

NATIONAL MASTERS NEWS

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

319th Issue

March 2005

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Martinez, Ayala-Troncoso Win National 8K Cross-Country



JERRY WOJCIK

Carmen Ayala-Troncoso, 45, first (30:13), USA Masters 8K XC Championships.

By JERRY WOJCIK
VANCOUVER, Wash. – One masters cross-country reign ended and another remained intact in the USA Masters 8K Cross-Country Championships held on the grounds of the Fort Vancouver National Historic Site on Feb. 12.

Danny Martinez, 42, Alhambra, Calif., halted Brian Pope's dominance of this season's cross-country circuit with an eight-second victory in 26:36. Pope, 42, Oxford, Miss., running for the So Cal TC, held off Daniel Gonzalez, 42, Mountain View, Calif., who finished third in 26:49.

Pope had won the USA Masters 5K XC Championships (14:54), Saratoga Springs, N.Y., last October; the 8K XC Championships (25:08), Boston, Mass., in November; and the 10K XC Club Championships (36:03), held just across the Columbia River in Portland, Ore., on a sloppy course in December.

But the day belonged to Martinez, "The course was great," he said. "I think it benefited me because it wasn't a fast course. I'm more of a strength runner, so the conditions here really

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JERRY WOJCIK

Danny Martinez (r) extended his lead to win by eight seconds in 26:36, with Brian Pope (l) second, and Peter Magill (c) fourth, USA Masters 8K XC Championships.

Boise to Host 31st National Masters Indoor Championships

The 31st USA National Masters Indoor Championships will be held in the Northwest after several years in the Northeast, when the city of Boise, Idaho, hosts the meet at the Idaho Center on March 11-13.

The Idaho Center is located in Nampa, some 17 miles west of Boise, and home of the Jacksons Indoor Track, a six-lane, 200m, banked Mondo synthetic surface, with eight lanes within the oval for the 60m and hurdles. It is the same track used for the USA National Championships when they took place in Atlanta, Ga.

Competition will be held in five-year groups and is open to all men and women age 30+. No qualifying is necessary to enter. The only requirement for U.S. citizens is a USA Track & Field membership, available at the site.

In addition to a full schedule of indoor events, including the 3000m racewalk, relays, and weight throws, the meet will oversee the USA National Masters Indoor Pentathlon Championships, in its 20th year, on Friday, March 11.

The men's pentathlon events are the 60mH, long jump, shot put, high jump, and 1000m, in that order. The women's events are the 60mH, long jump, shot put, high jump, and 800m.

This year's championships will include the first official USA National Masters Club Championships.

Athletes who want to compete for a

club must be current members of that club before registering to compete.

An athletes' meeting will be held at the meet. The time and place will be posted and announced during the meet. A "Taste of Idaho" dinner is planned

Continued on page 9

LeBourne Wins Men's Race

De St. Croix Breaks W50 World Record at Hartshorne Mile



BILL WARREN / ITHACA JOURNAL

Maureen de St. Croix (l), 51, and Sarah Kramer, 44, sprint to the finish in the Hartshorne Masters Mile. De St. Croix won with a W50 world record 5:10.87.

By DIANNE SHERRER
ITHACA, N.Y. – An Alberta Clipper snow storm roiled through Central New York on Jan. 22, while the Vancouver Express roared around Barton Hall's track in the 38th annual Hartshorne Memorial Masters Mile held at Cornell University.

Maureen de St. Croix, 51, Vancouver, B.C., won her first Hartshorne elite women's title in 5:10.87, setting a pending W50 mile world record.

Sarah Kramer, 44, Trumansburg, N.Y., placed second in 5:11.17. Ithaca's Gillian Sharp, 43, the 2003 national masters W40 indoor mile champion, placed third in 5:25.47.

De St. Croix and Kramer ran the second- and third-fastest times ever recorded in the 25-year history of the women's Hartshorne Masters Mile.

In the elite men's race, Anselm

Continued on page 6

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Indicate "Unattached" if not a member of a USATF-registered club. Indicate one or both.

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Pentathlon	_____	\$35	_____
Surcharge for entries received after July 5 deadline	_____	\$50	_____
USATF Masters Committee Fee (mandatory for all participants)	_____	\$10 Required	\$10

T-Shirt Order: _____ shirts @ \$10 ea. (includes one pin) Circle Size(s): S M L XL 2X _____

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Your Total: (You may pay by check or credit card) ... (Did you add the USATF Masters Fee?) _____

- ◆ Payment for entry fees, T-shirts and luau tickets **MUST** accompany your entry form.
- ◆ Registration confirmation only sent if e-mail address is provided and form is received by June 15.
- ◆ All participants must be 2005 members of USATF; all must also pay \$10 USATF Masters Committee fee.
- ◆ All participants must show proof of age (see instructions above); driver license NOT acceptable.

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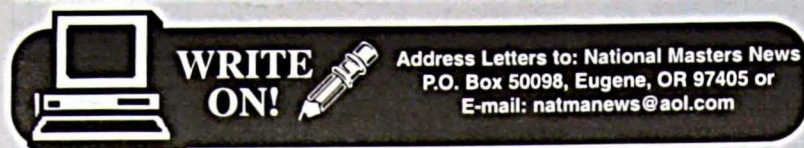
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METRIC VS. FEET & INCHES

I enjoyed Mike Tymn's article regarding metric vs. English measurements in track and field (Jan. NMN). Although I was educated in the sciences, using metric measures, and while living in Europe for three years became familiar with liters and kilometers, I still find it difficult to view some results in metric.

My own interest is in the long jump. As I read results listed in meters, I find myself needing to make the conversion to feet and inches to comprehend fully the distance jumped.

I have found the All American Standards section of National Masters News to be a good place to make a quick conversion estimate, since the standards are listed in both metric and English and I can interpolate between the distances listed.

I also wrote myself a simple program for my computer to do the conversion more precisely.

John Drebus
from e-mail

The most ridiculous thing the high schools ever did was to adopt the 1600 and 3200 as races. The coaches voted for these simply because it's convenient. *No one in the world runs these races, other than America.*

A runner wants to know how his time compares to others. A high school runner has to compare his 1600 time to the rest of the world's 1500 times. *Dumb!*

If someone wants to run a mile-

/two-mile race, on a 400-meter track, I say go for it. Measure 1609 meters for the mile and 3218 for the two-mile. How difficult is that?

Jerry Smartt
Warsaw, Missouri

LONG RECOVERY

I haven't died or retired from competition. I've been coming back for a year-and-a-half from a two-centimeter tear in my plantar fascia a few months after the 2003 Indoor Nationals.

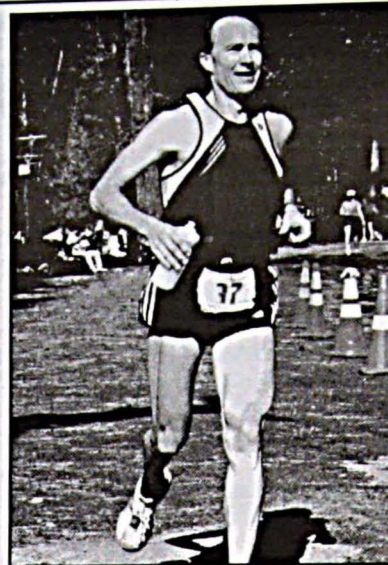
I was two months in an aircast, then did gradual walking, later began running, adding a minute at a time every other day, and took several months to work up to a 15-20 minute run.

Then I made the serious mistake of one cross-country outing - 30 minutes at walking pace. (I've skied and raced for 20 years. Didn't think about the movement of the foot being similar to running up hill.)

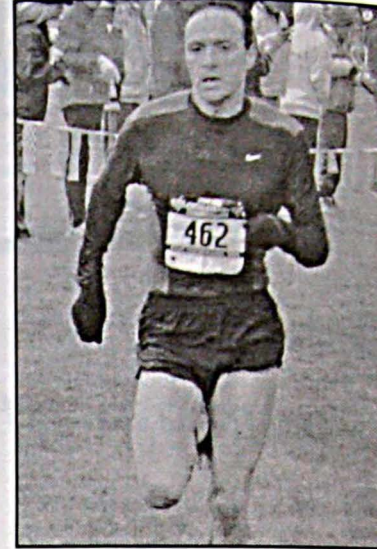
Re-injury, on crutches, aircast, started all over again. I've been at 20 minutes for some months now (treadmill since winter began), and very gun shy, but gradually building some speed and distance.

Any suggestions (regular or e-mail) for coming back from this kind of injury would be most welcome. This has been my longest time away from competition in over 50 years.

Grace Butcher
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Chardon, OH 44024
grace_butcher@msn.com



JOHN WELCH
Eric Bindner, 48, fifth overall (7:08:32), Sunmart Texas Trail 50 Mile.



JERRY WOJCIK
Daniel Gonzalez, 42, third M40 (26:49), USA Masters 8K XC Championships, Ft. Vancouver, Wash.

HALL OF FAME

First, let me thank Norm Green, manager of the Masters Hall of Fame Committee, and the committee for honoring me as a member of the Class of 2004 HOF Old-Timers.

I was a track & field fan before I was a masters athlete, or even before my open track & field competition days.

This love affair afforded me the opportunity to witness and appreciate outstanding efforts at the meets and

races I attended, whether by athletes, coaches, or meet officials.

Being selected to join the list of honorees is thus special to me and brings back fond memories of past events, performances, and friendships bonded during those times. I'm sure others in the NMN audience have been inspired also and continue to be.

Phil Conley
ex-searchucker
alias Phil the Philosopher
Stewarts Point, California

SOUTHEASTERN U.S. MASTERS

announces its inaugural

FRED T. HARDY SPECIAL RECOGNITION CASH AWARDS PROGRAM
for its 35th Annual Track & Field Meet
Durham/Raleigh, North Carolina - May 6-8, 2005

RALEIGH, NC, February 7, 2005 - Southeastern U.S. Masters Track & Field, Inc., announced its first ever Special Recognition Cash Awards Program in honor of Fred T. Hardy, who coached track & field for 35 years at the University of Richmond in Virginia, retiring in 1985. For the May 2005 Southeastern U.S. Masters and Open Track & Field Meet, two special \$500 cash awards will be given - one to the best age-graded track performance and one to the best age-graded field performance. This program was made possible by the generous contribution from one of Coach Hardy's athletes at the University of Richmond with a multi-year commitment.

The Southeastern U.S. Masters and Open Track and Field Meet enters its 35th consecutive year and will be staged at Duke University in Durham, North Carolina, May 6 & 7, and in Raleigh on May 8, 2005. Sanctioned by USA Track & Field, the event is a full meet, presenting all traditional track and field events, including men's and women's pentathlon, weight pentathlons and racewalking. The 2005 meet includes the North Carolina USA Masters Track & Field Championships (at Duke May 6 & 7) and the Open 20K Racewalk South Championship (in Raleigh on May 8).

In addition to the awards discussed above, there are additional cash awards - \$100 each for the best age-graded steeplechase performance (Bob Boal Award) and the best age-graded mile performance (Max Hamlyn Award). The meet attracts participants from about 25 states and several international competitors.

Entry forms may be downloaded from HYPERLINK <http://www.southeasternmasters.org> and found in the February 2005 issue of National Masters News. You may also contact Dale Smith with questions at (919)831-6836, Ext. 2.

About Fred T. Hardy

Fred T. Hardy coached track for 35 years at the University of Richmond in Virginia and established an elite program that succeeded on a collegiate and international level. His student-athletes knew him as a great teacher who elevated all athletes beyond their initial potential. During his years at Richmond, Hardy coached 45 All-Americans on the men's side and 20 All-Americans on the women's side. He also guided two Olympians and three NCAA national championships.

Hired during the summer of 1950, Hardy retired from Richmond in August 1985. Before coming to the University, he coached at John Marshall High School, Richmond, VA, where also, as a student, he set the state schoolboy record for the mile (4:33.3) in 1936.

Hardy received both his bachelor's and master's degrees from the University of North Carolina. While at Chapel Hill, he was one of the Tar Heel's top distance runners and served as team captain during the 1940 season. On February 9, 2002, he was inducted into The University of Richmond Athletic Hall of Fame. The following year the University honored him when they dedicated a newly installed, state-of-the-art track in his name. Hardy continues to live in Richmond, Virginia.

About Southeastern U.S. Masters

The Southeastern U.S. Masters, Inc., is a non-profit organization of volunteers from all walks of life with its home in Raleigh, North Carolina. Founded in 1971 by Bob Boal, the organization conducts the oldest continuous masters track & field meet in the United States.

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CZZMN

Continued from page 1

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Odin Sanders, 45, E Oregon TC Masters, won in 27:47, two seconds David O'Keefe, 46, O.N.Y., Genesee Valley H.

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The remaining mas champions are Dave Do Pa., Boulder RR, 31:27; 62, Bellingham, Wash TC, 35:48; Thom Minneapolis, Run N Fu Iffrig, 70, Everett, Was TC, 38:38; Bill Mc Eugene, Ore., Oregon and John Keston, 80, Ore., Oregon TCM, 43:

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A week

National 8K XC

Continued from page 1

suiting me well, whether it's hills or mud."

Odis Sanders, 45, Eugene, Ore., Oregon TC Masters, won the M45 race in 27:47, two seconds faster than David O'Keefe, 46, Orchard Park, N.Y., Genesee Valley Harriers.

Rick Becker, 50, Selah, Wash., 3 Rivers RR, turned in one of the best performances of the 123 finishers in the race, with a 14th-place 28:21.

The remaining masters national champions are Dave Dooley, 57, Erie, Pa., Boulder RR, 31:27; Gale Pfueller, 62, Bellingham, Wash., Snohomish TC, 35:48; Thom Weddle, 66, Minneapolis, Run N Fun, 35:09; Bill Iffrig, 70, Everett, Wash., Snohomish TC, 38:38; Bill McChesney, 76, Eugene, Ore., Oregon TCM, 49:46; and John Keston, 80, McMinnville, Ore., Oregon TCM, 43:23.

Keston turned 80 a day after the 10K XC Championships in December, when he had to run as an M75 but won in 56:41.

The course was a four-loop 2K, essentially flat with several rises and muddy areas from a morning rain, but not nearly as bad as the 10K XC layout in December. The weather was gray overcast with some drizzle, and temperatures in the middle 40s. The mas-

ters men's race went off at 12:30, after the Community Race.

Team winners were Team Runners High, first with a score of 32 in the M40-49 division, led by Peter Magill, 43, fourth in 26:54. Oregon TC Masters, with 49 points, was second of seven teams entered, with Odis Sanders the first scorer.

The M50-59 winners were the Boulder RR, 22 points, with Dave Dooley, the first team member. The Snohomish TC with two M60-69 teams were first (9 points) and second (12 points), and also took the M70-79 contest with 6 points on the basis of a 1-2-3 finish, led by Bill Iffrig.

In the women's race, Carmen Ayala-Troncoso, 45, Austin, Texas, retained her XC diva stature with an easy win over the 25-women field with a 30:13. She took the lead from the start and extended it as the race progressed.

"I ran as hard as I could," she said. "I knew that if I let up even a little bit someone could come up and beat me. The first lap was very tough. I had to go out harder than I wanted to."

Ayala-Troncoso did not run the 5K XC in Saratoga Springs, but won the 8K XC in Boston (29:17) and Club XC in Portland in December, where the W40+ ran a 6K (25:10), so she finishes the season three for three.

