole vault outdoor (world record 3.00). She subsequently set another pole vault record of 3.10, an age-graded 99.1%.

She was also the W60 Field Athlete of the Year. In 2004, she was awarded the Outstanding Single Performance

Keston, Borla, Bedard Among 24 Runners Honored by USATF

Carmen Ayala-Troncoso, 46, Colleen DeReuck, 41, and Mbarak Hussein, 40, were among the 24 runners honored by the Masters Long Distance Running Committee of USA Track & Field at its 27th annual meeting in Jacksonville, Fla.

The Athletes of the Year for the class of 2005 were distinguished by being among the most prolific U.S. record-setters of any class. They were headed by repeat winner DeReuck, W40, of Colorado, who established new marks in the Gate River 15K, New Haven 20K, Fifth Third River Bank 25K, and La Salle Bank Marathon in Chicago. She also won the Masters 10K Championships at Heritage Oaks, Paso Robles, Calif.

Following close behind, after a four-year hiatus from the awards list, was Toshiko d'Elia, W75, New Jersey, who set new standards in the 5K at the d'Elia Ridgewood Run, the 15K at the Utica Boilermaker, and the 20K at New Haven. She also won the Masters 5K Championship at Freihofer's.

Hussein, of New Mexico, was one of a number of winners who estab-

lished two new standards. He set marks in the Philadelphia Distance Run Half-Marathon and the Fifth Third River Bank 25K. He also won the masters championships at the Twin Cities Marathon.

Carmen Ayala-Troncoso, W45, Texas, returning after an absence of six years, established marks in the NYRR 8000 and the Rodeo Run 10K, as well as winning the Masters 5K Championships.

John Keston, M80, Oregon, after an absence of three years, set marks at the Lilac Bloomsday 12K and Earth Day Half-Marathon. Barbara Miller, W65, Calif., repeat winner of the award, set records at the Rocklin Run 12K and HP Houston Marathon, as well as winning her division in the Masters 10K Championships.

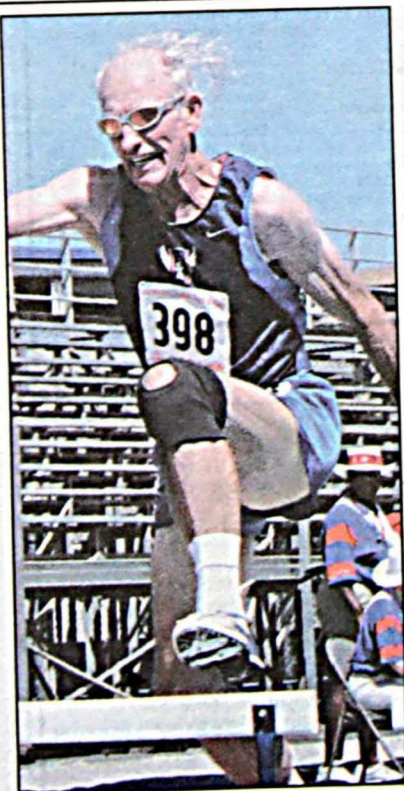
Single-record setters were returning

Continued on page 8

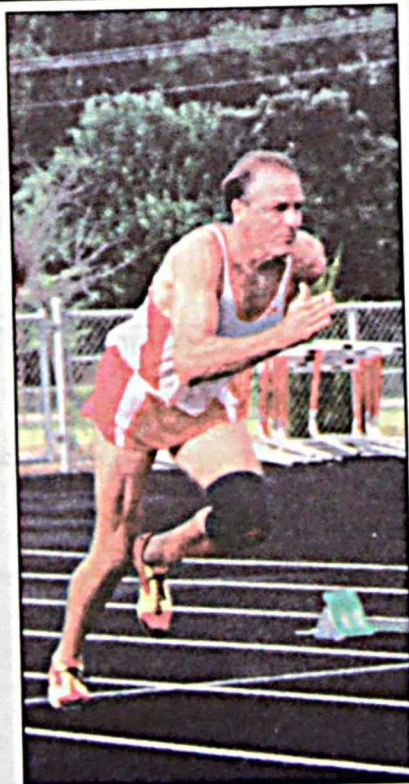
Torsten Carlus

Former WMA President and recently elected WMA Secretary suffers fatal heart attack in China (see p. 20).

Continued on page 4



Mel Larsen



Emil Pawlik



Carmen Ayala-Troncoso

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If you are able, we urge you to join them.

All contributors will be listed in the paper as a *National Masters News* sustainer.



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Publisher: Suzy Hess
Editor: Jerry Wojcik
Senior Editor: Angela Egremont
Assistant Editor: Jane Dods
Consultant: Al Sheahan
SUBSCRIPTION PROBLEMS: 818-286-3129
National Masters News Office (Editorial):
 P.O. Box 50098 Eugene, OR 97405
 541-343-7716; Fax: 541-345-2436
e-mail: natmanews@aol.com
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 www.nationalmastersnews.com
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Schedule: Jerry Wojcik, jerrywoj@aol.com
Advertising Representative:
 Suzy Hess, 541-343-7716
Production: Angela Egremont
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Track & Field Records: Sandy Pashkin, Pete Mundle, Brian Oxley
Long Distance Records: Road Running Information Center (see below)
Racewalking Records: Bev LaVeck
Track & Field Rankings: Dave Clingan, Larry Patz
Contributors: Phil Campbell, Hal Higdon, Dr. John Pagliano, Avital Schurr, Mike Tymn, Elaine Ward
Correspondents: Ruth Anderson (OR), George Banker (MD), Bob Fine (FL), Paul Heitzman (KS), Bob Koch (CA), Carol Langenbach (WA), Ron Marinucci (MI), Marilyn Mitchell (NY), Paul Murray (NY), Jim Oaks (AL), Mike

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International Correspondents: Jorge Alzamora (CHI), Ron Bell (GBR), Leo Benning (RSA), Torsten Carlus (SWE), Bridget Cushen (GBR), Martin Duff (GBR), Douglas Smith (CAN), Jim Tobin (NZL).
Photographers: George Banker (MD), Suzy Hess (OR), Mike Polansky (NY), Vic Sailer (NY), Douglas Smith (CAN), Tesh Teshima (HI), Thom Weddle (MN), Jerry Wojcik (OR).
Creative Art: Eugene Paasinen, Herb Parsons
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Elected Officers Chair: George Mathews 9787 N. Country Club Dr. Hayden Lake, ID 83835 208-772-8686 (H) 208-772-8662 (F) george.mathews@adelphia.net Vice-Chair: Suzy Hess P.O. Box 5272 Eugene, OR 97405 541-343-7716 (W) 541-345-2436 (F) mtvicechair@aol.com Secretary: Lester Mount 6750 Hillcrest Plaza Dr., #221 Dallas, TX 75230 214-766-2854 lestermount@yahoo.com Treasurer: Joy MacDonald 1928 No. Sleepy Creek Rd. Cross Junction, VA 22625 540-888-3110 (H) 540-888-9961 (F) firedskin@aol.com Executive Committee Elected Officers (above) Regional Coordinators: East: Ray Feick 2987 Lutheran Rd. Gilbertsville, PA 19525 610-754-6007 rayfeick@peoplepc.com Southeast: Bob Fine 3250 Lakeview Blvd.	Delray Beach, FL 33445 561-499-3370 bobfine@bellsouth.net Mid-America: Christel and Jerry Donley 2354 Wood Ave. Colorado Springs, CO 80907 719-635-1264 christelshv@hotmail.com Midwest: Jim O'Neill 1149 Sheldon Road Grand Haven, MI 49417 616-844-1768 616-743-5920 (F) jimo1149@mac.com Southwest: Lester Mount (See Secretary) West: Mark Cleary 18 Charca Rancho Santa Margarita, CA 92688 949-589-0242 runnermark@cox.net Northwest: Todd Taylor 1320 Boardwalk Avenue Molalla, OR 97038 503-829-5395 nbk7u78@hotmail.com Active Athletes Representative: Becky Sisley 310 E. 48th Ave. Eugene, OR 97405 541-342-3113 bsisley@darkwing.uoregon.edu Championships Sites Chair: Ken Weinbel 4103 Hillcrest Ave., S.W. Seattle, WA 98116	206-938-3895 (H) ktweinbel@msn.com Championships Games Chair: James Flanik 7300-D Forest Cove Lane Northfield Center, OH 44067-3065 330-468-6363 (H) 216-244-1705 (cell) jpfianik@aol.com Chair Appointee: Rex Harvey 6744 Connecticut Colony Cir. Mentor, OH 44060 440-255-0751 440-954-8122 (W) 440-954-8111 (F) 440-339-5688 (C) rexjh@aol.com Additional Committees All American Standards: Bob Cahners 4535 Lighthouse Lane Naples, FL 34112 239-793-4574 (H) 239-793-5744 (W) rcahners@aol.com Awards: Phil Byrne 239 Barton Avenue Palm Beach, FL 33480 561-659-1189 617-513-2928 (cell) pmb02129@aol.com Championships Games Committee Vice-Chair: Carroll DeWeese 932 Purdy Birmingham, MI 48009 248-642-4256 (H)	248-854-0735 (cell) carrolldeweese@comcast.net Combined-Events: Jeff Watry 3224 CR 2700E Penfield, IL 61862 217-367-8438 (W) jwatry@gillathletics.com Law Chair: Tom Light P.O. Box 1550 Chugiak, AK 99567 907-694-4623 (H) 907-786-7431 (W) 907-786-7401 (Fax) usatfak@aol.com Masters Invitational Program: Mark Cleary (see West above) Media Subcommittee: Robert Weiner, Chair P.O. Box 28271 Washington, DC 20038-8271 202-329-1700 301-283-6056 (F) weinerpublic@comcast.net Racewalking: Bob Fine (See Southeast) Rankings (Indoor): Larry Patz 534 Gould Hill Rd. Contoocook, NH 03229 indoorsrankings@aol.com Rankings (Outdoor): Dave Clingan 1849 SE 20th Portland, OR 97214 503-231-6345 xroads@xro.com	www.mastersrankings.com Records (5-Year U.S. & World): Sandy Pashkin 2888 Elysium Avenue Eugene, OR 97401 spashkin@aol.com Records (Single-Age): Pete Mundle 3955 Bentley Avenue Culver City, CA 90232 pmundle@juno.com Records (Racewalk): Bev LaVeck 511 Lost River Road Mazama, WA 98833 bevlaveck@methow.com Rules Coordinator: Graeme Shirley 11212 Via Carroza San Diego, CA 92124 858-292-6132 Team Manager: Phil Greenwald 101 W. 81st St., #718 New York, NY 10024-7237 212-595-2486 (H, F) GreenwaldP@att.net Weight Events: Dick Hotchkiss 14005 Meadow Dr. Grass Valley, CA 95945 530-273-3660 ashglaze42@hotmail.com WMA Delegates: George Mathews Robert Thomas Bob Fine Alternate: Marilyn Mitchell
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NATIONAL MASTERS OFFICERS OF USA LONG DISTANCE RUNNING

Chair: Norm Green 101 Fairfax Ct. Chesterbrook, PA 19087-5711 610-466-9197 610-466-9198 (F) runnorm@comcast.net Secretary: Lloyd Stephenson P.O. Box 170266 San Francisco, CA 94117 415-759-6194 fstmstr@mac.com Vice-Chair: John Boyle P.O. Box 1700 DeLand, FL 32721 386-736-0002 386-740-1047 (F) jboyle@altavistasports.com Awards: Don Lein 13 Crosswinds Estates Pittsboro, NC 27312	919-542-4790; 542-5157 (F) dmlein@earthlink.net Road Records & Rankings: Linda Honikman Ryan Lamma, Road Running Information Center 385 Oak View Ln. Santa Barbara, CA 93111 805-696-6232 efax 419-818-3931 www.runningusa.org Law and Legislation: Mary Rosado 102 West 80th St., Apt. 23 New York, N.Y., 10024-6303 212-874-0822 (H) 212-758-2104 (W) 212-308-8582 (F) mrosadoesq@prodigy.net	Team Manager Charles DesJardins P.O. Box 2281 Carson City, NV 89702-2281 775-884-9448 CRDJ@interqwest.com Rules Coordinator: David Katz P.O. Box 822 Port Washington, NY 11050 516-883-5599 katz@firtt.com Championships: John Boyle (See above) Championship Stats: Norm Green (see above) Marketing Representatives: Don Lein (address above) Jack Wing 4038 East 48th St.	Tulsa, OK 74135 918-742-5418 (H, W, F) 918-292-2860 (F) Cross-Country Representative: Bill Quinlisk 412 Humboldt St. Rochester, NY 14610-1113 billq@frontiernet.net 585-482-6371 Mountain, Ultra, Trail Representatives: Lorraine Gersitz (ultra rep) 714-526-5340 bruceandlo@earthlink.net William Emerson (trail rep) wemerson@hotmail.com Dave Dunham (mountain rep) david.a.dunham@irs.gov Roy Pirrung (vice chair) ultraonc@charter.net WMA Delegates: Charles DesJardins (see above) Mary Rosado (address above)
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SCHEDULE O
Tentative as of

FRIDAY MARCH
8:00 AM Pentathlon
Order of Event
Women
60 M Hurdles
High Jump
Shot Put
Long Jump
800 Meters

9:00 AM
9:15 AM
10:15 AM
11:00 AM
12:30 PM

**2:00 PM General
Track Events**
4:00 PM 3000
4:45 PM 3000
5:05 PM 3000

Throws Schedule
3:00 PM Weig
Weig
4:00 PM Weig
4:30 PM Weig
5:15 PM Weig
6:15 PM Weig
Jumps Schedule
3:15 PM Pole

All times are adjusted after received.
Updated schedule
www.usatfne.org

2006 NATIONAL

Last Name _____
 First Name _____
 Address _____
 City _____
 State _____
 Country (if not _____)
 Telephone _____
 E-mail address _____

Event

Pentathlon (cou
 1. _____
 2. _____
 3. _____
 4. _____
 5. _____
 6. _____

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SCHEDULE OF EVENTS
Tentative as of December 10, 2005

FRIDAY MARCH 24
8:00 AM Pentathlon - Registration

Pentathlon
Order of Events

Women	Men
60 M Hurdles	60 M Hurdles
High Jump	Long Jump
Shot Put	Shot Put
Long Jump	High Jump
800 Meters	1000 Meters

9:00 AM	M60+
9:15 AM	All Women
10:15 AM	M50-59
11:00 AM	M40-49
12:30 PM	M30-39

2:00 PM General Registration
Track Events Schedule

4:00 PM	3000 Meters	All Women
4:45 PM	3000 Meters	M70+
5:05 PM	3000 Meters	All remaining men

Throws Schedule

3:00 PM	Weight	Women 50-59
	Weight	Women 60+
4:00 PM	Weight	Women 30-49
4:30 PM	Weight	Men 75+
5:15 PM	Weight	Men 70-74
6:15 PM	Weight	Men 60-69

Jumps Schedule

3:15 PM	Pole Vault	Men 60+ and All Women, Together
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All times are tentative and may be adjusted after all entries have been received. Updated schedule will be posted on www.usatfne.org on March 22, 2006

SATURDAY MARCH 25

7:30 AM Registration

Track Events Schedule

9:00 AM	60 Meters	Preliminaries and Trials, All
10:00 AM	60 Meters	Finals, All
11:45 AM	Mile	All Women
12:15 PM	Mile	All Men
2:00 PM	400 Meters	Timed Finals, All
4:30 PM	4 x 800m Relay	All
5:00 PM	60 M Hurdles	Trials and Finals, All

Throws Schedule

9:00 AM	Shot Put	Women 70+
	Shot Put	Men 50-59
10:00 AM	Shot Put	Women 60-69
11:00 AM	Shot Put	Men 40-49
	Shot Put	Women 50-59
12:30 PM	Shot Put	Women 30-49
1:00 PM	Shot Put	Men 30-39
1:45 PM	Shot Put	Men 60-64
2:15 PM	Shot Put	Men 80+
2:30 PM	Weight	Men 50-59
3:15 PM	Shot Put	Men 70-79
4:30 PM	Shot Put	Men 65-69
4:30 PM	Weight	Men 30-49

Jumps Schedule

9:00 AM	Long Jump	Men 30-39
9:30 AM	Pole Vault	Men 50-59
10:00 AM	Long Jump	Men 40-49
12 noon	High Jump	Men 30-49
	High Jump	Men 70+
1:30 PM	Long Jump	Men 50-59
1:30 PM	Long Jump	Men 70+
1:30 PM	High Jump	Men 60-69
2:00 PM	Pole Vault	Men 30-49
2:00 PM	High Jump	Men 50-59
3:00 PM	Long Jump	Men 60-69
4:30 PM	Long Jump	Women, All

Athletes General Meeting to Follow Last Event



SUNDAY MARCH 26

8:00 AM Registration

Track Events Schedule

9:00 AM	200 Meters	Trials, All
10:15 AM	800 Meters	Timed Finals All Women
10:30 AM	800 Meters	Timed Finals All Men
11:45 AM	200 Meters	Finals, All
12:45 PM	3000m Racewalk	Women
1:30 PM	3000m Racewalk	Men
To Follow Walks 4 x 400m Relay All		

Throws Schedule

10:00 AM	Superweight	Women 60+
to follow	Superweight	Women 30-59
to follow	Superweight	Men 70+
11:00 AM	Superweight	Men 60-69
to follow	Superweight	Men 50-59
to follow	Superweight	Men 30-49
Superweight Men 30-69 may take place outdoors		

Jumps Schedule

10:00 AM	High Jump	Women, All
10:00 AM	Triple Jump	Men 30-39 AND M60+
11:30 AM	Triple Jump	Men 40-49
12:30 PM	Triple Jump	Men 50-59 AND All Women

2006 NATIONAL MASTERS INDOOR TRACK & FIELD CHAMPIONSHIPS

Reggie Lewis Track and Athletic Center
Boston, Massachusetts
March 24 - 26, 2006

Presented by USA Track & Field - New England

FACILITY/IMPLEMENTS

Six-lane, lightly banked 200 meter Mondo Track, nine lane straightaway. Use of starting blocks is restricted to those provided by the facility for the straight sprints/hurdles; personal blocks may be used on the 200m oval.

All shoes will be checked, with only 1/4" pyramid spikes or flats permitted, no hexagonal elements. Acceptable spikes will be available at the meet.

There will be one weight and two shot circles, throwing onto a synthetic surface. Only certified soft-shell shot puts and bag weight implements will be allowed for the indoor competitions. Superweight (men 30-69) may be contested outdoors.

Starting heights will be determined by facility equipment limitations and by the Games Committee. Minimum High Jump height will be 2 feet 8 inches; minimum Pole Vault height will be approx. 4 feet. Pole vaulters should bring their own poles.

COMPETITION ORDER

For track events the order is women followed by men, oldest to youngest. Age groups may be combined to fill sections. If the number of entrants in an age group does not exceed the number of available lanes, preliminary rounds of the 60 meters, 60 meter hurdles, and 200 meters will be eliminated; finals only will be run as scheduled. The Championships will not be delayed for any reason. NOTE: field event starting times may need to be adjusted due to the number of entrants.

DECLARATIONS

All track athletes, after picking up their number, must check in at the clerks' table prior to their event. Declarations must be completed no less than one hour before the listed starting time for the event. No exceptions! The final seeding will then be done and sections will be drawn.

Field event competitors must check in with the officials at their field event area. Any athlete who has not checked in prior to the first attempt will not be allowed to enter the competition.

ELIGIBILITY

Competition is open to all men and women 30 years of age and older, including non-US citizens. Individuals will compete in five-year age groups, relays in 10-year age groups. The meet will be run in accordance with USATF Competition Rules and Regulations. A 2006 USATF membership will be required for all US residents and card must be shown at number pick-up. Membership may be obtained on-line at www.usatf.org, through local associations, or on-site at the meet for \$20.

ENTRY

Early entry deadline is Monday, March 13, 2006. Entry fee is \$35 for the first event, \$18 for the second and \$15 for each additional event. Entry fee for the Pentathlon is \$65 (the pentathlon does count as a first event). After March 13 a late fee of \$12 per event will be charged. Late entries, additions and/or changes must be received by Monday, March 20, 2006.

Relay registration will take place on-site only at \$20 per team. Admission to the facility is free for competitors and guests. Final instructions will be posted on March 1st at www.usatfne.org/masters.

AWARDS

USATF Championship medals will be awarded to the top three places in each age group of each event final. Foreign athletes will receive a duplicate award. Championship patches will be presented to winners of individual events, with a limit of one patch per participant.

HEADQUARTERS HOTEL

Headquarters hotel is The Marriott Copley Place Boston, 110 Huntington Avenue, Boston - \$129 single/double and \$139 triple occupancy, 1-888-236-2427 or 1-617-236-5800. To get the special rates reservations must be made by March 13, 2006; mention the National Masters Championships at the time of making your reservation.

FRIENDS OF THE NATIONAL MASTERS CHAMPIONSHIPS

Help ensure the high quality of the Championships and future meets with a donation. All contributors will be listed in the official meet program and on the USATF-NE web site. Please consider one of the following:

- Platinum** - \$250 - Platinum level contributors will receive an event bag, polo shirt, t-shirt and pin.
- Gold** - \$100 - Gold level contributors will receive an event polo shirt and pin.
- Silver** - \$50 - Silver level contributors will receive a meet T-shirt and pin.
- Bronze** - \$25 - Bronze level contributors will receive a pin.

PAYMENT: Entry fee for all events must accompany your application. Make checks payable to USATF-NE. US funds only, drawn on a US bank. All fees must be paid prior to the meet.

MAIL TO: National Masters Indoor Championships
USATF-NE, P.O. Box 1905, Brookline, MA 02446
Street: 2001 Beacon Street, Suite 207, Brighton, MA 02135

ONLINE REGISTRATION:
WWW.USATF.ORG

A list of entrants will be posted beginning on March 1st
(617) 566-7600 office@usatfne.org
www.usatfne.org

2006 NATIONAL MASTERS INDOOR TRACK & FIELD CHAMPIONSHIPS - ENTRY FORM

Last Name _____ Male/Female _____
 First Name _____ Date of Birth _____
 Address _____ Age (as of 3/24/06) _____
 City _____ Club/Affiliation _____
 State _____ Zip _____ Citizenship (if not USA) _____
 Country (if not USA) _____ 2006 USATF Number _____
 Telephone _____ (USATF number is required!) _____
 E-mail address _____

Event	Best Recent Performance	Fee
Pentathlon (counts as first event)	_____	(\$65)
1. _____	_____	(\$35)
2. _____	_____	(\$18)
3. _____	_____	(\$15)
4. _____	_____	(\$15)
5. _____	_____	(\$15)
6. _____	_____	(\$15)

Late Fee for entries postmarked after 3/13/06, number of events _____ @ \$12 each: _____
Total Entry Fees: _____

*Masters Committee Surcharge (see note below) \$ **10.00**

T-shirt Order (pre-event only) Total number of T-shirts _____ @ \$14 each: _____
 S _____ M _____ L _____ XL _____ XXL _____

Friend of the National Masters Championships Contribution (\$250/100/50/25 /other): _____

TOTAL AMOUNT ENCLOSED: \$ _____

*The National Masters Track & Field Committee requires the Committee Surcharge. All such funds are forwarded to the Committee and will be used for Games Committee representatives to attend and assist at Championship meets.

All fees must be paid prior to the meet. Faxed entries will not be accepted.

WAIVER AND RELEASE: In consideration of your accepting this entry into the National Masters Indoor Track & Field Championships, I hereby for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I may have against USATF, USATF-New England, its employees, agents, officers, the Reggie Lewis Track and Athletic Center, Roxbury Community College, the sponsors, the volunteers and their representatives, successors and assigns for any and all injuries suffered by me in said event, or as a result of my travel to and from the competition. I attest and certify that I am physically fit and have sufficiently trained for the competition and that my date of birth is as stated on this application. I authorize meet personnel and its agents permission to request emergency medical treatment or care as necessary to insure my well being. I agree not to cover or alter my competitor number in any way on pain of disqualification, and I acknowledge that my entry fee is non-refundable, including if the event is canceled.

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T&F Awards

Continued from page 1

Award (W60 pole vault world record of 3.05).

The Outstanding Single-Performance awards went to Mel Larsen, M80, Ames, Iowa, and Oneitha Lewis, W45, New York City.

Larsen broke the M80 world record for the 80m hurdles with a 14.75 in the 16th WMA World Championships in Spain.

Lewis set the W45 world record for the weight pentathlon with a 5414 total in the USA National Championships in Texas.

Christel Donley, W70, along with Pawlik, was named Outstanding Combined-Events Athlete. Donley, Colorado Springs, Colo., won the W70 indoor heptathlon, indoor pentathlon and outdoor heptathlon.

Pawlik, in addition to a world record performance (7900) win in the WMA Championships, was the M65 champion in the indoor heptathlon and pentathlon and the outdoor pentathlon and decathlon.

Three athletes won both the track and the field age-group awards: Jim Stookey in the M75 group, Kathy Bergen, W65, and Ethel Lehmann, W75.

Several other athletes were multiple-award winners. Carmen Ayala-Troncoso, of Texas, the LDR Cross-Country Athlete of the Year, is also the W45 Track Athlete of the Year.

Kathy Martin, W50, of New York, the 2004 Masters Athlete of the Year; Marie-Louise Michelsohn, W60, of New York; and John Keston, from Oregon, are all LDR and Track Runners of the Year.

Teresa Vaill, W40, Pine Plains, N.Y., Ray Sharpe, M45, Louisville, Ky., and Paul Johnson, M65, Venice, Fla., were voted Outstanding Racewalkers.

Vaill, a 2004 Olympic racewalker, was undefeated in every race. She was also the Open Racewalking Outstanding Award winner.

Sharpe won the 10K national championships and set masters age records in winning open national championships. Johnson won every national title except the indoor 3000 and was third in the 5000 at the WMA Championships.

Among the age-group racewalking award winners were Elton Richardson, W65, Claire Elkins, W75, and Miriam Gordon, W80, all gold medalists in the 16th WMA World Championships in Spain.

Sandy Pashkin, Eugene, Ore., was selected as the Masters T&F Administrator of the Year. Pashkin served as the Championships Games Committee Chair, the Masters T&F Records Coordinator, on several committees, and as a WMA delegate. She was given the same honor in 1995.

Other individuals associated with masters received other honors. The 2005 President's Award Winners named at the Opening Session included Jo Ann Grissom, W65, a two-time Olympian, USATF official, and holder of multiple indoor and outdoor U.S. masters shot put records.

Bob Langenbach was honored with the John R. Davis Memorial Award, given by the Officials Committee. Langenbach is a long-time official in the Seattle area on the national level.

Norm Green, Masters LDR Committee Chair, received the Horace Crow, Jr., Award.

Kip Janvrin, who broke the M40 decathlon world record in the 16th WMA World Championships was awarded the John Bennett Decathlon Contributors Award.

The USATF Annual Meeting site for 2006 is Indianapolis, Indiana. □

- Jerry Wojcik

Sustainers for January 2006

Periodically, NMN publishes a list of "sustainers," those who help the *National Masters News* and masters athletics by making contributions. These extra funds allow us to publish more photos, deeper results, an in-depth schedule section, and more. We are grateful for the support of masters athletes.

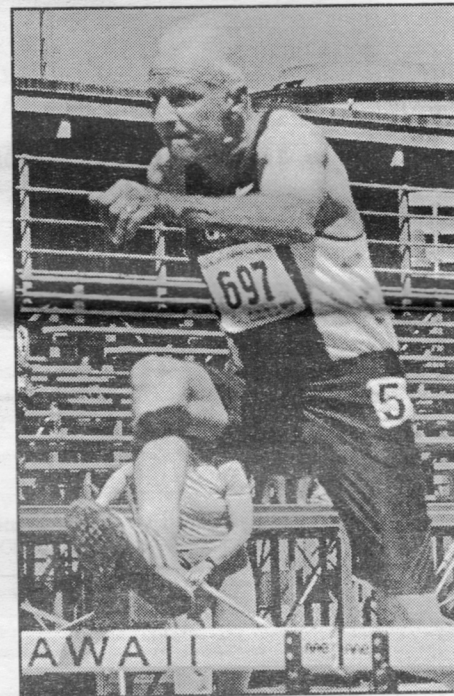
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- Please type and double space.
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SUZY HESS
James Stookey, winner of the 2005 M75 Athlete of the Year Award in both track and field.

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USATF National Masters T&F Championships

Meet	Site	Date
	2006	
Indoor Heptathlon	Kenosha, WI	March 4-5
Indoor & Pentathlon (24th)	Boston, MA	March 24-27
Outdoor & Pentathlon (3rd)	Charlotte, NC	August 3-6
Decathlon/Heptathlon	Seattle, WA	July 15-16
Weight Pentathlon	Bozeman, MT	August 19
Weight & Superweight	Seattle, WA	September 9
	2007	
Indoor Heptathlon	Kenosha, WI	March TBA
Indoor & Pentathlon (16th)	New York City	March 16-18
Outdoor & Pentathlon	Orono, ME	TBA
Decathlon/Heptathlon	Birmingham, AL	End of May
Weight Pentathlon	Spokane, WA	TBA
Weight & Superweight	Seattle, WA	September 8
	2008	
Indoor & Pentathlon	Boston, MA	TBA
Outdoor & Pentathlon	Spokane, WA	TBA



Track & Field Report

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

Jacksonville Business

As most of you know, the USATF Annual Meeting is where we conduct a major portion of our business for the year. This year in Jacksonville, Fla., your delegates and officers worked very hard to represent the best interests of USATF Masters Track & Field members. This included over 16 hours of strictly Masters Track & Field meetings, a two-hour joint meeting with LDR members, six-seven hours of executive committee meetings, six hours of regional coordinator meetings, eight hours of Board of Directors meetings, six-plus hours of the Awards Committee, plus other committee meetings, four hours of the General Competition Division of which Masters T&F is a part, and another five hours of General Meetings of the all USATF delegates.

The minutes and reporting in National Masters News will give you many details you may, or may not, wish to know. Thank you to all who contributed their time and talents. Following are my comments on what I believe were the most significant matters.

Restructuring

This might have been the most controversial issue brought forth at the meeting. This is not a new subject, but has come up on the radar screen because of amendments that were proposed to our Law and Legislation Committee this year.

There were three that dealt with the downsizing of the USATF Board of Directors. They all proposed a much smaller Board, around nine members or so, that probably wouldn't include a seat for Masters Track & Field. This is, of course, most disturbing to our member-

ship. Also, the exclusion of the word Masters (the word "All" doesn't seem to make it with our members) in the new USATF mission statement. The reference to the support of the professional athlete didn't go over very well either.

The downsizing of the Board is in direct relation to the wishes of the USOC to have the Federations make their Boards similar to the USOC's. Besides the small number of members, it is not constituency based. This would be a big change for the USATF Board, which is constituency based.

We must not overreact and/or be hasty in any reaction to these "proposed" changes. We still have another year before anything would be done, and it couldn't take effect until after 2008, according to Bill Roe, USATF president. The Masters Track & Field Executive Committee has

asked me to establish an ad hoc committee to study this situation and look at all our options. This is already under way.

USATF Membership Fee Increase

This was really a hot topic. Much lobbying and testimony was introduced at the General Competition committee by all sides. The Youth Committee took a very provocative stance on not increasing the membership fees. There was a significant sense that the adult members could stand an increase.

Several members of the Associations Committee felt that an increase would reduce membership, and convinced Allen Roth to do a study on the effect of an increase on membership. I believe that is an impossible task and that the increase will not have any effect on membership. If USATF membership isn't worth \$30 a year, then we aren't much of an organization.

The Masters Track & Field Committee voted to support a \$10 a year increase in membership fees, from \$20 to \$30. The major concern we have is in how the incremental dollars are applied to our committee. The USATF National Office put out a discussion draft on this called Membership Restructuring. There is some very important information in this document, which is to be used as a baseline starting point for negotiation.

The bottom line is that the Masters Track & Field Committee wants a higher share of the increment so we can realize the plans laid out in our Strategic Plan.

The discussion draft asked for input on the subject to bill.roe@usatf.org and/or Karen Krasak at n2track@aol.com, and I would appreciate a copy also to george.



JERRY WOJCIK

George Mathews shared the M60 Field Athlete of the Year Award with Matti Kilpelainen.

mathews@adelphia.net. The decision will be made by the USATF Board of Directors and won't take effect until 2007 at the earliest.

Age-Group Change

USATF Masters Track & Field (including racewalking) now goes down to age 35 for men and women.

This was a very hard fought rule change to comply with the IAAF/WMA change. Apparently, Masters LDR has some commitments for future races which would be impacted by this rule change.

Finally, after many appeals, Masters LDR was given until 2010 or 2011 to comply. Masters Track & Field, including masters racewalking, starts at 35 years of age beginning in 2006.

These are just a few of the many important matters dealt with. After reviewing the official and unofficial minutes, if you see something you want to comment on, please feel free to contact me.

Thanks for a great 2005. Happy Holidays, and a faster, higher and longer 2006. □



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Third Wind

By MIKE TYMN

Is a 30-foot Long Jump Pure Twaddle?

"I never said it was possible, I only said it was true." — Sir William Crookes
Imagine yourself a track and field official judging the long jump competition. A competitor walks up to the take-off board and stands stationary on it for several seconds while balancing on one foot. He appears to go into a trance, then rises a foot or two into the air, floats 30 feet and gently touches down at the end of the pit. Would it be a legal "jump"? Would it be a new world record? If not, why not?

"Ridiculous!" you say. Perhaps not. While Daniel Dunglas Home (pronounced "Hume" or "Hoom"), who was born in Scotland in 1833 and raised in Troy, New York, may not have performed such a feat in the athletic arena, he was observed levitating and floating through the air by a number of credible people, including one of the world's leading scientists.

His most famous levitation is said to have taken place on December 16, 1868, on the third floor of Ashley House, the London mansion of Lord Lindsay. It was witnessed by Lord Lindsay, Lord Adare, and Captain Charles Wynne.

On the Outside Looking In

After the three men and Home were seated, Home slumped in his chair and went into a trance. He then got up and walked out of the room. The three men apparently didn't know what to make of the departure and remained seated. They then heard the sound of a window in the adjoining room being raised. They looked out the window in their room and saw Home standing on air, three stories above the ground. Home then floated to the closed window out of which they were looking, opened it, stepped into the room, went to his chair, and sat down, still in a trance state.

As the three men questioned what they had seen and wondered how Home got out the window in the adjoining room, which was open only a foot or so, Home got up from his chair, walked to the other room, went through the open space, head first, and then floated back in the same window, feet first.

On March 4, 1869, Adare, Wynne, and Adare's father, the Earl of Dunraven, accompanied Home on a tour of the ruins of Adare Abbey. There they observed Home leave the ground and float horizontally for, according to Adare, "at least ten or twelve yards." (The first 30-foot long jump?)

Balderdash!

Most who heard the stories dismissed it as so much humbug, suggesting that Home was either a magician or hypnotist, or that the witnesses had had too much to drink. However, there were so many other stories about Home that Sir William Crookes, one of England's most distinguished scientists, decided to investigate him.

A Fellow of the Royal Society, Crookes studied and taught at the Royal College of Chemistry before becoming a meteorologist at the Radcliffe Observatory, Oxford. In 1861, he discovered the element thallium,



Daniel Dunglas Home

and later invented the radiometer, the spintharoscope, and the Crookes tube, a high-vacuum tube which contributed to the discovery of the X-ray. He was founder and editor of *Chemical News* and later served as editor of the *Quarterly Journal of Science*.

Scientific Investigation

Knighted in 1897 for his many contributions to science, Crookes was not someone to be easily duped, as he assumed was the case with those people reporting on Home's levitations and other strange phenomena coming from him. In fact, Crookes undertook his investigation intent on demonstrating fraud.

He opined that the increased employment of scientific methods would drive such stories into the unknown limbo of magic and necromancy.

But upon closely observing and studying Home, Crookes changed his views. "The most striking cases of levitation which I have witnessed have been with Mr. Home," Crookes wrote after 28 "sittings" with Home over a two-year period (1870-71), stating that he saw Home levitated on three different occasions, and that there were at least a hundred recorded instances of Home rising from the ground in the presence of many credible witnesses.

In one of the levitations, Crookes passed his hands under Home's feet and over his head to rule out any kind of invisible wires, as was suggested by some of Crookes' scientific colleagues.

Unseen Forces

Crookes referred to Home "being levitated" rather than Home having the ability to levitate himself, as Home

claimed his "spirit controls" were lifting him. In fact, when levitating in the upright position, Home's arms were usually rigid and drawn above his head, as if he were grasping the unseen power raising him from the floor. When he went horizontal, it was as if invisible hands were supporting his body.

In addition to levitations, Crookes and his guests witnessed floating tables, luminous "spirit hands," and beautiful music coming from an accord floating in the air, while also hearing the spirit voices. In one sitting, Ellen Crookes, Sir William's wife, was levitated while sitting in a chair. All of it took place in clear light.

Crookes asked the communicating spirits why there was so much tomfoolery and they explained that they had just learned how to produce such phenomena and were experimenting on their side just as Crookes was on his side. Voices were sometimes heard in which one invisible being seemed to be instructing another invisible being on how to effect the levitation.

Distinguished Defenders

Many affluent and distinguished people were among the observers at the Crookes home, including Dr. Alfred Russel Wallace, co-originator with Charles Darwin of the natural selection theory of evolution. (In fact, the "survival of the fittest" concept came from Wallace, not Darwin.)

On one occasion, Wallace and Crookes, two of the world's most famous scientists, were crawling around on their hands and knees under a levitating table searching for some kind of physical explanation.

In his book, *Perspectives in Psychical Research*, Wallace defended Crookes against attacks by other scientists who had concluded that Home was a magician and that Crookes had been duped.

One of the critics, Sir David Brewster, sat with Home and saw a table levitate right in front of him, but still concluded that since there was no natural explanation for what he saw that Home had to be a magician. Brewster scoffed at the idea that spirits played a part in it and saw no other explanation beyond sleight of hand that was beyond his understanding.

"To reject the recorded evidence on this subject is to reject all human testimony whatever; for no fact in sacred or profane history is supported by a stronger array of proofs," Crookes wrote, stating that he took every possible precaution to rule out fraud.

Demonic Influences

Scientific fundamentalists were not the only scoffers. Religious fundamentalists joined in, calling it demonic. The Rev. William Stainton Moses, a minister of the Church of England and English Master at University College, called the reports on Home the "dreariest twaddle" he had ever come across.

Not long after making that statement, Moses found himself being levitated. His levitations were also witnessed by credible people, including his best friend, Dr. Stanhope Templeman Speer, who had earlier referred to such phenomena as "stuff and nonsense."

Sir William Barrett, professor of

physics at Royal College of Science in Dublin and a pioneer in the commercial development of the telephone and transformers, also investigated similar phenomena and reported observing a heavy table being levitated some 18 inches off the ground.

He climbed on the table and sat on it to try to force it back to the floor, but the table "swayed to and fro" with Barrett on it until he fell off. The table then inverted itself on the floor and Barrett found that he could not budge it. When Barrett ceased his effort, the table righted itself on "its" own accord. All the while, Barrett could hear an "amused intelligence."

Sir Oliver Lodge, a distinguished British physicist and pioneer in electricity and radio, observed and verified similar phenomena in his investigation of the paranormal. So did Dr. Charles Richet, a Nobel Prize winner in medicine.

Athletic Applications

So if such things are possible, why haven't we seen them in the athletic arena? Why doesn't some modern day D.D. Home long "jump" 30 or 40 feet or perhaps high jump 10 feet? The answer to this question may have been explained by Home, as he came to understand it from his "spirit controls."

As Home told Crookes and others, he could perform only when both his mind and those of the people around him achieved a certain harmony. If there was too much doubt, there was no power. When ego or material gain was the objective, the power left him. (Home considered it an insult if anyone offered to pay him).

Negative Vibes

When the "vibes" were essentially negative, nothing happened. One such day was May 28, 1873, Derby Day in London. Home was told by his spirits that the moral atmosphere was so negatively charged from all the gambling and drunkenness that no phenomenon of any kind could be generated.