Katie Courtwright, 40, Sante Fe, N.M., was second (32:02). Helen Hutchison, 40, Portland, Ore., third



JERRY WOJCIK

Members of the M60-69 Snohomish TC (l to r): Gale Pfueller, Timothy Joslin, Mike Donoghue, and David Pitkethly, USA Masters 8K XC Championships.

(33:18), led her Bowerman AC W40-49 club to the team championship, which scored 6 points with a 1-2-3 placing.

The W50-59 division was won by the Bowerman AC, the only team entered.

The other women's winners were Laura Caldwell, 52, Lake Oswego, Ore., Bowerman AC, 36:40; Jeanette Groesz, 55, Redmond, Ore., 35:34; Jane Dods, 69, Springfield, Ore., Oregon TCM, 56:13; Suzi MacLeod, 71, Bend, Ore., 52:45; and Ruth Anderson, 75, Eugene, Ore., Bay Area Ultra Runners, 70:52.

The first three men and women received \$125, \$75 and \$50 each. The best three age-graded performers received the same amounts. Martinez, with an 84.1%, was the top male performer. Becker was second, 83.9%,

Magill, third, 83.8%. Ayala-Troncoso, was best female, 85.4%, Groesz, second, 79.6%, and Courtwright, third, 77.2%.

While the masters men ran on the course following the earlier Community Race, the women ran at 1:30 p.m., after the Junior Women's 6K, Open Men's 4K, and Open Women's 8K, which left the course churned up enough for the officials to post cones around a tight turn at one point.

Forty-year-old Colleen De Reuck was the winner of the Open Women's 8K with a 27:24. De Reuck, 2004 Olympian in the marathon, qualified as one of the top six to represent the U.S. in the 2005 IAAF XC Championships, St. Galmier, France, March 19-20.

The two-day affair was conducted by the USATF Oregon Association under the direction of Harry Simonis. □

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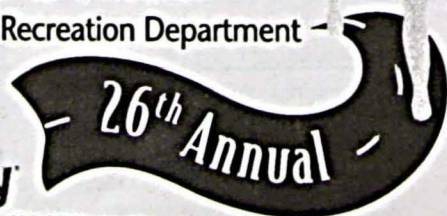
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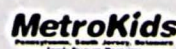
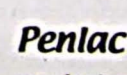
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Third Wind

By MIKE TYMN

Michael Georgi: "Mr. Consistency"

"I got through it. That's about all I wanted to do," said 52-year-old Michael Georgi after completing the December 12 Honolulu Marathon in 2 hours, 56 minutes, 7 seconds. It was Georgi's 100th marathon dating back to September 1970 when he ran the Santa Barbara Marathon in 3:37. It was also his 23rd Honolulu Marathon. "And my second slowest," he added, pointing out that his slowest was a 2:56:48 in the 2000 race, and mentioning that he was slowed by a sciatica condition during the last three weeks of his training for the 2004 race. His marathon best is 2:25:12, recorded in the 1981 Honolulu Marathon.

I've often thought that if anyone wanted to observe the effects of aging on a runner, Georgi, because of his consistency, would be the ideal subject. His training and motivation have varied little over the years.

In fact, on the date of our interview, a few days after the Honolulu Marathon, Georgi had recorded 8100 consecutive days of running, a streak that dates back to October 11, 1982, and has called for a minimum of three miles each day. His daily average during those 22-plus years is 10.21 miles.

Long Training Runs

"For the past 25-plus years, I have thrived on a regimen of 80-85 miles per week most of the year, all LSD (long, slow distance) and hills," he explained his training.

"I have thoroughly shunned speed work and track intervals as being too short-term goal oriented, and have taken a perverse pleasure in watching advocates of such training injure themselves into retirement. Additionally, I have nothing but disdain for gels and power drinks; they simply produce expensive urine, in my estimation, while people try to use them as substitutes for actual training."

Growing up in Santa Barbara, Calif., Georgi ran cross-country and track in high school after realizing that, at 108 pounds, he would never be a football star.

His high school bests were 4:42 in the mile and 10:20 for two miles. He did not compete in college.

The Farther, the Better

"It wasn't until I was done with my undergraduate studies and a few years of active duty in the Marines that I was finally capable of doing the prerequisite training necessary for times closer to my ultimate ability," he said.

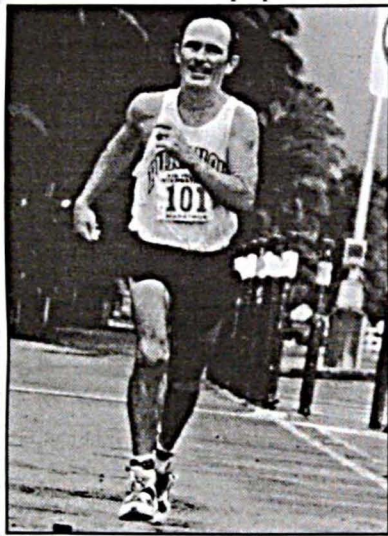
"I came to the realization that I could perform best as the distance got longer."

After that 2:25:12 personal best, Georgi, an economics teacher at Honolulu's prestigious Punahou School, has three other sub-2:30 performances, including a 2:27:13 in the 1984 Oakland Marathon, a 2:28:19 in the 1980 Maui Marathon, and a 2:29:55 in the 1982 Hilo Marathon. Thus, his prime years were between ages 28 and 32.

His two slowest marathons were the

1975 Pike's Peak race (5:05) and the 1977 Paul Bunyan in Maine (4:22).

"Pike's Peak was the most difficult, as I had done no hill training for it," he said. "The easiest was, paradoxically, my fastest, Honolulu '81, because I was so well prepared."



TESH TESHIMA
Michael Georgi running in the Big Island International Marathon, Hawaii.

International Sphere

While 55 of his marathons have been in Hawaii, he has competed in marathons around the world, including Thailand, Turkey, Germany, Poland, Italy, Switzerland, The Netherlands, and Spain. He calls the Big Sur Marathon in California the most scenic.

Thirty-six of his 100 marathons have been sub-2:40 efforts, while his median time (50th fastest) is 2:45:45 for the 1995 Avenue of the Giants.

His best effort as a masters runner was 2:38:33 in the 1995 Napa Valley Marathon, and his best 50-plus time is 2:48:48 in the 2002 Honolulu Marathon.

Unwelcome Effects of Aging

"Aging has thrown quite a monkey wrench into the otherwise ideal situation," said Georgi.

"I train slower, race slower, and recover slower. This has proven to be excruciatingly difficult to accept even though I recognize the inevitability of the process."

He added that, while it once took eight or nine training sessions a week to put in his 80-85 miles, it now takes

Hartshorne Mile

Continued from page 1

LeBourne, 45, Maplewood, N.J., won his third elite men's title in 4:23.88.

Mike Egle, 41, Des Plaines, Ill., was second in 4:28.27, and Stuart Galloway, 43, St. Catharines, Ont., third in 4:35.22.

Both world-class masters track specialists, LeBourne and de St. Croix each won a prize purse of \$300, and performance bonuses of \$400 each for breaking the time barriers of 4:26 (men) and 5:15 (women).

The women's elite mile race was an eight-lap boxing match, until the final knockout punch was delivered right on the finish line.

De St. Croix stepped to the starting line aiming to set an age-group world record, which she thought was 5:22. The W50 world mark is actually 5:14.00, set in March 2004 by Kathy Martin, Northport, N.Y.

Kramer, who moved here from Utah in December, was hoping to break the Hartshorne women's meet record of 5:08.55.

"Being an 800m specialist, I try to get off the (starting) line pretty quickly, and get out of trouble," said de St. Croix, who qualified for the 1976 Canadian Olympic team in the 800. "I went out faster than I planned to, but it felt great. I thought to myself, 'Great, let's hang in here, and see what I can do.' After three laps, Sarah's coach yelled at her to go, and she took off. But I knew I had to run my own race, and try to focus."

The two women hit the 800m split in 2:34, with Kramer boldly taking the lead, and pulling away from de St. Croix during the fifth and sixth laps.

"I was running like a scared rabbit, with nothing ahead of me but an empty track," said Kramer, who in December ran a pending W40 U.S. record 4:47.72 in the 1500.

"But I've done all my training solo, so I was prepared to go. It was not an unfamiliar position for me. I just tucked in, and ran as comfortably as I could while I was leading. I knew I had a lot of work ahead of me."

Patience and confidence were de St. Croix's virtues, because she had set outdoor bests last year in the 800 (2:16) and mile (5:02).

"I like to kick from 300 meters out, so I started moving on Sarah with a lap-and-a-half to go," de St. Croix said. "On the backstretch, I wasn't gaining much on her, but I still had

13-14 sessions and that his longest training run of the week the past three-five years has been 15 miles. "I just can't do it anymore," he added.

Avoiding Injury

Besides not doing speed work, Georgi feels that his ability to avoid serious injury and maintain his streak is a result of his low body weight (122 on 5-foot-4 frame) and efficient foot plant.

But he admits that slower times are

150 meters to go. At the (final) corner, Sarah faltered a little bit, and I said to myself, 'Go for it!' The next thing, we were neck-and-neck. I almost fell with 50 meters to go, but I said, 'Dig deep, and pull this off.' I had angels with me today."

Kramer, who also is an outstanding cross-country and road racer, was powering on wobbly legs toward the finish line.

"I could sense Maureen coming up on my shoulder, and I could listen to the crowd responding to our race," said Kramer, who won \$150 for second place.

"I hit that last stretch as hard as I could, and my legs felt like 100 pounds each. I couldn't hold her off, unfortunately. But it's my fastest time in a decade, so I can't argue with that."

The men's elite race set up a duel between two former Hartshorne mile winners, world-class runners with lethal kicks.

LeBourne, who won the Hartshorne in 2002-03, and Egle, the 2004 Hartshorne winner, had met once before at the world masters championships, where LeBourne won titles in the 800 (1:54) and 1500 (3:56) and Egle finished second.

Although LeBourne is known for a third gear over the final 20 meters, which leaves everyone else standing still in their shoes, Egle believed this time he could beat him.

At the gun, designated pace-setter Scott Weeks, the Groton High School track and cross-country coach, pulled Egle and LeBourne through the half in roughly 2:11.

For seven laps, Egle led, with

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making it more and more difficult to maintain motivation.

"I'm pretty much resigned to getting out of competition within the next year or so," he ended the interview.

"It really distresses me to have some 28-year-old beat me by 10 seconds in a 10K with a 37:00 and feel he has accomplished something worthwhile." □

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

As a result of the recent official masters national championship, several readers ed NMN indicating an ing a club. Their quest essentially to one: "Wh fits of joining a club?"

To find out what c members, we thought tions on the spur of t sent them to clubs sele

The Questions

We are doing an inf see what your club m are, and, specifically, country and relay tea fees, if anything.

Does your club spo Supply them with sho Pay for their travel ex or food? Entry fees?

We are asking for the club cross-country suppose it could inclu athletes as well.

How much does it club? Do you have m What is on your p meetings, if you ha have social events t ship fees cover, or d for other things?

The Responses

Club Northwest

Sponsors teams to Nationals every year women's teams, o The top 12 XC run forms and shoes free 40% of the cost.

At least three mas the top 12. All exp Nationals - travel, l entry fees. Athle meals.

In some cases, m for half of the trave vans and entry fees: meets once a month agenda each month ing board, and a pu cics.

It costs \$30 to j get Northwest Ru discounts to many races and track r under a charter, an policies are publi www.cnw.org.

We have a pizza about once a mont quarters. But ou been pretty spare i

Our club also in ers, jumpers and ners, who are elig jersey, all the g shoes, which are g the throwers an Comer

Seattle Runni

bers. \$35 yearly teams to XC Nati and open. Usu members for op Like CNW, trave

Deal Us Some Clubs

As a result of the recent adoption of an official masters national club championship, several readers have contacted NMN indicating an interest in joining a club. Their questions boil down essentially to one: "What are the benefits of joining a club?"

To find out what clubs offer their members, we thought up a few questions on the spur of the moment and sent them to clubs selected at random.

The Questions

We are doing an informal survey to see what your club membership fees are, and, specifically, what the cross-country and relay teams get for their fees, if anything.

Does your club sponsor any teams? Supply them with shoes or uniforms? Pay for their travel expenses, lodging or food? Entry fees?

We are asking for information for the club cross-country runners, but we suppose it could include track & field athletes as well.

How much does it cost to join your club? Do you have monthly meetings? What is on your program for your meetings, if you have them? Do you have social events that the membership fees cover, or does the money go for other things?

The Responses

Club Northwest – 350 members. Sponsors teams to XC Regionals and Nationals every year. Both men's and women's teams, open and masters. The top 12 XC runners get full uniforms and shoes free, others pay about 40% of the cost.

At least three masters runners are in the top 12. All expenses are paid to Nationals – travel, lodging, vans, and entry fees. Athletes pay for their meals.

In some cases, masters athletes pay for half of the travel and lodging, but vans and entry fees are covered. CNW meets once a month. We have a broad agenda each month. We have an acting board, and a published list of policies.

It costs \$30 to join, and for that you get Northwest Runner magazine and discounts to many CNW sponsored races and track meets. We operate under a charter, and many of our open policies are published on the Web site: www.cnw.org.

We have a pizza and beer gathering about once a month at our club headquarters. But our social agenda has been pretty spare in the past two years.

Our club also includes many throwers, jumpers and "non-distance" runners, who are eligible for the uniform, jersey, all the gear (except running shoes, which are generally declined by the throwers and jumpers). – *Tom Cotner*

Seattle Running Club – 350 members. \$35 yearly membership. Sends teams to XC Nationals, M&F, masters and open. Usually sends six team members for open, four for masters. Like CNW, travel and lodging are cov-

ered. Makes no distinction between masters and open, so all costs are covered for all athletes.

This club has weekly runs and pizza on Thursday night. The major emphasis of this club is trail and ultra running, but they have a strong core group of fast men and women, especially LDR. – *Tom Cotner*

Snohomish Track Club – founded in 1967 by three teachers in Snohomish, Wash., northeast of Seattle. We are mainly a long distance running club.

We were national champions in masters cross-country running for many years, and also gained name recognition through Norman Bright wearing our singlet on his world travels. When Norm passed away, he left our club an inheritance, so now we charge new members \$15 to join, but no subsequent dues at this time.

Our club members get a periodic newsletter, and the cross-country team members get their entry fees paid, plus a small travel stipend. We also pay entry fees for road relays (Haney to Harrison, Hood to Coast, etc.). We sell our singlets to non-competitive members, but give them to cross-country team members.

In the "olden days" we had regular meetings and monthly potlucks/fun runs, but now that our membership is older and everyone is so busy, we only have a summer picnic and a Christmas party.

We have had the same officers for several years since there is not much activity. We still register our club with USATF and with the Secretary of State (Washington). – *Carole Langenbach, Club Secretary*

Asics Aggie Running Club – annual dues are \$40. The club provides uniforms and shoes. The club provides only entry fees (to national meets only), and pays travel for open athletes as our sponsor, Asics, is primarily interested in open team performance. We also feel that the masters members can afford those items.

Our only meeting is an annual meeting of club officers; members live too far from each other for frequent meetings; most communication is via our Web page and e-mail.

Social events: annual camp weekend (attendees must pay a fee); post-race parties after our two club-sponsored XC meets (club pays for food/drinks). – *Charles Alexander*

If you would like to answer the above questions, we'd be glad to publish your responses. Keep the club's accomplishments and those of its members to a minimum.

(If your club was not listed in the Clubs List published in NMN (Nov. 2004), send that information to NMN, Clubs, P.O. Box 50098, Eugene, OR 97405; fax: 541-345-2436; e-mail: natmanews@aol.com.) □

Hartshorne Mile

Continued from page 6

LeBourne tucked in two strides behind him. A brave tactic by Egle, but futile. With less than a lap to go, LeBourne launched his famous kick.

"I wanted to stay right behind the rabbit, but he was too far ahead," said Egle, who competes for Fleet Feet Chicago.

"So, I felt like I was doing all the work. Then I knew Anselm was right there the whole race, drafting off me, and that also scares you.

"But I'm not making any excuses. Anselm is simply amazing. I was on a pace to run the best time this year, but he had too much left."

LeBourne, who took a few years off from racing to be a soccer dad, feels a comeback at age-45 is looking good.

"I was looking for a faster time today, but I'll take the win," said LeBourne of his third victory.

"I went into the race thinking I'm going to sit behind Mike because he ran a 4:21 last year, and I figured if he was in that type of shape, he'd take me to at least a 4:20.

"But while I was sitting behind him, I was getting kind of anxious. I wanted to move a bit earlier, because the pace was slow.

"But a win is a win. I'm 45 now, and to come back and win, I can't complain about that at all." □



JERRY WOJCIK
Becky Redding, 41, finished in 37:21, USA Masters 8K XC Championships, Ft. Vancouver, Wash.

FIVE YEARS AGO March 2000

- Women Masters Set Four Records in Dartmouth Relays
- Jerry Kooymans (44, 4:32.12) and Patti Ford (44, 5:24.82) Win Hartshorne Mile
- Tatiana Pozdnyakova, 44, Wins Third Houston Marathon Title (2:32:25)



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Deadline for entry is April 12, 2005.

EMT will be on site, as will sports massage therapist (no charge to the athlete). Deli meals from Midtown Deli will be delivered to the track around 11:30 a.m., but you **MUST** place your order on your entry form. No orders can be taken the day of the event. See entry form on p. 5, February 2005 issue of National Masters News.

Entry fee: \$15 for first event, includes T-shirt; \$5 mandated Southeast Region fee; \$5 for each other event. Relay team: \$10 per team, in addition to each individual's first event fee.

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Register on line at: active.com



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

Plantar Fasciitis – Part II

Continuing from last month on the topic of plantar fasciitis, we must not overlook our training programs. Overtraining is commonly thought of as a major etiological factor in the development of plantar fascial strain. Chronic repetitive stress will cause irritation and breakdown of the plantar fascia. Obviously, acute injury, such as that caused by stepping on a rock or off the curb, can cause injury to the heel.

One should not overlook training flats. I find it surprising that most middle and long distance runners still wear lightweight flats when they train on harder surfaces. For long distance workouts, one must use a well cushioned durable training flat with high shock-absorbing capacity. If you want to race in a lighter weight shoe, that is acceptable.

Running on concrete is not a good idea for those who have plantar fasciitis. There is no shock absorption and a high degree of stress is transferred into the heel area.

Causes of Injury

Clement and Taunton (*Canadian Family Physician*, 1980) wrote that most running injuries are due to training errors, training surface, lack of flexibility and strength, poor footwear and abnormal biomechanical foot and leg position. This still holds true today.

How do you determine if you have plantar fasciitis? Most athletes will describe the initial discomfort as a "bruise" to the bottom of the foot. Most of us will try to run through this type of injury. It does become a little less sore as one walks and exercises.

Symptoms

Typical symptoms include "rest" pain. This is a sharp pain in the morning after arising or after sitting. As the condition becomes more chronic, the athletic activity will lessen and the persistent pain will become severe. The pain usually occurs on the bottom of the foot toward the inside of the

arch, although the pain can occur entirely across the bottom of the foot and up into the arch area.

Other Causes

Heel pain in athletes is not exclusively due to plantar fasciitis. Other diagnoses include Achilles tendinitis, rheumatoid arthritis, osteoarthritis, Dupuyten's contracture, tarsal tunnel syndrome, nerve entrapment and fracture.

When diagnosing this condition, it is always a good idea to determine if there is some kind of bone abnormality with an x-ray. This should rule out most occult fractures and heel spurs.

Eight percent of those with plantar fasciitis have an associated heel spur. This may be non-contributory to the heel pain. There are many theories as to the role of heel spur in those with plantar fasciitis.

Perhaps the best way to determine the nature and location of plantar fasciitis is through a bone scan, which can also rule out fracture. □

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

Some readers provide additional support to the *National Masters News* by sending contributions of \$25, \$50, or \$100 a year.

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

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



David Pearson, 48, who finished in 30:22, leads a pack up the rise near the end of the 2000m lap, USA Masters 8K XC Championships, Ft. Vancouver, Wash.



Contestants in the M50 and M55 2004 USA National Masters Indoor Pentathlon. The 2005 Pentathlon in Boise, Idaho, March 11, will be the 20th anniversary of the first pentathlon championships, held in Pennsylvania.

Glynn Hits Big Time on Letterman and Oprah

Kay Glynn, 52, Hastings, Iowa, USATF 2004 W50 Field Athlete of the Year, after appearances on the Jimmy Kimmell and Dave Letterman shows, made the daytime talk show circuit on the Oprah Winfrey program in the first week of February.

"I've just returned from taping a show with Oprah (to be aired Feb. 21) on the subject 'I look younger than I did 10 years ago.' It was an awesome experience, and I did splits on folding chairs, while wearing my track workout clothes, and got a standing ovation.

"Being on the Kimmell and Letterman shows this fall was exciting, but getting my hair cut, colored and fixed by Celine Dion's stylist, and being attended to by wardrobe people who do the Oscars was another experience altogether.

"When asked how much I worked out, I told Oprah that I was running track and field in the masters program and spending about three hours a day working out learning to pole vault, hurdle and high jump."



Oprah Winfrey guest, Kay Glynn, 2004 USATF W50 Field Event Athlete of the Year, stretching before the high jump, 2004 USA Masters T&F Championships, Decatur, Ill.

Glynn will be in Boise, Idaho, for the USA Masters Indoor Championships, a week after she competes in the National Masters Indoor Heptathlon Championships, Kenosha, Wisc. □

Texas Tech Hosts SW Regional Indoor Meet

The Wes Kitley Classic hosted the USATF Southwest Regional Indoor Masters Championships at Texas Tech in Lubbock, on Jan. 29.

In the sprints, Rogest Charlton, 41, was the quickest in the 55m (6.96) and 200 (23.69). Cindy Steenbergen, 50, ran the 55m in 7.96 and the 200 in 24.72.

Stacey Price, 51, topped a solid M50 field in the 55m with a 7.26 and won the 55H (8.36). Lowell Bonifield, 71, did a 10.32 in the 55H. Donald Neidig, 60, finished the 200

in 24.72 and the 400 in 56.25. David Jones, 40, posted the best time in the 400 (51.88).

Jim Fallen, 54, won the M50 800 in 2:25.39. David Salazar, 54, ran the mile in 4:57.38.

In the field events, Chris Sperry, 40, high jumped 1.68. Shawn Anger, 34, long jumped 5.92.

Don Isett, 65, vaulted over 2.53. Steve Partridge, 50, won the shot put with a 15.78. Christel Donley, 70, high jumped 1.07, and put the shot 7.88. □

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Online Ent

At this time of the plans for 2005, this easier than Masters Track & Field Outdoor Masters Champ

That should make the easier for people who h checks, as I do. Partic bills. I was an early ada phone and pay-by-com rolled out.

The entry forms w variation of the online open athletes for sever the case with anything be learning curves for instance, the event ma (no mark) must be in move along. The Nat working with us to ma friendly experience. F me your input on this.

Web Liaison

As I say this, I'm re really need a volunteer for our Masters W www.usatf.org. There a tunities to make this y "Go To" Web site for with Masters Track & contact me directly to your interest in this po

Besides this serv already know that all you need for entering t Outdoor Championships on www.usatf.org.

Office will be proce entries, since they mu by the Federation only

New Appointments

Team manager for Phil Greenwald, has assistants: Marilyn Milulich. Congratulation Frank. We all need to volunteer effort, sinc expenses are coming Thank you, Phil, Mari

Support for Cham

I would also like support of our two Championships in Ida and the WMA Champ Sebastian, Spain. I thinking about some in lieu of one of t would ask that you meets top priority in making.

Strategic Plan

As most of you kn executive committee the first of two all-d sions prior to the Championships in E March 10. I woul extend our request f this very important a



Track & Field Report

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

Online Entries Make Registration Easier

At this time of the year, most of us are well on our way to making competition plans for 2005. This year the USATF National Office is trying to make this easier than ever before. We now can enter the National Indoor Masters Track & Field Championships in Nampa (Boise), Idaho and the National Outdoor Masters Championships in Honolulu, Hawaii, online at www.usatf.org.

That should make this chore much easier for people who hate writing out checks, as I do. Particularly paying bills. I was an early adapter to pay-by-phone and pay-by-computer as they rolled out.

The entry forms we are using are a variation of the online forms used by open athletes for several years. As is the case with anything new, there will be learning curves for all of us. For instance, the event marks, etc., NM (no mark) must be in upper case to move along. The National Office is working with us to make this a user-friendly experience. Feel free to give me your input on this.

Web Liaison

As I say this, I'm reminded that we really need a volunteer to act as liaison for our Masters Web page on www.usa.org. There are many opportunities to make this your number one "Go To" Web site for everything to do with Masters Track & Field. Please contact me directly to let me know of your interest in this position.

Besides this service, you may already know that all the information you need for entering the WMA World Outdoor Championships is available on www.usatf.org. The National Office will be processing all those entries, since they must be submitted by the Federation only.

New Appointments

Team manager for San Sebastian, Phil Greenwald, has announced his assistants: Marilyn Mitchell and Frank Lulich. Congratulations, Marilyn and Frank. We all need to appreciate this volunteer effort, since half of their expenses are coming out-of-pocket. Thank you, Phil, Marilyn and Frank.

Support for Championships

I would also like to ask for your support of our two National T&F Championships in Idaho and Hawaii, and the WMA Championships in San Sebastian, Spain. I know some are thinking about some "Games" meets in lieu of one of these meets. We would ask that you give these three meets top priority in your decision-making.

Strategic Plan

As most of you know by now, your executive committee will be holding the first of two all-day planning sessions prior to the Masters Indoor Championships in Boise, Idaho, on March 10. I would again like to extend our request for your input on this very important activity. We hope

to set the future course for USATF Masters Track & Field with this strategic plan.

The broad topics we will be dealing with include the following:

1. Review mission statement
2. Identify initiatives
3. Analysis of strengths, weaknesses, opportunities and threats

Your input is greatly appreciated. ☐

Calling on all shot and weight throwers entered in the Indoor Championships in Boise. We would appreciate it if athletes would bring their legal indoor shots and outdoor weights to these championships. We are trying to help Boise defray some of the costs associated with putting on this meet. Thank you! ☐

Need Back Issues?

Most back issues of the *National Masters News* are available for \$3.00 each, plus \$2.00 postage and handling for each order.

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Eugene, OR 97405

TEN YEARS AGO March 1995

- Ken Sparks, 50, Sets Three M50 World Indoor Records in One Night
- Luis Lopez (M40, 2:25:39) and Irina Bondarchouk (W40, 2:48:15) Take Masters Titles in Las Vegas Marathon
- Marcel Philippe, 43, Wins Millrose Games Masters Mile in 4:26.24
- Bob Schlau (47, 32:32) and Alendia Vestal (43, 38:47), First Masters in Nations-Bank 10K

Boise to Host Nationals

Continued from page 1

for Saturday night.

Entry deadline, without penalty, was Feb. 23. No entries will be accepted after March 1. The entry form was published in the NMN December and January issues. For more meet information, call 208-859-9219, or e-mail: masterschamps@earthlink.net; online registration: www.usatf.org/assoc/sr, or www.masterstrackandfield.com.

The headquarters Grove Hotel (888-961-5000) is located in Boise. For information about Boise and accommodations at hotels with rooms blocked for the championships, contact the Boise Convention & Visitors Bureau: 800-635-5240; www.boise.org. ☐



The second-place M50-59 4x800 relay team, 2004 USA National Masters Indoor Championships (l to r): Rick Lapp, Harry Nolan, Roger Price, and Dave Friedman. The 2005 Championships are scheduled for March 11-13 in Boise, Idaho.

www.nationalmastersnews.com

Staying in Boise and Looking for a Restaurant?

Suggestions from a Boise resident:

Bardenay (distill their own liquor – rum, gin and vodka)

Cottonwood Grille

Angell's

Tablerock Brewpub & Grill (brew beer)

Asiago's – Italian (small restaurant downtown, larger one located on Cole Road, north of the mall)

Gernika – Basque Pub and Grill

Epi's – Basque restaurant in neighboring city of Meridian

Cazba – Mediterranean

Emelio's – in the Grove Hotel

The Gamekeeper – upscale, in the Owyhee Plaza Hotel

(Emelio's, Cottonwood Grille, and Angell's are moderately priced. Gamekeeper is the most expensive.) ☐

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Masters Racewalking

By ELAINE WARD

Training Lore – Part I

As we approach the increasing challenges of the racing season, including the WMA Championships in San Sebastian, Spain, now is a good time to see how our training methods have developed from the past. The common denominator between the athletes of ancient Greece and Rome and those of today is the driving quest for self-improvement. The desire to racewalk or run faster, to jump higher or to throw longer, has led athletes to search for special ways to optimize their natural abilities and win the gold.

In his superb book, *The Perfect Mile*, Neal Bascomb follows the training of three exceptional runners who became determined to break the four-minute mile after suffering defeat at the 1952 Helsinki Olympics. Much can be learned from these athletes' efforts and will be the subject of this column next month. To set the stage for their stories, Bascomb gives a brief history of athletic training up to the 1950s.

Increasing Effort

According to Bascomb, the Greeks understood the importance of increasing exertion over time, as we do. However, some of their ways of increasing strength offer novel solutions. For instance, one athlete, Milo of Croton, walked every day with a calf in his arms, in order to slowly gain strength in his arms and legs as the cow matured.

Other aspects of their training are familiar. The Greeks focused on nutrition, giving their athletes special herbs and mushrooms before competition.

Sport-specific training occurred in four-day cycles. The first day consisted of light exercise; the second, intense effort; the third, rest; and the fourth, moderate exercise. Aristotle recommended breath-holding for increasing lengths of time to improve endurance.

The ancient Romans prepared their athletes, runners and gladiators, with attention to diet as well. At the beginning of the training season, their diet was limited to dried figs, boiled grain, and fresh cheese. Meat was added later – usually pork.

Bascomb quotes one Roman as saying, "If they lived but one day on any other food, [the athletes] found their vigor manifestly impaired the next day." Athletes were only allowed small portions of water and sexual intercourse was forbidden.

Tough Methods

To condition them to pain, slaves flogged their backs with rhododendron branches until they bled. On a more humane level, they took tepid baths and extended periods of rest after workouts.