Considering the moral atmosphere in the world today, it seems safe to say that we won't be seeing any superhuman world records produced in the immediate future. □

(Mike Tynn can be contacted at METGAT@aol.com)

FIVE YEARS AGO

January 2001

- James Stookey, 70, and Phil Raschker, 53, Selected as Top Masters T&F Athletes for 2000 at USATF Meeting in Albuquerque
- Judi St. Hilaire, 41, and John Tuttle, 42, Among 25 LDR Runners Honored
- Jack Starr, 72, and Victoria Herazo, 41, Named Racewalkers of the Year
- Johnny Gray, 40, and Oneitha Lewis, 40, Win Outstanding Single Performance Awards
- Becky Sisley Named T&F Administrator of the Year

By RON M ROSEVIL
a blustery day with gusts registered in the annual Big Bird just north of were masters
Numbers southeast M races. Race d mised, "I b reports about people away.

The foreca time! Fortun ing about any the pedestria that crosses I

But the da and unseason tures hover Considering sleet, rain, a veteran runner Big Bird. W

There were 10K - all with the overpass Race starts w ers could also which a few r

A compar recent Big B a negative ef much as one 10K.



Big Winds at Big Bird Runs

By RON MARINUCCI
ROSEVILLE, Mich., Nov. 13 – On a blustery day – high wind advisories with gusts reaching 40-45 mph – 751 registered runners met for the 27th annual Big Bird Runs in this suburb just north of Detroit. Of these, 322 were masters runners.

Numbers were down from one of southeast Michigan's most popular races. Race director Tony Lipinski surmised, "I believe that the weather reports about rain and high winds kept people away."

The forecast rain was nowhere to be seen, but the wind showed up – big time! Fortunately, Lipinski said nothing about any runners being blown off the pedestrian overpass on the course that crosses I-696 twice.

But the day was dry, mostly sunny, and unseasonably warm, with temperatures hovering near 60 degrees. Considering past Big Birds with snow, sleet, rain, and even stronger winds, veteran runners could joke, "It's the Big Bird. What did you expect?"

There were three races – mile, 4K, 10K – all with flat courses except for the overpasses in the marquee 10K. Race starts were staggered so one-milers could also run either the 4K or 10K, which a few masters did.

A comparative glance at results from recent Big Birds showed the wind had a negative effect on most times, by as much as one to three minutes in the 10K.

Masters runner Todd Kelly, 44, was third in the mile (5:12), returning to pace all masters again in the 4K, with a 13:52, good for fourth overall.

A new arrival to the masters division, Paul Aufdemberge served notice that he'll be a force in the future. Considering the wind – "It was bad out there; we had to run together" – his 32:15 (age-graded 31:00) was even more impressive. It was good for second overall by a mere nine seconds. Tim Emmett, 59, ran a 37:49.

Cathy Dean, 49, paced the masters women in 44:51, while Ellen Nitz, 65, finished in 53:44 (AG 40:20).

Joe Thornburg, 89, continued his impressive string of finishes, winning the M85 division in 1:30:55. Eighty-four-year-old James Lovat's 1:11:03 was good enough to win his age-group.

The M60 division attracted attention with some remarkable times, considering the wind and a spill that affected the runners.

Doug Goodhue, 63, was the grand-masters champion in 38:14 (30:34), exactly what he posted in 2004. He was chased by Gerard Malaczynski, 63, who finished in 38:27 (30:46). Jim Carlton, 62, ran a 40:20 (32:34), and Das Campbell (60) was right after that in 40:45 (33:56). Whew!

Of course, what would the Big Bird be without Darrell McKee, who has run all 27 Big Birds? Afterward, he said hoarsely, "I'm really sick. Any other race I wouldn't have run. It's still the



GEORGE BANKER
Alisa Harvey, first W40 (17:48), PVI Runfest 5K, Fairfax, Va.



MIKE POLANSKY
Ken Bohan, 43, first master (17:09), Rob's Run 5K XC, Syosset, N.Y.

big race." He added, "but it was awful windy." He noted that Russ LaBarge "also finished. He's run 'em all, too."

McKee, who's 71, praised race director Lipinski. "Tony does a great job, really a remarkable job with age-groups."

Age-group awards went up to 85-89,

with three to five given out per category. McKee said it's great that the Big Bird recognizes the older runners.

"You still give it all you got. And we're [the old guys!] still out there [racing]." □

(Ron Marinucci can be reached by e-mail at ron_marinucci@comcast.net)

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

Sports Massage – Is it Therapeutic?

Following is a topic I'm sure most of us don't want to question. Is sports massage after exercise therapeutic? Does it do us any good? Jonhague and associates at the Section of Sports Orthopedic Surgery, Stockholm, Sweden, studied 16 athletes in an effort to answer this question.

Each athlete underwent eccentric contractions of the quadriceps muscle. Massage was performed on one leg while the other leg served as a control. Functional tests on a dynamometer were performed as a visual analog to record pain.

Results showed no effect of massage on muscular performance. In other words, the researchers did not find that sports massage of the quadriceps muscle

had any effect on local recovery after exercise. Nor did they find any effect on pain or soreness that normally follows this kind of exercise.

Since this was a small study, I think we can continue with sports massage in case a larger study shows that it does some good! □

(Dr. John Pagliano can be reached by e-mail at thefootbeat@aol.com)

Happy New Year from the staff at NMN

USATF National Masters LDR Championships

Date	Event	Location
2006		
Feb. 4-5	Rocky Raccoon 100 Mile Trail	Huntsville, TX
Feb. 18	8K XC	New York, NY
March 5	Long Island 50K Road	Long Island, NY
June 3	Teva Mountain Games 10K Trail	Vail, CO
June 17	Mt. Washington Hill Climb	Gorham, NH
July 29	White River 50 Mile Trail	Crystal Mountain, WA
Aug. 26	Headlands 50K Trail	Sausalito, CA
Sept. 23	Heritage Oaks 10K	Paso Robles, CA
Oct. 1	Twin Cities Marathon	Minneapolis, MN
Oct. 15	DuPont Forest Trail Marathon	Asheville, NC
Oct. 15	5K XC	Saratoga Springs, NY
Dec. 9	Club XC/M-10K & W-6K	San Francisco, CA
2007		
March 4	Long Island 50K Road	Long Island, NY
Aug. 25	Headlands 50K Trail	Sausalito, CA
Oct. 14	DuPont Forest Trail Marathon	Asheville, NC

LDR Awards

Continued from page 1

Athletes of the Year Ginette Bedard, W70, New York, in the New York City Marathon, and Hedy Marque, W85, Virginia, at the Cherry Blossom Run 10 Mile.

Bill Borla, M65, Connecticut, ran a record in the New Milford Moonlight Run 5K, and Ray Parrella, M70, Indiana, set a new mark at the Rodes City Run 10K.

The remaining female winners welcomed two newcomers, Marie-Louise Michelsohn, W60, New York, who won the Masters 5K and 10K Championships, and Evelyn Cockerham, W90, Texas. The remaining female winners were repeats from last year: Kathryn Martin, W50, New York, who won the Masters 8K Championship in Hawaii, as well as

the 5K Championship; Gloria Jansen, W55, Minnesota; and Helen Klein, W80, California.

The male runners included two more rookies: Terry McCluskey, M55, Ohio, and Don Coffman, M60, Kentucky.

Repeaters from last year included Gary Romesser, M50, Indiana, who won the Masters 10K Championships, and Henry Sypniewski, M85, New York. Runners reclaiming their athlete-of-the-year mantle after an absence were John Tuttle, M45, Georgia; Jerry Johncock, M75, Michigan, who won the Masters Marathon Championship; Dudley Healy, M90, New Jersey; and Abraham Weintraub, M95, New York.

Recipients of the Paul Spangler Athlete of the Year award, presented to the oldest award winners, were Cockerham and Weintraub. The Otto Essig Award for meritorious service to Masters Long Distance Running was given to the Twin Cities Marathon. □

—Don Lein



Peter Magill (r), M40, and Scott Bagley, M40, at the finish line in the USA National Club XC Championships 10K. Magill was declared the winner, with both timed in 32:46.

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Men's Title Goes Down to the Wire

Club NW, Team Runners High Winners in National Cross-Country Championships

By BILL QUINLISK

ROCHESTER, N.Y. – The USATF National Club Cross-Country Championships moved to the East Coast this year as the Genesee Valley Harriers Running Club hosted the event on a dry, sunny, 45° cool day on Nov. 26.

Billed as the "Feast in the East," this year's event featured a field of over 900 runners including 300+ masters athletes. With 49 complete masters teams, this year's event was the largest ever in terms of the number of scoring teams. Masters men ran 10K, with the masters women going 6K on the 2000m loop course at Genesee Valley Park.

In the women's race, Carmen Ayala-Troncoso, Austin, Texas, took command of the course from the gun, winning overall in 21:44, and claiming the W45 title.

According to Ayala-Troncoso, "Winning doesn't get old, but it gets harder and harder. It was windy, but it was a beautiful day. I think I ran the first half a little too fast because I wanted to warm up. I was doubting myself between two and four kilometers, but it turned out okay. I'm ecstatic to win another national title." She was also the age-graded women's champion with her winning time equating to an 89.7%.

Other women's national age-group titles were won by Karen Steen, W40; Cathy Utzschneider, W50; Carolyn Smith-Hanna, W55; Mary Shaver, W60; Carrie Parsi, W65; and Mary Harada, W70.

Seattle's Club Northwest, led by Regina Joyce's second-overall finish, packed four runners in the top eight to successfully defend its W40-49 team title, defeating the host Genesee Valley Harriers, 11 points to 26. The Genesee Valley Harriers won team titles in the W50-59 and W60-69 divisions.

The masters men's race saw Pete Magill, South Pasadena, Calif.; 1984 Olympic marathoner John Tuttle, Atlanta, Ga.; and Scott Bagley, Pittsford, N.Y., in a fierce battle over the last 100 meters, with Magill emerging victorious with a lean at the tape over Bagley in the identical time of 32:46.

Tuttle's 32:49 was good for the M45 national title and was the age-graded best (91.3%). The finish was so close that a Lynx camera was used to call the victor.

After the race, Magill said, "Last year in Portland, I tripped in the middle of the race and had to fight just to get third. When I hit that last stretch with Tuttle and Bagley, I thought, I'm not going to wait another year to do this, I'm going to give everything I've got to get it this year.

"I didn't know over the last 20 yards whether I was going to win the race or fall on my face. Every third step, I felt that my legs were about to give out on me. Scott's team (host Genesee Valley Harriers) and my team (Team Runner's High) are in a heck of a battle right now. This is the club championships, and that's what it's all about."

Additional men's national age-group titles were won by Tom Ryan, M50; Terry McCluskey, M55; Terry Delph, M60; Bill Borla, M65; Ray Parrella, M70; and Richard Sullivan, M75. Team Runner's High from the Southern California Association won the M40-49 title.

Age-group team winners were Derby City AC, M50-59; Raritan Valley, N.J., M60-69; and Belle Watling, N.Y., M70+.

The 2006 Club Cross-Country Championships will be held Dec. 9 in San Francisco, Calif., at Golden Gate Park. □

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The USATF (Trail) Council on Dec. 3 at a breakfast Mountain Run Bernie Boettcher Masters Ultra William Emer

Boettcher and masters runner Championship at the Mas Running Cha England, in S 20th M world against

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Mountain, Ultra, Trail Honors Masters at USATF Annual Convention

The USATF MUT (Mountain, Ultra, Trail) Council Awards were presented on Dec. 3 at the USATF annual meeting breakfast banquet. Masters Mountain Runners of the Year are Bernie Boettcher and Lisa Goldsmith. Masters Ultrarunners of the Year are William Emerson and Tania Pacey.

Boettcher, 43, Silt, Colo., was second masters runner in the USATF Trail Championships and the top American at the Masters World Mountain Running Championships in Keswick, England, in September, where he finished 20th M40 (26th overall in the world against all masters).

He was the Trail Runner Trophy Series Masters Champion in 2004 and showed his prowess in snowshoe racing as the top master at the North American Snowshoe Championships, placing third overall.

Boettcher says of his involvement in mountain and trail running, "I believe my relentless promotion of the sport has inspired others to run more. I've tried to do it through example."

Boettcher is a columnist for Trail Runner magazine and an accomplished artist working in media as diverse as sculpture and oil painting. He designs all of the Teva Vail Mountain Trail Running series T-shirts. Boettcher spends time running near the trails and open space surrounding his home with his girlfriend, Jeanne Blatter.

Lisa Goldsmith, 41, Nederland,

Colo., had a stellar year in 2005. She started the year with a win at the Maui Run to the Sun (her first ultramarathon), following up with a win at the Pikes Peak Ascent and second place (first master) at the Barr Trail Mountain Race.

Goldsmith was the first master at the USATF 10K Trail Championships, the Northfield Mountain Race, and the Teva Vail Hill Climb. Her successful season extends from races to hosting numerous clinics in support of the sport. She is a licensed massage therapist.

William Emerson, 41, Portland, Ore., is a repeat winner of this award, having earned masters honors in 2004.

Emerson posted many top finishes in 2004-2005, including wins at the Ron Herzog 50K, the Hunter S. Thompson 50K, the Hilo to Volcano 50K, and the Quad Dipsea 28 Miler.

He was fourth overall and first master at the McDonald Forest 50K, second overall and first master at the Siskiyou Outback 50K, and second overall at the USATF 50 Mile Trail Championships White River 50, and masters national champion. He finished third overall and was masters champion at the USATF 50K National Trail Championships.

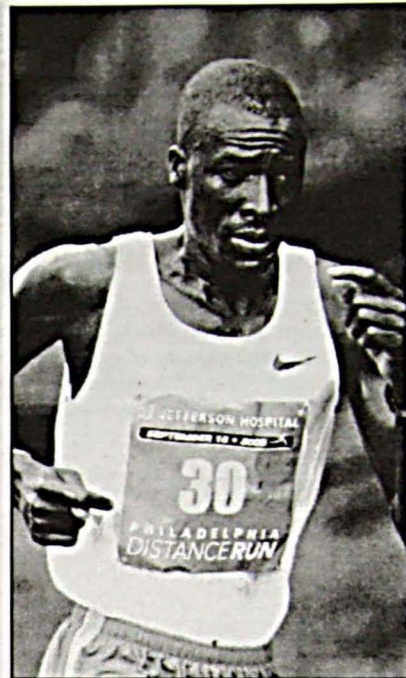
Emerson serves on the USATF MUT Council.

Pacey, 46, Littleton, Colo., finished ninth in the world at the IAU World



GEORGE BANKER

Steve Forman, first M65 (21:08), PVI Funfest 5K, Fairfax, Va.



VICTOR SAILER / PHOTO RUN

Mbarek Hussein, M40 LDR Runner of the Year for 2005.

Cup 100K in Lake Saroma, Japan, with an 8:29:19 and, along with her teammates, won the gold medal in team competition.

With her top-10 finish, Pacey was named to the 2006 100K World Team, slated to compete in South Korea in October 2006. She is the winner of the Trail Runner Trophy Series Marathon & Shorter Division.

She was top master at the Leadville

Trail 100 Miler (third overall), top finisher at the Goblin 50K and Greenland 50K, set a new record at the Spring Desert Ultra 50 Miler, and placed second at the Sunmart Texas Trail 50 Miler.

She represented the U.S. at the World Masters 100K Championships in Argentina on Dec. 11. Pacey is a realtor with Re/Max 100, Inc., in the Denver area. □

Come Run with us Mister

The 8th Annual Sprint Mardi Gras Mambo

10K and 1 mile Fun Run

February 18, 2006

Overall 10K Male and Female Champions Receive \$500.00

Overall 10K Masters and Grandmasters Male and Female receive cash prizes.

- Visit Historic Downtown Baton Rouge
- Come see what the South has to offer!

Run the Sprint Mambo and Receive:

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Stay at the premier downtown headquarter hotel of the Sprint Mardi Gras Mambo, the Baton Rouge Sheraton and receive their special Sprint Mardi Gras Mambo Rate! See the website for more information.

Registration Information
Cost is \$ 12.00 Pre-registered (Entries postmarked by 2/4/06)
\$ 15.00 Feb. 5 - Feb. 17
\$ 18.00 Race Day



The Baton Rouge Area Sports Foundation and Club South Runners are hosting the 8th Annual Sprint Mardi Gras Mambo 10k and 1-mile fun run & walk. Race participants can expect to run a flat fast course starting from the Argosy Atrium, to the Louisiana State University Campus and returning to downtown Baton Rouge via the historic River Road. After the race, stay and watch the Krewe of Orion and Mystique Mardi Gras Parades. Last year the Mambo had runners from all over the United States coming from as far as Washington and Maine. Contact us at 225-382-3596 or visit www.mardigrasmambo10K.com for more info and race form. Visit www.active.com/active to register online.



Masters Racewalking

By ELAINE WARD

Racewalkers Recount Experiences at Championships – Part IV

As most of you know, August was the month of the Nationals in Honolulu, Hawaii, and the World Championships in San Sebastian, Spain. This, the fourth column in a series, reflects more comments received from those attending these races. The USA medal count at the World Championships: 8 gold, 7 silver and 5 bronze individual medals; 5 gold, 1 silver and 2 bronze team medals. —ew

John Backlund, M65. Nationals: 5K, 1st, 30:47.25; 10K, 1:05:04. Worlds: 5K, 16th, 31:20.28; 20K, 11th, 2:09:54 (bronze medal 20K team – Backlund 2:09:54; Ted Moore 2:13:54, Bernie Finch 2:32:03, total 6:55:51 —ew)

I would not return to Hawaii for a racewalk. The organization was poor, although it did improve later in the meet. Spain was great. I started training for the world 20K in January. I knew my chance in the 5K for a medal was a non-starter. I did a lot of distance work and switched over to more speed work in July. I ended up by injuring myself three weeks before the National Championships and walked very little before Hawaii.

As my 5K time in Hawaii wasn't so good, I was concerned about the 5K in Spain. There were 30 of us on the track and I did not feel ready when the race started.

I did feel ready for the 20K. We had chips, but it was the gun time that counted. So I got in the front row even though I worried about being run over, as I like to start slow. Not a problem.

Team Medal

I had a good effort and received my

first medal, a team bronze. Made it worth all the time and effort.

Except for the inconsistent judging, the World Championships in Donostia-San Sebastian was well run. Everything was on time and everyone knew what to expect. The facilities were much better than Puerto Rico (my only other world championships).

The road course was well marked, but had varying, uneven surfaces which caused some to fall. Darlene (Backlund) and I would definitely go back to San Sebastian, and if they bid again, I would support their efforts.

Darlene Backlund, W55 & W60. Nationals, W55: 5K, 3rd, 34:34.93; 10K, 3rd, 1:12:43; Worlds, W60: 5K, 13th, 34:28.21; 10K, 15th, 1:11:07.

I can sum up the World Masters Championship in Spain in two words: "Absolutely fantastic!"

Super Venue

The venue was superb, and with the two stadiums so close together, it was easy to watch different events. The weather in Spain was much more conducive to racing than the high humidity in Hawaii, and the games were very well organized.

We stayed in Old Town in San

Sebastian where the activity continued most nights until 3 a.m. It definitely is the tourist mecca of Spain and understandably so. The scenery is spectacular.

The most exciting race for me was the 10K. Before the race, when we were having photos taken of the USA women, it was impressive to see how many women from other countries wanted their picture taken with us.

Then, being at the start line with about 160 women gave me goose bumps due to the excitement. I could not have hoped for a better ending.

Golden Achievement

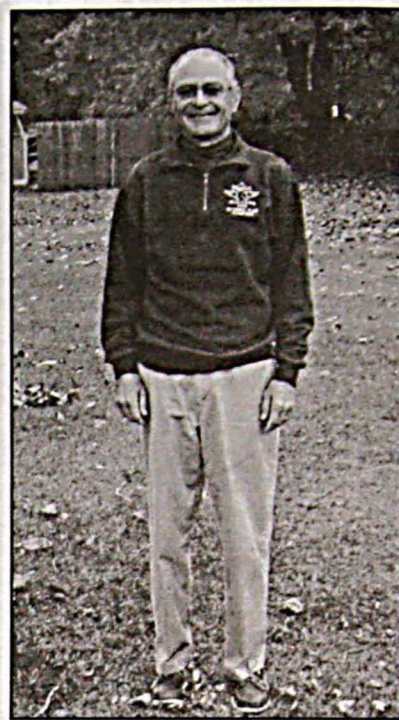
I managed to be the third USA woman in my age group which was my goal. Jolene Steigerwalt, Kathy Frable and I were sure we had a medal, but didn't know which one. When I learned we had gold, I cried due to the ecstatic feeling it gave me. I definitely like the feeling of being on a team and appreciate being a member with two women I highly respect.

Besides receiving a gold medal and standing on the podium, the thing I will remember most is the opening ceremonies. To walk into the stadium to the sound of the huge cheering crowd was overwhelming. I could just imagine how our Olympic athletes must feel.

In Favor of Uniforms

When filling out the application for Spain, I was extremely pleased to see that we were required to purchase a singlet so that all USA participants would have the same uniform. My only other experience of world competition was in Puerto Rico, where I thought the USA team looked really poor since we didn't have matching uniforms.

I purchased the shorts to match the



JERRY WOJCIK
Leon Stasionowski, M60 Outstanding Racewalker for 2005.

"Spiderman" singlet, thinking it would add to the uniformity. However, when we got to the Games and saw that we didn't all have the same uniform, I was very disappointed.

It seems that the USA Masters Track & Field organization should be able to come up with a masters uniform that would stay the same year after year. I admit feeling embarrassed about how the USA looked. □

(Elaine Ward can be contacted by e-mail at narwf@sbcglobal.net. — ew)

OUTSTANDING MASTERS MALE & FEMALE RACEWALKERS

Selected by the USATF Masters
Track & Field Committee

Men	Women
1978 John Allen	
1979 Ron Laird	Lori Maynard
1980 None	
1981 Gordon Wallace	Lori Maynard
1982 Bob Mimm	Bonnie Dillon
1983 John Knifton	Beverly LaVeck
1984 Larry Walker	Jeanne Bocci
1985 Bob Mimm	Ruth Leff
1986 Giulio de Petra	Beverly LaVeck
1987 Max Green	Ruth Eberle
1988 Bob Mimm	Marie Henry
1989 Larry Walker	JoAnn Nedelco
1990 Eugene Kiits	Viisha Sedlak
1991 Max Green	Viisha Sedlak
1992 Ray Funkhouser	Elton Richardson
1993 Don DeNoon	Sally Richards-Kerr
1994 Don DeNoon	Elton Richardson
1995 Max Green	Elton Richardson
1996 Jonathan Matthews	Bev LaVeck
1997 Dave Romansky	Jane Dana
1998 Dave Romansky	Lyn Brubaker
1999 Jonathan Matthews	Lyn Brubaker
2000 Jack Starr	Victoria Herazo
2001 Paul Johnson	Gayle Johnson
2002 Paul Johnson	Sherry Brosnahan
2003 Jack Bray	Shirley Dockstader
2004 Jack Starr	Teresa Vaill
2005 Ray Sharpe/Paul Johnson	Teresa Vaill

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TEN YEARS AGO January 1996

- Warren Utes, 75, John Keston, 70, and Rae Baymiller, 51, Among 25 LDR Runners Honored at USATF Meeting in Atlanta
- Steve Robbins, 52, and Phil Raschker, 48, Named Top 1995 U.S. Masters T&F Athletes
- Max Green, 63, and Elton Richardson, 56, Voted Best U.S. Masters Racewalkers
- James Barineau, 40, Wins Best Single Performance for His 2.11/6-11 Long Jump
- Sandy Pashkin Named Outstanding T&F Administrator

USATF National Masters Racewalking Championships – 2006

Date	Event	Site
January 15	30K RW	Chula Vista, CA
February 12	50K Masters/Open	Clermont, FL
March 26	3000m Indoor	Boston, MA
May 7	15K	Riverside, CA
August 4	5000m (track)	Charlotte, NC
August 6	10K	Charlotte, NC
September 10	40K Masters/Open	Ocean Township, NJ
October 15	1-Hour Masters/Open	Waltham, MA
November 12	20K	Clermont, FL

Outstanding Racewalkers – 2005

Selected by the Masters Track & Field Committee of USATF

Age	Age-Group Awards	
	Women	Men
30	Deb Herberly	Tim Seaman
35	Jolene Moore	Kurt Clausen
40	Teresa Vaill	Bill Vayo
45	Heidi Hauch	Ray Sharpe
50	Lynn Tracy	Steve Pecinovsky
55	Kathy Frable	Max Walker
60	Jolene Steigerwalt	Leon Jasionowski
65	Elton Richardson	Paul Johnson
70	Grace Moreman	Jack Bray
75	Claire Elkins	Jack Starr
80	Miriam Gordon	Bob Mimm
85	Fan Benno-Caris	Troy Grove

By PHIL
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Masters T&F Awards Committee Report

By PHIL BYRNE
Chair, Masters T&F
Awards Committee

The Masters Track & Field Awards Committee met this year at the USATF Annual Meeting. The winners' names were posted on the Internet shortly after they were announced, and further details are provided in an accompanying article. Thus, this seems like an appropriate time to review again the policies and procedures that we follow in selecting the winners.

Eligible athletes are U.S. citizens age-30-and-over competing as masters in at least one masters meet or in the masters event of all-comers meets.

We then look at all the performance marks for those athletes. We look at all U.S. meets that we believe are well run (properly timed, measured, etc.), as well as major masters meets conducted outside the U.S., such as the WMA World Championships and the World Masters Games.

We are looking at track meets, not road racing, and do not include relays, since an individual athlete's performance there is generally not reported. We include performance in preliminary heats, when reported and helpful to the athlete.

We are aware that some marks may have been wind-aided and would not qualify for a record, and count on the knowledge of the committee to advise us of such factors so that we can treat the mark appropriately.

The basic source of the data base we compile is the Rankings data base compiled by Dave Clingan and Larry Patz. Therefore, we use marks for the current year only.

That information is re-worked into a file for Awards Committee use, and is pruned down to include the best marks for the top four to eight athletes in each five-year age group for men and women in track and in field.

The file is also compared to the Records Committee report on approved records, so that our file has annotation of both approved records and conditional "records" that have not (yet) been approved.

We include information on both one-year and five-year age-graded performances using the new 2002 standards. We include performance data to the beginning of the meeting, but that means marks achieved in December are not counted. We are not aware of any cases where such a mark would have changed a decision.

Considerable time and effort is spent confirming any marks that appear erroneous, and confirming the age and citizenship of potential winners. We also welcome nominations for and from anyone, but that is not at all necessary.

The Awards Committee of 12-15 people includes a cross-section of athletes from all ages, different parts of the country, and disciplines.

The common denominator is that they are at the Annual Meeting, willing to spend several hours going carefully through the data, and are both knowledgeable and objective.

The proceedings are open to observers, and anyone interested in

serving on the committee should contact me (see p. 2).

The factors considered in selecting winners include actual performance, age-graded performance, national and world championships, U.S. and world records, head-to-head competition, range and consistency of performance, quality of competition beaten or records surpassed, etc. No single factor determines a winner.

Different members may have different opinions given the volume of data to be considered, but, in the end, the majority vote wins. In very close cases, a majority in favor of declaring co-winners sometimes emerges, and that is the final decision.

This year, proceedings revealed a few minor errors in some of the early versions of the new (2002) age-grading standards that had been published (and possibly entered into various software programs).

We would urge meet directors and others involved in using these factors to make sure they have the latest, corrected versions.

We understand that people not seeing all the data available to the committee may not understand or agree with the decisions of the committee, but I believe those present are doing their level best to be fair and objective and to reach the best decision.

This year the full Masters Track & Field Committee voted to adopt two new policies to be implemented by the Awards Committee starting in 2006. First, the only meets whose marks will be considered for award purposes will be USATF-sanctioned meets.

The vast majority of well-run meets have been sanctioned in the past, but that decision needs to be made again each year by meet organizers. The principal exceptions to the sanctioning practice have been many of the State Senior Games, and the National Senior Games.

Athletes for whom awards are important may want to ask meet directors whether a meet is sanctioned and/or encourage meet organizers to have the meet sanctioned.

The second change is that only those athletes who are members of USATF will be eligible for these awards. Membership can be obtained at any time during the year by contacting USATF in Indianapolis, IN, at 317-261-0500 or www.usatf.org/member ship.

These policies have been in effect for some time in both Masters Racewalking and Masters LDR, and were overwhelmingly approved in Jacksonville. We recognize they may constitute a problem for a few athletes, but we believe they are appropriate policies for the sport.

I'd like to thank all the people who served on this committee and all those who helped in compiling the data - especially Dave and Larry. It's a lot of work for a lot of people, but we think it's worth the effort.

I'd also like to congratulate all of this year's winners, and wish them - and everyone else - continued good health and great results in 2006. □



SUZY HESS
Christel Donley (l) and Audrey Lary share the W70 Field Athlete of the Year Award. Donley is also the Outstanding Female Combined Events Athlete.



SUZY HESS
Robert Thomas, M35 Track Athlete of the Year.

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46th ANNUAL MASON - DIXON GAMES MASTERS & OPEN INDOOR CHAMPIONSHIPS

Broadbent Arena - Louisville, Kentucky
Friday, March 3, 2006

*RUN ON THE SAME BOARDS THAT WILMA RUDOLPH, BILLY OLSON,
RENALDO NEHEMIAH, RALPH BOSTON, STEVE SCOTT COMPETED ON.*

ENTRIES: Must be 2006 member of USA Track & Field. Register on-line at www.usatf.org.
ENTRY FEES: \$20 per person by Feb. 15. \$30 late fee by Feb. 28. \$40 late fee on site.
(Please do not send cash.) Make checks payable to: Mason-Dixon Athletic Club.

MEET HEADQUARTERS HOTEL: Holiday Inn Airport/South on Fern Valley Rd. 502-964-3311.
(Ask for Mason Dixon Games room rate.)

PERTINENT INFORMATION WILL BE POSTED ON THE
KTCCA WEBSITE www.ktcca.org

Entry Form-Mason Dixon Games Masters/Open Division

Name: _____ Age March 3, 2006 _____
Date of Birth: _____ M ___ F ___
Address: _____
Email: _____
USATF 2006 Membership Number: _____ (Required) Phone _____

Check event	Perf. for Seeding	Check event	Perf. for Seeding	Check Event	Perf. for Seeding
___ High Jump	_____	___ Shot Put	_____	___ 1500M	_____
___ RW (Youth)	_____	___ Long Jump	_____	___ Pole Vault	_____
___ Triple Jump	_____	___ 3000M RW	_____	___ 55 M	_____
___ Hurdles	_____	___ 55M	_____	___ Mile Run	_____
___ 200 M	_____	___ 800M	_____	___ 400M	_____
___ 3000M	_____				

LIABILITY STATEMENT & SIGNATURE NEEDED

WAIVER: I understand that competing in a track/field meet can be a potentially dangerous activity. I verify that I am physically fit and have trained for this competition. I assume all risks associated with running this event including, but not limited to falls, contact with other participants, all risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act in my behalf, waive and release Mason Dixon Athletic Club, USATF Kentucky, Kentucky Fair & Exposition Center, and Kentucky Track & Cross Country Coaches Association and all sponsors and officials from all claims of any kind arising out of my participation in the above track meet. I grant full permission to use photos/records of these events. I grant permission for emergency medical treatment by competent medical personnel on the indicated date. List allergies and current medications, if any:

Signature _____

Mail to: Mason Dixon Games, 319 Erin Way, Frankfort, KY 40601
For more information call (502) 875-2904 • Email fmiklavcic@aol.com



On The Run

By HAL HIGDON

Senior Marathon Training Program

Senior Marathon Training Program: What does that mean? Is the schedule below designed only for older runners? Not necessarily, although if you have been running marathons for a number of years, you may have been searching for a program with relatively low mileage and less of a time commitment that will allow you to continue to race 26-milers without getting burned out. Same if you've followed my novice schedule before and are looking for some variation – particularly a program that will allow you time to do some cross-training.

If you're a Clydesdale, you also may have come to the conclusion that high-mileage weeks raise the risk of injury too much. You need more rest time. Finally, if you like to run a lot of marathons a year (and it's up to you to define "a lot"), you realize it's impossible to fit more than a couple of 18-week build-ups into your schedule and still have time for recovery between.

If any of the above describes you, this Senior Marathon Training Program may be just what you need. It features only three days running a week, but you get to run a fair amount of distance on each of those days.

It features two days of rest a week – and you need your rest, since all of the long runs on the weekend are 12 miles or more.

It features two days that you can use for stretching and strength training or maybe some cycling and swimming, if that's your fancy. You need that too, because you enjoy exercising, even if you've discovered that three days a week running is more than enough to keep you in shape.

The Program

Monday: This is always a good day of the week to rest, particularly

if you ran long over the weekend. All of the Mondays in the schedule below are designed as days of rest, but if you want to do some extra stretching and strengthening today, be my guest.

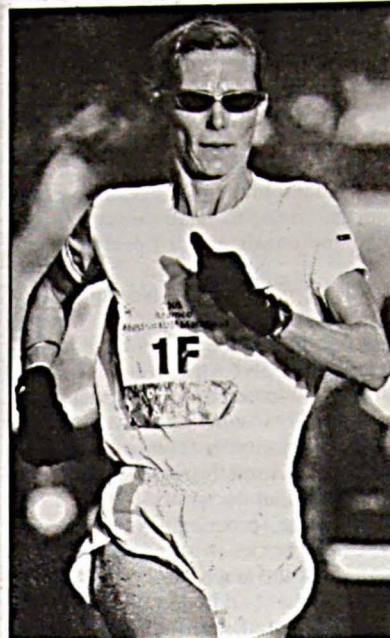
Tuesday: Modifying a term that I use in my other marathon training programs, let's call this our Sorta-Short Day. You're still recovering from your weekend long run, so don't go too far.

I suggest that in Weeks 8, 6, 4 and 2, you run four miles at your marathon pace – or faster. In other words, run short but at a good speed, and I'm not going to define what is a good speed. You being an experienced runner should know how fast you want to run, or if you want to run fast at all.

In Weeks 7, 5, 3 and 1, run six miles but at a comfortable pace, one during which you can converse easily with a training partner if you desire.

Wednesday: Today's workout is Stretch & Strengthen (S&S), because that again is a term I've used frequently in other training programs to designate semi-rest days on which you do some alternate training, but not too much.

In honesty, I don't care what you do today as long as it is not running.



VICTOR SAILER / PHOTO RUN
Colleen DeReuck, 41, 2005 W40 LDR Athlete of the Year.



VICTOR SAILER / PHOTO RUN
Kathy Martin, W50, won both the 2005 LDR Runner of the Year and Track Athlete of the Year awards.

If you want to run more than three days a week, you should have chosen another program. Cross-training is an option today too: cycling, swimming, even walking. Or some combination of that with work in the gym.

Thursday: This is your Sorta-Long Day, balancing the Sorta-Short Day on Tuesdays. The mileage varies from six to eight miles most weeks with a single 10-miler thrown into the middle of the program just to prove you can do it.

Running these Sorta-Long Runs at an easy, conversational pace makes the most sense to me. However, if you feel you need some extra fast running, consider converting the six-miler in Weeks 7, 5 and 3 into a "3/1 run," a term I use in many of my intermediate and advanced training programs.

Run the first three-fourths of the run (4.5 miles) at a comfortable pace, then finish the final fourth of the distance (1.5 miles) at an up tempo. You don't need to sprint in; just run somewhat faster.

Friday: Another Stretch & Strengthen day. Do something similar to the workout prescribed for Wednesdays. This might mean that if you cycled or swam on Wednesday, you might want to walk today or simply spend your time in the gym hopping from machine to machine.

Saturday: This is your second rest day. With a long run planned for each weekend, you want to make sure you have plenty of time to rest both before and after.

In this schedule, I've prescribed doing your long runs on Sunday, because that's a popular day for

experienced runners.

If you would rather run long today, that's okay. In fact, feel free to juggle all the workouts to suit your particular lifestyle. And you don't need to always run the same three days all eight weeks of the program. Just maintain the regular pattern, and you'll be okay.

Sunday: Run long. Today you do your Long Run, and you'll notice that the build-up in this senior program goes from 12 to 20 miles, not the 6 to 20 miles in my 18-week novice program. That's because you're an experienced runner. You train regularly 52 weeks of the year and never get out of shape, so doing a 12-miler is no big deal.

I've prescribed that distance for Weeks 8, 6, 4 and 2 with longer runs Weeks 7, 5 and 3 leading up to the marathon in Week 1.

Only one 20-miler? Do you really want to run more than one? Do so in the odd-numbered weeks. Important: Do all of your long runs slower than your marathon pace. Don't overtrain!

Here are some additional points to consider:

Racing: As an experienced runner, you probably enjoy going to the starting line more than two or three times a year.

If you want a race to test your fitness and give you an idea of what to expect in the marathon, Week 4 might be a good time for a somewhat long race of anywhere from 15K to a half-marathon.

And if you want a shorter speed test, you could fit in a 5K or a 10K in Week 6 in place of the 12-miler that weekend.

USATF Masters Long Distance Running Committee Athletes of the Year 2005

Age Group	Women	State	Men	State
40	Colleen DeReuck	CO	Mbarak Hussein	NM
45	Carmen Ayala-Troncoso	TX	John Tuttle	GA
50	Kathryn Martin	NY	Gary Romesser	IN
55	Gloria Jansen	MN	Terry McCluskey	OH
60	Marie-Louise Michelsohn	NY	Don Coffman	KY
65	Barbara Miller	CA	Bill Borla	CT
70	Ginette Bedard	NY	Ray Parrella	IN
75	Toshiko d'Elia	NJ	Jerry Johncock	MI
80	Helen Klein	CA	John Keston	OR
85	Hedy Marque	VA	Henry Sypniewski	NY
90	Evelyn Cockerham	TX	Dudley Healy	NJ
95+	Abraham Weintraub	NY		

Paul Spangler Athlete of the Year: Evelyn Cockerham, Abraham Weintraub

Otto Essig Award: Twin Cities Marathon, Minneapolis, MN

X-C Athletes of the Year: Carmen Ayala-Troncoso, David O'Keefe

Ultrarunners of the Year: William Emerson, 43; Tania Pacev, 46

Mountain Runners of the Year: Bernie Boettcher, 43; Lisa Goldsmith, 41

Senior Marathon Training Schedule

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
8	Rest	4 m pace	S & S	8 m easy	S & S	Rest	12 m easy
7	Rest	6 m easy	S & S	6 m easy	S & S	Rest	14 m easy
6	Rest	4 m pace	S & S	8 m easy	S & S	Rest	12 m easy
5	Rest	6 m easy	S & S	6 m easy	S & S	Rest	16 m easy
4	Rest	4 m pace	S & S	10 m easy	S & S	Rest	12 m easy
3	Rest	6 m easy	S & S	6 m easy	S & S	Rest	20 m easy
2	Rest	4 m pace	S & S	8 m easy	S & S	Rest	12 m easy
1	Rest	6 m easy	Rest	Rest	Rest	Rest	Marathon

Continued on page 13

Continued from p

Don't worry about the long miles. If you're going miles in your schedule, you would have a schedule.

Speedwork: Speedwork is work, and so are the runners. I'm not a simple program. I describe tempo, interval training, and my other programs.

If you choose your Tuesday workout, this type of training is going to be another two days.

If your club speedwork meets at the end of the week, you'll be able to accommodate locally.

Taper: Asking you to taper at the end of the week is a good idea.

Don't worry about the long miles. If you're going miles in your schedule, you would have a schedule.

You'll do tapering two weeks before the marathon. That's the first marathon of six months.

Do you have less than six weeks before the marathon? You have less than six weeks before the marathon. You have less than six weeks before the marathon.

This Senior Marathon Training Program is for you. I trust your choices. Just laid out for you. (The eight-week program on p. 12.) Go for it.