Bascomb states that by the 17th century athletes were having their spleens removed to increase their speed, an operation with a one-in-five chance of death. (If that sounds excessive, how about some of today's drugs?)

In 1813, Captain Barclay, a one-miler, published his ideas of proper training. Some of his suggestions seem strange, such as purging the body with Glauber salts, or eating a breakfast of "beefsteak or mutton-chops under-done with stale bread and old beer."

His training schedule, on the other hand, laid a foundation for others to improve upon. His training day started at five o'clock in the morning and ended at eight o'clock at night.

He recommended that athletes "sprint half a mile up hill, walk six miles at a moderate pace, eat breakfast at 7 am, walk six miles at a moderate pace, lie in bed without clothes for 30 minutes at noon, walk four miles, eat dinner at 4 pm, sprint half a mile immediately after dinner, walk six miles at a moderate pace, and go to bed at 8 pm."

As time passed, athletes substituted more running for walking.

Reversal of Thought

During the 19th century, a reaction set in, and it was generally thought that too much exercise guaranteed an early death.

Some physicians went so far as to propose that an individual was born with a limited quantity of heart beats, and that exercise sped up their use foolishly. Innovation in training continued, in spite of these fears.

Some of the innovations Bascomb lists are in use today. For instance, seeking to exceed existing running records, Walter George introduced speed drills, running on his toes in place, and taking extensive walks.

In 1910, runner Alf Shrubbs recommended walking 16 miles three or four times a week. Paavo Nurmi advocated even-paced runs, keeping equal lap times in order to conserve effort.

In the late 1920s, Jack Lovelock proposed that an athlete risked staleness if he ran too many races. He advocated "peak training" with speed work to build up stamina. He also counseled athletes to save their best for race day.

Interval Training

In the 1930s, German physiologist Dr. Woldemar Gerschler introduced interval training. He advised athletes to run a timed fast lap, followed by a



JERRY WOJCIK

Bev LaVeck, W65, and Bob Novak, M50, in the 2004 Idaho Masters Classic 3000 racewalk, Jacksons Track, Nampa. Both are expected to compete in the USA National Masters Indoor Championships in Nampa, March 11-13.

slow one on the track. The Swedes, led by Haegg, introduced "speed play" or Fartleks as a key to successful training.

Fartleks were to be run away from the track, so athletes could enjoy the freedom of running through forests and up and down hills, speeding up and slowing down in tune with their bodies.

There was still much concern about the effect of extreme physical effort on the body. Bascomb notes that in 1927 British physiologist and Nobel laureate Archibald Hill warned, "It's not unusual for an athlete to tear a tendon, or to strain a muscle, and not unknown even for him to pull off a piece of a bone by an exceedingly violent effort. We are obviously not far from our limit of safety. If we doubled our speed of movement...athletics would become a highly dangerous pastime."

Though there was no corroborating evidence, it was generally believed that overtraining could permanently damage the heart and other organs. This gloomy prediction did not affect athletes' efforts to do better and better.

By the 1950s, when runners were targeting the four-minute mile, all sorts of conflicting advice was circulating through the sports world. Champions and the coaches of champions claimed that they had perfect methods of training.

Their many sure-fire ways to train led more to confusion than enlightenment, and athletes had to find out for themselves what was best for them. □

(Next month, Neal Bascomb will again be the source of how three runners trained to break the four-minute mile. Without the science of today, these athletes came up with highly individualized training methods that accommodated full-time, demanding career commitments. *The Perfect Mile*, by Neal Bascomb, is a great read for those who enjoyed *Seabiscuit and Chariots of Fire*. Published in 2004 by Houghton Mifflin Company, it can be found on Amazon.com. – ew. Elaine Ward can be contacted at narwf@sbcglobal.net.)



New Year's Resolutions

New Year's Resolutions. Fitness centers visit to get your workouts this year.

Want an easy way to stay on track with your fitness commitment? Here's a simple tip that will help you stay on track with your workouts this year.

Strategy for the Long Term

The key to long-term success is to be aware that motivation comes and goes.

The one day that you skip could be the last workout you ever take. Long-term training is not just a physical issue, it is a mental one.

I have a mental practice that helps me through the toughest workouts. I do not feel like training until I don't make the decision to stop until I first change my training clothes.

If I decide to miss a workout (sometimes it's unavoidable), I always make the effort to change my clothes first.

Most of the time, just changing your training clothes is enough to get you started.

Once started, the workout becomes the best workout you ever had.

Subscriptions

Masters Cash

By SUSANNAH BENTON

Elite masters runner Tom Petranoff's latest incarnation, the Gasparilla Distance Race, Feb. 5, flocking to the huge masters money at a race that inventing itself almost every year.

Once a venerable, pro-circuit 15K, then a money local affair, the race, by the Bay, and now by a national event, Gasparilla offered a whopping 1500-1000-500 money spread, roughly three times as much as the open field purse for locals was also.

Masters men took seven spots overall. Tom Petranoff went to Russian Strijakov, 41, a 2:11 many-time Georgian holder. Strijakov led elite masters through a 1:10 flat, before going ahead with ever Zepherinus Joseph,



Health & Fitness

By Phil Campbell
M.S., M.S.A., FACHE

How to Keep Your New Year's Resolution to Train

New Year's Resolutions motivate many to make commitments to exercise. Fitness centers will be flooded with great intentions during the first week of January. Sadly, within a few short weeks after New Year's Day, fitness center visits begin to decline.

Want an easy way to stay off the fitness commitment dropout rolls? Here's a simple tip that could double your workouts this year.

Strategy for the Long-Haul

The key to long-term fitness training is to be aware that motivation levels come and go.

The one day that you decide to miss could be the last workout for a year. Long-term training is not a physical issue, it is a mental one.

I have a mental practice that I use to help me through the tough days when I do not feel like training. It's simple - I don't make the decision to miss a workout until I first change into my training clothes.

If I decide to miss a workout, that's okay (sometimes it's unavoidable), but I always make the effort to change clothes first.

Most of the time, just changing into training clothes is enough to get me started.

Once started, this typically becomes the best workout of the week.

Why People Stop Exercising

Never have I met anyone who made a conscious decision to stop exercising. Everyone who has stopped exercising began by "missing once." That one miss led to another, then another.

The key to long-term training is to understand the mental risk associated with missing "one workout."

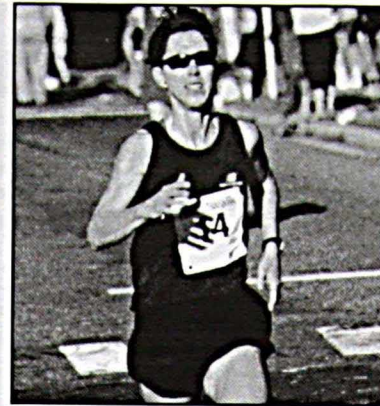
I can't overemphasize the importance of mentally making an issue of missing "one workout."

Missing one workout will not hurt you physically. Mentally, however, missing a workout permanently breaks the habit of training - until you make the next workout.

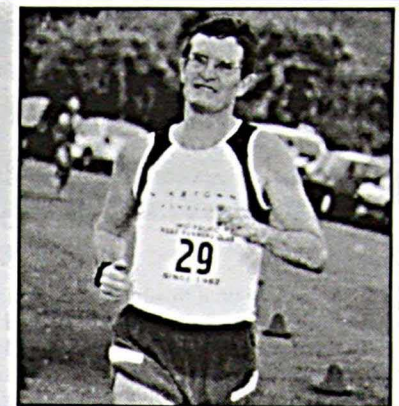
The Take Home

When deciding to miss a workout, make a mental note that you just decided to "stop training permanently"... until you have completed the next workout. □

(Phil Campbell, M.S., M.A., FACHE, is the author of *Ready, Set Go! Synergy Fitness*; www.readyssetgofitness.com)



GEORGE BANKER
Laura Freix, second W40+ (19:24), PVI Runfest 5K, Fairfax, Va.

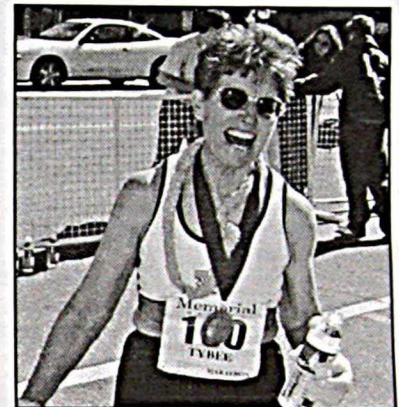


TESH TESHIMA
Gerry Lindgren, 58, third M55 (52:08), Bosetti 10K, Honolulu, Hi., Jan. 2.

FIFTEEN YEARS AGO March 1990

- Dave Stewart, 41, Lowers Masters Mile Record to 4:15.47 at Millrose Games
- Randy Taylor, 42, Bests Norm Green, 57, in National Masters 5K
- Jane Hutchison, 44, First Age-Graded Runner in Tulsa 8K

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JIM HITE
Joyce Hodges-Hite, 67, finishing her 100th marathon, the Tybee Marathon, near Savannah, Ga., Feb. 5.

Subscriber Questions? Call 818-286-3129

Masters Cash in at Gasparilla Distance Classic

By SUSANNAH BECK

Elite masters runners took advantage of the latest incarnation of the Gasparilla Distance Classic Road Race, Feb. 5, flocking to Tampa, Fla., for the huge masters marathon prize money at a race that has been reinventing itself almost annually.

Once a venerable, high-visibility, pro-circuit 15K, then a no-prize-money local affair, then called Hops by the Bay, and now back to building a national event, Gasparilla this year offered a whopping \$8000-4000-1500-1000-500 masters money spread, roughly three times what was laid out for the open field. A generous purse for locals was also on tap.

Masters men took six of the top seven spots overall. The big bucks went to Russian trackster Oleg Strijakov, 41, a 2:11 marathoner and many-time Georgian national record-holder. Strijakov led a pack of five elite masters through a halfway split of 1:10 flat, before gradually pulling ahead with eventual winner Zepherinus Joseph, 29, St. Lucia/

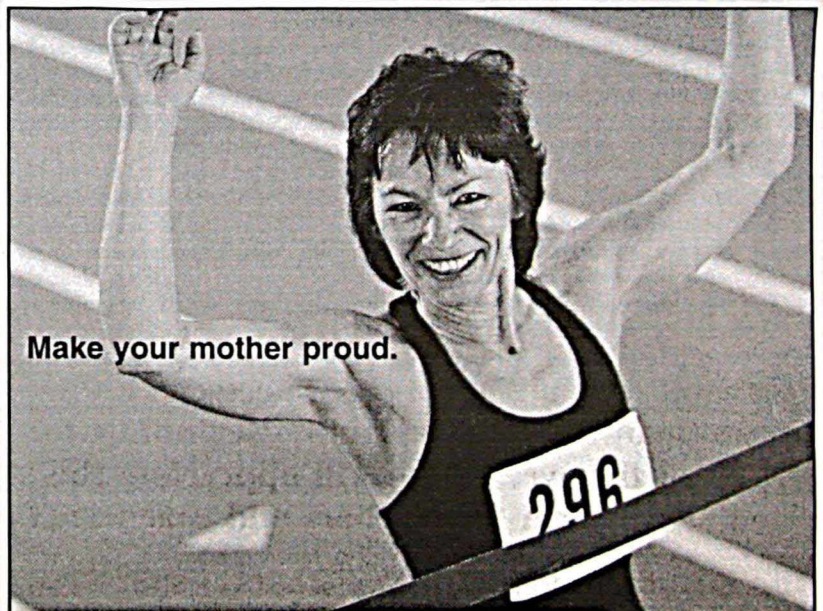
Jacksonville, Fla., 2:18:48.

Strijakov lost Joseph with two miles to go, but held on to second place with a 2:19:06. Top U.S. master Dennis Simonaitis, Draper, Utah, was the best of the rest on the day at 2:22:36.

Moroccan/Flagstaff, Arizonan Driss Dacha, 42, 2:24:09; Russia's Fedor Ryzhov, 44, 2:25:33; Kenyan Jackson Kipn'ok, 44, 2:28:41; and Angel Roman, 43, Garden Grove, Calif., 2:33:20; completed the masters sweep.

Firaya Sultanova-Zhdanova, Russia/Fla., 43, cruised to eighth place overall, and first woman, banking a double-dipping \$10,250. While she told the St. Petersburg Times that "Not running fast is not an option," the U.S. all-comers masters record holder (2:27:58/2002) cruised to a pokey-forher 2:38:18.

Anne Van Schuppen, 44, of The Netherlands, was second woman overall, 2:42:42, with Minnesota's finest, Janet Robertz, 45, completing the ladies sweep, 2:45:03. □



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On The Run

By HAL HIGDON

Cruise Control

Running on a treadmill and trying to ignore the TV set overhead in favor of the seascape before me, I heard that six to eight inches of snow was headed for Eastern Long Island. I didn't want to hear that, nor hear depressing news from Iraq or any other world crisis point. This was vacation time, and I was cruising the Caribbean. One of the reasons I had signed up for a cruise was to escape weather, and news, and other Real Life distractions.

My wife Rose and I actually were on our first cruise, a week-long journey on the Costa Mediterranea, essentially a floating Las Vegas hotel. There was glass and marble and stainless steel and polished wood and cushioned carpets everywhere. Until now, I had avoided cruises, which I perceived as featuring mostly eating, drinking, eating, gambling, eating, fancy shows, and more eating.

Where to Run?

From time to time, Rose or I would consider a cruise of the Greek Islands, or Alaska, or even Antarctica, but one troubling question that kept me from signing up was, where would I run? Cruise ships seemed restrictive, and if you didn't know the territory around ports-of-call, running offshore might not be that ideal either.

But at a Christmas party, we got into a conversation with a couple who in January were going on a cruise featuring the Tom Milo Band, an 18-piece orchestra from our area that plays the music of Glenn Miller, Benny Goodman, Duke Ellington. When we got home that night, I told Rose, "We're going."

After sending our deposit to - of all organizations - Wal-Mart Vacations, I learned that the Costa Mediterranea had a fully equipped fitness center with nearly a dozen treadmills and a

short but usable running track, but I was also welcome to jog on the upper deck of our floating hotel.

After several tours around deck, I judged that one lap equaled near a third of a mile. Ten laps equaled maybe three miles, enough to burn a few calories and offset the great quantities of food available to us.

Balancing Act

That became the challenge: not to log enough miles for my next marathon, but to balance calories burned with calories consumed. I had heard that the average cruise passenger gains a pound a day, and that frightened me.

No small challenge, given testimony from a sax player with the band, who sat next to us at breakfast one morning. "We've been on a dozen cruises," he claimed, "and we've never encountered food this good before."

Thus, after breakfast, Rose and I headed for the upper deck and walked for an hour. We chose as another calorie-burning strategy avoiding elevators and using stairways.

Since our stateroom was on the 7th floor with most of the activities on the 2nd or 9th floors, that helped. With the Tom Milo Band playing in the evenings, we also did a lot of dancing. Best Miller melody for burning calories: In The Mood.

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.

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CHAMPIONS FOR LIFE

A thoughtful book on the life of "Coach" Payton Jordan who became a champion beyond all others in masters competition
by John Scott and James Ward

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JERRY WOJCIK
Katie Courtwright, 40, second W40+ (32:02), USA Masters 8K XC Championships, Ft. Vancouver, Wash.