(Hal Higdon)
Editor for Runners
out more training
www.halhighd.com

FIFTEEN

Ja

• Larry Miller, 55
Named
at TAC M

• Norm Benhan
Masters

• Eugene Sedlak,
Masters

• Barbara T&F Ad

On the Run

Continued from page 12

Don't worry about doing fewer miles. If you were interested in logging miles in your training diary, you would have selected a different training schedule.

Speedwork: I enjoy doing speedwork, and so do a lot of experienced runners. I'm trying to keep this program simple, so I'm not going to prescribe tempo runs, hill repeats or interval training as I do in several of my other programs.

If you want to do speedwork, choose your own brand of poison. Tuesday would be a good day for this type of training, because I'd like you going long and sorta-long on the other two days of the week.

If your club has a regular day for speed workouts where everybody meets at the track, juggle the schedule to accommodate what's available locally.

Taper: Given the fact that I'm asking you to do a 20-miler at the end of Week 3, that allows you only two weeks to taper before the race.

Don't you need a three-week taper period? Oh, come on! You've been around long enough to know that two is probably plenty. It's not that I'm beating you over the head with high mileage.

You'll do fine in the marathon tapering two weeks, but notice also that the final week before the marathon features only a single, easy run of six miles, then mostly rest.

Do you have more than eight weeks before your marathon? Do you have less? If the former, you can modify the program by either repeating weeks or adding weeks up front with slightly lower mileage. If the latter, do your countback from Week 1, and improvise.

This Senior Marathon Training Program is for experienced runners, and I trust you to make the right choices. Just follow the pattern I've laid out for you, and you'll be okay. (The eight-week training schedule is on p. 12.) Good luck with your training. □

(Hal Higdon, is a Contributing Editor for Runner's World. Check out more training information at www.halhigdon.com.)

FIFTEEN YEARS AGO
January 1991

- Larry Almborg, 43, Christel Miller, 55, and Phil Raschker, 43, Named Top 1990 U.S. Masters at TAC Meeting in Seattle
- Norm Green, 58, and Ed Benham, 83, Voted Best Masters LDR Performers
- Eugene Kitts, 43, and Viisha Sedlak, 42, Named Top U.S. Masters Racewalkers
- Barbara Kousky Picked as Best T&F Administrator

PUBLICATIONS ORDER FORM

	Quantity	Total (US\$)
Masters Single-Age Records Book (2005 Edition) Men's and women's world and U.S. single-age bests for all track & field and racewalking events, age 35 and up, as of May 31, 2005. 56 pages. Lists name, age, state and date of record. Includes record application forms. \$10.00.	_____	\$ _____
Masters Track & Field Rankings (2004) Men's and women's 2004 U.S. outdoor track & field 5-year age-group rankings (25 deep). Compiled by Dave Clingan and Larry Patz. Includes mile, weights, racewalks, and combined events. 8 pages. \$4.00.	_____	\$ _____
Masters Track & Field Indoor Rankings (2005) Indoor rankings for 2005. 4 pages. \$2.00.	_____	\$ _____
Masters Age-Graded Tables Single-age factors and standards from age 8 to 100 for men and women for every common track & field, long distance running, and racewalking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 60 pages, including samples and charts. Compiled by the World Association of Veteran Athletes. \$6.00.	_____	\$ _____
Masters 5-Year Outdoor Age-Group Records Men's and women's official 2004 world and U.S. outdoor 5-year age group records for all track & field and racewalking events, age 35 and up; 8 pages. Lists name, age, state and date of record. Compiled by Sandy Pashkin. \$4.00.	_____	\$ _____
Masters 5-Year Indoor Age-Group Records Same as above, except indoor records (M40+, W35+) as of Jan. 8, 2005 (world) and Dec. 31, 2004 (USA), 4 pages. \$2.00.	_____	\$ _____
Competition Rules for Athletics (2005 Edition) U.S. rules of competition for men and women for track & field, long distance running and racewalking—youth, open and masters. \$12.00.	_____	\$ _____
WMA Handbook (2003-2005) Contains 2002 WMA New Age-Factors for All Combined Events, Constitution, By-Laws, Rules of Competition, History of Masters Athletics & More. In English, Spanish, French, German. 170 pages. \$8.00	_____	\$ _____
Champions for Life , by John B. Scott and James S. Ward. The remarkable life of Payton Jordan, who is renowned for his personal accomplishments and for the coaching and mentoring skills that have produced many other champions in track & field. \$34.95	_____	\$ _____
The Complete Guide to Running: How to be A Champion from 9 to 90. By Earl W. Fee, who holds 40 world records in masters events from 300H to mile. Much improved revision of the highly popular 2001 first edition. 22 color-coded chapters, including "Building a Base and Hill Training," "Training for 5K, 10K, and Marathon," "Injury Prevention and Causes." Applicable from sprinters to marathoners. 440 pages. US \$19.95/CAN \$29.95.	_____	\$ _____
USATF Logo Patch 3 color embroidered 4" x 3". \$4.50.	_____	\$ _____
USATF Lapel Pin. 3-color USATF Logo on 7/8" soft enamel lapel pin (nail pin back with military clutch). \$5.50.	_____	\$ _____
USATF Decal. 3-color. 3" x 2-1/2". \$2.00.	_____	\$ _____
2005 Road Race Management Directory Published by Road Race Management, this book combines the Guide to Prize Money & Races with the Running Industry Resource Directory – two books in one – listing elite athletes (including masters) with over 1000 addresses and phone numbers, prize money structures for 400 events, Internet services, retailers, publications, TV contacts, and more. \$75.00.	_____	\$ _____
Back Issues of National Masters News _____ Issues: \$3.00 each. _____	_____	\$ _____
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Foreign Air Mail (add \$6.00 per book)	_____	\$ _____
TOTAL	_____	\$ _____

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The Weight Room

By JERRY WOJCIK

Heavy Metal in Jacksonville

These are the proposals, approved at the USATF annual meeting, that will have an effect on masters throwers' events:

Shot Put, Hammer and Discus for Athletes Aged 80+

The 3kg shot and 3kg hammer for men age-80-and-over, adopted at the 16th World Masters Athletics meeting in San Sebastian, Spain, was approved by the Masters T&F Committee and will go into effect on Jan. 1, 2006. The 750 gram discus for women age-80+, also adopted by WMA in Spain, was not approved for 2006.

The shot and hammer were approved because specifications are available, since those implements are already in use by W50+ age groups. Specifications for the 750g discus are

not readily available.

Ultra Weight Championships

The proposal, which had been approved in 2004 but was slighted over, to add an Ultra Weight Championships to the list of masters championships was accepted by USATF, so that it be defined as a viable event before approval.

The event consists of five weight events, starting with the specified weight throw for an age group, then the superweight and the next three heaviest weights. For instance, the 30-49 male throwers would start with their designated 35# weight for those age divi-

sions and continue with the 56# superweight, and the 98#, 200#, and 300# ultra weights.

Throw-a-Thon to Masters Championships

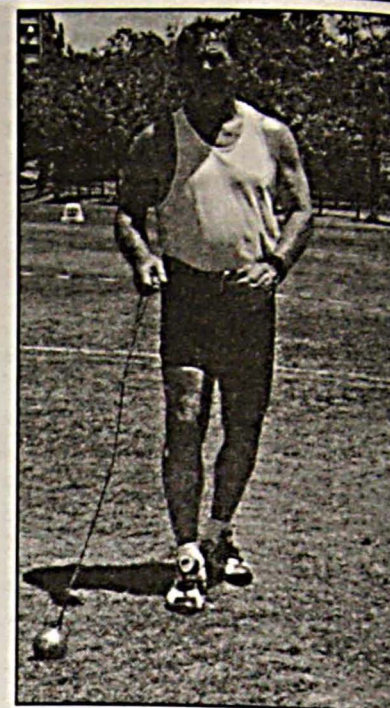
A proposal to introduce a throw-a-thon for masters was introduced by Ray Feick. The event consists of athletes throwing different weight implements, e.g., the 2kg/1.5kg/1kg discus, with their marks scored by age-grading, the highest total determining the winner for each age group. The proposal had been introduced last year, but was tabled.

A motion to remove the tabling was passed. Feick will introduce the event next year, a rules year, so that it can be accepted to be defined as an event.

Replacing the 56# Superweight With the 44#

A proposal, introduced by George Mathews, to change the superweight for men age-50-to-69 from 56# to 44# was amended to exclude men in the 50 and 55 age groups, and approved.

The event, 44# for M60-69, can be offered at meets as an option to the use of the 56# for those two divisions. □



Bob Ward, 2005 M70 Field Athlete of the Year. SUZY HESS

DEADLINE

NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material, results, schedule items, and advertising is the 10th of the month before date of issue.

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

2006 Masters Invitational Program Off to a Fast Start

The fields for the 200m events for masters men and women in the USA Open Championships in Boston in February, will be determined by which ten-year age group age-grades out the fastest. Eight athletes are needed to

submit entries in each ten-year age group, in order for that ten-year age group to be considered for the race.

Qualifying standards are on the Masters Invitational web page for age-groups 40-49, 50-59, 60-69, and 70-79. (The web page address is www.usatf.org, click on Masters Athletes, then click on Masters Invitational Program, then click on 2006 events, and finally on Application information.) Entry deadline is Feb. 2.

Once submissions are received for eight athletes in a ten-year age group, the top six times from that group are age-graded to determine the average – the age group with the highest group average gets the event.

The women's 200m is scheduled for 3:44 p.m., and the men's 200m for 3:53 p.m. on Sunday, Feb. 26.

Drake Relays Invitational Mile

Late breaking news is that the Masters Invitational Mile at the Drake Relays had been taken out of the meet for 2006, but, after rallying several of the top milers like Tony Young, John Hinton, Peter Magill, Kevin Paulk, and Peter Hagelbach for the April race, it appears that the race will be contested again in 2006 – with the finest field yet.

If Anselm LeBourne can be persuaded to commit to the race, that will make seven of the top ten men in the U.S.

Go to the Masters Invitational Program web page for all the information and on-line entry. If you are over 40 and can run under 4:40 for a mile, your entry is welcome. All qualifying times must have been run in 2005/2006 seasons. The event will be run on April 29.

Under consideration are a 40+ 400m for women and 100m for men at the Outdoor Open Championships in Indianapolis. □

– Mark Cleary
Masters Invitational Program

SITES OF NATIONAL CONVENTIONS

	TAC
1	1979 Las Vegas
2	1980 Atlanta
3	1981 Reno
4	1982 Philadelphia
5	1983 Indianapolis
6	1984 San Diego
7	1985 Houston
8	1986 Tampa
9	1987 Honolulu
10	1988 Phoenix
11	1989 Washington, D.C.
12	1990 Seattle
13	1991 New Orleans
14	1992 Louisville

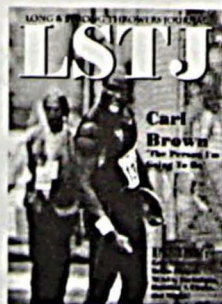
	USATF
15	1993 Las Vegas
16	1994 St. Louis
17	1995 Atlanta
18	1996 San Francisco
19	1997 Dallas
20	1998 Orlando
21	1999 Los Angeles
22	2000 Albuquerque
23	2001 Mobile
24	2002 Kansas City
25	2003 Greensboro
26	2004 Portland, Ore.
27	2005 Jacksonville
28	2006 Indianapolis
29	2007 Honolulu
30	2008 Reno
31	2009 Indianapolis
32	2010 Virginia Beach, Va.



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The *Long & Strong Throwers Journal (LSTJ)* is a quarterly publication dedicated to the throwing events. 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. *LSTJ* provides throws coverage and photos from major competitions that you won't find anywhere else. *LSTJ* touches on the issues that affect the throws community. *LSTJ*'s interviews with top throwers such as Adam Nelson, John Godina, Erin Gilreath, Aretha Hill and Breaux Greer are just what you are looking for! **Let *LSTJ* help you reach your potential!**

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3604 Green Street, Harrisburg, PA
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WWW.LONGANDSTRONG.COM

USATF

Another six masters athletes active are Char Franklin (Bud) Barbara Jordan, The old-timers are Filutze, Lori McFadden, and

The Hall now 88 men, of whose pline of track & racewalking.

Charles Allie from Pittsburgh, U.S. and two we set. A five-time holds 17 indoor USATF national past eight Penn F firsts, one second graded performer

Vicki Bigelow Calif., set six world over the past 2: 10,000 on the tra the roads, she regional, and nati

Franklin (Bu Calif., set a world 1953 and is en Track & Field H masters athlete, h and vault, winni both indoors and

Name
Adams, Louise
Allie, Charles
Andberg, Bill
Anderson, Herb
Anderson, Ruth
Baker, Thane
Benham, Ed
Bigelow, Vicki
Billups, Ernie
Boal, Bob
Boas, Konrad
Bowermaster, Mary
Braceland, George
Bradley, Fay
Bright, Norm
Brobston, Bill
Brown, Gloria
Brown, Harry
Bulkley, Dan
Cappetta, Carolyn
Carter, Ross
Caselli, Jaclyn
Chapson, Harold
Clarke, Anne
Clarke, Polly
Colbert, Larry
Collins, Bill
Conley, Philip
Corbett, Ted
Crane, Buell
D'Elia, Toshiko
Daprano, Jeanne
Davidson, Gerry
Davies, Clive
Deacon, Bud
DeNoon, Don
Donley, Jerry
Druckrey, Stan
Eberle, Ruth
Filutze, Barbara
Fine, Robert
Fitzgerald, Bill
Gage, Tom
Gist, Burl
Gorman, Miki
Green, Max
Green, Norman
Greenwood, Jack
Grissom, Joanne
Harvey, Rex
Hatton, Ray
Healy, Dudley
Heffernan, Michael
Franklin (Bud) He
Higdon, Hal
Hilliard, Vanessa
Hills, Claude
Hinton, Margaret
Holland, Bernice
Hosack, Everett
Howard, Sid
Hunt, Robert
Irvine, Marion
Jackson, Dave

USATF Masters Hall of Fame Adds 11 Names

Another six active and five old-timer masters athletes have been elected to the USATF Masters Hall of Fame. The actives are Charles Allie, Vicki Bigelow, Franklin (Bud) Held, Sid Howard, Barbara Jordan, and Stephen Robbins. The old-timers are Gloria Brown, Barbara Filutze, Lori Maynard, Winfield McFadden, and Tim Murphy.

The Hall now contains 41 women and 88 men, of whom 81 represent the discipline of track & field, 37 LDR, and 10 racewalking.

Charles Allie, a 58-year-old sprinter from Pittsburgh, Pa., currently holds one U.S. and two world records of the six he set. A five-time world champion, he holds 17 indoor and 12 outdoor firsts in USATF national championships. In the past eight Penn Relays 100m, he has six firsts, one second, and one third with age-graded performances of 93% or better.

Vicki Bigelow, 70, San Lorenzo, Calif., set six world and four U.S. records over the past 25 years. From 800 to 10,000 on the track, from 8K to 15K on the roads, she has excelled at world, regional, and national levels.

Franklin (Bud) Held, 78, Del Mar, Calif., set a world record in the javelin in 1953 and is enshrined in the National Track & Field Hall of Fame (1987). As a masters athlete, he taught himself to jump and vault, winning the M75 pole vault both indoors and outdoors this year.

Sid Howard, 66, New York, N.Y., set one world record and still holds six U.S. records in the 800/1500 and mile. In his 21-year career, he won eight outdoor and 25 indoor championships, plus finishing in the top three six times in WMA world championships.

Barbara Jordan, 70, South Burlington, Vt., still holds seven of the two world and nine U.S. records she set in short and long hurdles and the pentathlon. She has 33 national outdoor titles and 19 indoor titles to her credit. When not competing, Barbara has taught health and physical education for more than 40 years.

Stephen Robbins, 62, Seattle, Wash., is another sprinter with six world, four regional, 10 indoor, and six outdoor titles. He has set three world and two U.S. records - all exceeding 95% on the age-graded tables. His career has spanned the past 15 years.

Gloria Brown, 73, Grand Island, N.Y., was a long distance runner with a 1500 to half-marathon range. She won her age group 14 times in national LDR championships, before arthritis ended her career in 1997.

Barbara Filutze, 59, Erie, Pa., ran few championships but many quality races. She still holds five of the 12 U.S. records she set more than a dozen years ago at distances from 3000 to the marathon. Masters LDR named her Runner of the

Year six times.

Lori Maynard, 69, Redwood City, Calif., was a pioneer racewalker, a long-term record-keeper, and outstanding racewalk official. She competed from 1977 to 1991 and has eight national racewalk titles to her credit. Maynard maintained women's racewalk bests (before official records) from 1979 to 1992 and has IAAF certification to judge international racewalk competition, and officiated at the Sydney Olympics.

Winfield McFadden, 100, San Diego, Calif., was a jumper who occasionally threw, sprinted, hurdled, racewalked, and won a national decathlon M80 championship in a 20-year career. He won eight WMA championships and 24 U.S. national championships.

Tim Murphy, 84, Irving, Texas, was a sprinter who excelled indoors. He placed in the top three at WMA world games five times, twice in WMA regional games, 15 U.S. national indoor championships, and 13 outdoor national championships. Carotid artery and triple by-pass surgeries in 1985 with follow-up stents in the by-pass in 1995 caused his doctor to forbid further running by fall 1998.

The results of this year's balloting were compiled by Jerry Donley, Bev LaVeck, Mel Larsen, Shirley Matson, and Joan Ottaway of the Masters Hall of Fame Committee, supplemented by Ruth Anderson, Jerry Crockett, George Mathews, and Len Olson on the Old-Timers Committee. The announcement



Franklin (Bud) Held, 78, newly-elected member of the USATF Masters Hall of Fame.

was the highlight of the joint meeting of Masters T&F and Masters LDR held Dec. 2 at the USATF annual meeting.

Two hundred and eight ballots had been distributed to listed members of the two masters committees plus previous Hall of Fame honorees. Of these, 140 returned ballots, casting 1279 votes. Each person elected received a majority of the votes cast. □

- Norm Green, Masters Hall of Fame Chair

USATF MASTERS HALL OF FAME

Name	Discipline	Category	Gender	Status					
Adams, Louise	T&F	Athlete	Female	Elected '01	Jarvis, Betty	T&F	Athlete	Female	Elected '04
Allie, Charles	T&F	Athlete	Male	Elected '05	Johnston, Carol	T&F	Athlete	Female	Elected '03
Andberg, Bill	LDR	Athlete	Male	Old-Timer '00	Jordan, Barbara	T&F	Athlete	Female	Elected '05
Anderson, Herb	T&F	Athlete	Male	Old-Timer '98	Jordan, Payton	T&F	Athlete	Male	Elected '96
Anderson, Ruth	LDR	Athlete/Admin.	Female	Elected '96	Keston, John	LDR/T&F	Athlete	Male	Elected '01
Baker, Thane	T&F	Athlete	Male	Old-Timer '99	Kiddy, Sandra	Ultra	Athlete	Female	Old-Timer '02
Benham, Ed	LDR	Athlete	Male	Elected '97	Klein, Helen	Ultra	Athlete	Female	Elected '99
Bigelow, Vicki	T&F/LDR	Athlete	Female	Elected '05	Lance, Dale	T&F	Athlete	Male	Elected '04
Billups, Ernie	LDR	Athlete	Male	Old-Timer '00	LaVeck, Bev	RW/T&F	Athlete/Admin.	Female	Elected '96
Boal, Bob	LDR	Administrator	Male	Elected '98	Larsen, Mel	T&F	Athlete	Male	Elected '00
Boas, Konrad	T&F	Athlete	Male	Old-Timer '03	Law, Jim	T&F	Athlete	Male	Old-Timer '01
Bowermaster, Mary	T&F	Athlete	Female	Elected '99	Lukens, Ed	T&F	Athlete	Male	Elected '00
Braceland, George	LDR/T&F	Athlete	Male	Old-Timer '01	Matson, Shirley	LDR	Athlete	Female	Elected '98
Bradley, Fay	LDR/Admin	Athlete	Male	Elected '03	Maynard, Lori	RW	Athlete	Female	Old-Timer '05
Bright, Norm	LDR	Athlete	Male	Old-Timer '00	McDaniels, Leonore	T&F	Athlete	Female	Elected '00
Brobston, Bill	LDR/T&F	Athlete	Male	Old-Timer '02	McDermott, Tom	T&F	Athlete	Male	Old-Timer '02
Brown, Gloria	LDR	Athlete	Female	Old-Timer '05	McFadden, Winfield	T&F	Athlete	Male	Old-Timer '05
Brown, Harry	T&F	Athlete	Male	Elected '03	Mehl, Pearl	T&F	Athlete	Female	Elected '99
Bulkley, Dan	T&F	Athlete	Male	Elected '99	Mendykka, Edith	T&F	Athlete	Female	Old-Timer '99
Cappetta, Carolyn	T&F	Athlete	Female	Elected '00	Messenger, Archie	T&F	Athlete	Male	Elected '01
Carter, Ross	T&F	Athlete	Male	Elected '98	Miller, Christel	T&F	Athlete/Admin.	Female	Elected '97
Caselli, Jaclyn	T&F	Athlete	Female	Old-Timer '03	Miller, Gary	T&F	Athlete	Male	Elected '99
Chapson, Harold	T&F	Athlete	Male	Old-Timer '98	Mimm, Bob	RW	Athlete	Male	Elected '98
Clarke, Anne	LDR	Athlete	Female	Old-Timer '00	Morcom, Boo	T&F	Athlete	Male	Elected '97
Clarke, Polly	T&F	Athlete	Female	Old-Timer '98	Mulkey, Phil	T&F	Athlete	Male	Elected '00
Colbert, Larry	T&F	Athlete	Male	Elected '02	Mundie, Pete	T&F	Athlete/Admin.	Male	Elected '98
Collins, Bill	T&F	Athlete	Male	Elected '03	Murphy, Tim	T&F	Athlete	Male	Old-Timer '05
Conley, Philip	T&F	Athlete	Male	Old-Timer '04	Newton, Milton	T&F	Athlete	Male	Elected '04
Corbett, Ted	Ultra	Athlete	Male	Old-Timer '99	O'Neil, Jim	LDR/T&F	Athlete	Male	Elected '98
Crane, Buell	T&F	Athlete	Male	Old-Timer '02	Obera, Irene	T&F	Athlete	Female	Elected '96
D'Elia, Toshiko	LDR	Athlete	Female	Elected '96	Oeter, Al	T&F	Athlete	Male	Old-Timer '99
Daprano, Jeanne	T&F	Athlete	Female	Elected '03	Olson, Len	T&F	Athlete/Admin.	Male	Elected '02
Davidson, Gerry	LDR/T&F	Athlete	Female	Elected '03	Ottaway, Joan	LDR/T&F	Athlete	Female	Elected '00
Davies, Clive	LDR	Athlete	Male	Elected '03	Pain, David	T&F	Administrator	Male	Elected '97
Deacon, Bud	T&F	Athlete	Male	Old-Timer '98	Palmer, Wendell	T&F	Athlete/Admin.	Male	Elected '04
DeNoon, Don	RW	Athlete	Male	Old-Timer '01	Patsalis, Tom	T&F	Athlete	Male	Old-Timer '03
Donley, Jerry	T&F	Athlete/Admin.	Male	Elected '99	Pawlik, Emil	T&F	Athlete	Male	Elected '04
Druckrey, Stan	T&F	Athlete	Male	Elected '01	Peterson, Pat	T&F	Athlete	Female	Elected '98
Eberle, Ruth	RW	Athlete	Female	Old-Timer '03	Pirrung, Roy	LDR	Athlete	Male	Elected '01
Filutze, Barbara	LDR	Athlete	Female	Old-Timer '05	Raschker, Phil	T&F	Athlete	Female	Elected '97
Fine, Robert	RW	Athlete/Admin.	Male	Old-Timer '02	Ratelle, Alex	LDR	Athlete	Male	Old-Timer '99
Fitzgerald, Bill	T&F	Athlete	Male	Old-Timer '00	Richardson, Elton	RW	Athlete	Female	Elected '03
Gage, Tom	T&F	Athlete	Male	Elected '01	Robbins, Stephen	T&F	Athlete	Male	Elected '05
Gist, Burl	T&F	Athlete	Male	Elected '01	Romansky, Dave	RW	Athlete	Male	Elected '02
Gorman, Miki	LDR	Athlete	Female	Elected '96	Shaheed, Nolan	LDR/T&F	Athlete	Male	Elected '04
Green, Max	RW	Athlete	Male	Elected '98	Sheahan, Al	T&F	Administrator	Male	Elected '98
Green, Norman	LDR	Athlete	Male	Elected '96	Sheehan, George	T&F	Administrator	Male	Old-Timer '98
Greenwood, Jack	T&F	Athlete	Male	Elected '97	Sisley, Becky	T&F	Athlete/Admin.	Female	Elected '01
Grisson, Joanne	T&F	Athlete	Female	Elected '99	Spangler, Paul	LDR/T&F	Athlete	Male	Elected '97
Harvey, Rex	T&F	Athlete/Admin.	Male	Elected '00	Stooky, James	T&F	Athlete	Male	Elected '02
Hatton, Ray	LDR/T&F	Athlete	Male	Old-Timer '01	Stuart, Larry	T&F	Athlete	Male	Elected '99
Healy, Dudley	LDR/T&F/Ad.	Athlete	Male	Elected '03	Sutton, James	T&F	Athlete	Male	Elected '02
Hefferman, Michael	T&F	Athlete	Male	Old-Timer '04	Trapp, Sue-Ellen	LDR	Athlete	Female	Elected '04
Higdon, Hal	LDR	Athlete/Admin.	Male	Elected '05	Trent, Marcie	LDR	Athlete	Female	Old-Timer '01
Hilliard, Vanessa	T&F	Athlete	Female	Elected '99	Utes, Warren	LDR	Athlete	Male	Elected '99
Hills, Claude	T&F	Athlete	Male	Elected '01	Valentine, Rudolph	T&F	Athlete	Male	Old-Timer '04
Hinton, Margaret	T&F	Athlete	Female	Elected '99	Valien, Johnnye	T&F	Athlete	Female	Elected '02
Holland, Bernice	T&F	Athlete	Female	Elected '03	Vasquez, Sal	LDR	Athlete	Male	Elected '04
Hosack, Everett	T&F	Athlete	Male	Elected '01	Vernon, Jim	T&F	Athlete	Male	Old-Timer '02
Howard, Sid	T&F	Athlete	Male	Elected '02	Vosburgh, Betty	T&F	Athlete	Female	Elected '02
Hunt, Robert	T&F	Athlete	Male	Elected '05	Wallace, Gordon	RW	Athlete	Male	Old-Timer '03
Irvine, Marion	LDR	Athlete	Female	Old-Timer '04	Weinbel, Ken	T&F	Athlete/Admin.	Male	Elected '02
Jackson, Dave	T&F	Athlete	Male	Elected '98	Whitley, Stan	T&F	Athlete	Male	Elected '00
				Old-Timer '02	Wojcik, Jerry	T&F	Athlete/Admin.	Male	Elected '00

27th Annual Convention of USA Track & Field

Meeting Highlights – Masters Track & Field

(The following is an unofficial review by Jerry Wojcik of the Masters T&F Committee sessions, USATF 27th Annual Meeting, Jacksonville, Fla. The official minutes by Lester Mount, secretary, will appear on the USATF and NMN websites.)

Dec. 1, 10 - 12 a.m.

Masters T&F Committee

George Mathews, Masters T&F Chair, presided. The roll call of voting delegates was followed by the election of 17 active athletes. Becky Sisley was voted by the active athletes to be their representative. Delegates-at-large, nominated by Mathews, were Barbara Kousky, Carroll DeWeese, Sandy Pashkin, and Tim Edwards.

Phil Byrne, parliamentarian, explained the rules of discussion and for making motions.

Bob Fine, representing Tom Light, the Law & Legislation Chair (not present), presented to the body the proposed by-law changes in Item 18 regarding restructuring of USATF. A motion was passed that Mathews, as MT&F Chair, indicate disapproval of restructuring to the USATF Board, because the results could mean loss of influence for masters.

Harry Brooks of the Media Subcommittee, representing Bob Weiner, reported on the budget request for \$3000 and received \$1500.

Dec. 2, 8 a.m. - 1 p.m.

Masters T&F Committee

Ken Weinbel, Site Selection Committee Chair, explained the site selection procedures. Jim Murphy, of the Inland NW Association, presented the bid for the 2008 Outdoor Championships, which is sponsored by the Spokane Regional Sports Commission. The bid for the meet, to be held in the last week of July 2008, was

approved.

Jay Riddell and Kim Haines were introduced as directors. Spokane held the USA National Masters Championships in 1992 and 1996. The track at the meet site, Spokane Falls T&F Complex, was resurfaced in March 2005.

Spokane also was awarded the 2007 Weight Pentathlon Championships, a one-day event to be held probably two weeks after the National Championships in Orono, Me.

Lee Hess and John Oleski led a bid for the 2008 Indoor Championships in Boston, also approved. The event will be held in the Reggie Lewis Center, which was the site for the Indoor Championships for six years until 2005 (Boise, Idaho), and is the venue for the 2006 Championships. The 2007 Championships will be held in New York City.

Gordon Edwards, meet director of the 2006 Outdoor Championships, Charlotte, N.C., discussed the site, housing, food plans, transportation, and amenities, and answered questions.

Robert Hill reported on housing, transportation, and the facility (the New York Armory) for the 2007 Championships.

Mark Cleary, Masters West Region Coordinator, informed the group that the Southern California Association would be bidding for the 2009 Masters Outdoor Championships.

Phil Byrne, Masters T&F Awards Chair, explained the procedures for giving awards and named the winners (see p. 19). He noted that the majority of men and women voted for in both track and field awards were not named last year.

A motion was passed, stating that starting next year, award winners must be USATF members in the year of the event.

A motion affirming the masters policy that marks considered for awards must be made in USATF sanctioned meets was also passed.

Sandy Pashkin, the U.S. and world age-group records overseer, explained the procedures for record consideration, noting, for instance, that at least three participants must be in a meet for national and world record approval. Pending national records are posted on the USATF website as soon as possible and are approved once a year at the USATF annual meeting. Pending world records are posted on the WMA website two weeks after being received.

Pashkin's request for a motion to approve the outdoor and indoor records, with exceptions, was made and approved.

Mark Cleary, Masters Invitational Program Chair, told the group that masters will have events at the open indoor and outdoor championships, and he will get the events and requirements on the USATF website as soon as he has worked out the prerequisites. In response to questions about those masters events, he explained that the selection of events for masters is confined to those events prescribed by USATF and meet directors, generally from the 100m to the mile.

A panel of hurdlers discussed the proposed study of the need to alter the present hurdles specifications or leave them untouched. The panel consisted of Jeff Brower, Joy Upshaw-Margerum, Phil Byrne, Ken Brinker, and Stan Druckrey, with Rex Harvey, WMA Vice-President Stadia, acting as moderator.

Opinions were relatively evenly divided among the panelists, as well as in the body, after much discussion. Harvey noted that WMA has charged its affiliates to come up with information on the possibility of hurdle specification revisions to determine what's best for the athletes. Brower was named to chair a hurdles committee.

Dec. 2, 2 - 4 p.m.

Joint Masters T&F and LDR Committees

Norm Green, Masters LDR Committee Chair, presided. Charles DesJardins told the group of the death of Torsten Carlus, WMA Secretary, and that the WMA Council can select the WMA secretary by appointment. He said that WMA determines one's citizenship by the last country for which the athlete competed.

Phil Greenwald, Masters T&F Manager, reminded the body that entry forms for the WMA World Indoor Championships, Linz, Austria, are due at the USATF office by Jan. 10, 2006. It was clarified that the 8K XC, 10K racewalk, and half-marathon to be held in Linz, will be championship events.

Rex Harvey stated that the revised age-graded tables are essentially done, except for final formatting, and the next step will be printing by the National Masters News.

Sandy Pashkin, NCCWMA Vice-President, reported on the NCCWMA Championships scheduled for Guatemala City, Guatemala, this summer.

Marilyn Mitchell, WMA Women's delegate, gave the numbers of the U.S. medal winners at the WMA Championships in Spain by region (62% gold, 68% silver, 75% bronze) and world (10% gold, 6% sil-



JERRY WOJCIK
Jeff Brower addresses the meeting on changes in the hurdles.

ver, 11% gold). She noted that the NCCWMA women's organization needs to make more contacts in the Latin countries.

Becky Sisley advised the group that WMA has developed its own doping measures, and that a survey on women's pentathlons, which differ in individual events from the men's, will be made to determine possible changes in the event.

Green advised the group that all three LDR divisions (men, women, masters) oppose adding men 35-39 to the WMA official age groups.

Jerry Wojcik and Suzy Hess gave their annual report for the National Masters News. Wojcik reviewed the important meets and races covered in 2005 and thanked all of the contributors who provided information, articles, and photographs to the NMN during the past year, and asked them to continue with concern for accuracy. He also recruited volunteers to distribute free copies of the NMN to races and meets for the forthcoming year.

Hess stated that the NMN will continue to be a hard copy publication and will not become a website subscription. She thanked both committees and the athletes for their support.

Bob Fine's motion that "The joint USATF Masters T&F and LDR Committees express support and appreciation of the National Masters News as the official organ of communication among masters" passed unanimously.

Dec. 3, 10 a.m. - 2 p.m.

Masters T&F Committee

George Mathews presided. The meeting opened with much discussion concerning the acceptance by LDR and racewalking of the newly-adopted WMA M35-39 age group. Bob Fine's motion that masters racewalking accept the M35-39 was successful (21-Yes/16-No/2-Abstain).

Sandy Pashkin's motion that LDR and RW reduce their men's age groups to 35-39, and, if not, for the Masters T&F Committee to take the matter to the floor at the closing session on Sunday was approved. (At the closing session, representatives of the three divisions of LDR

USATF MASTERS TRACK AND FIELD COMMITTEE 2006 Budget

Name	Programs	Committee	Surcharge Fund	Total
Chair		\$ 4,700		\$ 4,700
Secretary		\$ 1,500		\$ 1,500
Vice-Chair		\$ 1,500		\$ 1,500
Treasurer		\$ 1,500		\$ 1,500
Site Inspections	\$ 1,000			\$ 1,000
Rankings	\$ 3,000			\$ 3,000
SE Region		\$ 1,300		\$ 1,300
NW Region		\$ 1,300		\$ 1,300
West Region		\$ 1,300		\$ 1,300
Eastern		\$ 1,300		\$ 1,300
Southwest		\$ 1,300		\$ 1,300
Mid-America		\$ 1,300		\$ 1,300
Midwest		\$ 1,300		\$ 1,300
Games Committee		\$ 3,000	\$ 3,000	\$ 6,000
Media	\$ 420		\$ 1,580	\$ 2,000
Records	\$ 2,065		\$ 935	\$ 3,000
Weights	\$ 750			\$ 750
Awards	\$ 1,000			\$ 1,000
Team Manager	\$ 2,500			\$ 2,500
Hall of Fame	\$ 1,000			\$ 1,000
Administrative	\$ 1,000			\$ 1,000
Masters Invitational Program	\$ 1,800			\$ 1,800
Racewalking	\$ 500			\$ 500
Combined Events	\$ 1,165			\$ 1,165
Marketing Campaign*		\$ 4,000		\$ 4,000
NMN Grant		\$ 5,000		\$ 5,000
Age 30-39 Rankings	\$ 750			\$ 750
Demographic Study	\$ 300			\$ 300
Contingencies	\$ 1,000			\$ 1,000
Strategic Plan - Meeting	\$ 1,500			\$ 1,500
Strategic Plan - Implementation	\$ 710			\$ 710
Diversity	\$ 710			\$ 710
Meet Manual	\$ 500			\$ 500
TOTAL	\$ 16,200	\$ 21,300	\$ 19,985	\$ 57,485

*Direct Mail - National & Regional Championships

Dec. 1, 10:1

Call to order by N Don Lein, Award summaries of race voters on age-group. Despite all his work, cies in the process re from doing a better j

These are the m lems in collecting us do not report result (USATF says they w this work), and peo weren't reported or courses.

He then took non Essig Award. The no Cities Marathon, the Glavin/the Genessee last nomination w before voting.

Green, Chair's R problem of replacing solved. We are workin plish the functions it j

So far, Jim Estes, tion of LDR Coordin focused on Open LD for the 2008 Maratho the new LDR Division little attention to us. T their rules to define a and older.

We are compelled to conform at some change is something Executive Committee to prevent its immed This transition will b schedule, especially a

Motion: Nominees of Fame must be at Passed unanimously.

Green continued Directors has spent n dealing with the flawe last convention, whic

Masters T&

Continued from page 16

met outside the cl returned with the deci accept the M35-39 g 2011, citing contr through 2010, with an WMA/IAAF to drop tion.)

Dexter McCloud, on Diversity Chair, d Masters Committee 2 Diversity booklet dis present and asked fo on the Committee.

Marilyn Mitchell aspects of diversity. the Diversity and L addressed the group Mission Statement: nities to promote the letes and committee variety of backgrou ductively and make as possible to our or

Bob Fine repo Legislation items an with residency ex

Continued on page 17

– Jacksonville, Florida – Nov. 30-Dec. 4, 2005

Highlights of Minutes – Masters Long Distance Running

Dec. 1, 10:10 a.m.

Call to order by Norm Green, Chair.

Don Lein, Awards Chair, handed out his summaries of race results to inform our voters on age-group Athletes of the Year. Despite all his work, he noted that deficiencies in the process remain and prevent him from doing a better job.

These are the most noteworthy problems in collecting useful data: many races do not report results, the RRIC is gone (USATF says they will start doing some of this work), and people claim efforts that weren't reported or weren't on certified courses.

He then took nominations for the Otto Essig Award. The nominees were the Twin Cities Marathon, the Tulsa Run, and Pete Glavin/the Genessee Valley Harriers. The last nomination was later withdrawn, before voting.

Green, Chair's Report: The general problem of replacing the RRIC is unresolved. We are working on ways to accomplish the functions it provided to us.

So far, Jim Estes, in the new staff position of LDR Coordinator, has been mostly focused on Open LDR and site selection for the 2008 Marathon Trials. Fred Finke, the new LDR Division Chair, has also paid little attention to us. The IAAF has changed their rules to define all masters as age 35 and older.

We are compelled by USATF By-laws to conform at some point. This major change is something he (Green) and the Executive Committee oppose, and we hope to prevent its immediate implementation. This transition will be a challenge on any schedule, especially at the association level.

Motion: Nominees for the Masters Hall of Fame must be at least 50 years old. Passed unanimously.

Green continued: The Board of Directors has spent most of the last year dealing with the flawed elections during the last convention, which selected our Vice

President and Secretary. He has been embarrassed to be on the Board during some of their acrimonious meetings.

The Board spent most of the rest of its time on high performance issues. Masters and youth, comprising the vast majority of members, are as unimportant as ever to most of the Board. Next year, at the Annual Meeting, delegates will decide on restructuring the Board, which is likely to proceed. The Board would then be approximately 12 members, with none representing a specific constituency.

Mary Rosado: Review of pertinent L&L proposals, including restructuring, RRTC, and Reg. 7.

Noon

Recess.

Dec. 2, 12:08 p.m.

Call to order.

Lein conducted voting for Athlete of the Year in each age group (see p. 12).

John Boyle, Championships: No new bids. Only the marathon and 10K championships are currently scheduled for 2006. At this point, we could take bids by mid-January for races after August 2006.

Green: Brief review of our budget. The Budget Committee has approved \$33,000 vs. Chair's request of \$34,000, a result which he considers quite satisfactory. He expects this to be accepted in the closing General Session.

Lein, with the assistance of Linda Honikman, conducted a review of record applications that have been recommended for approval by the Records Committee. We confirmed their recommendations for the General Session to ratify, from the 2005 Annual Meeting Reports beginning on page 152, items 14, 19 (time corrected to 16:18:00), 26, 27, 33, 34, 47, 48, 51, 52, 67, 68, 75, 78, 79, and 89. We recommended to ratify, pending course validation before 2006, items 13, 43, 46, 49, 50, 55, 58, 77, 84, 85, 86, and 87.

1:55 p.m.

Recess.

Dec. 3, 2:05 p.m.

Call to order.