Happy St. Patrick's Day from the staff at NMN

Culinary Challenge

And the food proved less filling than I thought. Costa is an Italian line. The dining room meals, though lavishly presented, featured sensibly small portions. We avoided one midnight buffet, which our friends later informed us, indeed, was Bacchanalian in its splendor.

Returning from a week on the water, I stepped onto my bathroom scales and discovered not a single pound gained. Rose scored a similar victory.

That proved we had been avoiding cruises for all the wrong reasons. I'm now considering a cruise to Antarctica next winter that features kayaking among the ice floes.

Less running space, gourmet food,



JERRY WOJCIK
Colleen De Reuck, 40, held the lead to win (27:24), USA Open Women's 8K XC Championships, Ft. Vancouver, Wash.

and no gambling or fancy shows, but sign me up. I'm in cruise control. □
(Hal Higdon is a Contributing Editor for Runner's World. His Web site, halhigdon.com, features training programs for all distances.)

TWENTY YEARS AGO March 1985

- Barry Brown (30:18) Edges Pat Murphy (30:22) in TAC National Masters 10K
- First TAC Masters Indoor Pentathlon Held in Pennsylvania
- Elementary School in California Named After Sing Lum, M80 Sprinter

Don't miss the Memorial Day, May 30th celebration!



The Fred d'Elia Ridgewood Run
Ridgewood, NJ
USATF-NJ Masters Women 5K Championship

EVENT SCHEDULE

HHK Wheelchair 10K	8:40am
Park Ave BMW 10K*	8:45am
Park Ave BMW 5K*	10:15am
Valley Hospital Masters Mile*	11:15am
Valley Hospital Elite Mile*	11:40am
Ridgewood YMCA Fun Run	12:00pm

Race Extras: *\$7300 in total prize money!!

- Flat & Fast course • "Chip" Timing • Refreshments • Field Expo • Baggage check
- Massage Tent • Tribute to our Armed Forces • Goody Bags • Photographer • Raffle Tent • Discount hotel rate • Free Moonwalks & Balloons • Free cake and Ben & Jerry's ice cream • 5-year age group awards • Park Ave BMW mountain bike raffle
- Finisher's medal for the Fun Run • DJ to keep you moving!

INFORMATION: www.NJMasters.com or (201) 447-9750
ORGANIZED BY THE NORTH JERSEY MASTERS TRACK & FIELD CLUB



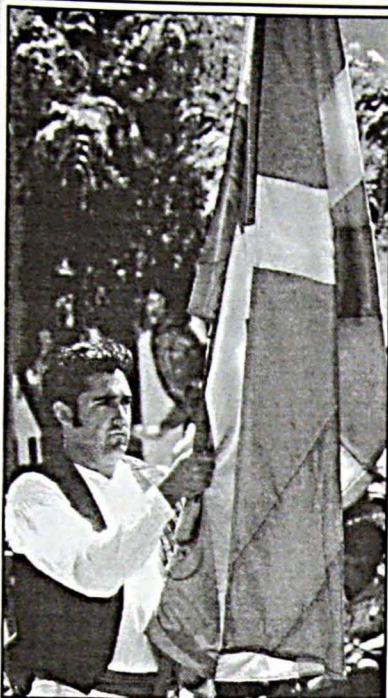
BOISE CONVENTION CENTER
A Basque man with the Boise Convention Center in Boise, Idaho. The Boise area has the largest population of residents of Basque descent in the U.S.

TWENTY-FIVE YEARS AGO March 1980

- Herb Lorenz and Sandra Kiddy were the winners of the National Masters 10K
- Penn Mutual donated \$350,000 for the National Masters 10K
- Tom Cathcart won the Masters Mile at the cisco Examiner



Mary Johnson, first W40
2004 Hayward Classic. T
set for June 18-19 in Eugene



BOISE CONVENTION & VISITORS BUREAU
A Basque man with the Basque flag, Boise, Idaho. The Boise area has the highest ratio per capita of residents of Basque descent in the U.S.

**TWENTY-FIVE YEARS
AGO
March 1980**

- Herb Lorenz, 40, and Sandra Kiddy, 44, Win National Masters Marathon
- Penn Mutual Proposes \$350,000 for Masters Sports
- Tom Cathcart, 41, Wins Masters Mile at San Francisco Examiner Games



KONRAD WOJCIK
Mary Johnson, first W40 in the 400 (68.49), 2004 Hayward Classic. The 2005 Hayward is set for June 18-19 in Eugene, Ore.

PUBLICATIONS ORDER FORM

	Quantity	Total (US\$)
Masters Age Records (2003 Edition) Men's and women's world and U.S. single age bests for all track & field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 2002. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundle. \$6.00.	_____	\$ _____
Masters Track & Field Rankings Book (2002) Men's and women's 2002 U.S. outdoor track & field 5-year age-group rankings. Coordinated by Jerry Wojcik. All T&F events, including mile, relays, weights, racewalks, and combined events. \$4.00.	_____	\$ _____
Masters Track & Field Rankings (2004) Men's and women's 2003 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.	_____	\$ _____
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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 2003 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 Peter Mundle. \$4.00.	_____	\$ _____
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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.	_____	\$ _____
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PROFILE

By LEO BENNING

Racewalking Centenarian Becomes Sprinter

In October 1996, I read about Philip Rabinowitz's performance in a 25K road walk in Cape Town in a local newspaper. He was then 92, and it was an outstanding time for such an elderly man. I managed to track him down and told him all about Western Province and South Africa Masters and invited him to join. His response was "Why not?"

That was the start of it all. A week later he came to a masters track meeting and entered the 5000 walk. Unfortunately, it rained continuously, and he decided to call it a day after a couple of laps. That was his first visit to a track in his life.

Philip works as a bookkeeper in his daughter's pet food factory and while he doesn't use a calculator, he does a very good job.

Moderation

He believes in moderation in all things. He drinks orange juice, eats at least three apples every day, and drinks a tot of gin before bed.

He was born in Lithuania and emigrated to South Africa as a 21-year-old to escape religious persecution. In his early years he played soccer, tennis, and bowls. His wife died about nine years ago.

In the 1997 WAVA Championships in Durban he took part in the M90 5000 and 20K walks and took gold in both (45:27.80 and 3:02:51).

Since then he has kept up walking regularly, mainly on the road, where he has never been beaten. His daughter, Joyce, with whom he lives, felt that he should stop walking the 20K and try some other easier event.

Branching Out

So, at the SAMA Championships in Oudtshoorn in 2000, he won the 5000 and the shot put. I coached him in the shot for a few weeks before, and Laurie Wale, another master, also assisted. Philip won both events. However, he was not particularly keen to continue with the shot put.

In 2004, Coach Hannes Wahl suggested that he try the sprints. Consequently, he started doing the 100

in June and then the 200 in November.

Philip now has the following world records (several are pending) or bests: M95 5000 walk, 42:58.7; M95 20K walk, 2:48.19; M100 100m, 30.86; M100 5000 walk, 48:02.0; and M100 200m (77.59).



Philip Rabinowitz

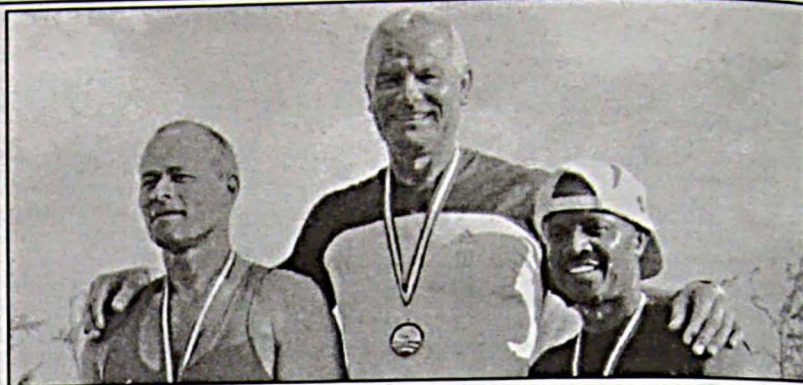
Training

Basically he walks four to five kilometers Monday to Friday and perhaps twice that distance on Saturdays.

When he trains for the 100m, he walks a 100m slowly, keeping his pulse to 70-75 bpm. Then he walks a 100m faster, with his pulse 80-90. This is followed by a 100m that he runs with his pulse not higher than 110.

The rest between the 100m is five-to-ten minutes. Coach Wahl, his wife, and Philip's daughter help with the timing, starting, and taking his pulse. When he trains for the 200, he walks 2 x 100m and runs only 1 x 200m. This training is done for two weeks before the race.

His training is monitored, and if the first 50m is too fast he is stopped. He is never allowed to get out of breath. At present he is being monitored by the Physiology Dept at Stellenbosch University. □



JERRY WOJCIK

Medalists in the M50 pole vault (l to r): E.K. Gissurarson, ISL, 2nd (4.10); Allan Williams, GBR, 1st (4.24); and Russell Jacquet-Acea, USA, 3rd (3.00). 15th WMA World Championships, Puerto Rico. The 16th WMA Championships will be held in San Sebastian, Spain, Aug. 22-Sept. 3.

U.S. Masters Athletes

Invited to Polish Championships in July

The Polish Association of Veteran Athletes (PAVA) was established in January 1990 in Torun. In 1978, the first masters competition was held in Gdansk.

Some years later, in 1983, another masters meet was held in Zdunska Wola, directed by Wojtek Kikowski.

Abroad, Polish competitors participated in the European Championships in Malmo, Sweden, in 1986, and the 1989 WAVA World Championships in Eugene, Ore.

Gabriel Mankowski was chosen as the first president of PAVA in Torun and held office for two four-year terms.

In 1998, Julian Pelka was elected as president. Wacław Krankowski has held the office since 2002.

Today, there are over 300 PAVA members. Just as many compete in non-stadia competition. PAVA is maintained by member fees and occasionally by sponsors, such as Polanik, Lotto, Menis, and the city of Torun.

Many Poles living abroad compete under Poland's colors, including Anna Włodarczyk, Mieczysław Rutyna, Krystyna Kasperczyk, Janusz Majewski, Donata Janczewicz, and Adam Domicz.

Former Polish ex-Olympians, such as Jacek Wszola, Władysław Komar, Tadeusz Slusarski, Janusz Sidlo, Grazyna Rabsztyń, Władysław Kozakiewicz, and Lucyna Kalek have competed in Polish masters meets.

In 2002, the WMA European General Assembly appointed Poznan as the host for the XV European Championships to be held in July 2006.

The coming Polish Masters Championships on July 9-10 in Torun, one of our oldest cities, founded in 1226, will give athletes an opportunity to experience Polish hospitality and history prior to the European Championships in 2006.

You are all invited. □

- Janusz Nath

Report from Britain

By BRIDGET CUSHEN

Older athletes have taken advantage of the mild winter and abundance of road races to record fine age-group performances.

On Feb. 6, Dot Fellows, W60, lowered the British five-mile best that had stood for nine years, to 34:25. Eileen Quinton, W75, who won the BMAF 10K in 54:13 in the fall, has now lowered the W75 best to 53:10.

Tracey Morris, 28th in the Olympic marathon in Athens, had to pull out of the Welsh W35 team for the British & Irish cross-country in November due to injury, but is now back to winning ways, taking a local North of England 10K race in 33:43.

Her main target is to make the Welsh team for the Commonwealth Marathon in Australia in 2006. Another top marathoner, Sue Cariss, W55, finished 20th in the same race in 39:56.

Current No. 1 on the road, Dave Taylor, who turned 41 in January, eas-

ily defended his Surrey County senior cross-country.

The 5th European Veterans Indoor Championships will be held in Eskilstuna, Sweden, March 10-13. British entries at 38 women and 81 men, including eight M35, are well down on the 195 we had in San Sebastian two years ago. The overall figure is also expected to be much lower.

There are, however, several defending champions on the team, including Darren Maynard, who won the M40 400 and 800 in a meet record 50.06/1:58.24, now back after a frustrating protracted injury period.

Alan Williams, M50, recently cleared 3.95 in the pole vault.

Averil McClelland, who took an early flight home from the European outdoor last August with a torn hamstring, ran 8.38 over 60m in Sheffield on Jan. 30, and will go for the W45 60m, 200 and 400 in Sweden. □