Bill Quinlisk, XC Council: Carmen Ayala-Troncoso and David O'Keeffe are Master Harriers of the Year. The 2006 Winter National Championships will be in the New York City area in February. The 2006 Fall National Club Championships will be in San Francisco. Masters 5K championships will again be held in Saratoga Springs, N.Y., in October. For 2007, the Winter Nationals will be in Boulder, Colo.

Sue Cordero, ADA: The Association of Disabled Athletes recently held their first XC championships. They may contact the XC Council to discuss holding joint events.

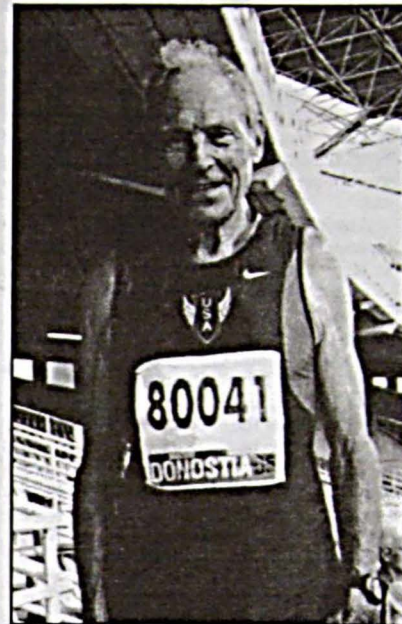
Green hears no objection to his proposal to continue the current Executive Committee. This comprises Green, Boyle (Vice Chair), and Lloyd Stephenson (Secretary) as Officers, and Charles DesJardins, Lorraine Gersitz, David Katz, Don Lein, Bill Quinlisk, and Mary Rosado.

Discussion of possible action by committee if revised item 49 of the L&L proposals is approved. This relates to championship team scoring and residency.

Fred Finke, LDR Division Chair: L&L item 28, Lucas/RRTC, has been tabled. RRTC Chair has resigned as of 12/31/2005, new chair to be appointed by President as this is an administrative post. Lucas has agreed to work on finding a course certifier in each association.

RRIC ended as of 10/31/2005. The USATF office possesses all the accumulated data from it, and will perform most of the functions it did, including validating new age-group records. However, they will not maintain single-year age records. Results should go to results@usatf.org. Jim Estes said he will manage paperwork on possible new records after receipt of results.

Finke agrees that lack of results from



SUZY HESS
John Keston, M80, won both the LDR Runner of the Year and Track Athlete of the Year awards for 2005.

races is a large and chronic problem. Record approval process will be similar or the same. The USATF race results database is accessible, or will be.

Green: He plans, tentatively, to use some of our committee budget to maintain single-age records. He will try to contract with an interested and capable party.

Quinlisk: We should add to our championship guidelines some procedures for chip timing. He showed photos of chip errors from a recent championship involving placement difference between first foot across finish line and torso.

3:47 p.m.

Meeting adjourned.

Submitted by Lloyd Stephenson, Secretary

Masters T&F Committee Minutes

Continued from page 16

met outside the closing session and returned with the decision that LDR would accept the M35-39 group on January 1, 2011, citing contractual obligations through 2010, with an attempt to persuade WMA/IAAF to drop the W35-39 adoption.)

Dexter McCloud, Masters Committee on Diversity Chair, discussed the USATF Masters Committee 2006 Strategic Plan on Diversity booklet distributed to members present and asked for volunteers to serve on the Committee.

Marilyn Mitchell discussed various aspects of diversity. Evie Dennis, Chair of the Diversity and Leadership Committee, addressed the group and amplified on the Mission Statement: To facilitate opportunities to promote the ability of masters athletes and committee members from a great variety of backgrounds to cooperate productively and make a great contribution as possible to our organizational goals.

Bob Fine reported on Law and Legislation items and said Item 49, dealing with residency exceptions, had been

tabled.

Sandy Pashkin explained club scoring, noting that non-citizen residents of the U.S. can score points for a national club; foreign clubs cannot score points. An ad hoc committee was established to study club scoring and advise the Masters T&F Committee before the Aug. 1, 2006, deadline for rule changes.

The matter of association transfers will be presented in 2006, a rules year.

An issue of great interest was the General Competition Committee report regarding an increase in USATF membership fees. Much discussion ensued, with some members voicing disagreement with the Chair's position of favoring a fee increase. Todd Taylor's motion that the Masters T&F Committee support an increase of \$10 for adults with a 20% increment to go to masters was approved by a vote of 25-Yes/11-No.

Mathews announced the establishment of an ad hoc committee to study contingency plans for possible changes in the restructuring of the USATF Board in 2008.

Becky Sisley said that the enormous task of compiling a meet manual for regional and association meets is nearing completion, with the draft document having been distributed to several representatives for review. Plans are to have the completed manual on the MTF website and also available on disk. She projects a completion date by March 1.

A committee to study the events in the women's pentathlon and recommend possible changes was formed, with the following members: Sisley, Mary Trotto, Phil Raschker, Joanne Petkus, and Christel Donley.

Another group will examine the discrepancy in numbers between the LDR team managers, who have to organize teams for three events, and T&F team managers, who are responsible for 25.

The delegates to the WMA Indoor Championships, Linz, Austria, are George Mathews, as Masters T&F Chair, and elected delegates Bob Fine, 20 votes, Robert Thomas, 19 votes, and Marilyn Mitchell, 13 votes, alternate delegate.

Craig Masback, USATF CEO, spoke to the committee, commending masters for their 2005 accomplishments. He said that the proposed restructuring of the USATF

Board was mandated by the USOC. He stated that the masters movement is at the heart of the biggest growing segment of the U.S. population, and that eventually corporate CEOs will wake up to that fact.

Masters track and field participation presents the "most incredible imagery that can be offered," he said. However, our numbers are not as big as long distance running is, in business terms. He said he favors a membership fee increase, perhaps a two-tiered one for youth and adult, but one that reflects a return to the groups that experience the increase. He mentioned that membership should be a 12-month membership, not an annual one, and that runners in large road races that do not require USATF membership may be induced to buy a one-day membership.

Todd Taylor, Strategic Plan Facilitator, discussed the six-page USATF Masters Committee-2005 Strategic Plan Summary that was given to the committee.

(Note: copies of annual reports by masters committees and officers, regional coordinators, and other masters programs, such as rankings, were made available to members of the Masters T&F Committee before, during, and after the annual meeting.) □

WMA Women's Meeting – San Sebastian, Spain – August 27, 2005

The regular Women's Committee meeting of the World Masters Association (WMA) was called to order at 5:05pm in the Paulino Uzkudun Room at Anoeta Stadium in San Sebastian, Spain, by Marina Hoerncke-Gil, Chairwoman.

Chairwoman, Ms. Hoerncke-Gil, volunteered to translate from English into Spanish and French and NCCWMA Women's Representative, Marilyn Mitchell, performed the tasks of the secretary.

Thirty-eight women signed-in on the meeting roster as attendees, but the actual number of attendees fluctuated, as people entered and departed the room during the meeting, including several men. Everyone was invited to participate.

Absent: May Edmond, Africa Representative, was not in attendance but sent her report to be read.

Present: Marina Hoerncke-Gil, Committee Chairwoman; Glory Barnabas, Asia Representative; Iris Menza, South American Representative; Marilyn Mitchell, NCCWMA Representative; Helen Tobin, Oceania Representative; Selma Türkkan, Europe Representative.

Approval of the Minutes

Ms. Hoerncke-Gil, summarized the 2003 minutes of the meeting held during the championships in Carolina, Puerto Rico, prior to their approval.

Motion to approve: Becky Sisley, USA

Second to motion: Christel Donley, USA

The minutes were approved by voice vote.

Chairwoman's Report

Ms. Hoerncke-Gil, was pleased that 735 of the 2638 registered athletes at the first-time indoor WMA championships in Sindelfingen, Germany were women. She further noted that the regional representatives were active in their respective regions in both attendance at regional championships and/or in devising and circulating surveys to solicit input from their female athletes. Ms. Hoerncke-Gil finally expressed her satisfaction with the committee, its work during the four years since her election in Brisbane, Australia, and with the support she has received from the WMA Council.

Regional Reports

The regional representatives summarized their written reports, which had previously been submitted in dossier form to the WMA Council and which are available free-of-charge to anyone who so requests. Requests should be made to Marina Hoerncke-Gil for copies of regional reports, which will be mailed free-of-charge (e-mail address: marhoer@putput.es).

A. Asia, Glory Barnabas. The 13th Asian Masters Championships were held in Bangkok, Thailand, in December 2004, with more than 1200 participating athletes. Of those, 415 participants were women, for an almost 50% participation level, with 36 Asian records set by women, most of them in the older age groups. The host country, Thailand, had 101 women and India was second, with 74 women. Five other countries sent 30 or more female athletes each.

Additionally, Bill Purvis (Hong Kong), sent Ms. Barnabas a report indicating the following outstanding performances by Hong Kong female masters athletes:

1. Two Hong Kong masters women were first and second overall in the 50K racewalk, held in conjunction with the WMA 100K championships in November 2003, beating all the men.

2. A Hong Kong masters woman won the open women's section of two AIMS marathons in 2003, Macau Marathon, and the Coast of China Marathon.

3. A Hong Kong master's woman topped the open rankings for women at the 5K, 10K, half-marathon and marathon distances.

4. A Hong Kong masters woman won the master's woman's title at the Rotterdam Marathon.

5. A Hong Kong woman won the W35 category in the Tokyo Women's Marathon.

B. Europe, Selma Türkkan. The European region (EVAA) now has 43 affiliates participating in meets, with the most recent additions of Azerbaijan, Croatia and Liechtenstein. The level of female competition is very high both in terms of quantity and quality.

One of the major problems facing the region

is the poverty in the eastern countries, which either have no veterans' federations and/or receive little or no support from their federations and veterans' federations. The Balkan Athletics Veterans Association (BAVA) was formed in March 2000 in order to address some of these concerns, but there were administrative changes in the structure of BAVA and Ms. Türkkan has withdrawn her support from, and participation in, the organization because the promised and expected support for veterans' athletics has not materialized.

On the non-stadia side the non-stadia championships held in Portugal in May 2005 had 235 female participants from 23 countries.

C. North America/Central America/Caribbean, Marilyn Mitchell. Ninety-five of the total 333 participants at the North America/Central America/Caribbean WMA (NCCWMA) championships held in Dorado, Puerto Rico, were women, for a 28.5% participation level. The women tended to not specialize and in general competed on average in more events than did the men.

The top age-aged performance of the regional meet was turned in by a woman, Olga Kotelko (Canada), with her W85 0.94 mark in the high jump.

Two significant awards were made during the period to female veteran athletes:

1. Kathryn Martin (USA), age-group 50-54, received an award from a well-known sponsor which was awarded at the federation's awards ceremony with the other top Olympic and world athletes and Kathy appears in a Nike television commercial as well.

2. Philippa Raschker (USA), known as Phil, was one of the five finalists in Sullivan Award Competition, the only track and field athlete to be so honored in 2004. The Sullivan Award is one of the most prestigious sports awards for amateur sports in the United States and the finalists and winner are chosen by more than 800 spots writers.

D. Oceania, Helen Tobin. The 12th Oceania regional veterans championships, held in Rarotonga, Cook Islands, in October 2004, were very successful, with 270 participating masters athletes. All events were held, except for the pole vault, which was not staged for technical reasons. It was not possible to transport the poles to Rarotonga.

Women athletes accounted for almost 50% of the participants, with most of the women concentrated in the older age groups. The 30-34 and 35-39 age groups attracted only five competitors. As usual, Australia and New Zealand accounted for the majority of the athletes, but the level of participation and enthusiasm of women from the host country was well-noted and was a testament to the training program undertaken by Jim Blair as part of the Oceania development program.

Women widely participated as officials in all areas, including the starter on the track, the provider of timekeeping services, the referee, the provider of computer/data management for results as well as performing various other officiating, ceremonial and administrative duties. Many of the athletes doubled as volunteer officials and/or administrators, which is quite a common occurrence in this part of the world, and which works.

The disparity in income and vast distances between and among the countries of the region creates a continuing challenge and, as a result, the regional council has determined that development is a continuing high priority.

The top female veteran athlete of the year 2004, as chosen by the IAAF, was Jeanette Flynn (Australia) with world records in the 800 meters and the mile. It was the first time that IAAF had selected an outstanding male and female veteran athlete of the year, and Ms. Türkkan (Turkey) was kind enough to include the information in her report, even though the athlete was from a part of the world other than her own.

E. Latin America, Iris Menza. Approximately 1630 athletes participated in the South American championships, of which 232 participants were women. The highest number of athletes were from Argentina (379), followed very closely by Chile, with 374 athletes, and Uruguay, with 367 athletes.

Several seminars were offered free-of-charge

at the conclusion of the competition in Spanish, but video presentations made the content of the seminars easily understandable even to non-Spanish speaking attendees. Most of the 173 seats were occupied, with additional athletes standing.

The championships also featured social and cultural events free-of-charge, such as a tango festival and an orchestra concert at a theater renowned both architecturally and for the famous musicians who have performed there in the past, including Enrico Caruso and Arturo Toscanini.

The women's meeting resulted in several conclusions, including but not limited to, the following:

1. There is very little official support in any of the countries in the region.

2. There is an increase in both quantity and quality of certain of the women's performances, as evidenced by the records.

3. There is an increase in women taking positions in the administration and governance of the sport and the importance of electing or selecting women based upon their competence and not by a quota system.

4. There is a need to have more officials and technical personnel for masters meets;

5. The importance of having seminars and developmental training sessions.

6. The need for distribution of athletics information in Spanish to athletes in the region.

F. Africa, May Edmond. Not present, but sent report to be read.

The Mauritian and Reunionese women participated in a Grand Prix cross country series, comprised of four races held in Jan. and Feb. 2004, with overall champions designated in five-year age groups. Some of the additional competitions during the period covered were a 10K cross country in Reunion Island in May 2004, the Mauritius International Marathon (June 2004), where May Edmond was first in her age-group, a couple of cross country meets in Aug. and Sept. 2004, a road race relay which included two teams from England (Oct. 2004), a semi-marathon (Dec. 2004) and a national meet.

One difficulty in representing the women in this region is the lack of response...Ms. Edmond does not receive any response from her various attempts at correspondence with other parts of Africa.

Another major problem is funding...there are no funds to promote women athletes in Africa and all travel and expense is paid for from the Women's Representative's own personal funds.

Medical & Doping Committee

Stan Perkins (Australia), WMA Oceania Delegate, gave a brief report from the WMA Medical & Doping Committee and most of the subsequent discussion concerned doping issues.

A. Doping

1. Previously positive drug tests from WMA athletes were given to the IAAF, but under the new policy, positive drug tests would be the responsibility of WMA.

2. The discussion which followed indicated that some areas of the world have not had much information on the drug policy and testing procedure, this being particularly true in Latin America.

3. Bridget Cushen (U.K.) felt that the seminars in Riccione would not be helpful because they would not be well-attended. She also reiterated that the athletes were not well-informed on the topic.

4. Mr. Perkins indicated that he would invite the World Anti-Doping Agency (WADA) to set up an information center at the next world championships and he indicated that the WADA website, which lists banned substances, is updated every 28 days. It was also mentioned that there will be a series of seminars on doping at the 2007 championships in Riccione.

5. Doping control seems to be conducted in national championships in France and Uruguay. It was reported that of the approximately 10-15 tests conducted in the South American championships, only one was positive.

6. Vitamin supplements were mentioned as an issue, with Mr. Perkins mentioning that approximately 75% of the submitted medical forms indicated vitamins and/or vitamin supplements.

B. Medical – Lack of ice at the current com-



Barbara Filutze, 59, a member of the 2005 USATF Masters Hall of Fame.

petition sites was a concern which was noted by Mr. Perkins.

Medal Awards in Weight Pentathlon

There was very little discussion on the issue, because the issue was apparently not going to be brought to the floor of the General Assembly. However, Iris Menza (Uruguay) wanted the minutes to register her opposition to team medal awards in this event, because many countries are not conducting the weight pentathlon.

Women's Discus

Discus: Original proposal to lower 1kg weight discus to 600 grams for women 60+.

Australia (Wilma Perkins): Ms. Perkins gave a formal presentation and rationale from results of a study she conducted, and made an argument for decreasing the weight of the discus to 750g or 800g (instead of 600g), because the 750g and 800g implements were already available. Hereafter, discussion seemed to focus on the 750g implement.

Because the biggest break is in age 75+, Ms. Perkins favored a change at age 75+, but mentioned that some members of the Stadia Committee wanted to work in round numbers for the age break-point, so change in implements would probably be at age 80+ instead of age 75+.

Ms. Perkins herself felt that age 60+ was too young to reduce the weight, and therefore suggested that there would be an amendment to the original proposal.

France (Eliane Clamaran-Danzelle): Ms. Clamaran-Danzelle thought it would be more fair to have the age-change at age 70+, because the men have a gradual drop in weight at that time.

Uruguay (Iris Menza): Ms. Menza wanted to sit at the table with experts, such as doctors and medical personnel, and ask questions concerning the impact of throwing events with regard to age and weight before making any decisions.

Switzerland (Margaritha Dähler-Stettler): Ms. Dähler-Stettler suggested that throwers usually start fitness training early and maintain their fitness throughout their throwing careers and, as a result, age 60 would be too young to commence diminishing the weight of the discus.

Ms. Dähler-Stettler would agree with the 750g implement with the decrease at age 80+.

Women's Pentathlon

Substantial time was devoted to discussion of potential changes to the Women's Outdoor Pentathlon. Women's representatives and athletes attending the meeting gave a summary of the pentathlon as contested in their respective areas of the world and/or respective countries and a chart is attached at the end of this document with a summary of the discussion. Pentathlon discussion took place just prior to discussion on the discus, but is presented in minutes at the end of the

Continued on page 19

report so that the summary of the pentathlon can be

Discussion indicated that the pentathlon was a championship replaced by the best national championship retained the women's event was contested in one day due to insufficient money to host the event should be contested over two days.

An informal, non-binding vote determined the overall hurdles in the women's overall sense of the meeting. Events should retain the following: With hurdles. (Perkins vote: 1; Abstain: 0)

USA (Becky Sisley): Indoor versus outdoor. The agenda for two years ago was long throw instead of shot put. Submitted, Marilyn Mitchell

Summary of Women's Meeting

ASIA
Athletes are not present

EUROPE
France: France tathlon in current form present no problem.

Switzerland: No tathlon with hurdles

Turkey: Current tathlon with hurdles

Slovakia: Current tathlon with hurdles

Czech Republic: Current tathlon with hurdles

Great Britain: Current tathlon with hurdles

Latvia: Has pentathlon with hurdles

Portugal: Has pentathlon with hurdles

NORTH AMERICA
USA: Has pentathlon with hurdles

Canada: Has pentathlon with hurdles

SOUTH AMERICA
Costa Rica: Has pentathlon with hurdles

Puerto Rico: Has pentathlon with hurdles

Uruguay: Has pentathlon with hurdles

OCEANIA
Has pentathlon with hurdles

AFRICA
Cameroun: Has pentathlon with hurdles

Mauritius: Does not have pentathlon

Other countries: Have pentathlon with hurdles

Other countries: Have pentathlon with hurdles

Other countries: Have pentathlon with hurdles

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Other countries: Have pentathlon with hurdles

Other countries: Have pentathlon with hurdles

WMA Women's Meeting

Continued from page 18

report so that the summary page of comments on the pentathlon can be at the end of the report.

Discussion indicated that the women's pentathlon was a championship event until it was replaced by the heptathlon. However, the national championships in many countries have retained the women's pentathlon because it can be contested in one day and there often is insufficient money to hold the heptathlon, which must be contested over a two-day period.

An informal, non-binding vote was held to determine the overall opinion on retaining the hurdles in the women's multi-events and the overall sense of the meeting was that the multi-events should retain the hurdles: **Combined Events:** With hurdles: 21; No hurdles (Wilma Perkins vote): 1; Abstentions: 2

USA (Becky Sisley): Ms. Sisley wants the indoor versus outdoor pentathlon to be put on the agenda for two years from now and wants a long throw instead of a short throw.

Submitted,
Marilyn Mitchell, Acting Secretary



SUZY HESS
Bill Collins, 2005 M50 Track Athlete of the Year, and Sandy Pashkin, Masters T&F Administrator of the Year.

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National Masters News
Web Site at:
www.nationalmastersnews.com

MASTERS TRACK & FIELD ADMINISTRATOR OF THE YEAR

- 1978 Pete Mundle
- 1979 Al Sheahan
Kathy Brieger
- 1980 Bob Fine
Ruth Anderson
- 1981 Bruce Springbett
Fred Mannis
- 1982 George Hatzfeld
Jack Kelly
- 1983 Jim Weed
- 1984 Jerry Donley
- 1985 Gary Miller
- 1986 Pete Mundle
- 1987 Frank & Dorothy Anderson
- 1988 David Pain
Chuck Phillips
- 1989 Jim Puckett
- 1990 Barbara Kousky
- 1991 Jerry Wojcik
Nate & Evelyn White
- 1992 Rex Harvey
- 1993 Rex Harvey
- 1994 Bill Busby
- 1995 Sandy Pashkin
- 1996 Scott Thornsley
- 1997 Don Austin
- 1998 Ken Weinbel
- 1999 Suzy Hess
- 2000 Becky Sisley
- 2001 George Mathews
- 2002 Phil Byrne
- 2003 Larry Patz
- 2004 Dave Clingan
- 2005 Sandy Pashkin

OUTSTANDING MASTERS TRACK AND FIELD ATHLETES

Selected by the USATF Masters Track & Field Committee

Presented to the outstanding male and female T&F athletes in the masters program.

Year	Men	Women
1978	George Ker	Irene Obera
1979	Ernie Billups	Joann Grissom
1980	Al Oerter	Judy Fox
1981	Jim Burnett	Phil Raschker
1982	Al Oerter	Polly Clarke
1983	Jack Greenwood	Irene Obera
1984	Ed Burke/Parry O'Brien	Polly Clarke
1985	Jim Burnett	Christel Miller
1986	Jack Greenwood	Phil Raschker
1987	Tom Patsalis	Phil Raschker
1988	Gary Miller/Stan Whitley	Phil Raschker
1989	Jack Greenwood	Phil Raschker
1990	Larry Almborg	Christel Miller/Phil Raschker
1991	Jack Greenwood	Betty Vosburgh
1992	Stan Whitley	Shirley Matson/Phil Raschker
1993	Phil Mulkey	Phil Raschker
1994	Ross Carter	Phil Raschker
1995	Steve Robbins	Phil Raschker
1996	James Stookey	Mary Libal
1997	Bill Collins	Phil Raschker
1998	James Stookey	Leonore McDaniels
1999	Mel Larsen	Phil Raschker
2000	James Stookey	Phil Raschker
2001	Nolan Shaheed	Johanne Valien
2002	Larry Colbert	Phil Raschker
2003	Bill Collins	Leonore McDaniels
2004	Roderick Parker	Kathryn Martin
2005	Emil Pawlik	Nadine O'Connor

OUTSTANDING SINGLE PERFORMANCE DURING THE YEAR

1985	Brian Oldfield, 40	Shot Put, 70-3
1986	Jack Greenwood, 60	100m Hurdles, 14.98
1987	John Powell, 40	Discus, 236-6
1988	Larry Stuart, 50	Javelin, 215-9
1989	Al Oerter, 52	Discus, 205-10
1990	Larry Almborg, 43	Mile, 4:06.70
1991	Payton Jordan, 74	100m, 12.91
	Jack Greenwood, 65	300 Hurdles, 45.20
	Phil Raschker, 44	PV, 9-10
1992	Payton Jordan, 75	100m, 13.4
	Shirley Matson, 51	10,000m, 37:39
1993	Phil Mulkey, 61	Decathlon, 8546 points
1994	Ross Carter, 80	Shot Put, 12.27 (40-3)
	Phil Raschker, 47	Pentathlon, 4715 points
1995	James Barrineau, 40	High Jump, 6-11 (2.11m)
	Mary Libal, 45	400m, 56.82
1996	Walt Butler, 55	100m Hurdles, 14.49
	Vanessa Hilliard, 55	Hammer, 156-8 (47.76m)
1997	Glen Conley, 40	High Jump, 7-0 1/2 (2.15m)
	Vanessa Hilliard, 56	Hammer, 155-6 (47.4m)
1998	Larry Stuart, 60	Javelin, 213-10 (65.18m)
	Leslie Lehane, 35	2000m SC, 6:30.83
1999	Mel Larsen, 75	80m Hurdles, 13.68
	Irene Obera, 65	100m, 14.29
2000	Johnny Gray, 40	800m, 1:52.42
	Oneithe Lewis, 40	WT, 49-9 1/4 (15.17m)
2001	Lad Pafaki, 55	WP, 5366 points
	Vanessa Hilliard, 60	12# WT, 57-0 1/4 (17.38m)
2002	Hal Smith, 65	SP, 49-7 1/4 (15.12)
	Oneithe Lewis, 42	HT, 182-8 (55.68)
2003	Robert Ward, 70	WP, 5291 points
	Oneithe Lewis, 43	WP, 5261 points
2004	Roderick Parker, 85	200m, WR 34.41
	Nadine O'Connor, 62	PV, WR 3.05
2005	Mel Larsen, 80	80m Hurdles, WR 14.75
	Oneithe Lewis, 45	Weight Pentathlon, WR 5521

OUTSTANDING COMBINED-EVENTS ATHLETES

1985	Boo Morcom	1986	Gary Miller
1987	Gary Miller	1988	Gary Miller
1989	Rex Harvey	1990	Christel Miller
1991	Rex Harvey/Betty Vosburgh	1992	Boo Morcom/Phil Raschker
1993	Phil Mulkey/Phil Raschker	1994	Phil Mulkey/Phil Raschker
1995	Dale Lance/Phil Raschker	1996	Rex Harvey/Johanne Valien
1997	Stan Vegar/Phil Raschker	1998	Armando Ricciardi/Leonore McDaniels
1999	Emil Pawlik/Phil Raschker	2000	Emil Pawlik/Phil Raschker
2001	Phil Byrne/Johanne Valien	2002	Emil Pawlik/Phil Raschker
2003	Denver Smith/Oneithe Lewis	2004	Emil Pawlik/Flo Meiler
2005	Emil Pawlik/Christel Donley		

2005 AGE-GROUP AWARDS

Age	Men		Women	
	Track	Field	Track	Field
30	Jake Jensen	---	Sonja Friend-Uhl	Sheila Rae Smith
35	Jim Sorensen/ Robert Thomas	Pat Manson	Lisa Daley	Clare Look-Jaeger
40	David Ashford	Paul Babits	Mary Grene	Regina Richardson
45	Anselm LeBourne	Bruce McBarnette	Carmen Ayala-Troncoso	Oneithe Lewis
50	Bill Collins	Mike Brown	Kay Glynn	Kay Glynn
55	Nolan Shaheed	Robert Kouvollo	Jeanette Groesz	Phil Raschker
60	Donald Neidig	Matti Kilpelainen/ George Mathews	Marie-Louise Michelsohn	Nadine O'Connor
65	Emil Pawlik	Edward Burke	Kathy Bergen/ Barbara Jordan	Kathy Bergen
70	Bobby Whilden	Bob Ward	Vicki Bigelow/ Irene Obera	Christel Donley/ Audrey Lary
75	Jim Stookey	Jim Stookey	Ethel Lehmann	Ethel Lehmann
80	John Keston/Mel Larsen	Richard Mulkern	Gerry Davidson	Johanne Valien
85	Roderick Parker	Ralph Maxwell	Molly Mackown	Helen Beauchamp
90	Max Springer	Donald Pellmann	Estelle Frenndberg	Juanita Brookover
95		Trent Lane		

TWENTY YEARS AGO

January 1986

- Jim Burnett, 45, and Polly Clarke, 75, Named Top 1985 U.S. Masters at TAC Meeting in Houston
- Bob Mimm, 61, and Ruth Leff, 55, Named Top U.S. Masters Racewalkers
- Gary Miller Named Best T&F Administrator
- Boo Morcom Tops Multi-Event Performers

Report from Britain

By BRIDGET CUSHEN

Averil McClelland, mother of a young family, and a doctor working three days per week, concludes another track and field season at the top of the W45 ranking list.

Her 8.20 for the 60m indoor is only one hundredth of a second slower than the fastest W35 over the same distance. Her 25.74 for the 200 is faster than the best W40. After British outdoor 100/200 and European indoor titles in Sweden in March, and running seemingly endless heats at the World Championships in San Sebastian, Spain, she came home with two individual gold medals, two relay golds and a 400 bronze.

Other notable rankings are those of Carole Ann Powell, topping the W50 200 (27.36) and the 400 (59.87), British and European records.

Ireland was the venue this year for the annual British & Irish Masters International Cross-Country Races held Nov. 12 on the beautiful grounds surrounding the palatial Santry Demesne in Dublin. The host nation fielded their strongest teams, winning the W35/W40 individual and team age-group races and, surprisingly, also the W50 team title.

Niamh O'Sullivan retained her W40 trophy and evergreen Pat Gallagher led Wales to victory in the W60 race. Karen Marshall, running in the colors

of Northern Ireland, won the W50 race, coming in sixth, and continuing her unbeaten sequence through the W45 age-group in one of the most competitive races on the calendar.

Guy Amos also retained his M40 title and led England home. Northern Ireland got another medal when Alan McCullough came in a close second. Mike Hager's winning time in the M55 race was the best of the day.

Scotland got one gold medal as Bob Young raced away with the M60 title.

The BMAF 10 mile road race was held in freezing early morning fog at Bishop's Stortford, Nov. 20. The twisting course may have slowed times slightly, but it was a good race for each age category title with M40s Matt Flannery and Richard McCormack getting home in under 55 minutes.

Run faster as you get older appears to be the successful motto of Northerner Derek Howarth. Better known for his 800/1500 runs in international events, he notched up a British M75 road best here in 74:08, before setting off to Cyprus for more racing and warm weather training.

Sharon Gannon, W40, was first woman (61:43). Sue Cariss continues to achieve remarkably consistent and super fast times on the road over distances from 5K to the marathon. Here she just missed out on another British best, taking the W55 race (64:54). □



JERRY WOJCIK
Finalists in the M60 200 (l to r): Neville McIntyre, AUS; Jorma Mannine, FIN; Peter Crombie, AUS, third (25.13); Roger Pierce, USA, fourth (25.37); Glyn Sutton, GBR, first (24.65); Gerold Schmidt, GER; and Stephen Robbins, USA, second (24.87), 16th WMA World Championships, San Sebastian, Spain.

Former WMA President Torsten Carlus Dies of Heart Attack at Age 66

Torsten Carlus, 66, suffered a fatal heart attack while in Shanghai, China. Carlus, of Sweden, had held the office of WMA President for the last eight years, and had been elected as WMA General Secretary at the 16th WMA General Assembly in San Sebastian/Donostia, Spain, last August.

Carlus was active all his life in athletics and held various offices in the Swedish Athletic Association and its regional association for about 40 years.

On the international level, he had been leader for Swedish youth and junior national teams, and a Swedish delegate at European Calendar Congresses and at the European Junior Championships.

At the time of his death, Carlus was a member of the Board of Governors of IMGA (International Masters Games Association), co-opted member of the

Council of EVAA (European Veterans Athletic Association), and member of the IAAF Masters Committee.

His home club was IFK Helsingborg – one of the biggest athletic clubs in Sweden.

Carlus graduated from the School of Economics at the University of Lund and had been the chief financial officer at the municipal housing company in Helsingborg since 1985.

"It is with great sorrow that we hear this news. Torsten was a wonderful colleague and friend, who devoted all his life to our sport and who will be sadly missed," commented Istvan Gyulai, IAAF General Secretary.

The funeral for Carlus was held in Helsingborg on Dec. 15. His family requested that people contribute to the Carlus Foundation, started by his father, Nils, to support young talented athletes in Helsingborg.

Contributions can be made to: Carlus Foundation, Skanes Provins-bank, Sweden, Account No. 1207-14-07199, Swift code: DABASESX; IBAN:SE471200000012071407199. □



Torsten Carlus



SUZY HESS
Bruce McBarnette, M45 Field Athlete of the Year.

TWENTY-FIVE YEARS AGO January 1981

- U.S. Masters Divide into T&F and LDR at TAC Meeting in Atlanta
- Jim Weed Voted Masters T&F Chairman
- Ken Bernard Re-elected Masters LDR Chairman
- Jim Bowers Sets M40 25K AR (1:22:39) in Brooks Masters Run
- Herb Lorenz Wins National Masters 15K XC

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Canadian Masters Take Back Fleischmann Cup

By CAROLE LANGENBACH
On Nov. 13, the U.S. masters men made a great showing against the Canadians on their home turf in the Annual Cross-Country Challenge, but the Canadians took back the perpetual trophy Fleischmann Cup by winning the women's division overwhelmingly and scoring the least amount of points overall.

Ten men and two women represented the U.S. in White Rock, B.C., under semi-clear skies on a wet and muddy course through Crescent Park. The men ran an 8K and the women a 6K.

The race was won by American Kevin Olsen, of Bellingham, Washington's Fairhaven Runners, in 28:30. Teammate Jay Sloane finished behind Olsen in the M40 division, giving the U.S. a three to seven victory.

In cross-country, low score wins, and in the challenge, each five-year division is scored separately.

The M45 division was a clean sweep by Americans Chuck Dooley, John Rowley and Patrick Kenworthy, giving the U.S. six points and the Canadians 15. Newly welcomed into masters ranks

was the M35 division, won by Lance Docken, Edgewood, Wash. Third place went to American Turtle Van Dalen. The U.S. had no runners in the M50, so we had to score two ghost runners behind two Canadians. The U.S. was represented by Peter O'Neil in the M55, so the Canadians could only score one runner also, and since he placed second, they beat us only one to three.

Roger Dean, U.S., placed fifth in the M65, and Ben Grevstad was second in M70+, enabling the U.S. to tie with the Canadians at 33 each.

It was a satisfying outcome, but despite the success of Sue Grigsby winning the W45, and Patricia Rowley placing third in that division, the rest of the women's divisions were won by the Canadians, giving them the overall victory.

The annual challenge began in 1977 and has missed only one year, 2000, the year founder Don Farquharson passed away. Next year, the challenge will be back on the East Coast. □

(For more information, contact Carole Langenbach at pnf@wolfenet.com)

M

NAT

• The 2007 Summer Games – The Senior June 22-July 8 in...
• State athletes must complete list of...
• their contact information selecting the "State" left-hand menu...
www.nsga.com.

• Bill Collins, named Geezerjock of the Year. Collins...
400 at the 2005 Championships in...
Masters Games, E...

• Allen Jones...
12,824m for top...
Championships, J...
Leon Jasionsow...
11,550m. Dorit...
for 10,253m for be...

• Terry McKee...
M50 wins in the 55...
Chuck Shields, I...
and Terry Shum...
the weight, Phil...
Albright College, I...

• Kathy Man...
female overall 31...
M40, with a 28:12...
LITF Championsh...
8K, Ronkonkoma...
Keenan, M60...
Horstmann, W60...
Masters. Richar...
race in 37:51.

• John Noon...
Warner, M45, 55...
the Stockade-at...
NY, Nov. 13. Bill...
in 58:03. Canada...
be 75 on March...
Benson, W40...
61:22. Anny S...
(1:24:11).

• Chris Chish...
in 25:05, and Kar...
MA, in 28:09, wer...
Manchester Ro...
Manchester, CT, I...
45, Arlington, M...
(26:22) in the 10...
Bob McCusker...
the M50-59 race...
Granby, CT, wor...
46:33.

• Eric Morse...
was the winner...
Championships...
Calidonna, 50, 1...
M50+ by three s...
Leinbach, 50, B...
onds over Tom F...
Borla, 65, Moose...
winners were M...
Greater Springf...
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• Alfonso Fl...
the men's field...
XC Classic 15...
Bronx, Nov. 27...
1:12:25, led the...
Michelsohn, 64...
with a strong 1:1...

• Howard Ni...
first out of 235...
Kennedy 50 Mil...
Nov. 19, nearly...
second-place fi...
ters women w...
7:20:12.

SO

• Gerald Vi...
for the SP w...
Carolina Thrc...
UNC-Charlotte.

Masters Scene

NATIONAL

• The 2007 Summer National Senior Games - The Senior Olympics will be held June 22-July 8 in Louisville, KY. To participate, athletes must qualify at an NSGA State Games during calendar year 2006. A complete list of state organizations with their contact information is available by selecting the "State Games" tab on the left-hand menu on the NSG website: www.nsga.com.

• **Bill Collins**, M50 Texas sprinter, was named Geezerjock magazine's Athlete of the Year. Collins won the 100, 200, and 400 at the 2005 National Masters Championships in Hawaii, and the World Masters Games, Edmonton, Canada.

• **Allen Jones**, M40, measured off 12,824m for top M40+, USA 1-Hour RW Championships, Jacksonville, FL, Dec. 3. **Leon Jasonowski**, M60, finished with 11,550m. **Dorit Attias**, W40, accounted for 10,253m for best W40+.

EAST

• **Terry McKechnie**, M50, blazed to M50 wins in the 55m (7.4) and 220y (28.9); **Chuck Shields**, M45, ran a 4:47.9 mile; and **Terry Shuman**, M55, hit 13.28 with the weight, Philadelphia Masters Meet, Albright College, Reading, PA, Dec. 4.

• **Kathy Martin**, W50, with a first female overall 31:13, and **James Murray**, M40, with a 28:12, were first masters in the LITF Championships/Elite Sports Medicine 8K, Ronkonkoma, NY, Nov. 13. **Patrick Keenan**, M60, 34:34, and **Betty Horstmann**, W60, 37:26, were top Senior Masters. **Richard Murphy** took the M70 race in 37:51.

• **John Noonan**, M45, 55:09, and **Mark Warner**, M45, 55:48, were 1-2 masters in the Stockade-athon 15K, Schenectady, NY, Nov. 13. **Bill Borla** won the M65 race in 58:03. Canada's **Ed Whitlock**, soon to be 75 on March 6, ran a 59:43. **Anne Benson**, W40, was first W40+ with a 61:22. **Anny Stockman** took the W70 (1:24:11).

• **Chris Chisholm**, 43, Farmington, CT, in 25:05, and **Karen Smyers**, 44, Lincoln, MA, in 28:09, were first masters in the 69th Manchester Road Race 4.748 Mile, Manchester, CT, Nov. 24. **Chris Spinney**, 45, Arlington, MA, was second M40+ (26:22) in the 10-year age-division race. **Bob McCusker**, 53, Simsbury, CT, won the M50-59 race in 27:33. **Bill Tribou**, 84, Granby, CT, won the M80+ race with a 46:33.

• **Eric Morse**, 40, Central MA Striders, was the winner of the USATF-NE 8K XC Championships, Boston, Nov. 6. **Steve Calidonna**, 50, Taconic RR, was the first M50+ by three seconds (27:44) over **Ken Leinbach**, 50, Boston AA, and seven seconds over **Tom Ryan**, 50, Dirigo AC. **Bill Borla**, 65, Moose Milers, led all 60+. Team winners were M40+ **Dirigo AC**; M50+ **Greater Springfield Harriers**; and M60+ **Moose Milers & Marathoners**.

• **Alfonso Florence**, 43, 55:08, aced the men's field at the NYRR Pete McArdle XC Classic 15K, Van Cortlandt Park, Bronx, Nov. 27. **Suzanne Hughes**, 43, 1:12:25, led the W40+, with **Marie-Louise Michelsohn**, 64, nabbing her age-group with a strong 1:14:50.

• **Howard Nippert**, 40, 5:51:28, placed first out of 235 ultra runners at the John F. Kennedy 50 Mile Race, Hagerstown, MD, Nov. 19, nearly 25 minutes ahead of the second-place finisher. Leading the masters women was **Connie Gardner**, 42, 7:20:12.

SOUTHEAST

• **Gerald Vaughn** broke the M70 WR for the SP with a 14.91/48-11 in the Carolina Throwers Convention Meet, UNC-Charlotte, Nov. 19. The present

record is 14.80/48-6 1/4 by **T. Von Wachenfeldt**, SWE, in 2000. **Myrle Mensey**, who upped the W55 AR for the 16# weight (13.47/44-2 1/2) in the Nevada Senior Games, increased the AR for the 25# superweight with an 8.77/28-9 1/4. **Joyce Taylor** has the record at 8.34/27-4 1/2 in 2004.

• **Rich Garcia**, M40, 30:39, and **Lynn Pinyerd**, W45, 32:07, scored masters firsts, USATF-GA XC Championships 4.8 Mile, Magnolia State Park in Millen, Nov. 12. **Judith Hine** won the W55 race in 33:47, and **Casey Jones**, M70, steamed to a 36:26 division win.

• **John Tuttle**, 47, Villa Rica, GA, with a 32:21, and **Lori Goldweber**, 42, Homewood, AL, in 42:14, blazed to masters wins, Vulcan 10K, Birmingham, AL, Nov. 5. **Yo Setser**, 68, Weave, AL, was the W65 winner (62:30). **Wes Wessely**, 57, Clermont, GA, 38:30, and **Dale Porfitt**, 56, Birmingham, AL, 38:52, were 1-2 in the M55 race.

• **Brian Pope**, M40, 31:46, and **Lisa Drew**, W40, 38:30, hastened to masters firsts in the Senior Bowl Charity 10K, Mobile, AL, Nov. 5. **Rick Walton** took the M55 encounter in 39:39. **Terry Mahr** won the W55 race in 40:38.

• **George Alteri**, 47, Clermont, FL, with a third-place 59:46, and **Teresa Calio**, 44, Apopka, FL, 1:12:40, cracked to masters wins, Thanksgiving 10 Miler, DeLand, FL, Nov. 24. **Ric Banning**, 52, Altamonte Springs, FL, 61:52, and **Ann Kahl**, 76, Apopka, FL, 1:58:57, were among the division winners. In the 5K, **Elton Jones**, 40, Orlando, FL, 18:09, and **Pamela Hanson-Peterson**, 46, Port Orange, FL, with a second-woman overall 21:04, were masters firsts. **Virgil Williams**, 50, Palm Coast, FL, won the M50 race in 18:15.

• **Steve Mandel**, 40, scored a first overall in 73:37, Brandon, FL, Half-Marathon, Dec. 4. **Denise Fairbanks**, W40, took the W40+ race (93:52). **Chung Yoo** won the M65 contest in 1:43:23.

• Masters were at the top of their game at the Governor's Land 5K, Williamsburg, VA, Nov. 19. **Rob Hinkle**, 41, 16:00, was the men's overall winner, and **Valerie Plyler**, 46, 19:42, was first W40+ and second overall. **Larry Coley**, 57, 19:16, and **Dale Abrahamson**, 56, 19:20, duked it out in their division, with **Joan Coven**, 64, 23:13, a dominant winner in her division.

• Masters once again prevailed overall at the Space Coast Marathon, Cocoa, FL, Nov. 27. **Timothy Johnson**, 40, was first in 2:59:21, and **Kimberly Bruce**, 42, 3:13:28, took the women's race. In the accompanying half-marathon, the masters champions were **Roger Travis**, 47, 1:27:41, and **Janet Canfield**, 45, 1:39:43.

• Strutting their stuff at the Times Turkey Trot 5K, Clearwater, FL, Nov. 24, were masters winners **Keith Sawayada**, M40, 16:26, and **Carol Wilson**, W40, 19:27. In the accompanying 10K, **Steve Mandel**, M40, 33:50, and **Mary Ann Protz**, W45, 38:11, led the masters to strong finishes.

• At the Atlanta Half-Marathon, Nov. 24, **John Tuttle**, 47, 1:10:47, was just a few strides behind overall winner **Dennis Bauer**, 27, 1:10:36. **Barbara Jamigan**, 40, 1:27:31, topped the W40+ field. In the marathon, masters honors went to **Mark Coughlin**, 41, 2:41:21, and **Naomi Hasegawa**, 40, 3:19:24.

MIDWEST

• **Karl Chandler**, 53, was first W40+ in 22:40, and **Eric Stuber**, 42, was sixth overall in 17:26, Lansing Turkeyman Trot 5K, Lansing, MI, Nov. 24. **Jim Forshee**, 79, won his division with a 28:33.

• One day later, on Nov. 25, **Stuber**, of Lansing, traveled the short distance south to Howell, MI, to take the masters crown in the Howell Fantasy Five-K with a better

second-place 17:04. **Krys Brish**, 42, Milford, MI, won the W40+ race in 20:33. Top Grandmasters (50+) were **Vic Mead**, 51, Aurora, IL, 19:30, and **Maggy Zidar**, 55, Pontiac, MI, 23:29.

• **Jo Ann Jessie**, 43, Louisville, KY, outlegged the female field with a first-woman 34:48, Iroquois Hill Runners Thanksgiving Day 5 Mile, Louisville, Nov. 24. **Jim Schneider**, 43, Louisville, was first M40+ with a third-place 28:50. **Ray Parrella**, 70, Jeffersonville, IN, burned up the course with a 34:42 win.

MID-AMERICA

• **Phil Kauder**, 44, Cascade, IA, in 38:53, and **Cynthia Brochman**, 40, Maplewood, MN, in 47:50, churned out masters firsts in the 27th Living History Farms 10K, Urbandale, IA, Nov. 19. Grandmasters firsts were **Steve Riley**, 51, Lawrence, KS, 41:34, and **Kathi Dellaca**, 53, Windsor Heights, IA, 53:37. **Dwight Beavers**, 68, Mason City, IA, won the M65 race with a quick 50:10. **Marge Nielsen**, 70, Spencer, IA, won the W70+ title in 78:10. A record number 4379 finished the race, the largest XC race in the U.S., run in the cold and over hilly terrain and icy streams.

WEST

• **Raphael Rodriguez**, 40, Las Vegas, NV, in 2:33:21, and **Claudette Augert**, 41, Edmonton, Alberta, CAN, in 3:07:46, hit the masters jackpot with wins in the Las Vegas Marathon, Dec. 4. **Richard Mangold**, 51, Ottawa, IL, won the M50 race in 3:02:33. **Al Becken**, 77, San Antonio, TX, took the M75 race with a 5:13:13. The race started on the Las Vegas Strip and coursed north through the Fremont Street Experience.

• **Dan Arsenault**, 43, in 15:32, and **Ceci St. Geme**, 42, featherfooted to masters wins in the Dana Point Turkey Trot Masters 5K, Dana Point, CA, Nov. 24. **Nolan Shaheed** won the M55 race (16:40), **Alan Wakeling**, the M65 (20:41), and **Denise Jenneck**, the W50 (20:24). In the Turkey Trot 10K, **Peter Magill**, M40, 31:53, and **Beverly Owen**, W40, 38:18, gobbled up the masters fields for firsts. **Magill** had to outrun **Danny Reed**, M45 winner, who finished in 31:56. **Elaine Rutkowski** won the W50 contest in 43:40.

• **Scott Deardorff**, 43, Santa Barbara, CA, 80:17; **Shigy Suzuki**, 47, Ventura, CA, 80:33; **Conal Tepper**, 42, Los Angeles, 80:46; and **Clyde Matsumara**, 45, Santa Monica, were 15-16-17-18 overall in the Santa Barbara News-Press Half-Marathon, Nov. 5. **Susan Petronio**, 42, Crested Butte, CO, won the W40+ race in 92:53. The first runner 60+ was **Betty Jory**, 61, Lompoc, CA, with an age-graded 84.1% 1:45:59.

• **Roberto Leonardo**, 43, bested the whole field with a first overall 2:43:45 in the Santa Clarita Marathon, Santa Clarita, CA, Nov. 6. **Helayne Lehman**, W45, was the W40+ winner (3:13:52). In the half-marathon, M45s **Greg Garman** (1:23:48) and **Gary Cohen** (1:23:52) were a close first and second M40+. **Claude Bruni** won the M65 race (1:36:22). The first two W40+ were also in the 45-49 division, **Diana Rush** (1:35:54) and **Leslie Oliver** (1:37:07).

• **Debbie Knickman**, 41, in 41:39, **Nina Greenberg**, 42, in 42:36, and **Adrienne Webb**, 41, in 43:28, were 1-2-3 women overall, Calabasas Classic 10K, Calabasas, CA, Nov. 13. **Steve Schuman**, 42, was first M40+ with a 35:53. **Richard Bouton**, 51, won the M50 race in 39:59. In the adjunct 5K, **Conal Tepper**, 42, 17:39, and **Amanda Nowakowski**, 40, 21:01, were masters firsts. **Yoko Eichel**, 57, was sixth female overall (21:58). **Michael McDonell**, 69, won the M65 race with a 23:15. A younger **Leonard Malts**, 75, 29:25, took the M70+ race from **Milo Sather**, 77, 29:54.

NORTHWEST

• **Bob Daniel**, 42, logged an overall first with a 1:21:48, City of Trees Half-Marathon, Boise, ID, Nov. 6. **Nancy Hatfield**, W45, claimed the W40+ crown with a 1:42:12. In the marathon, **Michael Carlson**, M45, was second overall in 2:42:00. **Christa Koot**, W45, took the W40+ race in 3:29:36.



SUZY HESS

Oneitha Lewis, 45, winner of the Outstanding Female Single Performance of the Year for her world record 5521 in the weight pentathlon.

Gunhild Swanson won the W60 race with a 3:54:05. **Dan Archambeau** was the M70 winner with a 3:52:19.

CANADA

• **Paul McCloy**, 42, 26:51, won the Canadian XC Championships 8K, Vancouver, BC, Dec. 3. Best age-graded performance was by **Herb Phillips**, 65 with an 87.0% 31:19. **Maureen de St. Croix**, 52, was first W35+, with a women's best A-G 86.2% 31:52. **The Prairie Inn Striders** won the M40-49 team title. **The Kajaks TFC** took the M50-59 title, led by the team's first-place finisher **de St. Croix**. **Etobicoke Huskies Striders** won the W40-49 title.

INTERNATIONAL

• The new WMA Committees for 2005-2007 have been appointed and can be accessed at "Addresses" and "Committees" on the WMA website: www.worldmasters-athletics.org

• With seven weeks to go, **Percy Hirsch**, LOC-chief of the WMA World Indoor Championships, Linz, Austria, March 15-20, reports enormous amounts of inquiries by e-mail as well as via the Linz websites each day: www.linz2006.com; office@linz2006.com. So far, three federations (Algeria, Mexico, and Nigeria) have sent in entries. More than 6000 brochures were distributed at the WMA Championships, San Sebastian, Spain.

OBITUARY

• **Essie Kea**, Cleveland, Ohio, passed away from a brain tumor on Oct. 28. She was born Sept. 22, 1937. I had known Essie for almost 20 years. She was a wonderful competitor in the sprints and high jump. Although we lived in different regions of the country and only saw each other a couple of times a year, she was a dear friend, totally unassuming and humble about her considerable athletic abilities. We would generally meet every year in May at the Southeastern Masters Championships, Raleigh, NC, go out to dinner and catch up on news. This past July, I stayed at her home while participating in the Combined-Events Championships, and she took great delight in showing me around the area and the park where she trained. Although she was having some trouble with her knee at the time, she came to the track and assisted her teammates at Over The Hill TC with the meet. This was typical of Essie. If someone needed help, she'd be there. Retired from a nursing career, she was teaching a practical nursing course part-time, "because they really need my help." Although she won many national championship medals, one of her greatest achievements was taking the bronze medal in the 200 at the 2003 Puerto Rico WMA World Championships. A gentle woman, but a fierce competitor, Essie was also a great trumpet player. She will be remembered fondly by all whose lives she touched.

-Ann Carter

CORRECTION

• **Flo Meller** should have been listed as fifth of six in the 2004 Masters M65 Indoor HJ (1.02). □

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 open to men and women over age 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

February 25. Masters Invitational Program Men's & Women's 200m, USA Indoor Championships, Reggie Lewis Center, Boston, MA. Mark Cleary, 949-589-0242; runnermark@cox.net
March 4-5. USA National Masters Indoor Heptathlon Championships, Carthage College, Kenosha, WI. Jeff Watry, 3224 CR 2700E, Penfield, IL 61862. 217-367-8438, x152.
March 24-26. USA National Masters Indoor Championships, Reggie Lewis Center, Boston, MA. USATF-NE, 617-566-7600; office@usatfne.org; www.usatfne.org/masters
April 29. Masters Invitational Program Men's Mile, Drake Relays, Des Moines, IA. Mark Cleary, 949-589-0242; runnermark@cox.net
June 22-25. Masters Invitational Program, Event TBA, USA Outdoor Championships, Indianapolis, IN. Mark Cleary, 949-589-0242; runnermark@cox.net
July 15-16. USA National Masters Decathlon & Heptathlon Championships, Seattle, WA. www.usatf.org
August 3-6. 39th USA National Masters Championships, Charlotte, NC. Pentathlon on 3rd. Gordon Edwards, 10029 Withers Rd., Charlotte, NC 28278; 704-588-6885 (after 8:00 pm); gedwards@carolina.rr.com
August 19. USA National Masters Weight Pentathlon, Sager Ranch, Wilsall (Bozeman), MT. Bob Sager, 406-578-2080(w); 578-9870(h); hammerbeef@aol.com
September 9. USA National Masters Weight & Superweight Championships, Seattle, WA. Ken Weinbel, 4103 Hillcrest Ave. SW, Seattle, WA 98116. 206-938-3895; kweinbel@comcast.net

EAST

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

January 6-8. Dartmouth Relays, Leverone Field House, Hanover, NH. Carl Wallin, Meet Director, Dartmouth College, Alumni Gym, NH 03755. www.lancertiming.com
January 7 & 14. Boston U. Developmental Meets, Boston, MA. Bruce LeHane, 617-353-2911; lehane@bu.edu
January 8. USATF-LI Indoor Meet, Suffolk CC, Brentwood Campus. 9:00 am. 516-349-9157; www.long-island.usatf.org
January 8. Philadelphia Masters All-Comers Indoor Meet, Swarthmore College, Swarthmore, PA. Joel Dubow, 484-437-9463; joel.dubow@usa.net; www.pmtf.net
January 8 & 22. Potomac Valley TC Indoor Meets, Jefferson Community Center, Arlington, VA. 7:45 pm. 703-218-2726; www.pvtc.org
January 12 & 26. NYRR Thursday Night at the Races, New Balance T&F Center, NYC. Ian Brooks, 212-860-4455; ibrooks@nyrr.org
January 14. Philadelphia Masters All-Comers Indoor Meet, Ursinus College, Collegeville, PA. See Jan. 8.
January 15. Syracuse Chargers Indoor Meet, Manley Field House, Syracuse U. Registration 8-9 am; throws 7:30 am.
January 15. USATF Adirondack Indoor Meet, U. of Albany RACC Arena. 2 pm. Clinic at 1 pm. www.usatfadir.org; rdo3_2000@yahoo.com
January 15 & 20. Sportsplex All-Comers Indoor Meet, Landover, MD. 301-583-2661; www.pvtc.org/pg.html
January 16. Finger Lakes RC Indoor Meet, Ithaca, NY. www.fingerlakesrunners.org
January 21. 39th Annual Hartshorne Memorial Masters Mile, Cornell U., Ithaca, NY. W30+; M40+. Prize purse for Men's and Women's Elite Mile; bonus for new record (M & W40+). 10 a.m.

Rick Hoebeke, 2706 Agard Rd., Trumansburg, NY 14886. 607-255-6530 (d), 387-6431 (e).
January 22. Philadelphia Masters All-Comers Indoor Meet, The Glen Mills Schools, Glen Mills, PA. See Jan. 8.

January 22. Greater Boston TC Invitational Indoor Meet, Harvard U. 617-282-5537; www.gbtc.org
January 22. MAC Y/M/O Meet, New Balance T&F Center, NYC. Jude Massilion, 718-488-5711; usatfmetro@yahoo.com
February 5. USATF Adirondack Indoor Meet, U. of Albany RACC Arena. 2:00 pm. www.usatfadir.org; rdo3_2000@yahoo.com
February 5. Finger Lakes RC Indoor Meet, Ithaca, NY. www.fingerlakesrunners.org
February 5. Philadelphia Masters All-Comers Indoor Meet, Albright College, Reading, PA. Joel Dubow, 484-437-9463; joeldubow@usa.net; www.pmtf.net

February 5. Potomac Valley TC Indoor Meet, Jefferson Community Center, Arlington, VA. 7:45 pm. 703-218-2726; www.pvtc.org
February 9 & 23. NYRR Thursday Night at the Races, New Balance T&F Center, NYC. Ian Brooks, 212-860-4455; ibrooks@nyrr.org
February 11. USATF-LI Indoor Championships, Suffolk CC, Brentwood Campus. 3:00 pm. 516-349-9157; www.long-island.usatf.org
February 12. Syracuse Chargers Indoor Meet, Manley Field House, Syracuse U. Registration 8-9 am; throws 7:30 am.

February 12. USATF-NJ Masters & Open Indoor Championships, Jersey City Armory, New, fast 200m mondo track. usatfnj@usatfnj.org; 973-334-8900; http://www.usatfnj.org.
February 19. USATF-NE Indoor Championships, Harvard U., Boston, MA. 617-566-7600; office@usatfne.org; www.usatfne.org/masters
February 19. Sportsplex Masters Championships, Landover, MD. 301-583-2661; www.pvtc.org/pg.html

February 25. Mid-Atlantic USATF Masters & Open Indoor Championships, Lehigh U., Bethlehem, PA. Joel Dubow, 484-437-9463; joeldubow@usa.net; www.pmtf.net
February 26. Sportsplex All-Comers Indoor Meet, Landover, MD. 301-583-2661; www.pvtc.org/pg.html

March 3. MAC Masters Championships, New Balance T&F Center, NYC. www.mactrack.org
March 5. USATF Adirondack Indoor M&O Championships, U. of Albany RACC Arena. 2 pm. www.usatfadir.org; rdo3_2000@yahoo.com
March 12 & 19. Finger Lakes RC Indoor Meets, Ithaca, NY. www.fingerlakesrunners.org
March 18. USATF East Regional Masters Indoor Championships, Susquehanna U., Selingsgrove, PA. rayfeick@peoplepc.com; www.MAUSATF.ORG
March 19. Syracuse Chargers Indoor Meet, Manley Field House, Syracuse U. Registration 8-9 am; throws 7:30 am.
July 22. USATF East Regional Masters Championships, Springfield, MA. USATF-NE, 2001 Beacon St., Ste. 207, Brighton, MA 02135-7787; 617-566-7600.

SOUTHEAST

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

January 21. Winter Sun Meet #1, NTC, Clermont, FL. Javelin clinic. 352-241-7144, x4206; www.usantc.com
February 25-March 12. Polk Senior Games, Polk County, FL. M&W50+. 863-533-0055; www.polk.seniorgames.org
February 18. Winter Sun Meet #2, NTC, Clermont, FL. 352-241-7144, x4206; www.usantc.com
March 18. Spring Fling #1, NTC, Clermont, FL. 352-241-7144, x4206; www.usantc.com
April 8. Spring Fling #2, NTC, Clermont, FL. 352-241-7144, x4206; www.usantc.com
May 27. Florida AC Classic, NTC, Clermont,

FL. 352-241-7144, x4206; www.usantc.com
June 10. USATF Florida Championships, Clermont, FL. 352-241-7144, x4206; www.usantc.com

MIDWEST

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

January 7 & 20. U. of Michigan Indoor Open Meets, Ann Arbor. David Kaiser, 734-615-3364; kaiserd@umich.edu
January 13 & 20. Oakland RC All-Comers Indoor Meets, Skokie, IL. Chris Vivone, 847-626-2810; chriviv@niles-hs.k12.il.us
January 14, 21 & 28. Midwest Indoor Meets, Sterling, IL. Dale Smith, 815-622-6201; westwood@coiinc.com
January 20. UW-Milwaukee Development Meet, Neal Schuster, schustrn@matc.edu
February 11 & 18. Midwest Indoor Meets, Sterling, IL. Dale Smith, 815-622-6201; westwood@coiinc.com
February 18. U. of Michigan Indoor Open Meet, Ann Arbor. David Kaiser, 734-615-3364; kaiserd@umich.edu
February 19. Illinois Indoor Championships, Sterling. Dale Smith, 815-622-6201; westwood@coiinc.com
March 3. Mason-Dixon Games Masters & Open Indoor Championships, Broadbent Arena, Louisville, KY. 502-875-2904; fmlavcic@aol.com. Application in January issue.
March 5. USATF Midwest Regional Masters Indoor Championships, Carthage College, Kenosha, WI. PV on 4th. Steve Cohen, scohen@komdr.com; Jeff Watry, 217-367-8438, x152
July 16-21. Gay Games, Chicago, IL. www.gaygameschicago.org

MID-AMERICA

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

February 11. Colorado School of Mines All-Comers, Golden. Al Siemers, asiemers@mines.edu
February 26. USATF Mid-America Regional Masters Indoor Championships/Colorado Championships, US Air Force Academy, Colorado Springs. Jerry & Christel Donley, 2354 Wood Ave., Colorado Springs, CO 80907; 719-635-1264; jadonley@adelphia.net; Jim Weed, 303-451-8727.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

January 14. USATF Southwest Regional Masters Indoor Championships, Texas Tech U., Lubbock. 806-742-3355 X249; joe.walker@ttu.edu
April 8. Acadiana District Senior Games, UL-Lafayette track. M&W40+. Charlie Richard, 337-262-5990, x13.
April 22. El Paso Senior Games Meet, Irvin HS, El Paso, TX. Julie Belcher, 1800 Byron St., El Paso, TX 79930. 915-562-4268.

WEST

Arizona, California, Hawaii, Nevada, New Mexico

January 7. Sierra Vista Arizona Senior Games. 9am. 520-458-7922.
January 7 & 21. UC-Riverside Meets, Riverside, CA. 11:30 a.m. registration; \$5.00 unlimited events. http://www.athletics.ucr.edu/trackfield/tffront.html
January 7, 14, 21, 28. LGAA/Mizuno All Comer Meets, Los Gatos, CA. \$4 entry fee, unlimited events. All ages. Rick Milam, 408-275-9448; 241-6578.
January 14 & 22. New Mexico Indoor All-Comers Meets, Albuquerque. Scott Steffan, 505-836-3653.
January 21. Tucson Senior Games, Pima CC. 520-791-4931; e-mail: Laura.Duran@tucson.az.gov
January 21. Team Thor USA Throws & PV Meet, UC-San Diego, LaJolla. Scott Sargeant, 619-920-3469; www.teamthor.com
January 26-27. New Mexico Indoor Heptathlon & Pentathlon, Albuquerque. Scott Steffan, 505-836-3653.
January 27-28. Yuma Arizona Senior Games. 928-373-5243; www.ci.yuma.az.us/parksandrec.com
February 4, 11, 18, 25. LGAA/Mizuno All

ON TAP FOR JANUARY

TRACK AND FIELD

The indoor season swings into action with the Dartmouth Relays, Hanover, NH, on the 6th-8th, followed by the USATF SW Regional Masters Indoor Championships, Lubbock, TX, on the 14th. The 39th Hartshorne Memorial Masters Mile will be run on the 21st at Cornell U. Additional action is available in NYC; Syracuse, Ithaca and Albany, NY; Ann Arbor; Skokie, IL; Milwaukee; Philadelphia; Arlington, VA; Landover, MD; Boston, MA; Bozeman, MT; Albuquerque; and on Long Island. For outdoor meets, head for Florida, Arizona and California.

LONG DISTANCE RUNNING

Marathons in the Sun Belt start early with the Disney World Marathon, Lake Buena Vista, FL, and OC Marathon, Newport Beach, CA, on the 8th. The Paramount 10K near Los Angeles takes off on the 14th. The 15th includes the Maui; Carlsbad, CA; Houston; and Phoenix Rock 'N' Roll marathons. The Gulf Beaches Marathon, Clearwater, FL; Naples Daily News Half-Marathon, Naples, FL; NYRR Frostbite 7 Mile; and Louisiana 30K Championships, New Orleans, take up the 22nd. Boulder, CO, offers the Best XC Race on the Planet 8K on the 28th, with the Miami Marathon and 3M Half-Marathon, Austin, TX, on the books for the 29th.

RACEWALKING

The USA National 30K RW Championships will march off on the 15th in Chula Vista, CA.

Comers Meets, Los Gatos, CA. \$4 entry fee, unlimited events. All ages. Rick Milam, 408-275-9448; 241-6578.
February 9-12. Palm Desert Senior Games, Palm Desert, CA. Kevin Kalman, 45-871 Clinton St., Indio, CA 92201; 760-347-3484; kevin@cvrpd.org
February 12 & 22. New Mexico Indoor All-Comers Meet, Albuquerque. Scott Steffan, 505-836-3653.
February 18-19. Arizona Senior Olympics State Games, Phoenix. T-18/F-19. Irene L. Stillwell, 602-534-3500; irene.stillwell@phoenix.gov
February 18-25. UC-Riverside Meets, Riverside, CA. 11:30 a.m. registration; \$5.00 unlimited events. http://www.athletics.ucr.edu/trackfield/tffront.html
March 12. Team Thor USA Throws & PV Meet, UC-San Diego, LaJolla. Scott Sargeant, 619-920-3469; www.teamthor.com
March 13 (Mon.). Green Valley Seniors Meet, Green Valley, AZ. Karen Rans, 520-625-3440, x216; karen@gvrec.org
April 9. Team Thor USA Throws & PV Meet, UC-San Diego, LaJolla. Scott Sargeant, 619-920-3469; www.teamthor.com
May 14. Team Thor USA Throws & PV Meet, UC-San Diego, LaJolla. Scott Sargeant, 619-920-3469; www.teamthor.com
June 10. Team Thor USA Throws & PV Meet, UC-San Diego, LaJolla. Scott Sargeant, 619-920-3469; www.teamthor.com

NORTHWEST

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

January 29. BTC Indoor All-Comers, Bozeman, MT. Dave Skelton, 406-587-7698. \$5 late fee after Jan. 22.
February 25. The Outside in Arena Throws Meet, Connell (between Tri-Cities & Spokane),

WA. Outdoor Implemen plus Ultra Weight Pentathlon PO Box 308, Connell. 8606; ksellereite@centurylink.com
June 10-11. Portland N Association Champions Gresham, OR. Paul Stepa Gresham, OR 97030; pan@yahoo.com
June 24-25. 25th Hay Northwest Regional Meet, Eugene, OR. Dick Lan Eugene, OR 97405; brerly22@comcast.net
July 22. Inland NPBerry Track, WSU, Pullman, WA. 509-332-3148; jeffschaller@wsu.edu
August 12. Bend Master

INTERNATIONAL

January 14-21. 13th IAAF World Championships, Christchurch, New Zealand; w-mail: bkjago@paradise.net.nz
February 11-19. Intern Masters Games, Hamilton, NZ. 838 3596; www.spmg.org.nz
March 15-20. 2nd World Masters Championships, Linz, Austria. www.wmc.org
July 8-9. BMAF Championships, England. www.bmaf.org
July 19-30. European Association of Masters Athletes, www.evacs2006.pl
August 24-27. NCCW Championships, Guatemala City, Guatemala. www.nccw.org
September 4-15, 2007. on the 3rd.) 17th WMA World Championships, Riccione, Italy. www.17wma.org
March 12-17, 2008. 3rd World Masters Championships, Clermont, France. www.wmc2008.com
July-August, 2009. World Masters Championships, Lahti, Finland.

LONG DISTANCE RUNNING

NATIONAL

February 6-8. Running Conference for the Rockies, San Diego, CA. Registration \$5. www.usatfactive.com
February 4-5. USA National Masters Marathon, Rocky Racoon 100 Mile Race, Rocky Racoon, MO. jtrussaitis@austin.rr.com; jtrussaitis@race.rocky.com
February 18-19. USA National Masters Marathon, Van Cortlandt Park, NYC. usatf.org/860-4455.
March 5. USA National Masters Marathon, Island 50K Road, Long Beach, CA. www.gilre.com
March 8-12. 49th RRCA National Marathon, Hyatt Regency, Houston, TX. houston06.org
June 3. USA National Masters Mountain Games Sprint, Vail, CO. mortiz@vailmountaingames.com
June 17. USA National Masters Marathon, Washington Hill Climb, Washington, DC. www.gsr.com; www.gsr.com
July 29. USA National Masters Marathon, River 50 Mile Trail, Colorado. searunco@aol.com; www.searunco.com
August 26. USA National Masters Marathon, Headlands 50K Trail, San Francisco, CA. www.headlands50k.org
September 23. USA National Masters Marathon, Championships/Heritage, Robles, CA. www.usatf.org
October 1. USA National Masters Marathon, Twin Cities Marathon, Minneapolis, MN. www.twincitiesmarathon.com
October 15. USA National Masters Marathon, Saratoga, NY. regan.george@usafac.com
October 15. USA National Masters Marathon, DuPont Forest Trail Marathon, Washington, DC. www.gregw@mchsi.com; www.gregw.com
December 9. USA National Masters Marathon, Championships, Golden Gate, San Francisco, CA. M-10K/50K. billq@frontiernet.net;

WA. Outdoor Implements inside. SP/WT/SW, plus Ultra Weight Pentathlon. Ken Sellereite, PO Box 308, Connell, WA 99326. 509-234-8606; ksellereite@centurytel.net
June 10-11. Portland Masters Classic/Oregon Association Championships, Mt. Hood CC, Gresham. Paul Stepan, 3011 NE Linden, Gresham, OR 97030; 503-666-8950(h); lstepan@yahoo.com
June 24-25. 25th Hayward Classic/USATF Northwest Regional Masters Championships, Eugene, OR. Dick Lamster, P.O. Box 51532, Eugene, OR 97405; brem@uoregon.edu
July 22. Inland NW Masters Classic, Moberly Track, WSU, Pullman, WA. Jeff Schaller, 435 SW State St., Pullman, WA 99163. 509-332-3148; jeffschaller@turbonet.com
August 12. Bend Masters Meet, Bend, OR.

INTERNATIONAL

January 14-21. 13th Oceania Masters Championships, Christchurch, New Zealand. Canterbury Masters, PO Box 12256, Christchurch, New Zealand; www.omac2006.org.nz; e-mail: bkjago@paradise.net.nz
February 11-19. International South Pacific Masters Games, Hamilton, New Zealand. 07 838 3596; www.spmg.org.nz
March 15-20. 2nd WMA World Indoor Championships, Linz, AUT. www.linz2006.com/eng
July 8-9. BMAF Championships, Birmingham, England. www.bmaf.org
July 19-30. European Veterans Athletics Association Championships, Poznan, POL. www.evacs2006.pl
August 24-27. NCCWMA Stadia Championships, Guatemala City, Guatemala.
September 4-15, 2007. (Opening ceremonies on the 3rd.) 17th WMA World Championships, Riccione, Italy. www.riccione.wma2007.org
March 12-17, 2008. 3rd WMA World Indoor Championships, Clermont-Ferrand, France.
July-August, 2009. 18th WMA World Championships, Lahti, Finland.

LONG DISTANCE RUNNING

NATIONAL

February 6-8. Running USA 2006 National Conference for the Running Industry, San Diego, CA. Registration at www.RunningUSA.active.com
February 4-5. USA National Championships/Rocky Raccoon 100 Mile Trail, Huntsville, TX. jprusaitis@austin.rr.com; www.hillcountrytrailrunners.com/raceRockyraccoon.html
February 18-19. USA National XC Championships, Van Cortlandt Park, NYC. Masters 8K on the 18th. usatf.org; Andrea Haver, 212-860-4455.
March 5. USA National Championships/Long Island 50K Road, Long Island, NY. spolansky@aol.com; www.glicrc.org
March 8-12. 49th RRCA National Convention, Hyatt Regency, Houston, TX. www.rrca.houston06.org
June 3. USA National Championships/Teva Mountain Games Spring Runoff 10K Trail, Vail, CO. mortiz@vailrec.com; www.teva.mountaingames.com
June 17. USA National Championships/Mt. Washington Hill Climb, Gorham, NH. race time@gsrcs.com; www.gsrcs.com
July 29. USA National Championships/White River 50 Mile Trail, Crystal Mountain, WA. searunco@aol.com; www.whiteriver50.org
August 26. USA National Championships/Headlands 50K Trail, Sausalito, CA. gypalm@headlands50k.org; www.headlands50k.org
September 23. USA National Masters Championships/Heritage Oaks 10K, Paso Robles, CA. www.heritageoaksbank.com; www.usatf.org
October 1. USA National Masters Championships/Twin Cities Marathon, Minneapolis, MN. www.twincitiesmarathon.org; www.usatf.org
October 15. USA National Masters 5K XC Championships, Saratoga Springs, NY. George Regan, george@usatfadir.org
October 15. USA National Championships/DuPont Forest Trail Marathon, Asheville, NC. gregw@mchsi.com; www.ymcachendersoncounty.org
December 9. USA National Masters Club XC Championships, Golden Gate Park, San Francisco. M-10K/W-6K. Bill Quinslisk, billq@frontiernet.net; www.usatf.org

EAST

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

January 1. Milton 5 Mile, Litchfield, CT. 11:00 am. lyonpride@charter.net
January 1. Winfield Mile, Winfield, MD. 12 noon. 410-549-1873; franpob@carr.org
January 22. NYRR Frostbite 7-Miler, Central Park, NYC. 212-860-4455; www.nyrr.com
January 29. NYRR 10 Mile, Central Park, NYC. 212-860-4455; www.nyrr.com
February 5. Maine TC Mid-Winter 10 Mile, Cape Elizabeth. 207-892-4526; www.maine.trackclub.com
April 17. 110th BAA Boston Marathon. www.baa.org

SOUTHEAST

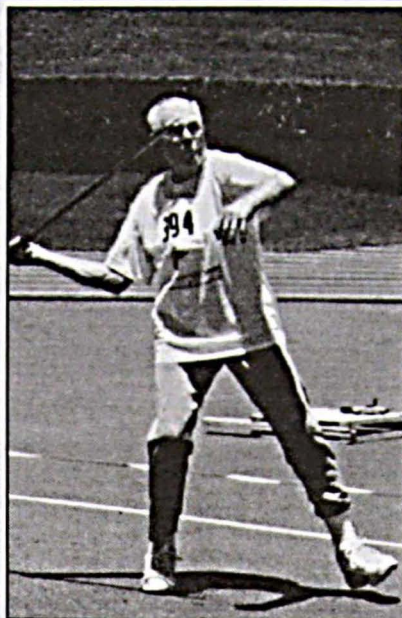
Alabama, Florida, Georgia, N. Carolina, S. Carolina, Tennessee, Virginia

January 1. DeLeon Springs Half-Marathon & 5K, DeLeon Springs, FL. 386-736-0002; www.altavistasports.com
January 5-8. Disney World Marathon Weekend, Lake Buena Vista, FL. 407-939-7810.
January 7. Charlotte Run for Peace 5K & 10K, Charlotte, NC. 704-641-5148; www.ac.timezach.com
January 7. Boca Raton 10K, Boca Raton, FL. racer5K@aol.com
January 14. St. Pete Beach Classic 10K & 5K, St. Petersburg, FL. 727-367-RACE; stpete.beachclassic.com
January 14. Mississippi Marathon, Clinton, MS. 601-620-7651; www.mstrackclub.com
January 15. Legg Mason Marathon & Half-Marathon, Mobile, AL. 251-476-8732; www.firstlightmarathon.com
January 21. Panther Pride 5K, Mobile, AL. 251-473-7223; www.pcpacers.org
January 22. Florida Gulf Beaches Marathon, Clearwater, FL. 727-347-4440; www.florida.marathon.com
January 22. Naples Daily News Half-Marathon, Naples, FL. 239-434-9786; www.naplesnews.com
January 28. Winter Flight 8K/RRCA State Championships, Salisbury, NC. 704-857-3036; salisburyrowanrunners.com
January 29. Lady Track Shack 5K, Winter Park, FL. Women only. 407-896-1160; www.trackshack.com
January 29. Miami Marathon & Half-Marathon. 305-278-8668; www.runmiami.com
February 10-12. Mercedes Marathon & Half-Marathon, Birmingham, AL. 205-870-7771; mercedesmarathon.com
February 11. Battle of Mobile Bay 5K, Dauphin Island, AL. 251-473-7223; www.pcpacers.org
February 16-19. Myrtle Beach Marathon, Myrtle Beach, SC. 843-293-RACE; www.MB.Marathon.com
February 19. Pensacola Marathon & Half-Marathon, Pensacola, FL. 850-435-9222; www.pensacolamarathon.com
February 25. Outback Distance Classic 12K, Orlando, FL. www.trackshack.com
February 25. Silver Comet Ultra Runs, 50K & 100K, Rockmart, GA. Ragan Petrie, 404-242-6099; www.getguts.com
February 25-26. Bank of America Gasparilla Marathon, Half-Marathon, 15K, & 5K, Tampa, FL. 813-254-7866; www.tampabayrun.com
February 26. Anheuser-Busch Colonial Half-Marathon, Williamsburg, VA. 757-229-7375; www.tribeclub.com
March 4. SEEDS Classic Rock 5K, Mobile, AL. 251-473-7223; www.pcpacers.org
March 5. Sarasota Marathon, Sarasota, FL. 941-266-8546; www.sarasotamarathon.com

MIDWEST

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

January 1. New Year's Day 5K, Chicago. 11:00 am. www.chicagoevents.com
January 14. Portland Winter 5K, Portland, MI. portlandrunningclub.homestead.com
January 15. Samson Stomp 5K, Milwaukee, WI. 414-771-3040.
January 28. Paint Creek 50, Rochester, MI. 248-646-7277.



JERRY WOJCIK
Trent Lane, 2005 M95 Field Athlete of the Year.

MID-AMERICA

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

January 14. Heart of Winter 6K & 12K, Redwood Falls, MN. edwardsj@ci.redwoodfalls.mn.us
January 14. St. Louis TC Frostbite Series 20K & 5K, Forest Park, St. Louis, MO. 314-781-3926
January 21. Topeka-Auburn Half-Marathon, Topeka, KS. 785-273-6331
January 28. The Best XC Race on the Planet 6K, Boulder, CO. Julian Peer, 303-554-9486.
January 28. St. Louis TC Frostbite Series Half-Marathon & 4 Mile, Forest Park, St. Louis, MO. 314-781-3926

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

January 1. Texas Marathon, Kingwood. steveboone@aol.com
January 15. Chevron Houston Marathon, Half-Marathon & 5K. 713-957-3453; www.chevron.houstonmarathon.com
February 5. Mardi Gras Marathon, Half-Marathon & 5K, New Orleans. 866-454-6561; www.mardigrasmarathon.com
February 18. Sprint Mardi Gras Mambo 10K & Mile, Baton Rouge, LA. 225-382-3596; www.mardigrasmambo10k.com; www.active.com/active
February 19. Freescale Austin Marathon Half-Marathon, Austin, TX. www.freescaleaustin.marathon.com

WEST

Arizona, California, Hawaii, Nevada, New Mexico

January 8. OC Marathon, Half-Marathon & 5K, Newport Beach, CA. 949-222-3327; www.OCMarathon.com
January 8. Redding Marathon, Redding, CA. 530-243-4501; www.sweatrc.com
January 14. Paramount 10K, Paramount (Los Angeles), CA. Oscar Rosales, 714-841-5417.
January 15. Rock 'N' Roll Marathon & Half-Marathon, Phoenix, AZ. 800-311-1255; www.nraz.com
January 15. Embarcadero 10K, San Francisco. Janet Nissenon, 415-978-0837.
January 15. Maui Half-Marathon & 5K, Kapalua-Lahaina. 530-544-7095; www.maui.surfandsandhalf.com
January 15. Carlsbad Marathon & Half-Marathon, Carlsbad, CA. 760-692-2900.
January 15. Calico Trail Run 50K & 30K, Calico Ghost Town, CA. www.calicotrailrun.org
January 29. Kiwanis 5K & 10K, Palm Springs, CA. 760-324-7069.
February 5. San Francisco Half-Marathon & 5K. 415-333-4780; www.pamakids.org
February 11. Great American Adventure Run



SUZY HESS
Jolene Steigerwalt, W60 Outstanding Racewalker of the Year.