U.S. Ou

100 Meters		100 Meters	
M30	9.87	RICH EV	VINCENT
MAURICE GREENE	9.87	TAD TRC	JAMES I
OBADIAH COOPER	10.15	STEVE J	MARK J
TIM HARDEN	10.16	EDWARD	10.35
JEROME AVERY	10.17	BILL CO	10.35
SHOMARI WILSON	10.26	OSCAR I	10.40
JONATHAN CARTER	10.35	JIM ROS	10.63
JEFF LAYNES	10.35	BILLY JC	10.64
JEFF CULPEPPER	10.40	BOB BOJ	10.64
LORENZO HATHORNE	10.50	THOMAS	10.75
MARCEL CARTER	10.63	THOMAS	10.75
CHAD SMITH	10.64	GREG S	10.81
KENDRICK WRIGHT	10.64	EDWARD	10.84
DERWIN HALL	10.75	MARION	10.88
ALEX ACOSTA	10.81	ANTHON	10.90
LOUIS FOY	10.84	ROBERT	10.92
ANDRE KIRTZ	10.88	CALVIN I	10.94
ANTHONY DAVIS	10.90	NEIL ST	10.97
AARON PRATHER	10.92	GREG PI	10.98
MAHASSE CORNELIUS	10.94	ROBERT	10.99
DERRICK ARCHIE	10.97	BOBBY T	11.07
MARCUS OSBORNE	10.98	DAVID OI	11.17
JEFF MACK	10.99	JOHN E	11.20
JOHN GILMER	11.07	DON IMR	11.20
JASON YOUNG	11.17	STACEY I	11.20
ZOLDEN EASTWOOD	11.20	GARRY C	11.20
AARON PRATHER	11.20	RICHARD	11.20
ART HENSON	11.20	BILL SELU	11.20
ANIS LAMINE	11.20	LARRY DI	11.20
JUNIOR HYMAN	11.20	GREG PI	11.20
MICHAEL LEDING	11.20	THOMAS	11.20
ADAM GARDNER	11.20	CLEVELAI	11.20
MARCUS KOWALLES	11.20	BOB BOJ	11.20
SHAWN DOLEZILEK	11.20	BILLY JOH	11.20
JASON REUTTER	11.20	SCHUYLE	11.20
AARON LAMBERT	11.20	STEVE NI	11.20
M35	10.37	ROBERT F	11.20
JON DRUMMOND	10.37	EDWARD	11.20
AARON THGFEN	10.53	ZBIGO ZL	11.20
WALLY OLAPY	10.53	MSS	11.20
ROBERT THOMAS	10.54	EDDIE HJ	11.20
DAREN WELBORN	10.56	STAN WH	11.20
BARNEY BORROMEO	10.59	CHARLE H	11.20
KIP JANVIRN	11.00	LLOYD HJ	11.20
HOY THURMAN	11.04	LARRY LI	11.20
HAROLD LACEY	11.10	OWEN RC	11.20
DON FIELDS	11.13	BILL THAI	11.20
JACK GILMORE	11.17	HERMAN	11.20
FELTON TURNAGE	11.21	TOM BAS	11.20
KHALID MULAZIM	11.21	BILL LEW	11.20
ANDREW HIGGINS	11.26	MICHAEL	11.20
DUANE GOSA	11.37	GREG MA	11.20
JAMES FLEMING	11.40	STEPHEN	11.20
MARLOW WILLIAMS	11.45	ROGER P	11.20
MATT DEVINE	11.46	DOUGLAS	11.20
RODERICK GOOCH	11.51	MIKE STE	11.20
STEVEN BUNN	11.52	LARRY RO	11.20
CLIFF CURRIE	11.57	WAYNE TU	11.20
CHAD RUEBER	11.57	KENT DIC	11.20
JEFF BLICK	11.65	CLINT MEI	11.20
CURTIS MOORE	11.65	CURTIS SI	11.20
DAVID GIBBON	11.70	PAUL EDE	11.20
DAREN WELBORN	11.70	M30	11.08
ANDREW HIGGINS	11.70	PAUL EDE	11.08
DUANE GOSA	11.70	STEPHEN	11.08
ED WINSLOW	11.70	LAWRENCE	11.08
ROLLAN PARISH	11.70	COURTLAN	11.08
JAMES SMITH	11.70	CHARLES	11.08
AARON WALTERS	11.70	DOUG SM	11.08
RUDY HUBER	11.70	DAVID GO	11.08
CHRIS SLOAN	11.70	CHARLE	11.08
DAN LAVALLEE	11.70	JAMES K	11.08
DONALD WHITE	11.70	JOHN DAV	11.08
M40	10.83	DOUGLAS	11.08
KETRELL BERRY	10.83	STEVEN B	11.08
WILLIE GAULT	10.85	ROBERT K	11.08
EUGENE VICKERS	10.92	ALBY WIL	11.08
RAWLE CRICHLOR	11.04	FRANK BO	11.08
CHRIS FAULKNER	11.06	JOHN GAG	11.08
HAROLD PIERCE	11.08	BOB SHOJ	11.08
DARRON WITHERSPOON	11.15	ANDRE LI	11.08
ALLAN TISSENBAUM	11.16	M35	11.08
COURTNEY MUHAMMAD	11.24	BOB LIDA	11.08
TRENT HAGLER	11.31	DOUG SM	11.08
ORLANDO MATTHEWS	11.35	KENNETH	11.08
FRANK STRONG	11.35	MARION H	11.08
EDWARD ONEAL	11.40	WAYNE B	11.08
CORNELL STEPHENSON	11.43	STEVEN B	11.08
PAUL BROWN	11.44	CHARLE	11.08
MARK KIBORT	11.45	JOHN DAV	11.08
RAFAEL AUGUST	11.51	DOUGLAS	11.08
MICHAEL KOUNTZE	11.52	STEPHEN	11.08
TOMMY BAKER	11.55	DOUG SM	11.08
JIM RELLY	11.55	STEVEN B	11.08
ERIC MERRIWEATHER	11.57	DONALD	11.08
JEFF GOLD	11.57	PAUL EDE	11.08
PETER GRIMES	11.59	ALBY WIL	11.08
VALASCO SMITH	11.62	FRANK BO	11.08
MARCUS SHUTE	11.65	JOHN GAG	11.08
ORLANDO MATTHEWS	11.65	BOB SHOJ	11.08
JIM RELLY	11.70	ANDRE LI	11.08
COURTNEY MUHAMMAD	11.70	M35	11.08
OLIVER MAXSON	11.70	BOB LIDA	11.08
DAN WEISS	11.70	DOUG SM	11.08
STEVEN BUNN	11.70	KENNETH	11.08
JEFF GOLD	11.70	MARION H	11.08
CHARLES HORNBECK	11.70	WAYNE B	11.08
CHARLES WEEKES	11.70	STEVEN B	11.08
HAROLD PIERCE	11.70	CHARLE	11.08
M45	11.16	JOHN DAV	11.08
KEVIN MORNING	11.16	DOUGLAS	11.08
EVERAD SAMUELS	11.25	STEPHEN	11.08
VAL BARNWELL	11.32	DOUG SM	11.08
GREGORY TURNER	11.35	KENNETH	11.08
TONY FULTON	11.36	MARION H	11.08
MARTIN KRULEE	11.44	WAYNE B	11.08
WILLIAM EDWARDS	11.48	GARY S	11.08
JOSEPH SMITH	11.48	DICK CAM	11.08
JAMES CHINN	11.62	STEVEN B	11.08
TIM GRAF	11.70	LLOYD W	11.08
THOMAS JONES	11.78	LAWRENCE	11.08
HUBERT EVANS	11.84	RAYMOND	11.08
RANDY FREY	11.87	RICHARD	11.08
ALVIN MILLERBIS	11.87	WILLIAM	11.08
ANTHONY FULTON	11.87	MICHAEL	11.08
BRIAN MURRAY	11.95	ROSEVE	11.08
RICK EVANS	12.00	ROBALD	11.08
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RONALD BOWLEWARE	12.04	RICHARD	11.08
NOAH LEVINGSTON	12.04	ROGER T	11.08
RORY MCDERMED	12.06	GEORGE	11.08
MONZELL BAKER	12.11	THOMAS	11.08
STEVEN PALACIOS	12.11	JM OTHE	11.08
MICHAEL WALLER	12.15	LAWREN	11.08
MICHAEL COOK	12.15		
JAMES CHINN	11.20		
AL MASON	11.40		
WILLIAM EDWARDS	11.60		

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Table of names and scores for the 400 Meters event, including participants like Lisa Hampton, Norma Cornelius, Owen Rogers, and many others.

Table of names and scores for the 800 Meters event, including participants like Paul Gordon, Bill Lauderback, Katsuyo Tetherly, and many others.

Table of names and scores for the 1500 Meters event, including participants like Paul McCullen, Mike Miller, and many others.

Table of names and scores for the 5000 Meters event, including participants like James Hinton, Bob Holmes, and many others.

Table of names and times for various events, including 100m, 200m, 400m, 800m, 1000m, 1500m, 2000m, 3000m, 4000m, 5000m, 6000m, 7000m, 8000m, 9000m, 10000m, 15000m, 20000m, 25000m, 30000m, 35000m, 40000m, 45000m, 50000m, 55000m, 60000m, 65000m, 70000m, 75000m, 80000m, 85000m, 90000m, 95000m, 100000m.

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Table with 2 columns: Name and Time. Includes Lisa Marie Render (21.83), W50 Kay Glynn (14.84).

110m Hurdles

Table with 2 columns: Name and Time. Includes Allen Johnson (13.05), Diane Ross (13.21), Dominique Arnold (13.31).

300m Steeplechase

Table with 2 columns: Name and Time. Includes Robert Price (52.08), Fritz Crick (52.68), Don Drummond (54.03).

300m Hurdles

Table with 2 columns: Name and Time. Includes Courtland Gray (43.06), Ron Collier (43.50), Douglas Geertgens (43.56).

Table with 2 columns: Name and Time. Includes W45 Dee Ann Dougherty (8:23.98), MARYANNE DANIEL (9:31.94).

300m Steeplechase

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Long Jump

Table with 2 columns: Name and Time. Includes John Hawkins (3.81), W55 Jerry Cash (3.80), Evelyn Wright (2.32).

Pole Vault

Table with 2 columns: Name and Time. Includes John Hawkins (1.16), Becky Sisley (1.16), Jerry Cash (1.11).

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Table with 2 columns: Name and Time. Includes Roger Crockett (5.02), Greg Marshall (4.93), Lionel Hamilton (4.92).

Long Jump

Table with 2 columns: Name and Time. Includes John Hawkins (3.81), W55 Jerry Cash (3.80), Evelyn Wright (2.32).

Pole Vault

Table with 2 columns: Name and Time. Includes John Hawkins (1.16), Becky Sisley (1.16), Jerry Cash (1.11).

300m Steeplechase

Table with 2 columns: Name and Time. Includes Robert Price (52.08), Fritz Crick (52.68), Don Drummond (54.03).

Main table listing names and scores for various events. Includes sections for M50, M55, M60, M65, M70, M75, M80, M85, M90, M95, M100, M105, M110, M115, M120, M125, M130, M135, M140, M145, M150, M155, M160, M165, M170, M175, M180, M185, M190, M195, M200, M205, M210, M215, M220, M225, M230, M235, M240, M245, M250, M255, M260, M265, M270, M275, M280, M285, M290, M295, M300, M305, M310, M315, M320, M325, M330, M335, M340, M345, M350, M355, M360, M365, M370, M375, M380, M385, M390, M395, M400, M405, M410, M415, M420, M425, M430, M435, M440, M445, M450, M455, M460, M465, M470, M475, M480, M485, M490, M495, M500, M505, M510, M515, M520, M525, M530, M535, M540, M545, M550, M555, M560, M565, M570, M575, M580, M585, M590, M595, M600, M605, M610, M615, M620, M625, M630, M635, M640, M645, M650, M655, M660, M665, M670, M675, M680, M685, M690, M695, M700, M705, M710, M715, M720, M725, M730, M735, M740, M745, M750, M755, M760, M765, M770, M775, M780, M785, M790, M795, M800, M805, M810, M815, M820, M825, M830, M835, M840, M845, M850, M855, M860, M865, M870, M875, M880, M885, M890, M895, M900, M905, M910, M915, M920, M925, M930, M935, M940, M945, M950, M955, M960, M965, M970, M975, M980, M985, M990, M995, M1000.

Discus

M30

M35

M40

M45

M50

M55

M60

M65

M70

M75

M80

M85

M90

M95

M100

M105

M110

M115

M120

M125

M130

M135

M140

M145

M150

M155

M160

M165

M170

M175

M180

M185

M190

M195

M200

Table of names and scores for various events, including Dan Roloff, Nick Sutton, Gary Suttton, etc.

Table of names and scores for various events, including Jim Shoemaker, Bob Taylor, Henry Clapper, etc.

Table of names and scores for various events, including W75 Bernice Holland, W30 Heptathlon, W50 Weight Pentathlon, etc.

Table of names and scores for various events, including M90 Trent Lane, M50 5000M Racewalk, M30 10K Racewalk, etc.

Table of names and scores for various events, including W55 Terry Hamilton, W75 20K Racewalk, M30 20K Racewalk, etc.

Results from a non-sanctioned meet... Changes to these Outdoor Rankings should be sent to: Dave Cling, 1849 SE 27th, Portland, OR 97214, e-mail: kroads@xro.com

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH - MARCH 2005

Table with columns: ATHLETE NAME (RESIDENCE), BIRTH DATE, AGE, GROUP. Lists athletes like Kim Mannen, Gony Mink, etc.

Compiled by Pete Mundle

Coaches List, by Region

EAST - CT, DE, MA, MD, ME, NH, NJ, NY, PA, RI, VT, Washington DC				Name/Organization	Location/Site	Events	Contacts
Name/Organization	Location/Site	Events	Contacts	Gary Westlund	1516 Sunny Way Ct. Anoka, MN 55303		Certified ACSM H/FI & USATF Level II Coach 612-245-9160 GaryWestlund@aol.com www.CharitiesChallenge.org
AT&T/NJ Runners & Friends	Bernhards HS & Hunterdon Central HS Flemington, NJ	S, L	Joe Hehn 908-563-7383	Young At Heart Racing	Colorado Springs, CO	MD, LD	C-Craig Young 719-630-8197 cyoungun@aol.com
Coaches Who Compete	Pawlet VT	TH	Samuel Mesiter www.coacheswhocompete.com	SOUTHWEST - AR, LA, MS, OK, TX			
MC 2 Athletics	Trinity College Hartford, CT	S, MD, LD	C-Sam McClendon 860-985-1170	Dallas S.M.U.	Dallas, TX	MD, LD	C-Terry Jessup 214-526-5318 C-Robert Vaughn 214-820-7800 C-Bob Wallace 214-361-6493
J. "Moose" Miller	Southington, CT	TH	C-860-621-3128	Kyle Helfner	McKinney, TX	MD, LD	C-972-562-2776
Dr. Alfred Morris	Washington, DC	MD/LD/Jumps	C-202-344-1333 202-344-3140 (fax) Email: alfred.f.morris@dhs.gov	Powerline Sports YMCA-Central	El Paso, TX	MD, LD, S, F	C-David Jackson 915-533-3941
North Jersey Masters	Teaneck, NJ Montclair State U., NJ	MD, LD	Joel Pasternak 973-773-2082 joelrun@aol.com	Speed Training Inst. for Athletic Performance	113-D Industrial Blvd McKinney, TX 75069		Glenn Pire, PT 972-548-2223 speed@iaperform.com
Western PA TC	Pittsburgh, PA	S, MD, LD	John Harwick 1790 Lisa Dr., #4 Indiana, PA 15701 724-464-2222 412-734-1091	WEST - AZ, CA, HI, NV, NM			
SOUTHEAST - AL, FL, GA, NC, SC, TN, VA				Cal Coast Track Club	Irvine, CA	LD, MD, S	C-Bill Sumner / Rick Herr 949-476-7076
Coach Roy Benson Running Ltd.	Atlanta, GA	MD, LD	C-Roy Benson 707-457-9866 runnerscoach@earthlink.net	Club West	Santa Barbara, CA	MD, LD	C-Geoff Bradshaw 805-563-5022
Carolinas T&F Club	Charlotte, NC	All Events	Dr. Gordon Edwards 704-588-6885 gedwards@carolina.rr.com	Birmingham H.S. & Santa Monica HS	Calif.	MD, LD	C-Pat Connelly 818-994-0682
Tony Carter	Clearwater, FL	S, F	C-727-804-2825	Suzanne Cordes	Alamo, CA	MD, LD	C-925-838-1000
Ross Dunton, SCS	Sevierville, TN	S, F, MD/LD, F	865-774-0023 coachr880@worldnet.att.net	Tom Craig	Oakland, CA	MD	C-510-633-1161
Dr. Gordon Edwards Carolinas T&F Club	Charlotte, NC	All events	704 588-6885 www.carolinastrackandfield.org/ index.php gedwards@carolina.rr.com	Leo Davis West LA College	Culver City, CA	S, H	C-Leo
The "Fast Program"	Boca Raton, FL	S, MD, LD	Bill Welle, Site Director 561-977-9824 http://www.FastProgram.com	Desert Valley Rockets, Cathedral City HS	Cathedral City, CA	All T&F	C-Sam Jackson 760-770-0100 #102 pager 833-3420
FIRST (Furman Inst. of Running & Scientific Training)	Greenville, SC	LD	C-Mickey McCauley / Scott Murr 864-294-3416 scott.murr@furman.edu	Gamespeed	Brentwood, CA	S	Aaron Thigpen 925-513-8676
Gulf Coast Racewalkers	Dade City, FL	RW	Susan Helt 352-567-0855	Chabot College	Hayward, CA		Ken Grace 510-723-6662
Jerry Hiatt	Daytona Beach, FL	MD, LD	386-255-1279 runcoach@cfl.rr.com	Hawaii Masters TC	U of Hawaii-Manoa	S, TH, F	916-845-3080
Ink Runs, Ltd.	Greensboro, NC	LD/SF	C-Terry VanNatta 336-275-8464 inkruns@usa.net	Elmer Haynes	Sacramento, CA	All Events	C-Dean Hebert 480-829-7473 runaholic6@aol.com
National Training Ctr.	Clermont, FL	S, F	Dennis Mitchell Bobby Haeke Don DeNoon 352-241-7144, X4206	High Performance Running Club	Phoenix, AZ	LD, MD	909-369-0761
Personal Best Program	Fairfax, VA	MD/LD	Dixon Hemphill 703-250-9277;	Noah Hinkston	Oakland/SF, CA	S, MD/LD	C-510-553-0468 / 997-0503 nhinkston@hotmail.com
Dr. Ron Kulik Dr. Neil McLaughlin Progressive Training Team, U. of South Florida	Tampa, FL	LD	C-Dror Vaknin 813-971-7627	Riverside TC	Riverside, CA	S, PV, F	C-Fred Husted 909-369-0761
MIDWEST - IL, IN, KY, MI, OH, WI, WV				Mann Racewalkers	Kentfield, CA	RW	C-Jack Bray 415-461-6843 marinnw@earthlink.net www.marinnracewalkers.org
Kalamazoo Valley Walkers	Kalamazoo, MI	RW	C-Thelma Fallows 269-327-1037 C-Bill Reed 269-329-0332 billreed@kzoo.com www.kvwalkers.org	McMillan Running	San Diego, CA	MD/LD	C-Greg McMillan 858-759-0646 greg@mcmillanrunning.com www.mcmillanrunning.com
Parkside AC	Wisconsin	RW	Mike DeWitt 414-551-0142	George Mehale	CSU-Long Beach, CA	S, MD, F	C-310-498-8405
Miami Valley TC	Yellow Springs, OH	All Events	Vince Peters 937-767-7424 mv_tc@erinet.com	Mark Miller	Ruidoso, NM	S, L, TJ	505-258-3921
Milwaukee TC (Masters)	Milwaukee, WI	All Events	Neal Schuster 414-801-7356 schustnr@wi.rr.com	Reebok Aggie R.C.	24130 Summit Woods Drive Los Gatos, CA 95033		Joe Fabris JoeFabris@MSN.com
Nova Sport	East Lansing, MI	S, H, J, MD	C-Walt Reynolds 517-347-2171 NovaSport@attbi.com	River City Track Club	Sacramento, CA	T&F	C-Mike Holzgang 916-489-7881
Bob Schul Racing Team	Dayton, OH	MD, LD	C-Rich Davis 937-885-4683	Dave Hodda	CSU-Long Beach, CA	S, F, MD, TH	C-310-866-9771x2400 (work)
MID-AMERICA - CO, IA, KS, MN, MS, ND, NE, SD				Sacramento Women's Sprinters	Sacramento, CA	S, MD	C-Elmer Haynes / Detria Thompson 916-971-1645
American Walking Association	Boulder, CO	RW	C-Viisha Sedlak 303-938-9531	SBAA	Santa Barbara, CA	MD, LD	C-Jim Triplett 805-967-1986
Anaerobic Management	Ft. Collins, CO	LD	C-John Sinclair 925-838-1000 jms@anaerobic.net C-Kent Oglesby 970-493-5659 ko@anaerobic.net www.anaerobic.net	San Diego Panthers Track Club	San Diego, CA	T, F	James King / Randy Thompson 619-475-5252
Paul Anthony-Schmitz	Lincoln, NE	MD, LD	C-402-423-6895	So. Cal Track Club Trabuco Hills H.S.	Mission Viejo, CA	S, MD, LD TH, F	C-Mark Cleary 949-589-0242 runnermark@cox.net www.xro.com/social
Ric Rojas Running	Boulder, CO	LD	303-444-7276 ricrojas@aol.com www.ricrojasrunning.com	Sports Training Program	Orange City, CA	S, H, J	Erich Moreno 714-740-4432 / 334-8729 erichmoreno@msn.com
Running Republic of Boulder	Boulder, CO	LD	C-Darren De Reuck kwazulu11@msn.com Don Ford, President DonRFord@aol.com 303-516-1189 www.runningrepublic.com	Drew Sutcliffe	Larkspur, CA	MD, LD	C-415-927-1435 drewsutcliffe@hotmail.com
St. Louis Masters	Parkway South HS	S, MD/LD, J, F, H	L-Gordon Reiter 314-230-9120	SFV TC and Burbank	Culver City, CA	MD, LD	C-Laszlo Tabori 818-556-1563 (work)
NORTHWEST - AK, ID, MT, OR, UT, WA, WY				Canyon Del Oro H.S.	Tucson, AZ	TH, J	C-John Tansley 520-825-2595
Southwest - AR, LA, MS, OK, TX				Wilbur "Moose" Thompson	Long Beach, CA	TH	C-Moose 310-596-0360
West - AZ, CA, HI, NV, NM				Elaine Ward	Pasadena, CA	RW	C-626-795-3243
Northwest - AK, ID, MT, OR, UT, WA, WY				Northwest - AK, ID, MT, OR, UT, WA, WY			
West - AZ, CA, HI, NV, NM				Club Vault	Beaverton, OR	PV	Jerry Cash 503-524-5048
Southwest - AR, LA, MS, OK, TX				Eugene RC	Eugene, OR	MD, LD	C-Cathie Twomey Bellamy 541-343-4841
Midwest - IL, IN, KY, MI, OH, WI, WV				Judy Heller	Portland, OR	RW	C-503-282-1677 erofit@aol.com
Mid-America - CO, IA, KS, MN, MS, ND, NE, SD				Team David	Eugene, OR	LD	Dave McJunkin 541-343-6468
Mid-America - CO, IA, KS, MN, MS, ND, NE, SD				Upper States Athletics	West Jordan, UT	S, F, LD	Van Phillips 801-963-8386 usalite1@earthlink.net
Mid-America - CO, IA, KS, MN, MS, ND, NE, SD				Bob Williams	Portland, OR	MD, LD	503-643-6184 bobw@pacethyself.com

C=Coach; L=Led by experienced athlete or Volunteer of informal group; S=Sprints (100-400m); MD=middle distance (800-5K); LD=long distance (5K-marathon); TH=throws; J=javelin; F=field events. NMN would like readers from throughout the USA to know what masters training/coaching is available in your area. If you know of a group that's training together, informally or formally, send the info to NMN, P.O. Box 50098, Eugene, OR 97405.

• Earl Fee, 800m a record holder and author of *Champion From 9 to 90* the starting blocks in a Allianz Life Insurance of USA Today, Jan. 7. Fee, 76 on March 22.

• Outdoor Life Network Athletic Association has a multiple-year partnership with the Boston Marathon live and tape-delayed, but OLN will provide three hours of live coverage to homes, making the Boston only U.S. road race to live, national coverage. Comcast.

• The Mountain, Ultra Running Council of USA Jan. 26 the inauguration National Championships event will be hosted by 100 Mile Run, June 18-19, with the 2006 ev Rocky Raccoon 100 Mile 5, Huntsville State Park Runners interested in participating in the National Championships USATF membership is required. Pacing is prohibited under

• Mark Zamek, M40 Cowley, M40, 56:19, USATF-NJ Masters 100 miles, Mercer County Bruce Langenkamp w (62:34). Madelyn No 64:22, was first W40+ in the W50 contest (73:26) posted a W55 win (74:50).

• Frequent Flyer: Thru Lost Dutchman Marathon Yuki Nishide, 43, JPN second woman overall Health Tybee, GA, Mar 6. • Hot masters miler L Hollis Center, ME, put in with his age-group in the Mid-Winter 10M Elizabeth, ME, Feb. 6. Dan Dearing, M40, 56: W40, 69:35.

• Jill Cypress-Turner the Philadelphia Master Albright College, Jan. 60m, 8.2; and TJ, 34-7.5 turned in a double in the and WT, 12.91.

• Masters winners at Central Park, NYC, Jan. Ruben, 47, 56:29, and 1:04:02. Vida Beaver 1:23:30.

• David O'Meara, 4 a first overall, and Kar won the W40+ race, S Classic 5K, Jan 16. Ke 34:30, and Mary Ann were first masters in LDRer Joe Burgasser in 40:17. Pam Loude 57:24.

• Bobby Williams, with a sixth-place 43:4 Frostbite Series 12K, SLTC 10 Mile, Jan. Claudia Kasen, 47, w 12K (51:09). Heidi fourth female in the 10

Masters Scene

NATIONAL

• **Earl Fee**, 800m and hurdles world record holder and author (*How to Be a Champion From 9 to 90*), was featured in the starting blocks in a full-page ad for Allianz Life Insurance of North America in USA Today, Jan. 7. Fee, of Canada, will be 76 on March 22.

• Outdoor Life Network and the Boston Athletic Association have announced a multiple-year partnership for OLN to televise the Boston Marathon nationally, both live and tape-delayed, beginning in 2005. OLN will provide three hours of live, wire-to-wire coverage to North American homes, making the Boston Marathon the only U.S. road race to receive complete, live, national coverage. OLN is owned by Comcast.

• The Mountain, Ultra and Trail (MUT) Running Council of USATF announced on Jan. 26 the inauguration of a 100-Mile Trail National Championships event. The 2005 event will be hosted by the Mohican Trail 100 Mile Run, June 18-19, in Loudonville, OH, with the 2006 event going to the Rocky Raccoon 100 Mile Trail Run, Feb. 4-5, Huntsville State Park, Huntsville, TX. Runners interested in competing in USATF National Championships are advised that USATF membership is required and that pacing is prohibited under USATF rules.

EAST

• **Mark Zamek**, M40, 55:27, and **Brian Cowley**, M40, 56:19, were 1-2 in the USATF-NJ Masters 10 Mile Championships, Mercer County Park, Dec. 12. **Bruce Langenkamp** won the M55 race (62:34). **Madelyn Noe-Schlentz**, W40, 64:22, was first W40+. **Jane Parks** took the W50 contest (73:26). **Susan Juronics** posted a W55 win (74:50).

• **Frequent Flyer**: Three weeks after her Lost Dutchman Marathon win (see West), **Yuki Nishide**, 43, JPN/Rye, NY, ran to second woman overall (3:25:38) at the Health Tybee, GA, Marathon, Feb 5.

• **Hot masters miler Lloyd Slocum**, 71, Hollis Center, ME, put in some base training with his age-group-topping 1:18:24 at the Mid-Winter 10M Classic, Cape Elizabeth, ME, Feb. 6. First masters were **Dan Dearing**, M40, 56:17, and **Dora Rex**, W40, 69:35.

• **Jill Cypress-Turner**, W30, tripled at the Philadelphia Masters Indoor Meet, Albright College, Jan. 30: 60mH, 10.6; 60m, 8.2; and T.J., 34-7.5. **Ray Feick**, M70, turned in a double in the throws: SP, 10.83 and WT, 12.91.

• **Masters winners at the NYRR 10 Mile**, Central Park, NYC, Jan. 30, were **Allen Ruben**, 47, 56:29, and **Yumi Ogita**, 43, 1:04:02. **Vida Beaver** led the W65s with a 1:23:30.

SOUTHEAST

• **David O'Meara**, 41, 17:05, cruised to a first overall, and **Karen Alexeev**, W50, won the W40+ race, St. Pete Beach, FL, Classic 5K, Jan 16. **Keith Sawayda**, M40, 34:30, and **Mary Ann Protz**, W45, 37:54, were first masters in the 10K. Veteran LDRer **Joe Burgasser** took the M65 race in 40:17. **Pam Louderback**, W85, ran a 57:24.

MID-AMERICA

• **Bobby Williams**, 52, was first M40+ with a sixth-place 43:47 in the St. Louis TC Frostbite Series 12K, Dec. 18, and the SLTC 10 Mile, Jan. 2, with a 60:43. **Claudia Kasen**, 47, was third female in the 12K (51:09). **Heidi Chambers**, 46, was fourth female in the 10 Mile (73:37).

SOUTHWEST

• Highlights of the hp Houston Marathon, Houston, TX, Jan. 16, included **Jim Schleisman**, 71, Jefferson, IA, capping the M70, 3:33:01; **Karen Bowler**, 55, Houston, winning the W55, 3:27:24; **Marilyn Patrick**, Plano, TX, 3:44:05 at W60; and **Barbara Miller**, 65, Modesto, CA, 3:33:10 at W65. In the Half-Marathon, **Benji Durden**, 53, Boulder, CO, lightfooted it to a 1:19:10, and **Laurence Olsen**, 58, Milford, MA, laid down a 1:20:53, while **Ino Cantu**, 71, Richmond, TX, upped the ante in the M70 with his 1:39:54. **Fireya Sultanova-Zhdanova**, 43, RUS/FL, handed **Colleen De Reuck**, 40, Boulder, CO, a rare defeat at W40, 1:13:26 to 1:14:05, while cross-country champion **Carmen Ayala-Troncoso**, 45, Austin, TX, cruised to 1:21:57, for third W40+. **Phyllis Lemoncello**, 57, Naim, Scotland, rustled up a W55-topper, 1:37:54.

• **Chris Lipscomb**, M45, 30:09, and **Pam Sneed**, W45, 35:19, peppered to masters firsts in the Chili Day 8K, Oklahoma City, Jan. 22. **Sandra Hanson**, W55, finished in 39:57.

• "Grandmaster" winners at the Nextel Mardi Gras Mambo 10K, Baton Rouge, LA, Feb. 5, were **Sherman Stanford**, 58, Opelousas, LA, 37:47, and **Georgia Wilemon**, 52, Baton Rouge, 48:52.

WEST

• A week before her win at the Gasparilla Marathon (see story on p. 11), **Fireya Sultanova-Zhdanova**, 43, RUS/FL, gambolled to a \$5000 jackpot for third-woman overall (2:36:03) at the Las Vegas Marathon, Jan. 30. In the half-marathon, **Antoni Niemczak**, M45, Albuquerque, NM, 1:12:18, just edged **Forrest Newman**, M40, Fort Collins, CO, 1:12:21, for the men's M40+ win. Conditions were windy.

• From **Mac McCormick**, director of the Dan Aldrich Memorial Meet, nee Anteaters Meet, nee Grandfather Games, "This year we are going to have to cancel the Dan Aldrich Memorial Track Meet at UC Irvine due a personal conflict. We will resume the meet next year and it will be bigger and better. Thank you for your understanding."

• **Diane Ridgway**, 56, Arvada, CO, 3:28:38, and **Imme Dyson**, 68, Princeton, NJ, 4:28:12, came away from the cold at home to lay down big age-group wins at the formerly-known-as-the-San-Diego-Marathon Carlsbad Marathon, Carlsbad, CA, Jan. 16. In the half-marathon, **James Sheremeta**, 40, La Jolla, CA, and Anchorage, AK's **John Clark**, 44, duked it out for the M40 title, with Sheremeta prevailing, 1:11:42 to 1:11:56.

• **Westchester TC's Yukiko Nishide**, 43, JPN/Rye, NY, hit paydirt with her overall women's victory (3:10:33) at the highly scenic Lost Dutchman Marathon, Apache Junction, AZ, Jan. 16. She trumped a big field of masters ultra/trail talent, including **Pam Reed**, Tucson, AZ, 3:22:40, and **Tania Pacev**, Littleton, CO, 3:23:23. **Doug Soliz**, M50, was the top M40+, with a 3:07:53.