2.8 Mile & 4.8 Mile, Huntington Beach, CA. Oscar Rosales, 714-841-5417.
February 12. Golden Gate Bridge Vista Run 5 Mile, San Francisco. Janet Nissenon, 415-978-0837.
March 5. Napa Valley Marathon/RRCA National Championships, Napa, CA. 707-255-2609; www.napavalleyrun.com
March 19. L.A. Marathon XXI, Los Angeles. 310-444-5544; lamarathon.com

NORTHWEST

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

January 1. Club NW Resolution 5K, Seattle. www.promotionevents.com
January 8. ORRC Y2K6 20.06K & 10K, Forest Grove, OR. www.orrc.net
January 14. Bridle Trails Winter Trail Running Festival, Kirkland, WA. 5 Mile; 10 Mile; 50K solo; & 50K relay or pairs. 206-329-1466; www.seattlerunningcompany.com
February 11. Walk 4 the Heart 5K & 10K, Lakewood, WA. 253-376-5737; humanmulti.sportspnw.org
February 12. Truffle Shuffle 2 Mile & 4 Mile, Eugene, OR. swarren@committedpartners.org

INTERNATIONAL

January 29. Osaka International Ladies Marathon, Osaka, Japan. www.osaka-marathon.jp
March 5. BMAF XC Championships, Bournemouth, England. 7 Sandford Court, 32 Belle Vue Road, Bournemouth BH6 3DR, England; www.bmaf.org.uk
September 23-24, 2006. WMA/WRMA Mountain Running Championships, Saillon, SUI. www.world-masters-athletics.org

RACEWALKING

January 15. USA National 30K RW Championships, Chula Vista, CA. Philip Dunn, 619-574-0683; www.usatf.org
February 12. USA National Masters/Open 50K RW Championships, Lake Louisa, Clermont, FL. Also South Region Masters 15K RW Championships. 352-241-7144, x4206; www.usantc.com
March 26. USA National Masters Indoor RW Championships, Boston, MA. 3000m-women; 5000m-men. See T&F-National above.
May 17. USA National Masters 15K RW Championships, Riverside, CA. Dave Snyder, lyndavel@juno.com
August 4 & 6. USA National Masters RW Championships, Charlotte, NC. 5000m on 4th/10K on 6th.
September 10. USA National Masters/Open 40K RW Championships, Ocean Township, NJ. Elliott Denman, 732-222-9080.
October 15. USA National Masters/Open 1-Hour RW Championships, Waltham, MA. Steve Vaitones, office@usatfne.org
November 12. USA National Masters 20K RW Championships, Clermont, FL. Don DeNoon, 352-241-7144, x4206; noon.walk_992yahoo.com

RECIPIENTS OF ALL-AMERICAN AWARDS

Table listing award recipients with columns for event name, athlete name, age, date, and performance metrics.

TRACK Please send results Eugene, OR 97405; e-tion current, we gener old. Results typed an receive preference. issue date.

EAST Greater Baltimore Weight Pentat Towson U., MD;

Bill Kuegler 68 26.81/10.81/31.00/27 Jack McDonald 67 22.41/8.55/26.16/25.3 Gerry Snyder 70 23.04/10.16/26.15/20 Bill Bergen 72 19.79/8.51/25.46/23.6 Evelyn Wright 67 20.17/7.81/18.62/19.3 Audrey Lary 70 19.02/6.77/20.25/18.6 Sharon Good 73 8.48/4.18/9.53/7.38/5

Philadelphia Ma Indoor Me Reading, PA; D

55m M45 Lovell Butler M50 Terry McKechnie Gary Arend Nick Helfrich M75 Joe Granahan W70 Gloria Krug 220y M45 Jeff Kramer M50 Terry McKechnie Gary Arend M70 Jim Sutton W60 Barbara Leighton 440y W60 Barbara Leighton 880y M30 Kyle Lanier M45 Chuck Shields M55 Gary Tompkins George Sanders M70 Jim Sutton Mile M30 Kareem Lanier M45 Chuck Shields M55 George Sanders 2 Mile M45 Chuck Shields High Jump M30 Cardwell Wootter M60 Fred Riley Long Jump M30 Cardwell Wootter M45 Lovell Butler Triple Jump M30 Cardwell Wootter Shot Put M45 Jeff Woodward M50 Nick Helfrich W40 Heather Scanlon W70 Gloria Krug Weight Throw M50 Nick Helfrich M55 Terry Shuman Dan Folk W40 Heather Scanlon Mile RW M45 Larry Schiller

M45 Lovell Butler M50 Terry McKechnie Gary Arend Nick Helfrich M75 Joe Granahan W70 Gloria Krug 220y M45 Jeff Kramer M50 Terry McKechnie Gary Arend M70 Jim Sutton W60 Barbara Leighton 440y W60 Barbara Leighton 880y M30 Kyle Lanier M45 Chuck Shields M55 Gary Tompkins George Sanders M70 Jim Sutton Mile M30 Kareem Lanier M45 Chuck Shields M55 George Sanders 2 Mile M45 Chuck Shields High Jump M30 Cardwell Wootter M60 Fred Riley Long Jump M30 Cardwell Wootter M45 Lovell Butler Triple Jump M30 Cardwell Wootter Shot Put M45 Jeff Woodward M50 Nick Helfrich W40 Heather Scanlon W70 Gloria Krug Weight Throw M50 Nick Helfrich M55 Terry Shuman Dan Folk W40 Heather Scanlon Mile RW M45 Larry Schiller

SOUTHEAST The Carolinas T Convention, Charlotte, NC; I

60m M40 John Allen M45 Michael Kountz Brian Magerkur Charles Johnson Robert Fulton Richard Simpson M50 Anthony Searle Martin Spencer Wayne Fisher William Farris Kevin Rumble M55 Bob Rockwell Steve Doerter Stefan Walterm M60 Sam Hall Darrell Huston M65 William Burch George LaBelle W40 Regina Richard W60 Ann Carter

U.S. MASTERS ALL-AMERICAN STANDARDS FOR MEN

Table of U.S. Masters All-American Standards for Men, listing events from 55 to 10000 and performance times.

Notes: 1) 100 standards are for automatic time; use standard conversion for hand time. 2) Short hurdles: 30-49: 39"; 50-59: 36"; 60-69: 33"; 70-79: 30"; 80+: 27" 3) Long hurdles: 30-49: 36"; 50-59: 33"; 60-69: 30"; 70+: 27" 4) Shot put: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 27" 5) Discus throw: 30-49: 2kg; 50-59: 1.5kg; 60+: 1.0kg; 6) Hammer: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k 7) Javelin: 30-49: 800g; 50-59: 700g; 60-69: 600g; 70-79: 500g 80+: 400g 8) Weight: 30-49: 35# 50-59: 25# 60-69: 20# 70-79: 16# 80+: 12# 9) Superweight: 30-69: 56# 70-79: 35# 80+: 25# 10) Pen/Dec/WL Pen: 30-39 IAAF pts.; 40+ WMA factoring. 11) Metric heights and distances are the standard; feet and inches listed for convenience.

U.S. MASTERS ALL-AMERICAN STANDARDS FOR WOMEN

Table of U.S. Masters All-American Standards for Women, listing events from 55 to 10000 and performance times.

Notes: 1) 100 standards are for automatic time; use standard conversion for hand time. 2) Short hurdles: 30-39: 33"; 40-59: 30" 60+: 27" 3) Long hurdles: 30-59: 30"; 60+: 27" 3) Shot put: 30-49: 4k; 50+: 3k 4) Javelin: 30-49: 600g; 50-59: 500g; 60+: 400g 5) Hammer: 30-49: 4k; 50+: 3k 6) Weight: 30-49: 20#; 50-59: 16#; 60+: 12# 7) Superweight: 30-49: 35#; 50-79: 25# 80+: 20# 8) Metric heights and distances are the standard; feet and inches listed for convenience.

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

Table of U.S. Masters All-American Standards of Excellence for Racewalkers, listing events from W30 to W90 and performance times.

APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

Form fields for application: NAME, AGE-GROUP, ADDRESS, SEX, CITY, STATE, ZIP, MEET, DATE OF MEET, MEET SITE, EVENT, MARK, HURDLE HEIGHT, WEIGHT OF IMPLEMENT.

1 CERTIFICATE 1 PATCH 1 PATCH TAG 1. If you have equaled or bettered the standard of excellence, please fill out this application, completely. 2. A copy of your results or a note stating in which issue your results appeared MUST accompany this application. 3. Please send \$10 for a certificate, \$10 for a patch, and \$10 for a patch tag showing event and year. The cost for both a certificate and patch ordered at the same time is \$15. 4. Send to: All-American, National Masters News, P.O. Box 50098, Eugene OR 97405. 5. A 3-color, 8" by 10" certificate, suitable for framing, and/or a 3-color, 3" by 4" patch will be mailed to you within six weeks. Allow eight weeks for a patch tag.

TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene, OR 97405; e-mail: natmanews@aol.com. To keep information current, we generally do not publish results more than 3 months old. Results typed and measuring 2-1/4" wide in metric in our format receive preference. Deadline is the 10th of the month prior to issue date.

EAST

Greater Baltimore Masters Weight Pentathlon
Towson U., MD; Oct. 30

Bill Kuegler 68	3189
26.81/10.81/31.00/27.87/10.31	
Jack McDonald 67	2653
22.41/8.55/26.16/25.36/9.81	
Gerry Snyder 70	2751
23.04/10.16/26.15/20.40/10.07	
Bill Bergen 72	2499
19.79/8.51/25.46/23.63/9.47	
Evelyn Wright 67	3443
20.17/7.81/18.62/19.34/11.19	
Audrey Lary 70	3791
19.02/6.77/20.25/18.62/10.65	
Sharon Good 73	1584
8.48/4.18/9.53/7.38/5.10	

Philadelphia Masters Indoor Meet
Reading, PA; Dec. 4

55m	
M45 Lovell Butler	6.8
M50 Terry McKechnie	7.4
Gary Arend	7.5
Nick Helfrich	9.2
M75 Joe Granahan	10.3
W70 Gloria Krug	9.9
220y	
M45 Jeff Kramer	33.4
M50 Terry McKechnie	28.9
Gary Arend	29.6
M70 Jim Sutton	33.5
W60 Barbara Leighton	37.3
440y	
W60 Barbara Leighton	1:28.3
880y	
M30 Kyle Lanier	2:07.3
M45 Chuck Shields	2:11.5
M55 Gary Tompkins	2:35.1
George Sanders	3:07.4
M70 Jim Sutton	2:37.7
1 Mile	
M30 Kareem Lanier	4:41.1
M45 Chuck Shields	4:47.9
M55 George Sanders	7:04.4
2 Mile	
M45 Chuck Shields	10:29.2
High Jump	
M30 Cardwell Wootten	5-2
M60 Fred Riley	3-10
Long Jump	
M30 Cardwell Wootten	5.76
M45 Lovell Butler	5.35
Triple Jump	
M30 Cardwell Wootten	12.25
Shot Put	
M45 Jeff Woodward	9.09
M50 Nick Helfrich	9.40
W40 Heather Scanlon	8.70
W70 Gloria Krug	6.92
Weight Throw	
M50 Nick Helfrich	10.93
M55 Terry Shuman	13.28
Dan Folk	8.25
W40 Heather Scanlon	7.78
1 Mile RW	
M45 Larry Schiller	8:26.8

SOUTHEAST

The Carolinas Throwers Convention, UNC
Charlotte, NC; Nov. 19

60m	
M40 John Allen	7.82
M45 Michael Kountze	7.45
Brian Magerkurth	8.23
Charles Johnson	8.51
Robert Fulton	8.80
Richard Simpson	9.16
M50 Anthony Searles	7.43
Martin Spencer	7.90
Wayne Fisher	8.02
William Farris	8.42
Kevin Rumble	9.40
M55 Bob Rockwell	8.36
Steve Doerter	8.55
Stefan Waltermann	9.11
M60 Sam Hall	7.70
Darrell Huston	9.43
M65 William Burch	8.77
George LaBelle	9.00
W40 Regina Richardson	8.42
W60 Ann Carter	10.86

60m Hurdles	
M40 Dave Oman	11.40
M45 Jim Russ	9.67
M50 Jim Broun	9.04
Anthony Searles	9.35
M55 Steve Doerter	10.89
M65 George LaBelle	11.48
W40 Regina Richardson	9.50
W60 Ann Carter	14.00
200m	
M40 John Allen	25.70
Todd Haire	27.77
M45 Chris DiVetta	25.80
Brian Magerkurth	27.52
Robert Fulton	27.58
Charles Johnson	28.17
M50 Anthony Searles	25.55
Wayne Fisher	26.89
William Farris	28.01
Spencer Martin	28.05
Ken Bender	28.99
M55 Stefan Waltermann	29.92
M60 Sam Hall	27.64
Darrell Huston	32.61
M65 William Burch	29.71
George LaBelle	32.80
W50 Loretta Woodward	30.52
400m	
M35 Eric Crichlow	51.01
M40 Robert Cousar	1:02.68
M45 Michael Kountze	55.84
Chris DiVetta	56.20
Charles Johnson	1:03.61
M50 Wayne Fisher	1:01.92
Ken Bender	1:03.14
William Farris	1:04.08
M55 Stefan Waltermann	1:05.99
M65 George LaBelle	1:35.61
W45 Lesley Swann	1:04.24
W50 Loretta Woodward	1:12.80
800m	
M40 Robert Cousar	2:20.37
M45 Chris DiVetta	2:12.36
M50 Ken Bender	2:33.95
William Farris	3:05.37
W45 Lesley Swann	2:25.17
1 Mile	
M45 Chris DiVetta	5:17.20
W45 Lesley Swann	5:28.90
Shot Put	
M40 John Allen	8.27
M45 Richard Simpson	7.90
M50 Chuck Baer	13.29
George Otte	10.59
M55 Dan Linker	10.21
M60 Tom Steed	13.17
Malcolm Reese	10.07
Charles MacDonald	7.45
M65 Stephen Cohen	11.65
William Burch	9.37
M70 Gerald Vaughn WR	14.91
(T von Wachtenfeldt SWE/14.39/1998; Arnie Gaynor/13.55/1999)	
Bill Gramley	10.88
M80 Floyd Simmons	7.74
W55 Myrle Mensey	10.97
Hammer Throw	
M40 John Allen	23.36
M55 Mike Thomason	40.75
M60 Tom Steed	35.93
M65 George LaBelle	20.10
M70 Tim Twomey	37.36
Bill Gramley	35.25
W55 Myrle Mensey	30.45
Discus Throw	
M40 John Allen	31.64
M50 Chuck Baer	48.19
Kevin Rumble	32.40
George Otte	31.59
M55 Dan Linker	33.40
M60 Tom Steed	40.22
Malcolm Reese	37.56
M65 Stephen Cohen	41.64
Fred Weber	39.46
M70 Bill Gramley	38.05
M80 Floyd Simmons	19.10
W55 Myrle Mensey	27.33
Javelin Throw	
M30 Eric Lander	60.77
M50 Ray Mushinski	44.90
M55 Bob Kouvoilo	51.65
Terry Martin	30.76
Chris Baylies	24.01
M65 George LaBelle	30.89
William Burch	22.61
Weight Throw	
M40 John Allen	8.46
M55 Mike Thomason	13.82
M60 Tom Steed	13.18
M65 George LaBelle	9.85
M70 Tim Twomey	15.07
Bill Gramley	13.80

W55 Myrle Mensey	12.24
Superweight Throw	
M35 Eric Rouse	7.21
M45 Scott Medlin	6.34
M55 Terry Martin	2.80
M65 Mike Valle	4.75
George LaBelle	3.79
M70 Tim Twomey	9.26
Bill Gramley	7.47
W55 Myrle Mensey AR	8.77
Weight Pentathlon	
M35 Eric Rouse	2538
M40 David Speaks	2381
Jeff Blondin	2223
M45 Bryan Stewart	3068
Scott Medlin	2282
Beasey Hendrix	722
M60 Tom Blythe	2789
M55 Terry Martin	2534
Cary Miller	2030
M65 Mike Valle	4103
Long Jump	
M40 John Allen	4.98
M45 Anthony Ballay	5.69
Beasey Hendrix	1.11
M50 Wayne Fisher	5.36
Anthony Searles	3.68
M55 Bob Rockwell	4.73
Chris Baylies	4.39
Terry Martin	4.12
M65 George LaBelle	3.72
Triple Jump	
M40 John Allen	10.37
M55 Bob Rockwell	10.42
Chris Baylies	9.25
M65 George LaBelle	7.30
W40 Regina Richardson	11.28
W60 Ann Carter	6.36
High Jump	
M40 John Allen	1.47
M55 Bob Rockwell	1.47
Henry Jordan	1.42
Johnnie Dye	1.32
Chris Baylies	1.32
M65 George LaBelle	1.17
Mike Valle	1.17
Pole Vault	
M40 Todd Haire	3.50
M45 Brian Magerkurth	3.65
M55 Henry Jordan	3.50
Johnnie Dye	3.35

SOUTHWEST

Texas State Senior Games
Austin; Sept. 24-25
(Corrections)

50m	
M70 John Pieper	8.01
M75 Wilford Scott	7.86
M80 Bob Wingo	9.16
W70 Martha Long	9.10
100m	
M50 Dave Nelson	12.3h
M70 John Pieper	15.41
M75 Wilford Scott	15.03
M80 Bob Wingo	17.63
W70 Martha Long	20.77
200m	
M55 K G Raggio	27.89
M60 Pete Clark	28.12
M75 Wilford Scott	31.85
M80 Bob Wingo	41.32
400m	
M50 Charles Pitts	1:04.20
M55 R G Raggio	1:08.59
800m	
M60 Frank Crockett	2:35.92
1500m	
M60 Dick Wilkowski	5:59.7h
M75 Granville Coggs	10:15.67

Lions Throws Meet/Weight Pentathlon
Austin, TX; Nov. 19

Shot Put	
M40 Rik Reed	11.47
Dave Rothenbury	11.08
M45 James Nicholopoulos	10.30
David Bolles	9.78
Arny Ferrando	9.72
M50 Dan Roloff	12.20
John Stilbert	9.75
Michael Amaral	8.49
M55 Dannis Scholl	10.25
M60 Jeff Harrell	11.47
Dave Moore	9.60
M65 Pete LaBarge	10.23
Harold Crater	8.62
M70 Doug Tomlinson	10.53
James Carney	9.67
M75 Jim Gerhardt	10.83
Tom Allison	10.24
W45 Lida Reed	7.00
W60 Diana Schultz	5.78
Discus	
M40 Dave Rothenbury	37.77
Rik Reed	35.81
M45 Marty Wright	34.43
Arny Ferrando	30.26

David Bolles	29.74
James Nicholopoulos	26.48
M50 John Stilbert	36.09
Michael Amaral	34.02
Dan Roloff	33.10
M55 Dennis Scholl	25.94
M60 Jeff Harrell	47.51
Dave Moore	35.31
M65 Pete LaBarge	33.62
Harold Crater	25.95
M70 Doug Tomlinson	33.49
James Carney	26.97
M75 Jim Gerhardt	36.94
Tom Allison	30.15
Clay Krames	27.02
W45 Lida Reed	19.85
W60 Diana Schultz	15.64
Hammer	
M40 Dave Rothenbury	42.65
Rik Reed	33.01
M45 Arny Ferrando	34.27
David Bolles	33.11
M50 John Stilbert	32.02
Dan Roloff	30.16
Michael Amaral	16.53
M55 Dennis Scholl	21.12
M60 Dave Moore	26.03
M65 Pete LaBarge	35.40
Harold Crater	22.52
M70 Doug Tomlinson	30.61
M75 Tom Allison	27.36
Jim Gerhardt	25.46
W60 Diana Schultz	14.42
Javelin	
M40 Dave Rothenbury	36.50
Rik Reed	31.29
M45 Arny Ferrando	45.75
David Bolles	38.50
M50 Dan Roloff	32.80
John Stilbert	29.62
Michael Amaral	20.82
M55 Dennis Scholl	28.63
M60 Dave Moore	16.61
M65 Pete LaBarge	40.76
Harold Crater	15.08
M70 Doug Tomlinson	26.06
M75 Jim Gerhardt	30.82
Tom Allison	27.60
W45 Lida Reed	21.67
W60 Diana Schultz	20.41
Weight Throw	
M40 Dave Rothenbury	14.16
Rik Reed	10.34
M45 Arny Ferrando	9.99
David Bolles	9.39
M50 John Stilbert	10.32
Dan Roloff	9.93
Michael Amaral	8.11
M55 Dennis Scholl	10.48
M65 Pete LaBarge	12.79
Harold Crater	7.56
M70 Doug Tomlinson	12.50
M75 Jim Gerhardt	11.74
Tom Allison	11.06
W45 Lida Reed	7.19
Diana Schultz	7.55
Superweight	
M40 Rik Reed	6.60
M45 David Bolles	5.31
M50 Dan Roloff	5.54
M55 Dennis Scholl	4.82
M75 Jim Gerhardt	6.00
W60 Diana Schultz	6.23
Pentathlon	
HT/SP/DT/JT/WT	
M40 Dave Rothenbury	3307
42.65/11.08/37.77/36.50/14.16	
Rik Reed	2758
33.01/11.47/35.81/31.29/10.34	
M45 Arny Ferrando	2785
34.27/9.72/30.26/45.75/9.99	
David Bolles	2584
33.11/9.78/29.74/38.50/9.39	
M50 Dan Roloff	2695
30.16/12.20/33.10/32.80/9.93	
John Stilbert	2598
32.02/9.75/36.09/29.62/10.32	
M55 Dennis Scholl	2204
21.12/10.25/25.94/38.63/10.48	
M65 Pete LaBarge	3009
35.40/10.23/35.62/40.76/12.79	
Harold Crater	1935
22.52/8.62/25.95/15.08/7.56	
M70 Doug Tomlinson	3439
30.61/10.53/33.49/26.06/12.50	
M75 Jim Gerhardt	4163
25.46/10.83/36.94/30.82/11.74	
Tom Allison	3845
27.36/10.24/30.15/27.60/11.06	
W60 Diana Schultz	1245
14.42/5.78/15.64/20.41/7.55	

WEST

Hawaii Senior Olympics	
Cooke Field, Nov. 19	
100m	
M40 Duke Ota	12.58
M45 Phil Oyape	12.75
M50 Vince Costello	13.72
M55 Allen Ng	13.92
M60 Ted Draper	14.55

M65 Stanley Kuroda	15.57
M70 Paul Oshiro	16.74
M75 Leslie Davies	16.17
M80 Naoto Inada	24.92
M85 Lloyd Namihira	26.50
M90 Bob Terukina	54.13
W45 Joni Chin	18.79
W50 Britta Staub	17.87
W55 Florence Chan	20.66
W65 Brenda Andrieu	18.05
W75 Jan Newhart	30.72
W80 Polly Bailey-McCarthy	38.84
200m	
M40 Duke Ota	27.34
M50 Vince Costello	28.35
M55 Allen Ng	29.59
M60 Ted Draper	31.13
M65 Stanley Kuroda	33.36
M70 Paul Oshiro	36.61
M75 Leslie Davies	35.61
M80 Naoto Inada	56.21
M85 Lloyd Namihira	1:00.81
M90 Bob Terukina	1:59.73
W45 Joni Chin	41.00
W50 Britta Staub	37.25
W55 Florence Chan	46.01
W65 Brenda Andrieu	41.10
W75 Jan Newhart	1:07.45
400m	
M40 Duke Ota	58.30
M45 Phil Oyape	1:00.57
M60 Ted Draper	1:11.20
M65 Stanford Kuroda	1:16.39
M70 Bill Cunningham	1:28.62
M75 Alex Shkuratoff	1:48.39
M80 Naoto Inada	2:18.86
M85 Lloyd Namihira	2:35.03
M90 Bob Terukina	4:24.37
W45 Joni Chin	1:34.65
W50 Britta Staub	1:21.27
W70 Diane Stowell	1:51.44
W75 Jan Newhart	2:30.03
800m	
M55 Archie Hapai	3:27.46
M60 Jack Karbens	3:15.87
M70 Bill Cunningham	3:27.25
M75 Alex Shkuratoff	3:57.14
M80 Naoto Inada	5:35.78
W50 Britta Staub	3:13.58
W70 Diane Stowell	3:49.16
W75 Jan Newhart	5:21.72
1500m	
M55 Archie Hapai	7:14.04
M70 Cliff Youth	7:36.38
M80 Naoto Inada	12:19.78
W50 Britta Staub	6:54.60
W70 Diane Stowell	7:57.42
W75 Jan Newhart	11:14.52
3000m	
M55 Gerry Lundgren	11.45
M70 Cliff Youth	16:21
M75 Alex Shkuratoff	17:40
M80 Bob Henninger	18:23

M40 David Creamer	57.91
Gavin Jensen	58.18
M45 Shaun McCarthy	58.90
Allan Thomas	61.42
800m	
M40 David Creamer	2:19.85
M45 Allan Thomas	2:16.23
M50 Steve Plowman	2:24.47
M55 Trevor Ogilvie	2:15.92
Murray Clarkson	2:18.06
Ian Blyth	2:34.73
Viv Parker	2:44.98
M65 Peter Hanson	3:02.56
M75 Michael Browne *	3:31.28
W40 Anne Hare *	2:21.39
Helen Willis	2:40.78
W50 Vicky Adams	2:51.1
W70 Dawn Cumming	3:50.68
1500m	
M40 David Creamer	5:12.89
M45 Allan Thomas	4:43.95
John Read	4:49.88
Kevin Watson	6:02.51
M55 Trevor Ogilvie	4:40.98
Murray Clarkson	5:00.84
Ian Blyth	5:30.62
M65 Jeremy Griffiths	5:58.00
M70 Ellis Goodyear	6:44.96
Jim Tobin	7:29.18
M75 Michael Browne	7:12.06
Peter Thomas	7:15.41
W35 Kristine Reid	5:20.90
W40 Anne Hare *	4:44.52
Robyn Stansfield	5:43.73
W50 Vicky Adams	5:38.89
5000m	
M45 John Read	17:04.8
Kevin Watson	22:05.8
M50 Steve Plowman	20:17.3
M55 Trevor Ogilvie	16:58.3
Ian Blyth	20:28.2
John Skinnon	21:03.5
M65 Jeremy Griffiths	27:00.1
John Hines	27:27.4
M70 Ellis Goodyear	24:20.1
M75 Peter Thomas	26:19.1
Michael Browne	27:12.2
W35 Kristine Reid	19:40.0
W40 Robyn Stansfield	21:23.5
W60 Fay McKenzie	32:44.8
10K Road Run	
M40 Brendan Magill	38:08
M50 Mike Winsborough	43:06
M60 Robert Stephens	43:12
M65 Jeremy Griffiths	48:29
John Hines	58:21
W60 Fay McKenzie	68:11
2000m Steeplechase	
M60 Robert Stephens	8:55.6
W50 Vicky Adams *	8:47.4
3000m Steeplechase	
M40 Brendan Magill	10:56.17
M55 Trevor Ogilvie *	11:14.20
Francis Campkin	13:44.91
100m Hurdles	
M65 Stewart Foster	31.40
110m Hurdles	
M45 Gary Rawson *	20.07
M35 John Turner	20.60
400m Hurdles	
M55 Viv Parker	1:23.79
300m Hurdles	
M65 Stewart Foster	1:02.37
4x100 Relay	
Wellington Masters	55.98
High Jump	
M35 John Turner *	1.61
Rod Plimmer	1.50
M40 Mark Macfarlane	1.58
M45 Gary Rawson	1.45
Kevin Watson	1.20
M55 Ian Blyth	1.35
Jos Pols	1.35
M70 Jim Blair	1.15
M80 Bill Nicholson	0.85
W75 Wini Pepene *	0.95
Pole Vault	
M40 Mark Macfarlane	2.80
M45 Gary Rawson	2.80
M55 Jos Pols	2.20
W75 Wallace Opperman	1.40
Long Jump	
M35 Rod Plimmer	5.07
John Turner	4.89
M40 Mark Macfarlane	5.37
M45 Gary Rawson	5.19
Kevin Watson	3.44
M55 Ross McBeth	4.48
M70 Tony Tolhurst	3.58
M80 Bill Nicholson	2.42
W55 Veronica Gould	3.83
W65 Judy Hammond	2.78
Frances Bayler	2.52
W75 Colleen Blair	2.60
Triple Jump	
M35 John Turner	10.38
M40 Mark Macfarlane	10.67
M45 Gary Rawson	10.59
M55 Ross McBeth	9.47
M70 Tony Tolhurst	7.15
W45 Melanie Watson	5.88

W55 Veronica Gould	7.27
W65 Frances Bayler	6.05
Shot Put	
M50 Joe Bradley	9.87
M55 Jos Pols	9.60
M60 Bo Cox	11.09
Keith Bade	9.19
M65 Fred Goodall	8.09
M70 Richard Harris	11.33
M80 Bill Nicholson	5.88
W45 Melanie Watson	6.03
W50 Heather Ward	8.41
Jenny Hastie	6.33
Katy Tapling	6.19
W55 Jill Evans	9.04
Anne Hunter	8.49
Veronica Gould	8.13
W60 Barbara Austin *	9.18
W65 Judy Hammond	6.08
W75 Colleen Blair *	6.40
Wini Pepene	6.05
Discus	
M40 Mark Macfarlane	21.28
M45 Gary Rawson	24.99
Mike Ward	22.26
M50 Joe Bradley	34.61
M55 Jos Pols	30.84
Viv Parker	21.57
M60 Keith Bade	33.66
Bo Cox	33.55
M65 Fred Goodall	27.20
M70 Richard Harris	31.44
Jim Blair	24.77
M75 Wallace Opperman	18.12
W45 Melanie Watson	16.03
W50 Heather Ward	18.91
Jenny Hastie	16.08
Katy Tapling	16.02
W55 Jill Evans	22.27
Anne Hunter	18.99
W60 Barbara Austin	19.21
Chris Waring	13.63
W75 Colleen Blair *	15.18
Wini Pepene	12.73
Hammer	
M50 Joe Bradley	34.13
M55 Jos Pols	35.05
Viv Parker	20.98
M60 Bo Cox	38.68
Keith Bade	26.28
M70 Richard Harris	25.75
W45 Melanie Watson	17.98
W50 Heather Ward	25.29
Jenny Hastie	19.38
Katy Tapling	18.63
W55 Jill Evans	25.98
Veronica Gould	23.47
W60 Barbara Austin	28.15
W75 Wini Pepene *	16.61
Javelin	
M35 Rod Plimmer	31.50
M45 Mike Ward	29.45
Gary Rawson	27.48
M50 Joe Bradley *	49.35
M55 Jos Pols	23.58
M60 Bo Cox	24.04
Keith Bade	19.99
M65 Fred Goodall	32.55
M70 Jim Blair	29.10
M75 Wallace Opperman	10.88
M80 Bill Nicholson	17.25
W50 Heather Ward	19.02
Katy Tapling	10.30
W55 Jill Evans	25.76
W60 Barbara Austin	21.21
W65 Judy Hammond	14.30
W75 Wini Pepene *	19.36
Colleen Blair	15.49
Weight Throw	
M50 Joe Bradley *	12.39
M55 Jos Pols	11.48
M60 Bo Cox *	14.38
Keith Bade	10.39
Mike Burkinshaw	4.91
M70 Richard Harris *	9.02
W45 Melanie Watson	6.96
W50 Heather Ward	8.57
Jenny Hastie	6.40
Katy Tapling	6.35
W55 Veronica Gould	9.00
Jill Evans	8.31
W60 Barbara Austin *	11.51
W75 Colleen Blair *	9.33
Wini Pepene	7.34
Pentathlon	
M40 Mark Macfarlane	2184
M45 Gary Rawson	2172
M80 Bill Nicholson	1540
Weight Pentathlon	
M45 Laurence Voigt	1835
Gary Rawson	1356
M55 Jos Pols	2060
M60 Bo Cox	2554
Keith Bade	1756
M70 Richard Harris	2174
Jim Blair	1889
W35 Kathryn Fraser	1604
W50 Heather Ward	2475
Katy Tapling	1531
Jenny Hastie	1521
W55 Jill Evans	3124
W60 Barbara Austin *	3422

W75 Wini Pepene *	3580
Colleen Blair	3328
3000m Walk	
M40 Rodney Gillum	15:28.92
M50 Eric Kemsley	15:02.16
Ian Bailey	16:29.87
M55 Peter Baillie	15:54.71
David Barrett	18:26.25
M60 Mike Burkinshaw	19:02.18
W40 Vanessa Lowl	17:13.57
W45 Marcia Soanes	17:20.75
Melanie Watson	21:43.65
W55 Margaret Bray	23:59.89
Val Campkin	26:46.27
W65 Loloma Foster	21:21.64
W70 Dawn Cumming *	25:56.56
10K Road Walk	
M50 Eric Kemsley	54.08
M55 Peter Baillie	55.56
David Barrett	1:07.02
M60 Mike Burkinshaw	1:10.57
W40 Vanessa Lowl	1:02.53
W45 Marcia Soanes	1:03.13
W55 Margaret Bray	1:25.45
W65 Loloma Foster	1:14.58

LONG DISTANCE RUNNING NATIONAL

National Club XC Championships (M10K/W6K) Rochester, NY; Nov. 19

M40 Peter Magill	32:46
Scott Bagley	32:46
Michael Payson	32:51
Brian Pope	32:53
Kevin Kelly	32:59
Andrew Ames	33:05
John Carroll	33:29
Chester County	33:31
Dan Franek	33:35
Lance Denning	33:36
Andy Diconti	33:54
Pete Bottomley	34:07
Timothy Ensign	34:18
Scott Anderson	34:21
Michael Platt	34:25
Norman Bouthillier	34:38
Brian Spangenberg	34:40
Peter Hegelbach	34:40
Carl Johnston	34:45
Jim Quadros	34:52
John O'Hearn	34:53
Angel Roman	34:56
Alan Evans	35:00
Cliff Lentz	35:04
Jeff Terry	35:06
Andrew Atkeson	35:10
Lance Winders	35:12
David Watkins	35:13
David Matherne	35:20
Scott King	35:21
Tim Wallen	35:23
Gary Griffin	35:26
Richard Grimm	35:28
Richard Dissly	35:28
Erik Grimm	35:31
Iain Mickle	35:38
Dan Mancini	35:38
Bruce Davie	35:39
Jeffrey Neilson	35:47
Scott Williams	35:55
M45 John Tuttle	32:49
David O'Keefe	32:57
Douglas Martyn	33:32
Thomas Dalton	34:04
Greg Caulte	34:29
Paul Hammond	34:49
Charles Shields	35:03
Michael Slavin	35:31
Kenneth Botting	35:35
Bob Nugent	35:51
Charlie Andrews	36:02
Timothy Dolen	36:37
Eric Putnam	36:49
Chris Spinney	36:59
Randy Sightler	37:00
Robert Whetten	37:01
Mac Allen	37:03
James Waldron	37:04
Tim Dwyer	37:20
Gary Moore	37:29
Gary Radford	37:42
Patricia Pirnie	37:48
Sherrie Felton	37:57
Dennis Moriarty	37:57
S Mark Courtney	38:33
David Walch	38:39
Don Seitz	38:52
Richard Makin	39:00
James Roche	39:05
Paul Ashbarry	39:33
Dennis Vankerkhove	39:55
Timothy Riccardi	40:12
Michael Cudlip	40:15

Jon McCullough	40:24
Elliott Drumright	40:29
David Miller	40:36
Ruth Yanai	40:59
Craig McGowan,	41:03
Brian Gaus	41:03
Steve Ketchum	41:34
Stephen Starkweather	41:42
Paul Organ	42:20
M50 Tom Ryan	35:23
Steven Calidonna	35:25
Mark Billett	35:35
James Robinson	35:47
Emil Magallanes	36:02
Rich Burns	36:11
Dave Clingan	36:17
Tommy Smith	36:35
Mark Rybinski	36:38
John Wellerding	36:53
Stan Clark	36:54
Matthew Yeo	36:56
Gerard Irving	37:34
Terry Stanley	37:38
Craig Holm	37:46
Barry Ross	37:50
Paul Cook	38:06
Robert Kessler	38:16
Larry Litscher	38:32
Jimmy Brigrance	38:37
Thomas Wheeler	38:39
Jim Howard	38:43
Tim McMullen	38:45
Ron Blackmore	38:50
Lee Zerkowitz	39:07
Hank Lawson	39:12
John Tarkowski	39:13
Brian Dodge	39:15
Nabor Gomez	39:21
Larry Legrand	39:23
M55 Terry McCluskey	37:32
Roger Price	38:45
Reid Harter	39:35
Whirlaway R T	40:28
Tom Derderian	40:59
Robert Kulwicki	41:32
Thomas Lamme	41:42
Jim May	41:49
Richard Perry	42:18
David Blake	42:36
Patrick Riccardi	42:40
Walt Hitt	42:49
Samuel Benedict	43:06
Bruce Watson	43:11
Roger Howe	43:24
Larry Zygo	43:37
David Bowser	43:52
Michael Reif	44:00
Paul Duttge	44:20
Larry Eastman	45:51
M60 Terry Delp	38:17
Rich Myers	39:17
Milton Schumacher	40:55
Paul Jensen	41:00
William Hagman	41:54
Douglas Brown	42:02
Don Brown	42:27
Arthur Roberts	43:29
Herbert Engman	43:51
Jerry Smith	44:27
John Nowatkowski	44:53
Peter Szawlowski	45:46
Thomas Montemagni	45:56
Peter Leonard	47:18
Jeffrey Martin	47:34
William Delph	47:43
Bobby Miller	48:51
John Blanchard	48:52
David Sek	49:03
Thomas Carr	51:05
M65 Bill Borla	40:21
Jon Bixler	47:01
Jerry Levasseur	50:50
M70 Ray Parrella	45:42
Donald Gill	53:05
Othmar Freyler	55:24
Ted Sullivan	58:48
M75 Richard Sullivan	55:24
Roger Whalley	60:51
W40 Karen Steen	22:54
Sarah Krakoff	22:57
Rebecca Heuer	23:20
Michelle Rohl	23:44
Michelle Neal	23:59
Sheri Wright	24:25
Linda Grossman	24:25
Beth Anne Deciantis	24:28
Gail Geiger	25:33
Sandra Gregorich	25:36
Christina Ashby	25:42
Deborah Conley	25:55
Jeaney Garcia	26:13
Patricia Pirnie	26:15
Sherrie Felton	26:40
Deb Hilton	26:44
Lucinda Rettke	27:08
Patricia Warth	27:44
R Noreen Verdoliva	28:21
Susie Riccardi	28:28
W45 Carmen Ayala-Troncoso	21:44
Regina Joyce	22:45
Kelly Kruell	24:09
Donna Moore	24:19
Angela French	25:24

Patricia Flanigan	26:07
Jane Wright	26:20
Susan Rowley	26:26
Cossaboon-Holm	26:42
Ruth Yanai	26:49
Marilyn Zygo	27:54
Suzanne Sarto	27:57
Susan Devlin	27:59
Laura Clark-Taylor	28:12
Cindy Samok	28:20
Linda Glowacki	28:42
Maryanne Hinkes	28:53
Marie White	29:52
Joannie Essler	29:52
Mickey Piscitelli	29:54
Michele Dobson	30:38
W50 Cathy Utschneider	25:26
Patricia Ford	26:23
Karen Cossaboon-Holm	26:59
Sharon Moore	28:21
Jeanne Herrick	28:41
Beth Scott	29:08
Anne Procopio	32:03
W55 Carolyn Smith-Hanna	25:59
W60 Mary Shaver	29:32
Carolyn Kriesen	31:52
W65 Carrie Parsi	29:30
Dorothy Little	31:19
Lenis Tucker	31:38
Lois Hotchkiss	33:51
Patricia Scheiber	36:48
W70 Mary Harada	33:47
Elizabeth Szawlowski	36:35
Edna Hyer	43:38
10K Team Scores	
M40-49	
Team Runners High	64
(Magill/Olds/Diconti/Spangenberg/Roman)	
Genesee Valley	68
(Bagley/O'Keefe/Platt/Johnston/Evans)	
Whirlaway R T	87
(Martyn/Anderson/Bouthillier/Hammond/Quadros)	
Dirigo R C	100
Boulder R R	106
Taconic RR	106
Cambridge Sports Un	131
Chester County	131
Chattanooga T C	146
Greater Lowell RR	82
New Bal, Excelsior	181
Genesee Valley B	267
West Penn T C	298
Front Line R T	304
Checkers A C	312
Team Jock Stop	349
F F Sports - Y J	364
Syracuse T C	381
Grr Rochester	433
M50-59	
Derby City A C	50
(Smith/Wellerding/Clark/Ross/Brigrance)	
Team Runners High	54
(Burns/Clingan/Cook/Kessler/Wheele)	
Genesee Valley	72
(Robinson/Rybinski	

Cecily Dexter	1:19:21
W60 K Briar-Lawson	1:44:16
Linda Stow	1:50:21
Susan Fassett	1:52:23
Linda Keeley	1:52:45
W65 Sally Rusby	1:43:11
Betty Langevine	1:45:25
Eiko Bogue	1:53:12
W70 Anny Stockman	1:24:11
Joan Corrigan	1:51:13
W75 D Schlamowitz	1:48:44

Thomas G. Lebreque Classic 4-Mile
Washington, DC; Nov. 20

Overall

Isaac Arusel 29	18:50
Tatiana Hladry 30	24:07
M40 Jim Hage 47	22:05
Paul Legere 42	25:08
Vincent McDonald 46	26:06
M50 Mike Hart 50	23:04
David Webster 52	23:59
Mick Slonaker 56	24:42
M60 Jordan Jay 60	29:50
Bill Sollers 67	30:38
Jim Verdier 63	31:60
M70 Michael Frankfurt 70	36:20
Philip Zenchoff 78	49:30
W40 Alisa Harvey 40	22:46
Rebecca Nathan 40	25:10
Patricia Cuff 41	28:13
W50 Alice Franks 47	28:57
Renee West 50	29:47
Lynn Salvo 56	32:02
W60 Barbara Stark 62	35:35
Jamie Wollard 67	44:03
Angela Elkins 61	46:43
W70 Jacqueline O'Neil 74	46:18
Lillian Wolf 72	1:09:17
W80 Laura Simonson 86	1:35:31

LITF 8K Championships/ Elite Sports Medicine 8K
Ronkonkoma, NY; Nov. 13

Overall

Michael Scott	26:46
Kathy Martin W50	31:13
W40 Michelle LaBiento	34:28
Carolyn Domstauder	34:45
Jennifer Elshizly	36:18
M40 James Murray	28:12
Martin Knapp	28:34
Chris Paolillo	29:58
W45 Kim Solomine	36:53
JoAnn Santorelli	37:03
Evelyn Kenigsberg	37:48
M45 Ed Reagan	29:47
Paul Bonanni	31:42
John McGorry	32:41
W50 Kathy Martin	31:13
Linda Ottavano	35:35
Jane McGraw	37:53
M50 Kevin Carroll	29:05
Ted Truett	29:37
John Daly	30:52
W55 Elizabeth Penagos	42:21
Christine Brakel	42:38
Sherry Bellovin	46:37
M55 Peter Martin	33:54
Larry Eastman	34:51
Glenn Morse	34:57
W60 Betty Horstmann	37:26
Hilory Boucher	40:03
Sarah Pettinato	43:06
M60 Patrick Keenan	34:34
Joseph Lazzaro	36:43
Michael Service	36:57
W65 Daisy Mendez	63:09
M65 Joe Cordero	35:23
Jose Mendes	36:17
Mel Cowgill	37:41
W70 Alexandra Finger	51:53
M70 Richard Murphy	37:51
Geza Feld	41:57
Carlos Morales	47:35
M75 Bert Jablon	44:36
Odd Sangesland	48:52
M80 George Dennis	60:57

NYRR Race to Deliver 4-Mile, Central Park, NYC
Nov. 20

Overall

Anthony Famiglietti 27	19:47
Julia Stamps 27	22:48
M40 Alfonso Polonia	21:29
M45 Jerry Macari	22:08
M50 John Lombardi	24:50
M55 Edgar Sandoval	24:43
M60 David Pitches	27:13
M65 Edigio Bernardo	34:10
M70 George Hirsch	29:59
M75 Leo Schonhaut	40:29
M80 Sab Koide	43:10
M85 Doug Barrett	24:49
W40 Lilian Kroner	25:09
W45 L Branche	27:07
W50 Ann Hyman	30:54
W55 Lily Kosaka	32:49
W60 M-L Michelsohn	27:27
W65 Sandra Krystal	35:59
W70 Joan Rowland	49:10
W80 Edith Farias	1:08:01
W85 Ann Driver	1:43:26

Philadelphia Marathon
Philadelphia, PA; Nov. 20

Overall

Joseph Nderita	2:21:02
Emily Kroshus	2:43:07
M40 Louis Garnier	2:31:05
Tom Gudas	2:39:52
Alfonso Gonzalez	2:40:16
Piotr Karasiewicz	2:41:45
Steve Metraux	2:42:14
M45 Bob Schwelm	2:34:11
Alan Moore	2:41:55
Greg Diamond	2:45:03
Jeffrey Painter	2:45:34
Jon Flaherty	2:53:11
M50 Peter Mathias	2:59:23
Paul Moyses	3:01:11
Rick Engel	3:02:24
Duane Kennedy	3:06:05
M55 Benoit Jadoul	3:01:35
Alain Moureaux	3:10:47
Dave Hunter	3:11:55
Perry Francis	3:12:23
M60 John Samsel	3:11:30
Tom Jennings	3:29:24
Stephan Farrah	3:31:01
M65 Fulgen Anton	3:41:37
Fred Bostrom	3:52:34
Benito Vazquez	3:59:30
M70+Richard Williams	3:46:44
Richard Williams	3:39:30
W40 Megan Burns	2:51:06
Stephanie Hodge	2:56:15
Mary Lee Bolich	2:59:41
Sharon Stubler	3:06:33
Patricia Dalconzo	3:09:44
W45 Lee Dipietro	2:54:28
Christine Ganz	2:59:26
Christie Lammers	3:00:03
Maureen Burns	3:00:48
Nancy Kleinrock	3:17:55
W50 Louise Voghel	3:13:00
Karen Provensher	3:17:23
Linda Jennings	3:17:23
Marilyn Huot	3:18:11
W55 Udon Beidler	3:47:41
Eileen Portz	3:50:25
Jane Poole	3:56:19
Nova Demoney	12:25:25
W40 Connie Gardner	7:20:12
Ann Heaslett	7:26:46
Kim Martin	8:04:56
W50 Carole Smith	10:27:24
Janet Bodie	10:40:46
Margaret Sherrod	10:56:11
W60 Sally Squier	11:45:21

NYRR Cross-Country Championships 5K
Van Cortlandt Park, NYC
Nov. 13

Overall

Atilia Sabahoglu 27	16:04
Nicole Blood 17	18:11
M40 Michael Trunkes	17:16
M45 Chuck Shields	17:27
M50 Paul Mascali	18:16
M55 Joseph Porcaro	19:12
M60 Edward Lynch	22:26
M65 Sidney Howard	22:46
M70 Eric Seiff	25:07
M80 Sab Koide	34:14
W40 Alyson Llerandi	21:14
W45 Jane Lundy	21:07
W50 Regina Cahill	24:13
W55 Judith Tripp	26:12
W60 M-L Michelsohn	22:56
W65 Billie Moten	34:37

JFK 50 Mile
Hagerstown, MD; Nov. 19

Overall

Howard Nippert 40	5:51:28
Anne Lundblad 39	6:29:42
M40 Howard Nippert	5:51:28
S England-Arbom	6:36:48
John Anderson	6:40:54
M50 Tim Hewitt	6:51:28
Christopher Gibson	7:27:19
Les Michalak	7:51:33
M60 Frank Brobst	8:25:35
Ed Ayres	8:47:49
Jim Becker	9:07:31
M70 Leon Bierbower	10:59:06
Ojars Stikis	11:36:00
Nova Demoney	12:25:25
W40 Connie Gardner	7:20:12
Ann Heaslett	7:26:46
Kim Martin	8:04:56
W50 Carole Smith	10:27:24
Janet Bodie	10:40:46
Margaret Sherrod	10:56:11
W60 Sally Squier	11:45:21

69th Manchester Road Race 4.748 Miles
Manchester, CT; Nov. 24

Overall

Nick Willis 22	21:50
Kim Smith 24	24:23
M40 Chris Chisholm 43	25:05
Chris Spinney 45	26:22
Mike Hebert 40	26:47
Jim Zoldy 43	27:05
Kevin McCusker 48	27:08
M50 Bob McCuckers 53	27:33
Tim Brown 52	29:49
Ed Drew 50	30:01
Ray Wise 50	30:20
Bill Bedard 53	30:35
M60 Robert Sutton 60	31:41
Lance Magnuson 61	31:55
Mark Turkington 56	32:13
James Best 62	33:51
George Walker 62	34:47
M70 Robert Thorp 73	39:57
Willi Frederich 71	40:48
Joseph Riccio 71	41:08
Kenneth Beyer 70	42:49
M80+Bill Tribou 84	46:33
Ray Greene 80	67:43
W40 Karen Smyers 44	28:09
Zofiwieczkowski 42	28:51
Cindy Pomeroy 44	29:34
Kris-Anne Kane 41	30:55
W50 Sharon Mendes 51	34:50
Barbara Deubel 54	35:00
Jill Ahern 50	36:18
Allison Laudati 54	37:38
W60 Lynette Walker 65	35:46
Linda Beizer 64	38:42
Nicki Hall 62	42:49
Annmarie Demonte 65	44:38
W70 Ann Gillis 71	49:09
Jeanette Cyr 71	53:18
Joan Powers 71	58:15
W80 Betty Hutchinson 85	71:42

NYRR Knickerbocker 60K
Central Park, NYC
Nov. 26

Overall

Michael Arnstein 28	4:34:28
Kristy Delacruz 31	5:13:26
M40 Jan Lustgarten	5:57:17
M45 Gary Allen	4:37:29
M50 Bob Oberkehr	5:32:08
M55 Miguel Deleon	5:39:05
M60 Paul Davis	7:34:25
M65 Roland Ratmeyer	7:18:20
W40 Gail Marino	5:49:15
W50 Rita Ferreira	7:26:15
W55 Sohyang Kim	7:28:54
W60 Ruth Liebowitz	6:57:33

Cow Chip 5K XC
Trumbull, CT; Nov. 26

Overall

Scott Larson, 35	17:24
Teren Allison, 40	23:32
M40-49	
Joe Skelly	20:13
Alan MacDougall	20:26
Robert Peattie	22:04
M50-59	
Bruce Goulait	24:09
Edd Gorecki	24:32
Charlie Redmond	24:48
M60-69	
Watt White	27:54
Paul Couzelis	29:53
Jean Fogarty	33:13
M70+	
Boris Araonson	36:27
W40-49	
Elaine Romano	25:52
Catherine Sancho	27:08
Stacey Sullivan	27:29
M50-59	
Barbara Pearce	27:50
Susan Leslie	30:43
Mai Browne	33:58
W60+	
Monica Roche	36:20

Rob's Run 5K XC
Syosset, NY; Nov. 27

Overall

Chris Mammone, 22	16:10
Lyndsey Webber, 23	19:11
M40 Ken Bohan	17:09
Guillermo Fuentes	17:53
Martin Knapp	18:11
M45 Michael Robles	18:58
Ed Reagan	18:34
Bill Girona	19:34
M50 Chris Webber	17:12
Jaime Palacios	18:06
John Daly	18:35
M55 Alan Oman	19:00
William Backe	20:52
David Graham	21:28
M60 Bob Pike	22:09
Mike Bonasia	26:36

Kenneth Reilly	26:36
M65 Joe Cordero	23:05
Bob Frank	24:45
John Wallace	24:55
M70 George Devoe	30:53
Frank Martin	36:33
Howard Kestenbaum	39:40
M80 John McManus	38:52
W40 Bea Peterson	20:00
Karen Cotty	21:14
Susan Murray	21:26
W45 Barbara Gubbins	19:30
Mary Grace Saule	23:02
Dolores Doman	23:46
W50 Linda Ottaviano	23:08
Christina Fortunat	24:11
Peggy Tuttle	24:35
W55 Mary Wagner	24:54
Eileen Hession	25:47
Christine Brakel	26:51
W60 Betty Horstmann	24:35
Sarah Pettinato	30:49
Helma Clavin	31:05

NYRR Pete McArdle Classic 15K, Bronx, NYC
Nov. 27

Overall

Alfonso Polonia 43	55:08
Natalie Florence 23	58:39
M40 Alfonso Polonia	55:08
M45 George Buchanan	56:39
M50 Fred Miller	1:04:11
M55 Edgar Sandoval	1:04:46
M60 David Pitches	1:11:57
M65 Sidney Howard	1:13:16
M70 Noel Byrne	1:34:55
M80 Sab Koide	2:03:32
W40 Suzanne Hughes	1:12:25
W45 Emmy Stocker	1:12:49
W50 Françoise Levinson	1:17:45
W55 Louise Callahan	1:34:54
W60 M-L Michelsohn	1:14:50

NYRR Holiday 4-Mile
Central Park, NYC; Dec. 3

Overall

Elmustafa McHkirate	20:44
Erin Boyle 25	23:53
M40 Antonio Martinez	21:56
M45 Stuart Calderwood	22:58
M50 Tom Phillips	23:51
M55 Edgar Sandoval	24:38
M60 John Samsel	35:54
M65 Eduard Fedossov	29:10
M70 George Hirsch	29:57
M75 Leslie Clark	50:38
M80 Sab Koide	41:04
W40 Gordon Bakoulis	25:14
W45 J Chodnicki-Stemm	25:25
W50 Kathryn Martin	24:41
W55 Roslyn Schloss	30:38
W60 M-L Michelsohn	29:01
W65 Sandra Krystal	35:26
W70 Naomi Vogel	40:45
W75 Toshiko D'Elia	40:41
W85 Renee Dailey	43:59

Brian's Run 10K & 5K
West Chester, PA; Dec. 4

10K

Overall

Vyacheslav Shabunin, 36	30:07
Jackline Okemwa, 27	34:25
M40 Kevin Kelly	33:46
Jeff Devlin	34:08
Steve Metraux	34:23
Kevin Matthews	34:37
Jon Schappell	34:44
M45 Raymond Bentley	36:09
Brian Driscoll	37:02
Greg Vitali	37:50
Steve Noone	37:59
Stephen Gibbons	39:44
M50 Hugh Biggin	39:50
Bob O'Brien	40:25
Larry Fitz	40:40
Bill Plough	40:55
M55 Ivan Avendano	41:26
Mike Clarke	41:35
Jim Dearlove	42:18
Bruce Apfelbaum	43:19
M60 Louis Coppens	41:53
Art Burger	42:16
William Silva	44:34
M65 Roberto Carrara	51:05
Jim Forsythe	59:02
M70 Mort Bauer	60:38
John Schultz	62:37
W40 Ann Tierney	39:00
Julie Hankin	39:58
Lorraine Jasper	40:23
Marianne Krupa	43:53
Donna Bushey	45:29
W45 Donna Casey	44:23
Cheryl Bellaire	44:57
Betty Lou Douglas	47:48
Joan Affleck	47:50
Jamie Davidson	48:14
W50 Nicola Rodger	49:59

Jeri Myers	50:29
Helene Gregory	52:02
Shirley Weber	53:48
W55 Sharon Lachall	50:02
Diane McManus	57:21
W60 Barbara Burger	60:01
Mary McCoy	84:59
W65 Gerry Fitch	63:37

5K

Overall

James Burns, 17	16:00
Mary Tuttle, 16	21:20
M40 Charlie Dabundo	18:31
Bill Weber	21:07
Jeff Harris	21:11
Mike Piorkowski	22:20
Steve Miller	23:36
M45 Carl Berkman	21:14
Grant Everhart	22:19
Christophe McKinney	23:19
John Trepanowski	24:01
Philip Silveri	25:06
M50 Richard Ladow	19:39
Paul Silver	20:08
Gary Jastrab	20:39
Richard Usian	21:38
M55 Lou Fillippo	21:23
Luciano Bianco	25:11
Paul Greco	26:44
M60 Tim Tullio	22:44
Dick Kitchen	23:08
Fred Smith	28:00
M65 Sam Duncan	29:13
Larry Dangelo	29:35
Bill Erb	35:48
M70 Bill Butler	24:28
John Schultz	29:14
Bert Cass	30:41
W40 Michele Burkholder	24:50
Joan Silveri	25:06
Diane Lokey	28:34
Rosie Gilroy	28:40

Jack Morrison	3:02:58
M50 David Couper	2:53:07
Joseph Salwan	2:59:13
Richard King	3:03:54
Al Bourgeois	3:04:55
M55 Mick Stewart	3:10:58
Mark Whisler	3:21:36
John Davis	3:26:50
Edson Sanches	3:28:02
M60 Lewis Jones	3:27:46
John Loughran	3:28:35
Bud Bettler	3:36:30
M65 Mike Rucker	4:04:20
John Munday	4:08:04
Patrick Gibrall	4:20:31
M70 Chris Catoe	4:15:45
Tom Briggs	4:27:32
M75 Donald Lamar	4:26:43
Wheeler Stanfield	5:23:48
W40 N Slabodchikova	2:58:02
Jackie Horvath	3:08:24
Jeanie Trent	3:12:52
Ruth Olson	3:20:51
Susie Kinnecome	3:23:56
W45 Debi Bernardes	3:18:46
Melissa Edeburn	3:19:25
Andre Jansen	3:24:29
Mary Malin	3:25:21
Susan Prevornak	3:32:00
W50 Cecil Astrop	3:29:25
Mary Winston	3:36:59
Carol Talley	3:44:09
Kathy Cashman	3:44:02
W55 B J Derring	4:06:45
Terry Miffleton	4:13:46
Betty Brothara	4:13:36
Pamela Stevens	4:14:23
W60 Suzanne Gallup	4:16:00
Barbara Moyer	4:48:20
W65 Connie Ratzel	6:07:57
W70 Pat Ewell	5:23:32
W75 Iris Vinegar	6:12:21

M65+Tom Ray 72	24:02
John Essery 69	24:05
Robert White 83	26:38
W40 Laura Shannon	20:11
Pamela Lovett	20:58
M55 Mick Stewart	21:46
Connie Glueck	21:46
W45 Valerie Plyler	19:42
Cindy Slominski	24:54
Judith Mueller	25:21
W50 Susan Larkin	27:24
Jeanne Gemmell	27:28
Jean Barto	37:04
W55 Barbar Mathewson	21:19
Patty O'Brien-Dorner	24:04
Brenda Mitchell	25:25
W60 Joan Coven	23:13
Chips Halley	33:17
W65+Nancy Patron 69	28:37
Pat Ewell 72	29:14
Paula Hougen 65	50:12

USATF Florida 5K XC Masters Championships Clermont, Nov. 19

M40 Leonard Ferman	18:50
Steve Key	20:52
George Kirk	21:55
Jonny Simpkins	24:21
M45 Trevor King	24:48
M50 Michael McCorkie	23:55
M55 Charlie Galloway	22:21
M75 Jim Blount	33:24
W40 Lourdes Carter	37:12
W50 Debra Walsh	37:43

Virginia Run Turkey Trot 5K Centreville, VA; Nov. 24

Overall

Phillipe Rolly 33	15:50
Alisa Harvey 40	17:44
M40 Ted Poulos	17:11
M45 Jon Watson	19:52
M50 Chuck Moeser	17:31
M55 Dennis Donat	21:48
M60 Carl Knoettnr	24:22
M65 Pat Branch	26:28
M70 Richard Williams	24:16
M80 Dixon Hemphill	44:53
W40 Linda Foley	20:06
W45 Sharon Griffing	24:24
W50 Florence Hoy	25:07
W55 Gail Miles	29:00
W60 Mary Ann O'Connor	30:40
W65 Ann Streb	35:37
W70 Renna Jordan	44:07

Outback Distance Classic Half-Marathon Jacksonville, FL; Nov. 24

Overall

Keith Brantly, 43	1:18:25
Christy Phillips, 43	1:22:35
M35 James Cardozo	1:22:40
Don Packard	1:24:47
Jeffrey M?	1:25:35
Jonathan Vitsky	1:26:36
David Coarsey	1:28:14
Frank Subjinski	1:28:49
Donald Wells	1:29:00
Rob Darner	1:29:10
M40 Bill Bray	1:23:25
Steve Pettit	1:25:21
Scott Mullaney	1:26:06
Dan Nichols	1:26:36
Bill Murto	1:26:35
Shawn Burke	1:28:29
Hal Gilreath	1:28:29
Dave Smirnoff	1:28:28
M45 Michael Cain	1:21:13
Anthony Truitt	1:21:49
Chris Burns	1:22:47
Bill Dunn	1:24:09
Pete Putnam	1:24:38
Chris Laduke	1:27:05
Reggie Moore	1:28:00
Greggy Umberger	1:31:19
M50 James Rasch	1:22:39
Stephen Beard	1:31:02
Ron Krochak	1:31:50
Charles Lechner	1:32:23
Paul Geiger	1:32:25
Patrick Carmody	1:32:52
Joe Logie	1:32:57
Miller McCormick	1:36:17
M55 Page Ramezani	1:23:29
Bruce Holmes	1:27:17
Patrick Gaughan	1:29:45
Bernie Candy	1:31:27
Manny Toro	1:33:10
Bruce Kritzer	1:33:58
M60 David Ohnsman	1:27:55
Richard Landsman	1:34:52
Frank Frazier	1:40:36
John Deantonis	1:42:24
Harvey Warnock	1:45:29
M65 Roger Rouiller	1:28:34
Matt Ross	1:51:53
Jack Hayes	1:54:58
Dan Macdonald	2:00:27

Overall

Shabunin Vyachselav 36	23:03
Tetyana Hladry 30	26:00
M40 Henry Loving	27:27
Chris Samley	27:32
Steven Menzies	28:14
M45 Kevin Lounsbury	29:43
Wyatt Cutchins	30:56
Bolling Lewis	31:01
M50 Jeffrey Stone	31:06
Richard Levasseur	31:17
Morrie Piersol	31:43
M55 Rick Platt	29:11
Timothy Heath	31:59
Dan Scott	32:30
M60 Daniel Murray	30:11
Ben Dyer	33:31
Dennis Lamountain	34:44
M65 Cal Fowler	32:46
Skip Mullaney	34:06
Ray Myers	37:37
M70 Armand Zambardi	39:26
Ron Henry	45:02
Dennis Lucas	45:57
M75+Bill Briggs	49:04
Salvador Santory	48:58
Richard Izquierdo	1:07:49
W40 Kimberly Moore	33:58
Amy Sperry	34:00
Deborah McLaughlin	35:13
W45 Linda Kidder	36:39
Sharon White	36:44
Claire Lau	37:01
W50 Linda Gulick	34:39
Jean Bone	38:58
Diane Jones	40:08
W55 Joan Gustafson	38:05
Linda Peters	38:39
Sally Tirs	41:11
W60 Mary Bonetz	41:56
Sharon Myers	42:42
Mary Kate Berglund	44:10
W65 Judy Kirchoffer	54:18
Joyce Warren	58:14
Doris Birdsong	1:01:18
W70 Nancy Welker	55:32
Janet Lakey	53:24
Ruth Whay	1:15:18

Governor's Land 5K Williamsburg, VA; Nov. 19

Overall

Rob Hinkle 41	16:00
Julie Forbes 29	19:36
M40 Rob Hinkle	16:00
Steve Menzies	17:18
Jonathan Jeffreys	18:09
M45 Pete Gibson	18:05
John Donahue	18:17
Wyatt Cutchins	19:00
M50 Steve Chantry	16:39
Steven Lerner	20:05
Mike Asip	22:37
M55 Larry Coley	19:16
Dale Abrahamson	19:20
Robert Wilson	20:15
M60 James Johnson	21:05
Jimmy Williamson	23:35
Byron Adams	24:28

Larry Neider	2:10:15
M70+Bengt Esping	2:14:18
John Aimone	2:19:44
Bob Carr	2:24:40
Bill Zipperer	2:27:08
Al Safer	2:37:13
W35 Eileen Torres	1:24:40
Denise Metzgar	1:29:29
Andrea Laperriere	1:32:58
Beth Mullaney	1:33:30
Pam Murphy	1:33:58
Susan Fish	1:42:12
Jill Wilby	1:43:40
Kim Hoyt	1:44:39
W40 Deanna Medvidofsky	1:29:53
Angelika Frasier	1:34:44
April Morse	1:34:45
Laura Williams	1:36:09
Wendy Patterson	1:36:10
Tammy Carey	1:36:34
Regina Taylor	1:36:29
Caroline Lee	1:36:30
W45 Cinda Hart	1:32:55
Elizabeth Diamond	1:37:06
Ann Campbell-Hays	1:39:23
Melody Sallette	1:40:07
Julie Hager	1:41:15
Caroline Geiken	1:42:32
Mille Tanner	1:46:19
Donna Evans	1:48:32
W50 Dorli McWayne	1:35:15
Stephanie Griffith	1:43:39
Donna Vanderveke	1:43:39
Marcia Baker	1:52:08
Diane Jacobs	1:53:27
Leslie Hague	1:55:44
W55 Carolyn Mather	1:48:01
Theresa Coomes	1:49:20
Hyacinth Bohlinger	1:50:38
Carol Fitzsimmons	2:00:03
W60 Elfreida Wyner	1:46:23
Susan Wallace	2:10:20
Pheona Kaiser	2:15:18
W65 Marilyn Koubek	2:02:10

Times Turkey Trot 5K/10K Clearwater, FL; Nov. 24

5K Overall

Jeff Masterson 19	15:40
Jackie Wachtel 26	17:55
M40 Keith Sawayda	16:26
Dave O'Meara	16:43
Tony Lahnston	17:10
M45 Bobby DeSantis	17:19
Paul Hough	17:30
Tim Doran	18:07
M50 John Masterson	17:57
Jack Silva	18:43
John Putnam	19:19
M55 Don Schmidt	20:03
W40 Carol Wilson	19:27
Joyce Kistemaker	21:31
Melissa Haist	21:39
W45 Judy Maguire	19:41
Lisa Kothe	19:58
Helen Lavoie	20:43
W50 Shelia Haire	20:51
Maggie Miller	21:35
Judy Hensley	22:36
W60 Bonnie Theall	23:54

Overall

Joey Zins 26	32:26
Christa Benton 21	36:35
M40 Steve Mandel	33:50
Keith Sawayda	35:39
Michael Qwaa	36:54
M45 Fred Dorsey	37:38
Mike Delong	39:47
Tony Black	41:16
M50 Steve Mikles	39:52
Ron Murawsky	40:02
M55 Albert Wieringa	37:43
John Jerome Jr	41:07
Ken Dent	42:01
M60 Duncan Cameron	41:09
M65 Joe Burgasser	38:59
W40 Mary Level-Menton	38:44
Kim Bruce-Bumbul	39:49
SuAnne Hall	42:57
W45 Mary Ann Protz	38:11
W50 Peg Elmer	45:50
Sheila Haire	45:51
Maggie Miller	47:00

Atlanta Marathon/Half-Marathon, Atlanta, GA Nov. 24

Marathon Overall

Dennis Bauer 27	2:37:43
Donna Garcia 37	3:12:52
M40 Mark Coughlin	2:41:21
Joe Bowman	2:59:42
Doug Ross	3:10:34
M45 William Wood	3:05:03
Dan McCormick	3:18:39
Byron Finley	3:19:11
M50 Patrick Bienda	3:14:59

Jim Manley	3:25:02
Robert Wildes	3:41:09
M55 Robert Harper	3:27:38
Zdzislaw Krawczynski	3:30:04
Richard Schick	3:37:08
M60 Al Barker	3:44:36
Ed Kopiak	4:25:21
Ed Livingston	4:31:43
M65 Don Clark	4:04:30
Thomas Chestnut	4:15:12
Fred Motz	4:33:44
W40 Naomi Hasegawa	3:19:24
Angela Sloman	3:33:35
Nicole Borman	3:42:09
W45 Amy McClenathan	3:23:32
Sally Brooking	3:30:30
Patti Minton	3:47:27
W50 Paula May	3:59:32
Kathy Downes	4:23:32
Sue Lockwood	4:34:20
W55 Vickie Johnson	3:29:14
Teresa Ward	4:10:46
Donna Garrison	4:47:03
W60 Linda Taylor	4:51:26

Half-Marathon Overall

Dennis Bauer 27	1:10:36
Donna Garcia 37	1:20:41
M40 Carl Nordhielm	1:20:10
Jim Fullarton	1:20:25
Christoph Zenker	1:21:49
M45 John Tuttle	1:10:47
Ken Youngers	1:15:09
Zelerino Carreno	1:20:31
M50 Wes Wessely	1:30:58
Alon Stewart	1:32:01
Sam Benedict	1:32:36
M55 Bob Dalton	1:18:25
Sam Norman	1:24:29
Mike Wien	1:28:38
M60 Donald Brown	1:28:50
Joe Carter	1:36:53
Tom Clelland	1:37:18
M65 Jim Cowart	1:51:27
Ron Mastin	1:54:21
Kent Bishop	1:59:16
M70 Lloyd Chambers	1:48:07
Casey Jones	1:53:52
Charles Teague	1:55:51
M75+Clarence Hartley	1:57:44
Donald Krueger	2:12:23
Morton Silver	2:43:23
W40 Barbara Jarnigan	1:27:31
Sue Kelly	1:29:05
K Lowe-Colenbaugh	1:29:22
W45 Mary Sweeney	1:31:05
Lynn Pinyerd	1:32:49
Nancy Stewart	1:34:52
W50 Cecile Chang	1:41:43
D Price-Alexander	1:41:43
Margaret Taylor	1:43:43
W55 Judith Hine	1:41:44
Jane Thompson	1:49:24
Carolyn Spillman	1:50:19
W60 Gloria Cofer	2:18:49
Virginia Garmon	2:28:10
Mary Platt	2:28:17
W65 Ann Akers	1:54:30
Kathleen Loudin	2:20:04
Joyce Hodges-Hite	2:47:50
W70 Eliz. McConnell	3:21:24
Ann Sanderson	4:14:05
W75 Tina Anderson	2:52:39

Thanksgiving 10 Miler & 5K, DeLand, FL; Nov. 24

Overall

Michael Anderson 31	58:25
Yvonne Gnriss 37	62:21
M35 Daniel McCarthy	61:44
M40 Allen Notkin	64:38
Dennis Cobb	73:12
M45 George Alteri	59:46
Paul Holyko	61:28
Bruce Geise	64:10
M50 Ric Banning	61:52
Rick Ingerson	71:03
Dale Glaze	72:10
M55 Kevin O'Connor	73:02
Eugenio Ayala	76:29
Adam Rafalski	79:02
M60 Patrick Griffith	63:34
Alan Kossow	73:38
Chief Ten Bears	75:32
M65 Stuart Olson	98:47
Horace Brannon	1:50:27
M70 John Rapp	1:44:02
Rick Snyder	1:54:38
M75 Epifanio Agosto	93:30
W40 Teresa Calio	72:40
Shirley Pratt	74:08
Helen Cox	76:30
W45 Ingrid Cordell	84:16
Deborah Milford	88:05
Sharon Marsh	90:12
W50 Susan Briers	78:44
Bridget Gallagher	96:05
Hye Cho	97:36
W55 Jody Mahonick	2:01:02
W60 Fredericka Rapp	2:07:47
W65 Barbara Troy	1:59:37
W75 Ann Kahl	1:58:57

Overall

Justin Jacobs	16:18
Stephanie Paulk	18:53
Michael Reininger, 44	19:53
Alison Ronzon, 41	20:44
M40 Bill Koch	20:43
Donald Hall	20:55
Robert Devers	20:59
M45 Nick Rousis	19:57
Scott Meier	20:49
Ronnie Williams	21:03
M50 Bob Redfern	20:27
Stephen Beard	20:28

Festival of Lights 5K Jacksonville, FL; Dec. 4

Overall

Justin Jacobs	16:18
Stephanie Paulk	18:53
Michael Reininger, 44	19:53
Alison Ronzon, 41	20:44
M40 Bill Koch	20:43
Donald Hall	20:55
Robert Devers	20:59
M45 Nick Rousis	19:57
Scott Meier	20:49
Ronnie Williams	21:03
M50 Bob Redfern	20:27
Stephen Beard	20:28

Space Coast Marathon/ Half-Marathon Cocoa, FL; Nov. 27

Overall

Timothy Johnson 40	2:59:21
Kimberly Bruce 42	3:13:28
M40 Timothy Johnson	2:59:21
Dan Cochran	3:16:12
Carl Metzger	3:30:00
M45 David Griner	3:36:20
Thom Green	3:39:49
William Archer	3:58:40
M50 Matt Mahoney	3:26:38
Peter Lewia	3:50:58
James Ryder	4:03:45

M65 David Lee	47:46
Richard Litzler	50:44
Steffen Kamroe	52:06
M70 Ken Isherwood	57:16
Marvin Stevenson	57:49
Darrell McKee	61:56
M75 Fred Hagen	56:23
James Lovat	71:03
M85 Joe Thornburg	90:55
W35 Michelle Sebaly	44:25
W40 Kathleen Moss	48:16
Polly Wilson	49:30
Mary Smith	50:22
W45 Cathy Dean	44:51
Sandy Schubert	47:40
Marie Rivard	49:44
W50 Beth Hall	46:38
Joan McDonald	49:50
Jean McDonald	55:37
W55 Donna Olson	46:56
Maggie Zidar	50:20
Cindy Goodhue	56:58
W60 Shirley Torrance	58:01
Veronica Coleman	63:02
W65 Ellen Nitz	53:44

Overall

Nick Krus 20	12:49
Marcela Micheloni 14	16:34
M40 Todd Kelly	13:59
M45 Paul Baldes	15:49
M50 Ben Fondren	14:50
M55 Dan Stultz	19:28
M60 Phil Morell	19:23
M65 Gerald Bocci	24:48
M70 Jon Desenberg	23:51
W40 Rosie Marano	17:30
W45 Annette Robb	20:23
W50 Robin Large	24:40
W55 Noreen Bailor	27:41
W60 Anne Reneau	27:26
W65 Sandra Studebaker	31:11

Overall

Ryan Reiterman 17	4:44
Danielle Panizza 16	6:43
M40 Todd Kelly	5:12
M50 Ron Vanneste	8:07
M60 James Elwarner	15:32
M80 Herbert Legato	19:53
W40 Kristin Hendren	13:00
W45 Doris August	9:44
W50 Jeanice Dagher	15:02
W60 Gay Huston	13:36
W65 Diane Flatt	15:37
W70 Aldona Zynda	18:22
W80 Ann Olen	18:28

**Iroquois Hill Runners
Thanksgiving Day 5 Mile
Louisville, KY; Nov. 24**

Overall

Joshua Gentry, 24	27:45
Jo Ann Jessie, 43	34:48
M40 Jim Schneider	28:50
Bill Hague	29:27
Doug White	31:10
M45 Tom Milliman	30:34
Cliff Speers	30:47
Joe Nail	31:04
M50 Bill Geraghty	34:58
Gary Peak	35:18
Hao-Ming Siu	35:38
M55 Gary Cobbs	33:49
Bruce Baldwin	34:33
Thomas Chapman	35:50
M60 Bill Delp	37:01
Glenn Leach	37:12
Larry Breeding	39:16
M65 Robert Higgins	60:31
M70 Ray Parrella	34:42
William Thomas	48:09
Dale Rose	49:30
M75 Owen Comer	1:17:30
W40 Jo Ann Jessie	34:48
Roberta Meyer	36:31
Caryn Steffey	39:45
W45 Linda Morgan	39:47
Tammy Gillenwaters	41:53
Lisa Mullins	43:41
W50 Jill Force	38:36
Janet Green	40:15
Donna Younger	43:06
W55 Charlotte Theiler	39:13
Sharon Shepherd	43:21
Susan Brown	49:36
W60 Pam Ashley	49:57
W65 Barbara Cox	1:13:18
W75 Christine Bates	60:38

**Lansing Turkeyman Trot 5
Mile, Lansing, MI; Nov. 24**

Overall

Nathan Usher, 23	16:20
Leah Nilsson, 27	19:13

Overall Masters

Eric Stuber, 42	17:26
Karl Chandler, 68	22:40
M35 Tim Becker	21:00
Michael Nicholas	21:21
Travis Sybrowsky	21:28

M40 Brian Jones	19:29
Robert Cook	19:36
Mike Fisk	21:45
M45 Jeff Crowe	20:54
Joseph Lerczak	22:11
John Farquhar	22:13
M50 John W. Coleman	21:07
James Robinson	21:12
Michael Burnett	21:16
M55 Larry McCaskey	24:10
Jack Levely	24:11
Don Baer	25:27
M60 Jack Carlton	23:34
Dennis Beals	25:04
Silviano Fulgencio	25:22
M65 Bill Keller	23:27
Ed Torrance	30:07
M70 Harrison Hensley	30:18
William Rude	37:10
M75 Jim Forshee	28:33
John Minsky	36:20
Dick Young	38:43
W35 Kelly Hocquard	25:22
Debbie Hense	25:41
Carla Dudash-Mion	26:24
W40 Kittie Lynch	23:26
Christine Sanches	26:02
Susan Treadway	26:45
W45 Barb Evans	26:47
Mary Broughman	27:50
Kim Ramm	27:51
W50 Susan Rook	26:35
Shawn Witherspoon	26:56
Katherine Tucker	29:06
W55 Joyce Curtis	29:00
Connie Kelly	36:09
Sherry Corwin	52:31
W60 Sharon Dolan	24:25
Ruth Thelen	26:40
Shirley Torrance	28:16
W65 Joy Ferguson	32:20
Carol Fulgencio	39:05

**Howell Fantasy 5K Run
Howell, MI; Nov. 25**

Overall

Matt French, 22	16:08
Suzanne Larsen, 28	18:29

Overall Masters

Eric Stuber, 42	17:04
Krys Brish, 42	20:33

Overall Grandmasters

Vic Mead, 51	19:30
Maggie Zidar, 55	23:29
M35 Brad Ambroth	17:18
Eric Larsen	18:20
Rob Basydio	18:38
M40 Gary Brimmer	18:01
Matt Bedford	19:18
Joel Van Styke	19:28
Marty Alward	19:47
Patrick Miller	19:57
M45 Ray Jeffery	20:09
Robert McLane	20:31
John Johnson	20:58
Terry Carmean	21:03
M50 Mike Keck	21:55
Bill Wilson	22:42
Phillip Leja	23:02
Larry Barnett	23:16
M55 Tony Hubbard	21:07
Ron Carpenter	21:20
Mark Cryderman	22:28
Thomas Clafin	22:29
M60 Doug Goodhue	19:45
James Lawson	24:23
George White	25:08
M70 Robert Bloomquist	28:21
Marvin Stevenson	28:43
Haerrison Hensley	29:50
W35 Leslie Muha	25:53
Myra Haloren	26:20
Laura Egnash	26:25
W40 Marie Campbell	23:29
Ann Kurtis	24:00
Jenny Everal	24:56
Heather McNamara	25:12
Sheila Reynaert	25:27
W45 Marit Jense	23:35
Joyce Segedi	24:40
Amy Kostlewa	24:48
Joanne Gray	25:54
W50 Joann Bonnewell	27:09
Marlyn Reichenback	27:13
Barbara Littlefield	27:47
Linda Shearing	28:59
W55 Sue Stefanski	25:16
Jean Jannasch	26:02
Nancy Branstetter	27:17
W60 Dorothy Johnson	30:51
Shirley Larsen	31:24
Louise Zachmann	36:16
W70 Nancy Schwarz	35:39

MID-AMERICA

**USATF Minnesota XC 5K
Championships
Apple Valley; Nov. 12**

M40 Pat Billig	17:33
Chris Celichowski	17:57

M45 Kevin Haas	16:56
Paul Giannobile	17:56
M50 Dan Morse	19:08
Jerry Beutel	19:31
M55 Albert Anderson	24:24
W40 Bonnie Sims	19:02
Laurie Hanscom	21:10
W45 Pam Weiler	21:05
Rose Flato	26:51
W50 Suzanne Ray	22:37
Lynae Larson	23:05
W55 Diane Stoneking	24:17
Mary Hiatt	27:06
W65 Siglinde Moore	35:34

**Living History Farms 10K
Urbandale, IA; Nov. 19**

Overall

Henry Dennis 31	33:52
Sarah Gall 26	41:02
M40 Phil Krauder	38:53
Craig Christians	39:20
Bill Field	40:20
M45 Rene Englehardt	41:01
Thomas Novak	42:13
Mike Evans	43:08
M50 Steve Riley	41:34
Joseph Haynes	41:52
Dan Kuhlman	43:11
M55 Don Utsinger	47:57
James Jacobsen	47:58
Richard Guffy	48:32
M60 Brian Cummings	58:34
Denis Kruger	64:13
Jan Dilley	67:07
M65 Dwight Beavers	50:10
Jim Matthews	55:27
Robert Kissler	67:24
M70+Alvin Ravenscroft	72:61:27
Glen Zirbel 75	84:27
Delmar Holtz 74	85:07
W40 Cynthia Brochman	47:50
Stanneta Svoboda	50:41
Dana Kramer	51:03
W45 Beth Henriksen	53:10
Peggy Noid	61:28
Kim Heffernan	61:45
W50 Kathi Dellaca	53:37
Jane Wickman	54:40
Andriette Wickstrom	54:47
W55 Mary Anne Gibson	69:52
Carol Lee	73:01
W60 Mariana Phipps	62:19
Anne Medeiros	68:56
W65 Carol Hartman	88:15
Sara Risser	2:00:31
W70+Marge Nielsen 70	78:10

SOUTHWEST

**San Antonio Marathon &
Half-Marathon, San
Antonio, TX; Nov. 13**

Overall

Ismael Leon	2:34:34
Liza Hunter-Galvan	2:48:02

Male Masters

Jaime Perez Zuniga	2:56:16
Andrew Loizeaux	3:01:00
Lupe Rodriguez	3:04:45
M35 Juan Garcia	3:01:08
M40 Mitchell Finnie	3:08:03
M45 Willem Maas	3:19:30
M50 Gerardo Leal	3:27:37
M55 Frank Hughes	3:38:14
M60 Mike Verschelden	3:40:00
M65 Don Winkley	4:14:27
M70+Dan Shuff	4:09:40
Jesse Real	4:24:58

Female Masters

Rose Rhoton	3:29:22
Paloma Farias	3:45:28
Jean Perez	3:46:37
W35 Martha Conroy	3:29:48
W40 Lorenza Farias	3:53:06
W45 Luti Vela-gude	3:53:29
W50 Lesa Hasan	3:48:24
W55 Judy Cole	4:06:33
W60 Carol Goslin	5:32:36
W70+Beryl Kerwick	6:27:44

Half-Marathon

Overall

Gabriel Lucido	1:13:02
Eliiz Malesich	1:25:18
M35 Randall Wood	1:25:59
M40 Julian Rodriguez	1:35:02
M45 Esteban Mejorada	1:15:30
M50 Client Mericle	1:25:56
M55 J CamarenaLopez	1:27:02
M60 Chriss Lloyd	1:53:54
M65 Don Smith	1:55:45
M70+Joe McGlothlia	2:06:52
W35 Ashley Goliher	1:36:58
W40 Diana Vicker	1:40:16
W45 Nora Wilson	1:45:01
W50 Kim Dennis	1:48:43
W55 Rebeck Gonzalez	1:44:24
W60 Diana Camero	2:23:27
W65 Kay Duplichan	2:13:14
W70+Mickie Aguilar	2:49:21

**Oklahoma Marathon
Tulsa, OK; Nov. 19**

Overall

Russell Sears, 43	2:37:41
Jessica Tranchina, 28	3:10:16
M40 Russell Sears	2:37:41
Rob Gallant	3:04:11
Gregg Weldon	3:09:06
M45 Joel Everett	3:18:23
Tom Pavletic	3:21:40
Philip Mitnright	3:22:46
M50 Bob Woods	3:24:53
Steve Colleen	3:30:28
Randy Ellis	3:33:57
M55 Jim Mayo	3:18:00
George Nichols	3:44:28
James Morella	3:50:11
M60 Rick Karampatos	3:50:21
Ron Hartwig	4:02:20
Mike Fleming	4:05:30
M65 James Kalas	3:59:41
Cliff Burgess	4:39:07
Tom Podruchny	5:07:35
M70 Charlie Gregory	5:10:18
Milton Taylor	5:33:57
Norm Franks	7:10:43
M75 Peter Hui	5:57:35
W40 Karen Plucinski	3:23:17
Rhonda Smith	3:57:43
Rosemarie Omellas	4:11:59
W45 Becky Lowrance	3:21:15
Bridget Smith	3:59:24
Mary Fischi	4:12:39
W50 Gloris Linares	4:03:34
Cheryl Jeffries	5:34:55
Alice Dyer	6:10:37
W55 Charlotte Hartwig	4:02:20
Kelly Kietzke	4:05:35
Rae Mohrmann	4:11:24

**Dallas Turkey Trot 8 Mile
Run, Dallas TX; Nov. 24**

Overall

Logan Sherman, 19	40:43.05
Michelle McGoldrick, 33	45:57.85

Overall Masters Winners

William Moore, 44	42:35.35
Margo Braud, 47	52:48.65
M40 Shawn Gardner	44:26.75
John Runyon	46:39.45
Chris Crawford	46:53.95
Scott Steffen	47:30.15
Gerald Jackson	48:46.05
Russ Stukel	49:45.05
Barry Trickey	50:38.85
Ruben Saguil	51:00.90
Robert Reveal	51:23.05
Ken Rizer	51:34.45
M45 Chris Phelan	47:11.65
Jeff Roth Dallas	47:11.85
Kraig Lungstrom	47:21.85
Steve Mudgett	48:55.40
Victor Salinas	49:12.80
Bob Smeby	49:40.10
Dave Emerson	51:11.90
Stewart Van	51:18.50
James Drumm	52:09.90
Richard Auchus	52:22.95
M50 Rick Christensen	49:07.95
Howard Richardson	50:18.70
Bud Wilder	51:04.10
Steve Standifer	51:10.50
Wally Manuagh	52:24.70
J Santos Perez	53:31.60
John Holderman	55:50.65
Gerry Feldhake	56:28.85
M55 Jerry Henderson	49:17.80
Steven Conly	52:53.55
Mike Fields	53:00.20
Robert Benson	53:06.65
Steve Shopoff	53:25.40
John McGehee	54:39.05
Jose Robledo	55:08.65
David Cromer	55:33.75
M60 Luis Rojas	46:09.15
Bill Shaw	52:51.45
Wayne Jones	58:02.20
Shing Ou	59:44.75
Richard West	1:01:03.10
Bill Shirley	1:02:21.30
M65 Bill Blackburn	59:07.45
Bill Johnson	1:03:49.65
S Haliman	1:05:06.25
Wally Capps	1:08:04.75
Bob Freeman	1:12:14.55
Luther Bernstein	1:14:19.00
M70 David De Haes	1:07:28.35
Mike Connelly	1:08:51.95
Dewey Fambry	1:15:30.15
Jeff Robinson	1:22:09.00
M75 Ed Jackson	1:08:47.80
Al Becken	1:17:12.55
Jim King	1:33:07.80
Richard Widener	1:34:19.70
M80+Paul Verver	2:06:19.80
W40 Yolanda Hopping	54:45.80
Lydia McMahan	55:22.90
Leana Sloan	56:36.45
Jungwon Ko	58:00.00
Sonia Soprenuk	58:24.05
C Hawthorne	59:08.90

Colleen Musielak	59:45.55
Lisa Holzwarth	59:58.45
W45 Catherine Burns	55:00.60
Gail Leveque	56:42.50
Jennifer Sullivan	57:42.45
Teresa Sellers	59:19.25
Christie Rambin	59:30.65
Jean O'Leary	59:43.95
Juli Baldwin	1:00:02.55
Gillian Giengarry	1:00:07.80
W50 Linda Kelly	59:15.65
Ann Strawn	1:01:30.70
Sunao Salto	1:02:32.15
Ann Dannis	1:03:51.80
Fillis Friedman	1:03:59.95
Marina Dooley	1:05:52.70
W60 Marylyn Patrick	1:01:56.95
Maria Fuentes	1:13:08.90
Nikki Deshazo	1:13:27.65
W65 Mary Kennard	1:06:00.70
Sharon Lucas	1:48:07.75
W70 Margaret Moore	1:13:24.35
Julie Anderson	1:31:03.45
W75 Jan Richards	1:28:41.25
W90 Meredith MacKey	1:14:04.90

WEST

Santa Clarita

Dana Point Turkey Trot 10K & Master's 5K
Dana Point, CA; Nov. 24 10K

Overall

Ben Bruce 23	29:44
Sylvia Mosqueda 39	33:15
M40 Peter Magill	31:53
Mark Donaldson	34:49
John Jacobson	35:32
M45 Danny Reed	31:56
John Aroujo	35:33
William Scarff	39:31
M50 Martin Ellison	34:54
Dave Parker	36:46
Ian Carlson	37:46
M55 Chris Johnson	40:17
Kenneth Sayles	41:20
Jim Bechtold	41:29
M60 Robert Sullivan	42:40
Bill Pascual	46:25
Jay Scollick	48:17
M65 Gamma Chavez	45:21
Luis Varga	47:09
Tony Norris	48:22
M70 Jerry Jefferson	47:39
Don Moore	53:17
Dave Ballentyne	53:26
M75 Bob Koch 78	52:40
Allen Bergman 78	74:26
W40 Beverly Owen	38:18
Sue Zihmann	41:07
Debra Ocano	42:01
W45 Rozanne Strong	42:58
Susan McCaffery	45:24
Robyn Bergoon	45:37
W50 Elaine Rutkowski	43:40
Kathi Guiney	46:47
Candice Beck	46:53
W55 Jean Schlesinger	44:20
Carmel Vrabel	50:27
Beverly Peterson	52:23
W60 Judy Gilbert	52:54
Lucille Harrison	53:40
Nancy Thweatt	57:28
W65 Carol Hemm 68	54:02
Mary Ann Johnson 68	55:30
Mickie Shapiro 69	60:46

Masters 5K

Overall

Dan Arsenault 43	15:32
Ceci St. Geme 42	16:54
M40 Andy Diconti	15:57
Ken Ernst	16:08
Jose Ortiz	16:17
M45 Sal Garcia	17:07
Mark Cleary	17:29
John Aroujo	17:55
M50 Bob Morris	17:57
Vincent Fleming	18:13
Ian Carlson	18:56
M55 Nolan Shaheed	16:40
Bill Sumner	18:59
Jose Ascervantes	19:19
M60 Ian Baillie	23:03
Gary Gustafson	23:49
Paul Bush	26:16
M65 Alan Wakeling	20:41
Dutch O'Hoy	22:18
Bob Norton	23:03
M70 Roy Nelson	25:22
Henderson Cleaves	26:08
Don Moore	26:49
M75 David Rich	31:13
Harold Willis	37:26
Peter Balselis	39:58
M80 James Brown 80	34:45
Ira Miller 89	60:20
William Abersman 92	61:30
W40 Kathleen Evans	20:15
Tess Joyce	21:16
Caren Ware	21:26
W45 Anet Cooperman	19:36
Yayoi Liu	20:43
Jennifer Buckley	20:57
W50 Denise Jenneck	20:24
Sheila Nicholas	22:42
Candice Beck	24:20
W55 Jeanie Leitner	23:43
Carol Schertz	24:57
Anna Knowles	25:31
W60 Susan Hampson	28:27
Teresa Ross	32:31
Penny Collins	33:09
W65 Lois Austin	28:18
Winnie Rich	31:27
Marilyn Latzmark	43:13
W70 Anna Matson	30:06
Patty Sperry	38:48
Willa Porter	52:28
W75 Mary Jane Brown	34:46
Betty Eaton	50:11
Bennie Payne	55:30
W80 Marise Sisson 80	45:07
Amata Brooks 80	45:42
Alice Ellis 82	47:37

Topanga Turkey Trot 15K, 10K & 5K
Topanga, CA; Nov. 26 15K

Overall

Jeff Caiola	1:11:31
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Erika Aklufi	1:12:09
M40-49	
Martin Schmitt	1:57:03
Bruce Kirch	2:00:53
Harold Vance	2:12:56
M50-59	
Stan Justice	1:54:06
Luis Espinosa	1:58:25
John Weems	2:04:55
M60-69	
Mervyn Cooper	1:59:24
John Williams	2:16:32
M70+	
Harold Vance	2:02:49
Loren Leonard	2:18:45
W40-49	
Raquel Serafin	2:10:53
Jackie Tedeski	2:12:38
Sue Schmitt	2:38:47
M50-59	
Joanie Matheson	2:11:39
M60-69	
Amy Galbraith	1:56:23

10K

Overall

Oliver Martin	48:36
Nina Greenberg	54:49
M40-49	
Oliver Martin	48:36
David Bezaira	54:58
Edmundo Navarro	55:02
M50-59	
Randall Kennedy	1:01:56
Leslie Caldera	1:02:09
Richard Ross	1:07:21
M60-69	
Allen Ross	1:10:18
Michael Belman	1:23:45
M70+	
Milan Fiala	1:34:07
W40-49	
Nina Greenberg	54:49
Amy Hunter	1:00:10
Caroline Lettieri	1:00:10
M50-59	
Judith Hardenbrook	1:11:29
M60-69	
Susan Baker	1:46:37

5K

Overall

Richard Rodriguez	33:54
Leslie Comstock	36:33
M40-49	
Kevin Wright	44:49
Adam Chidekel	48:39
M50-59	
Daniel Smith	49:25
M60-69	
Edward Saxey	1:45:47
W40-49	
Lourdes Bartlett	41:21
Linda Bruce	41:29
Josie Betancourt	47:44
M50-59	
Allyson Thurber	45:26
Pamela Courtright	47:23
Silvia Molina	48:48
M60-69	
Lynn Saxey	1:15:10

Run to the Far Side 10K & 5K, San Francisco, CA
Nov. 27

10K

Overall

Richie Boulet, 32	31:57
Magdalena Boulet, 32	35:00
M40-49	
Scott Robertson	36:27
Thomas Neupauer	36:34
Tim Sheeper	36:44
Steve Kollars	36:53
Lawrence McKendell	37:18
Tom Knauer	37:36
John Lundy	37:44
Peter Hsia	38:10
M50-59	
John Hirschberger	37:15
Rick Trachok	38:03
Bobby McKee	39:05
Roy Clarke	39:24
Bob Bowman	42:16
Penny Pohl	42:25
Christopher Pohl	42:25
Artie Alvidrez	42:54
Dick Cordone	43:08
M60-69	
Robert Schmitt	42:18
John Roos	42:45
Hans Schmid	44:08
Goetz Klopfer	44:11
Tim Rostegge	45:49
Barry Hotchkies	45:58
W40-49	
Lisbet Sunshine	37:23
Lorna Thomson	40:02
Kimberly Fanady	43:02
Shari Tracy	43:12
Pat School	44:13
Mimi Winsberg	45:00
Tina Chase	45:56
Rhonda Holden	46:50
Shelley Clark	47:47

W50-59	
Penelope Douglas	48:04
Janet Cain	49:54
Jo Anne Rowland	50:09
Susan Virta	53:19
Maggie Ward	53:27
Debbie Harmer	54:09
M60-69	
Trudi Hofmann	54:11
Heather Yeowell	55:17
Mercedes Escobedo	56:09
Mercedes Escobedo	57:32
Katie Martin	57:33
Carol Turner	57:42
M70-79	
Barbara Robben	1:02:22
Shirley Pierce	1:38:39
Patricia Traylor	1:46:55
Rosanna Strucinski	1:53:28

Overall

Sergio Reyes, Lancaster	14:48
Erin Nehus	16:38
M40-49	
Jeffery Hildebrandt	16:01
Tim Wallen	16:20
Robert Pickens	16:57
Thomas Balzola	17:17
Tony Coffey	17:37
Ken Wilner	17:44
Richard Johnson	17:44
Danny Hernandez	18:11
Mike Magoire	18:23
M50-59	
Doug Steedman	17:53
Martin Brook	19:47
Dan Ramos	20:06
Kevon Cottrell	20:09
Robert Darling	20:15
Robert McLean	21:10
David Wool	21:24
Melvin Jay	22:02
M60-69	
Alphonzo Jackson	18:56
Robert Gormley	20:16
Wolf Hillensheim	20:30
Doug Braasch	21:13
Craig Edwards	21:53
Jim Denham	22:14
Michael Conroy	22:22
Gil Moreno	22:32
M70-79	
Bill Buchanan	30:04
Don Woodrow	30:37
George Carvalho	33:20
Harry Scott	34:03
Jerry Wendt	37:11
Donald Dougherty	38:03
M80+	
Ken Crain	43:43
Fred Shimasaki	45:04
David Cole	48:06
W40-49	
Polly St. Geme	19:56
Jody Heyman	20:05
Kyoung Lee	20:15
Lynn Pidoli	20:37
Tricia Wallace	21:18
Holly Enzler	21:23
Vicky Boyd	21:24
Diane Prater	21:54
M50-59	
Liz Gottlieb	18:09
Kim Rupert	19:59
Susan Cronk	23:15
Monika McCool	25:01
Sue Reinhardt	25:46
Karen Bonnett	26:07
Kat Powell	26:40
Barbra Goodrich	26:52
M60-69	
Barbara Miller	21:55
Lucina Vernazza	24:31
Rose O'Brien	33:07
Fran Smith	33:59
Joan Wada	34:54
Sharon Rosedale	34:56
Sue Johnston	35:30
Tazi Coffee	36:30
M70-79	
Peggy Kang	27:05
Simone Wedell	39:37
Jan Buchanan	39:48
Eveleen Lopez	42:55
Robin Hudnut	44:22
Dorian Bikle	48:48
M80+	
Kit Pickles	44:38
Morag Chisholm	47:33
Dorothea Cole	48:04

Las Vegas Marathon, Half-Marathon & 5K
Las Vegas, NV; Dec. 4

Marathon

Overall

Gilbert Koech	2:13:45
Olga Kovpotina	2:31:54
M40 Jeff Ambos	2:40:02
Mike Vance	2:40:39
Adam Kuklinski	2:47:26
Forrest Pearson	2:52:43
Keith Abels	2:54:29

James Bostwick	2:57:44
Kirt Goetzke	2:58:41
JD Ma Court	2:59:23
M45 Anton Erjavec	2:56:42
Dan Kasper	3:00:33
Tom Neuman	3:01:38
Eric Dees	3:05:07
Richard Halner	3:04:52
Kevin Cassidy	3:05:41
Leon Deitfal	3:07:47
Mike McGee	3:09:04
M50 Leslaw Zych	3:04:05
Dan Black	3:05:36
Bruce Pulford	3:07:04
Mark Plucinski	3:14:11
Craig McBride	3:16:09
Mike Rassier	3:16:46
M55 George Neil	3:09:53
Bob Ulloa	3:16:04
Julio Aguirre	3:18:20
Neil Wakelin	3:18:23
Hayden Smith	3:24:28
William Elberman	3:25:40
M60 Frank Hamman	3:20:48
Wayne Mitchell	3:25:03
David Harrell	3:47:48
Thomas Balzola	3:47:53
M65 Stan Curtiss	3:49:40
Ray Nelson	3:48:59
Richard Wallen	3:50:28
M70 Roger Roufosse	4:22:25
Paul Straub	4:46:24
David Russer	4:46:52
M75 Bob Mahoney	5:29:36
W40 Brenda Graham Gray	2:54:17
Roberta McGraw	3:09:29
Chris Gibbons	3:18:11
Janet Howard	3:21:24
Karen Plucinski	3:28:33
Kathie Schellenberg	3:30:02
Peg Rusconi	3:36:25
Pam Reed	3:38:11
M45 Patti Jordan	3:31:24
Nancy Ottmann	3:37:24
Dawn Eskau	3:37:41
Teresa Donley	3:44:26
Karen FitzGerald	3:44:39
Patty Smith	3:44:11
Jeanie Grooms	3:46:21
Lisa McDuff	3:46:45
M50 Bonnie Arit	3:49:54
Kathy Grauer	3:52:17
Sarah Lin-Aamodt	4:01:05
Barb Bumann	4:07:26
Pamela Roberts	4:17:41
Elaine DeVries	4:19:59
M55 Kathy Roberts	3:53:48
Jane Davey	3:55:42
Shannon Shen	4:03:03
Evelyn Carter	4:14:50
M60 Celeste Fondaco	4:23:58
Susan Siderman	4:30:11
Alice Carr	4:32:08
M65 Patricia Delaney	5:19:23
W70 Giovanna Schaefer	6:37:48

Half-Marathon

Overall

Christian Hesch	1:06:20
Nili Abramski	1:15:55
M40 Forrest Newman	1:12:21
Hans Muller	1:17:59
Jeff Neuschwander	1:19:40
Bob Van Langenhove	1:19:50
Ron Bodine	1:20:04
Geoff Bastow	1:20:33
Bill Cobler	1:21:18
Anthony Davitt	1:22:18
M45 Antoni Niemczak	1:12:18
Chris Clark	1:15:48
Dan Murphy	1:19:52
Keith Withauer	1:20:53
Jules Magda	1:21:05
Gary Cohen	1:21:42
John Kane	1:22:53
Edgar Breda	1:23:13
M50 Bobby Williams	1:20:07
Robert Wilson	1:20:29
James Jeffrey	1:21:31
Mike Fairley	1:23:53
Michael Jeffrey	1:25:24
Jack Ankrum	1:26:42
M55 David Blankenship	1:22:51
Sherman Stanford	1:24:45
Dennis Swick	1:27:08
Douglas Brown	1:28:20
Bill Summer	1:29:04
Bart Smith	1:29:21
M60 Don Coffman	1:23:00
Michael Smith	1:31:35
Roger Cobbleddick	1:33:04
Michael Mullaley	1:38:17
M65 Jack Meegan	1:42:50
Rodger Goodwin	1:44:58
Lee Parker	1:45:05
M70 Dave Bernal	1:53:58
John Livingston	1:56:25
Warren Reutter	2:00:30
M75 Orville Bingley	2:42:40
Jack Rienks	3:28:44
M80 Robert Ulrey	2:57:52
Leonard Stern	3:03:39
Frank Rodriguez	3:01:34

W40 Zinnia Lopez	1:23:58
Rachel Atchley	1:25:02
Patti Stewart-Gar	1:26:03
Lisa Goldsmith	1:27:41
Lisa Rainsberger	1:29:19
Alma Arredondo	1:29:56
Lisa Veneziano	1:30:20
Nankeith Frates	1:30:26
M45 Kimber Sinclair	1:29:55
Jean Lampert	1:31:45
Debbie Shetlar	1:37:57
Anne Kilgorre	1:39:33
Sherry Buckner	1:38:51
Cheryl Zwarkowski	1:39:03
M50 Michele Hill	1:34:44
Brenda Hawley	1:36:29
Lynn Kleiman	1:41:04
Becky Lee	1:44:24
Karen Rothbauer	1:47:17
Judy Kopp	1:48:25
M55 Susan Humphries	1:35:33
Judy Warwick	1:46:50
Lorraine Hoyle	1:47:10
Isabel Martinez	1:49:58
M60 Fran Smith	1:51:30
Shirley Weaver	2:00:24
Mary Rodeberg	2:03:27
M65 Shirley Blush	1:49:15
Freida Reutter	2:08:39
Shirley Carter	2:17:21
M70 Chieko Allwein	2:05:53
Martha Kinsinger	2:18:39
Wilma Parker	2:21:18
M75 Yukiz Mochida	2:18:54
Miyoko O'Hara	3:21:06
Nancy O'Neill	3:52:03

5K

Overall

Jeff Gardner	17:43
Roslyn Alexander	20:07
M40 Ken Carlson	18:50
Bryan Porter	

M65 Jim Stiltz	1:52:47
M70 none	
M75 Jack Kaufman	3:06:16

**Turkey Stuffer 5K
Springfield, OR; Nov. 24**

Overall	
Jason Walker 27	15:24
Heike McNeil 31	18:47
M40 Patrick Wagner	17:06
Kyle Gee	17:35
Brent Halse	18:45
M45 Scott Abrams	15:52
Jerry Hammitt	18:13
David Bateham	18:56
M50 Ed Spinney	18:11
Mike Ignatius	19:06
Rick Russell	20:20
M55 Deigh Bates	20:11
Michael Caley	21:22
Larry Thompson	21:30
M60 Jack Anderson	22:43
Holis Gunter	24:45
Richard Smith	25:29
M65 Joe Waters	27:03
Jack Holt	27:38
M70 Arthur Dietz	26:28
John Bailey	28:59
Donn Kirk	38:16
M75 Bill McChesney	29:17
Henry Dizney	43:13
W40 Mary Johnson	21:33
Leah Jeske	21:53
Kristine Henderson	23:08
W45 Kit Sundling	25:11
C Hayward-Mayhew	25:13
Terry-Lynn Lovison	25:31
W50 Marilyn Nippold	22:01
Jane McCleary	23:42
Sandy Itzkowitz	24:08
W55 Sharon Gerl	22:10
Anne Viviani	34:45
Sarah Kerr-Daly	25:19
W60 Sally Stafford	25:33
Connie Manley	31:16
Marie Stringer	32:55
W65 Jane Dods	28:45
Suzanne Rodkey	31:17
Nellie Rue	40:45

**Seattle Marathon & Half-Marathon, Seattle, WA
Nov. 27
(unofficial results)**

Overall	
Uli Steidl, 33	2:24:24
Sara Otepka, 29	3:07:44
M40 Cliff Richards	2:50:33
Raymundo Cruz	2:51:03
David Millet	2:54:19
Martin McMahon	2:55:25
Matt Sessions	2:55:31
Gregg Walchli	2:59:50
Erasmo Arroyo	2:59:56
Craig Layman	3:00:09
M45 Rich Hanlon	2:53:23
Pete Hansen	2:57:19
Daniel Laster	3:05:08
Daniel Kearns	3:08:06
Tony Covarrubias	3:09:01
Kevin Martineel	3:09:26
Charles Schieber	3:10:08
Bill Buley	3:10:14
M50 H John March	2:54:44
Ken Nelson	2:55:11
Brian Roby	3:01:43
Dan Menard	3:05:00
Kent Sizer	3:07:30
Ruben Contreras	3:11:27
M55 Rhys Harrison	3:14:56
Doug Arcus	3:26:27
Bernard Clifford	3:28:42
Brent Spilsbury	3:29:08
Charles Conrow	3:31:22
David Jones	3:38:08
M60 Halliollou D-Z-A	3:27:41
Neil Felgenhauer	3:43:52
Gary Othem	3:57:45
Gary Othem	3:57:45
M65 Larry Carroll	3:48:07
Richard Bona	3:49:00
Phil Damon	3:54:30
Robert Fitch	4:10:25
M70 Mel Preedy	4:17:19
Don James	4:41:55
HJ Prohl	5:58:41
W40 Ann Armstrong	3:10:59
Jeanne Harshbarger	3:23:57
Kathy Tierney	3:27:15
Alicia Britt	3:27:26
Veronica Genera	3:30:10
Cindy Luniw-Adsit	3:31:56
Olivia Gill	3:32:19
Stephanie Leitch	3:34:30
W45 Jill Banister	3:15:54
G Toozs-Hobson	3:26:56
Alice Eaton	3:29:59
May Jung	3:34:37
Barb Blumenthal	3:38:17

Susan Looi	3:40:36
Wendy Jones	3:43:19
Dylene Deans	3:48:32
W50 Amy Yanni	3:25:08
Janet Green	3:40:42
Alix McLauchlan	3:50:31
M Von Beckmann	3:55:24
Kathleen Wendel	3:59:45
Cheri Gillis	4:04:26
W55 Lucja Bourgeois	3:55:22
Unha Lee	4:08:45
Bobbie Metrokin	4:35:41
Soon Gaal	4:39:12
Yumiko Uchino	4:39:45
Cheryl Lyall	4:40:23
W60 Judy Fisher	4:00:48
Julia Froble	4:58:01
Sylvia Wiegand	5:10:32
W65 Irene Neave	4:17:19
Madelyn Rawlinson	4:59:54
Willie Toth	5:22:59

Half-Marathon	
Overall	
John Hill, 37	1:11:28
Lauren Johnson, 26	1:20:52
M40 Garry Buchko	1:19:29
Bob Brennand	1:21:47
John Washenberger	1:23:32
Bret Lane	1:26:21
Thomas Fuchs	1:26:35
David White	1:27:40
Bob Ultsch	1:28:06
M45 Bruce Cyra	1:21:20
Brent Biggar	1:23:14
Douglas George	1:23:49
David Schach	1:24:59
Daryl Montgomery	1:25:26
Martin Meyer	1:26:08
Dennis Meyer	1:26:08
Eric Helser	1:27:52
M50 Rick Becker	1:17:21
Bob Murphy	1:22:01
Rob Benedetti	1:24:40
Steve Swenson	1:27:32
Richard Day	1:28:05
Steve Bertrand	1:28:44
Fred Wedam	1:30:09
Bill Mills	1:31:34
M55 Philip Welch	1:28:21
Timothy Oguri	1:34:19
Rob Johnson	1:37:41
Mike Nelson	1:39:49
Bill Lindesmith	1:41:39
Earl Fenstermacher	1:43:14
M60 Wayne Bayer	1:25:28
Jeff Corkill	1:28:57
Paul Caisse	1:40:00
Marvin Negrin	1:44:19
M65 Warren Ohrich	1:42:05
Jack Granahan	1:45:02
Lee Parker	1:55:16
M70 Bill Ifrig	1:38:11
Lionel Wildridge	1:53:47
France Cokan	1:57:29
M75 Slade Gorton	2:49:09
M80 Andrew Milligan	3:09:38
W40 Cindy Okrane	1:23:34
Mary Hanna	1:27:13
Rhonda Glass	1:30:51
Colleen Allen	1:30:56
Helena Watling	1:31:09
Cheryl Gavin	1:35:58
Jacqueline Vanallen	1:39:34
Kelly Schwarting	1:40:58
W45 Catriona Dowling	1:26:40
Barbarann Mallory	1:33:46
Janie Crist	1:34:57
Selly Capeloto	1:40:17
H Stibbard-Terrell	1:40:36
Barbara Stadhouse	1:40:37
Kimberly Anderson	1:41:09
Fawn Freeman	1:43:33
W50 Mary Steinberg	1:39:02
Jeannie Debari	1:40:16
Laurelee Welder	1:47:03
Ann Rinehart	1:47:32
Polly Fabian	1:48:28
W55 Phyllis Nelson	1:49:13
Mary Johnson	1:51:31
Cindy Rach	1:57:49
Jane Parrish	1:59:16
W60 Jane Wintemute	1:50:59
Wendy Watson	1:54:14
Cass Newell	2:05:03
W75 Nancy Olsen	2:56:08
June Curry	3:26:22

**Canadian XC Championships 8K
Vancouver, BC; Dec. 3**

M40 Paul McCloy	26:55
Steve Bachop	26:59
Todd Healy	27:28
M45 Rob Longergan	26:55
John Holliday	27:46
Art Boileau	28:42
M50 Paul Reimer	28:34
Mike Secker	29:21
Cliff Russell	30:13
M55 Jim Swalding	30:48
Murray Hale	32:06
Fred Pauluk	34:40
M60 Jake Maddermom	35:31
Alex Jamieson	35:40
M65 Herb Phillips	31:19
Gunther Bauer	36:46
M70 Roger Davies	36:45
Tom Chisolm	40:47
M75 Frank Kurucz	41:31
W35 Rhona Clark	32:40
Kim House	33:41
Jenny Godley	34:17
W40 Janice Patterson	31:41
Colleen Hopkins	32:09
Teresa Nightingale	32:58
W45 Lynda DeBoer	31:45
LorMichinsnBailey	33:10
Jackie Holloway	33:16
W50 MaureenStCroix	31:52
Doreen Klaus	34:51
Clara Northcott	36:02
W55 MarciaStromsmoe	37:31
W65 Diane Visser	45:12
JoanChristensen	45:36

CANADA

**Canada vs. USA Masters
XC Challenge M8K/W6K
White Rock, BC; Nov. 13**

Men: CAN-33/USA-33	
M35 Lance Doken USA	29:21
Bruce Grant CAN	34:04
Turtle VanDalen USA	43:08
M40 Kevin Olsen USA	28:30
Jay Sloane USA	30:03

StephenReding CAN	31:57
Jos Debrincat CAN	34:41
M45 Chuck Dooley USA	32:24
John Rolwey USA	32:41
Pat Kenworthy USA	32:48
Walter Kwan CAN	35:59
Mike Ward CAN	36:15
John Singh CAN	40:10
Nigel Barrett CAN	41:39
James Eso CAN	42:19
Chris Mathisen CAN	45:54
M50 StephHosford CAN	33:45
Bill Wilson CAN	37:26
M55 Jim Swadling CAN	31:25
Peter O'Neil USA	36:42
Jim Cornish CAN	36:46
Jim Hastie CAN	37:12
Werner Schultz CAN	39:29
Ross Davidson CAN	48:06
R M Sarazin CAN	48:31
M60 Jake Madderon CAN	36:01
J J Schmidt CAN	37:26
M65 Herb Phillips CAN	32:48
Jim Thomson CAN	38:09
Ed Kavanagh CAN	39:14
John Taylor CAN	40:45
Roger Dean USA	43:04
Rob Daniel CAN	44:07
Ken Boxall CAN	51:03
George Agnew CAN	52:50
M70 Roger Davies CAN	41:10
Ben Grevstad USA	41:26
George Reily CAN	53:37

Women: CAN-16/USA-33

W35 Ter Nightingale CAN	23:06
W45 Sue Gingsby USA	26:47
Kathryn O'Grady CAN	27:44
Patricia Rowley USA	30:52
W50 MauDeStCroix CAN	23:08
Doreen Klaus CAN	24:36
W55 Avni Douglas CAN	26:46
Kathy Dinning CAN	29:10
Liz Dilasser CAN	29:44
Heather Taylor CAN	30:00
W65 DianePalmason CAN	29:53
Francis Steinfeld CAN	35:33
W75 Le Montgomery CAN	34:16
Total: CAN 49/USA-66	
CAN wins	

**Canadian XC Championships 8K
Vancouver, BC; Dec. 3**

M40 Paul McCloy	26:55
Steve Bachop	26:59
Todd Healy	27:28
M45 Rob Longergan	26:55
John Holliday	27:46
Art Boileau	28:42
M50 Paul Reimer	28:34
Mike Secker	29:21
Cliff Russell	30:13
M55 Jim Swalding	30:48
Murray Hale	32:06
Fred Pauluk	34:40
M60 Jake Maddermom	35:31
Alex Jamieson	35:40
M65 Herb Phillips	31:19
Gunther Bauer	36:46
M70 Roger Davies	36:45
Tom Chisolm	40:47
M75 Frank Kurucz	41:31
W35 Rhona Clark	32:40
Kim House	33:41
Jenny Godley	34:17
W40 Janice Patterson	31:41
Colleen Hopkins	32:09
Teresa Nightingale	32:58
W45 Lynda DeBoer	31:45
LorMichinsnBailey	33:10
Jackie Holloway	33:16
W50 MaureenStCroix	31:52
Doreen Klaus	34:51
Clara Northcott	36:02
W55 MarciaStromsmoe	37:31
W65 Diane Visser	45:12
JoanChristensen	45:36

INTERNATIONAL

**British Masters 10 Mile
Championships
Bishop's Stortford, Herts.
Nov. 20**

M40 Matt Flannelly	54:40
Richard McCormick	54:58
Kevin Spilman	55:20
M45 Alex Rowe	55:24
M Gamble-Thompson	56:15
Nigel Paul Arnold	56:26
M50 Martyn Flower	55:50
Dave Cox	57:26
Phil Jones	57:55
M55 Stanley Owen	56:55
Roy Treadwell	59:14
John Exley	59:17
M60 William Allan	1:02:14

Peter Giles	1:03:04
Robert Young	1:03:32
M65 Harold Dobson	1:05:39
Fred Gibbs	1:06:24
John Firth	1:08:02
M70 Walter McCaskey	1:12:06
John Steed	1:12:24
Leonard Parrott	1:14:17
M75 Derek Howarth	1:14:08
Tom Horne	1:19:15
William Davies	1:19:44
M80 Frank Dobson	1:46:43
W35 Nicki Nealon	1:01:48
Clare Read	1:06:07
W40 Sharon Gannon	1:01:43
Celia Findlay	1:08:54
Jackie Perry	1:11:28
W45 Lorraine Daglish	1:14:53
Karen Dodsworth	1:22:11
Sharon Crowley	1:25:22
W50 Lynn Tanner	1:10:48
Gail Coverly	1:12:21
Pat Halstead	1:14:45
W55 Sue Cariss	1:04:54
Lou Lyness	1:09:08
Lesley Anne Griffin	1:14:04
W60 Valerie Poole	1:24:06
W65 Pamela Jones	1:22:57

RACEWALKING

**Gran Prix #1 5K RW
Central Park, NYC
Nov. 27**

Overall	
Leo Romero 22	24:51
Maryanne Daniel 47	27:54
M40 Bill Vayo	26:01
Alexis Davidson	28:16
Alan Sanger	35:19
M50 Viado Haluska	26:06
David Lee	31:59
M60 Edoardo Sorrenti	28:08
Bob Thaler	34:45
M70 Daniel Pina	35:18
William Stein	37:48
W40 Maryanne Daniel	27:54
Pat Motschwiller	30:02
Maria Ferraro	32:53
Carole Conway	42:33
W50 Panse Geer	30:10
Luanne Pennesi	30:55
Barbara Shimasaki	34:27
Ruth Gersh	35:01
Avery Ross	42:12
W60 Maria Cox	34:32
Ora Julie	23:35
Carolyn Brady	41:48

**USA 1-Hour RW
Championships
Jacksonville, FL; Dec. 3**

Meters	
M40 Allen James	12,842
Dave McGovern	11,824
Bill Vayo	10,991
Steve Renard	10,630
M50 Vince Peters	10,757
Joseph McCoy	7,087
M55 Max Walker	11,084
John Frederick	9,953
Ray Funkhouser	9,953
Bruce Leasure	9,273
Herb Taskett	7,623
M60 Leon Jasionowski	11,550
Norm Frable	10,813
James Carmines	10,292
Gary Westerfield	8,377
M65 Paul Johnson	10,019
John Backlund	9,685
Winston Crandall	8,471
M70 Bob Fine	8,643
W40 Dorit Attias	10,253
W50 Sandra DeNoon	8,902
W60 Kathy Frable	9,050
Sandra Hulst	8,572
Darlene Backlund	8,382

**Gran Prix #2 5K RW
Central Park, NYC
Dec. 4**

Overall	
Jussi Koski 31	26:49
Emilija Vaskyte 14	30:50
M40 Bruce Logan	30:47
M50 Viado Haluska	28:26
Alexis Davidson	32:05
David Lee	36:04
M70 Daniel Pina	37:04
William Stein	41:05
Cervin Robinson	45:53
M80 Len Scheer	42:12
Dave Cox	42:47
W50 Panse Geer	32:47
Luanne Pennesi	32:54
Elyse Mallin	34:29
Ruth Gersh	36:53
W60 Joan McIntyre	42:02
Carolyn Brady	44:10

**ATHLETES WHO ENTER A NEW DIVISION
THIS MONTH - JANUARY 2006**

ATHLETE NAME (RESIDENCE)	BIRTH DATE	AGE GROUP
CHRISTINE HESSLER(GER)	1-8-61	45-49
SANDRA MYERS(SPA)	1-9-61	45-49
VERONICA AMARASEKARA(CUCAMONGA,CA)	1-	

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