• **Nadine O'Connor**, 62, once again upped her W60 PV WR of 2.85 with a 2.88 in the Team Thor Thunder Throws & PV Meet, La Jolla, CA, Jan. 29. Not quite as good as her 3.05 last year, which earned her the 2004 Women's Outstanding Single Performance honors, but you never know. Meet director **Tom Meyer**, 53, was tops in the hammer (50.24) and weight (16.18). **Richard Watson**, 52, stabbed a 46.25 with the 700g javelin.

• **Mark Green**, 49, Las Vegas Walkers, in 2:37:38, and **Heidi Hauch**, 45, Dave's World Class, Scottsdale, AZ, in 3:04:24, were first in the USA Masters 30K WR

Championships, San Diego, CA, Jan. 23.

NORTHWEST

• **Karen Cross**, 41, 1:26:44, won the women's race, and **Michael Skidman**, M50, 1:22:27, was first M40+, Painters Half-Marathon, St. George, UT, Jan. 15. **Richard Kirkwood**, M65, ran a division-winning 1:35:51. In the 5K, **David Smith**, 48, won overall in 17:17. The W50s supplied the dynamism with **Donna Smith**, first W40+ in 22:51, and **Alene Whittekiend**, second in 23:15.

• The 2005 World Masters Games LOC will travel across Alberta, British Columbia, and the US Pacific NW to promote awareness of the 6th World Masters Games, Edmonton, Alberta, July 22-31, through a "Regional Road Show" in 12 selected cities, including Portland, OR; Corvallis, OR; and Seattle, WA. For RRS details, contact **Sari Rimpilainen** at 780-822-2113, or via e-mail at sari.rimpilainen@edmonton.ca. For information on the World Master Games, visit www.2005worldmasters.com

• **Becky Sisley**, competing in her first indoor meet at age 65 broke the W65 pole vault WR by over 9 inches in going 2.24 (7-4 1/4") at the University of Washington Open Indoor meet on Feb. 13. This height was the lowest the bar could go.

INTERNATIONAL

• The WMA Council site inspection team visited the bidders for the WMA 2008 World Masters Indoor Championships in January. At the deadline date of Sept. 1, 2004, there were three bidders: Budapest, HUN; Glasgow, GBR; and Lievin, FRA; but Budapest withdrew a week before the inspection took place. The bid award will be made at the WMA General Assembly in San Sebastian, ESP, on Aug. 30.



JERRY WOJCIK
Rick Becker, 50, first M50 (28:21), USA Masters 8K XC Championships, Ft. Vancouver, Wash.

OBITUARY

• It is sad news that **Royce (Roy) Foley** from Melbourne, Australia, died Saturday morning, Feb. 12. Many of you would know Roy as the protagonist who hounded many WAVA General Assemblies on throwing issues. He was the "Father of the Weight Pentathlon" and worked tirelessly with his U.S. and New Zealand counterparts to develop this event, eventually seeing it introduced into our Championships, and finally its acceptance as an official medal event at the world level. Roy served our sport very well as an athlete, coach, official, and an administrator. While, in recent years, his loss of sight had limited his involvement, he still attended and competed in championships wherever possible. He will be sadly missed by the sport of athletics and, in particular, masters athletics.

--Stan Perkins

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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!**

Four issues (1 year): \$20 (U.S.) or \$35 for two years (1 issue free); \$24 (foreign, U.S. funds) or \$48 (two years). All available back issues (17) plus future issues through July 2005 for \$100 (2 issues free), \$125 for foreign subscribers (2 issues free);
c/o Glenn Thompson,
3604 Green Street, Harrisburg, PA
17110; Thrower60@aol.com

WWW.LONGANDSTRONG.COM

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

March 5-6. USA National Masters Indoor Heptathlon Championships, Carthage College, Kenosha, WI. (s) Jeff Watry, 24302 77th St., Paddock Lake, WI 53168; 262-843-3367(h); jwatry@gillathletics

March 11-13. USA National Masters Indoor Championships, Nampa (Boise), Idaho. Mark Murdock, 6127 Portsmouth Ave., Boise, ID 83714. 208-859-9219. email: masterchamps@earthlink.net; www.mastertrackandfield.com

June 3-18. National Senior Games, Pittsburgh, PA. National Senior Games Association, PO Box 82059, Baton Rouge, LA 70884-2059; www.nsga.com

July 2-3. USA National Masters Decathlon/Heptathlon Championships, Mayfield HS (Cleveland area), OH. (s) Jeff Gerson, 5091 Hickory Dr., Lyndhurst, OH 44124; 440-473-0636; Rex Harvey, 440-339-5688(ce).

August 4-7. 38th Annual USA National Masters Championships, Honolulu, HI. Hawaii LOC, 2005 Hawaii Masters Championships, 1493 Halekoa Dr., Honolulu, HI 968221. www.hawaiichamps.com; 808-732-8805; zeug@hawaii.rr.com

August 13. USA National Masters Weight Pentathlon Championships, Dallas, TX. (s) Lester Mount, 6750 Hillcrest Plaza Dr., #221, Dallas, TX 75230; 214-766-2854.

September 10. USA National Masters Weight & Superweight Championships, Seattle, WA. Hammer, Sept. 9, 5:00 pm. 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

March 3. NYRR Thursday Night at the Races, The Armory, Washington Heights, Manhattan. 7:00 pm. 212-860-4455; www.nyrr.org

March 4. MAC Masters Championships, 168th St. Armory, NYC. 6-11 pm. Ivan Black, 917-679-8448.

March 20. Syracuse U. Throws Meet, Manley Fieldhouse. (s) 9:00 am. Event order: SP/WT/SW for open and masters only. Gary Crawford, 315-492-2945; throws2@five95.net

May 22. Vermont Green Mountain Senior Games, Burlington. Ardis Smith, 802-824-6521

May 31-June 5. Long Island Senior Games, Brentwood, NY. 631-361-6663; fax: 265-5239; www.longislandseniorgames.org

SOUTHEAST

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

March 19. USAT-NTC Spring Fling #1, Clermont, FL. (s) 352-241-7144; www.usat-ntc.com; e-mail: noonwalk_99@yahoo.com

April 9. USAT-NTC Spring Fling #2, Clermont, FL. (s) 352-241-7144; www.usat-ntc.com; e-mail: noonwalk_99@yahoo.com

April 15-16. USATF Georgia Association & USATF Southeast Region Masters T&F Championships, Savannah State U., Ga. Out of state athletes welcome. Entry deadline April 12. Jim Hite, PO Box 717, Millen, GA 30442; 478-982-4881; jimjoyce34@bellsouth.net

April 18. USATF Florida Weight Pentathlon Championships, Venice. Bob Voegel, 941-493-4113.

April 23. USAT-NTC Spring Fling #3, Clermont, FL. (s) See April 9.

May 6-8. 35th annual Southeastern Masters & Open Meet/NCUSATF Championships/Masters 20K RW South Championships, Duke U., Durham, NC. Raleigh Parks & Recr., 2401 Wade Ave., Raleigh, NC 27607; southeasternmasters.org

May 12-15. Virginia Senior Games, Virginia Beach. Shannon Moore, 757-474-8492; Jane Jagodzinski, 757-427-2106.

May 14. USAT-NTC Spring Fling #4, Clermont, FL. (s) 352-241-7144; www.usat-ntc.com; e-mail: noonwalk_99@yahoo.com

May 15. Atlanta Senior Olympics, Georgia Tech. 12:30 pm. Entries due April 1 postmark. Opening night reception \$3 on May 14 at 8 pm. www.atlantaseniorolympics.com

May 18-21. South Carolina Senior Sports Classic, Francis Marion U., Florence. Carl Hust, 803-772-0363.

May 28. Furman Track Classic, Furman U., Greenville, SC. SASE to Adrian Craven, 109 Woodhaven Dr., Greenville, SC 29609. 864-233-0333.

MIDWEST

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

March 6. Mason-Dixon Indoor Games, Louisville, KY. www.ktcca.org/2005indoor/2005MasonDixonMasters-OpenEntryForm.htm

MID-AMERICA

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

March 12. USATF Minnesota Indoor Championships, U. of Minn., Minneapolis. All ages. 763-595-8944; kmoorhead@comcast.net

April 28-30. USATF Masters Invitational Program/Drake Relays, Des Moines, IA. Men's mile. Mark Cleary, 949-589-0242; runnermark@cox.net

June 11-12. USATF Mid-America Regional Masters Championships/Ozark Association Meet, SIU-Edwardsville. Peggy & Ed Rowald, 314-469-0577; www.usatf.org/assoc/ozark

June 25. Missouri Senior Games, Columbia. Out-of-state welcome. Jack Miles, 573-882-1462; www.smsg.org/senior_games; email: milesjw@missouri.edu

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

April 9. Jackrabbit Relays, Masters/Open, Ratliff Stadium, Odessa, TX. 432-362-3180; 432-362-4640; gperry@nts-online.net

April 23. El Paso Senior Games Track Meet, Irvin H.S., El Paso, Texas. Julie Belcher, 1800 Byron, El Paso, TX 79930; 915-562-4260.

WEST

Arizona, California, Hawaii, Nevada, New Mexico

March 4-13. Henderson Senior Games, Henderson, NV. Downtown Recr. Center, PO Box 95050, Henderson, NV 89009-5050. 702-267-4040. Feb. 14 deadline.

March 19. Santa Barbara Easter Relays, Santa Barbara CC track. Y/O/M Kevin Young, 805-

564-3400; kyoung@sbre.com; www.easterrelays.org

March 19. Arizona Regulation Meet, Glendale CC. Pat Fahy, 480-946-7135; pfahy@cox.net

March 19. 68th Santa Barbara Easter Relays, Santa Barbara CC. Keith Kephart, SBCC, 721 Cliff Dr., Santa Barbara, CA 93109; www.eastrelays.org

March 20. Team Thor Thunder Series Throws & PV Meet, UC-San Diego, La Jolla, CA. (s) Tom Meyer, 10323 Ridgewater Ln., San Diego, CA 92131. 858-566-6273; fax: 530-1444; cybertgm@juno.com

April 1. Phoenix Invitational (Open/Masters), Glendale CC. Pat Fahy, 480-946-7135; pfahy@cox.net

April 1-17. Mt. SAC Relays, Walnut, CA. 909-594-5611, x 4840; http://relays.mtsac.edu

April 2. Team Thor Thunder Series Throws & PV Meet, UC-San Diego, La Jolla, CA. (s) Tom Meyer, 10323 Ridgewater Ln., San Diego, CA 92131. 858-566-6273; fax: 530-1444; cybertgm@juno.com

April 10. USATF New Mexico Open/Masters Weight Pentathlon. Kathy Fones, 31 Sandhill Rd., Los Lunas, NM 87031. 505-865-8612; fax: 565-8387; foneskn@aol.com; www.usatf.org/assoc/nm

April 10. John Ward Spring Games, Santa Ana College, CA. \$20 for up to four events prior to April 6 postmark; \$25 after. Al Siddons, track coach, Santa Ana College, 1530 W. 17th St., Santa Ana, CA 92706. 714-564-6936; Siddons_Al@sac.edu

April 23. Arizona Regulation Meet, Mesa CC. Pat Fahy, 480-946-7135; pfahy@cox.net

May 7. 20th annual Southern California Striders Meet of Champions, CSU-Long Beach. 11:00 am. Enter by April 30 to avoid penalties. Hugh Cobb, 3180 Camino Arroyo, Carlsbad, CA 92009. 760-436-7696; Al Escabosa, 714-528-1443.

May 7. Team Thor Thunder Series Throws & PV Meet, UC-San Diego, La Jolla, CA. (s) Tom Meyer, 10323 Ridgewater Ln., San Diego, CA 92131. 858-566-6273; fax: 530-1444; cybertgm@juno.com

May 14. Visalia Classic. Bob Higginbotham, 1026 W. Princeton, Visalia, CA 93277. 559-732-8030.

May 21. Pasadena Senior Olympics. Pasadena CC. Qualifier for the 2006 California Senior Games Championships. Meet Director: Christel Donley. 626-685-6754; cpr@pasadenaseniorgames.org

May 28. San Clemente Masters Meet, San Clemente HS, San Clemente, CA. New track/first-class results board. Dan Johnson, Track Coach, 949-492-4165, x2940; drjohnson@capousd.org

June 18. Team Thor Thunder Series Throws & PV Meet, UC-San Diego, La Jolla, CA. (s) Tom Meyer, 10323 Ridgewater Ln., San Diego, CA 92131. 858-566-6273; fax: 530-1444; cybertgm@juno.com

June 19. USATF New Mexico Open/Masters Pentathlon. Kathy Fones, 31 Sandhill Rd., Los Lunas, NM 87031. 505-865-8612; fax: 565-8387; foneskn@aol.com; www.usatf.org/assoc/nm

July 10. USATF New Mexico Open/Masters Meet. Kathy Fones, 31 Sandhill Rd., Los Lunas, NM 87031. 505-865-8612; fax: 565-8387; foneskn@aol.com; www.usatf.org/assoc/nm

July 16. Team Thor Thunder Series Throws & PV Meet, UC-San Diego, La Jolla, CA. (s) Tom Meyer, 10323 Ridgewater Ln., San Diego, CA 92131. 858-566-6273; fax: 530-1444; cybertgm@juno.com

NORTHWEST

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

June 11. USATF Inland NW Championships, Pullman, WA. Mike Hinz, 509-332-1168.

June 18-19. Hayward Classic/OR Association Masters Championships, Eugene.

June 25-26. Portland Masters Classic/USATF Northwest Regional Masters Championships, Mt. Hood CC, Gresham, OR. Don Kane, 14239 NW Mason Hill Rd., North Plains, OR 97133.

July 23. Inland Northwest Masters Classic, Mooberry Track (WSU), Pullman, WA. Jeff Schaller, 435 SW State St., Pullman, WA

ON TAP FOR MARCH

TRACK AND FIELD

The USA National Masters Indoor Championships in Idaho on the 11th-13th will be preceded by the National Masters Indoor Heptathlon Championships, Kenosha, WI, on the 5th-6th. Indoor meets are available in NYC; Syracuse, NY; Louisville, KY; and Minneapolis. For outdoor action, head for Arizona, California, Nevada, and Florida.

LONG DISTANCE RUNNING

Los Angelenos will watch the L.A. Marathon XX on the 6th. The Gate River 15K, Jacksonville, FL, and the Bayou City Classic 10K, Houston, TX, on the 12th will start off a St. Patrick's Day parade of races weekend. The 19th offers the Shamrock Sportsfest Marathon & 8K, Virginia Beach, VA, followed by the New Bedford, MA, Half-Marathon and the Atlanta 5K for Women on the 20th. A masters 4-mile can be had at Pigeon Forge, TN, and the Redwood Wild River offers a 15K, in Crescent City, CA, on the 26th.

RACEWALKING

Indoor enthusiasts will be on the Jacksons Track in Nampa, ID, for the 3000m in the USA National Masters Championships on the 13th.

99163. 509-332-3148; jeffschaller@turbonet.com; www.eteamz.com/cometstcm/news

CANADA

March 13. OMTFA Winter Indoor Mini-Meet, York U. 12 noon. douglasj.smith@sympatico.ca

June 25. 34th Annual Ontario Masters Championships, York U. Toronto. www3.sympatico.ca/ontario.masters; douglasj.smith@sympatico.ca

July 9-10. Canadian Masters Championships, York U. Toronto, Ontario. Foreign athletes welcome. Doug Smith, 58 Newmarket Ave., Toronto, ON. M4C 1V9. canadianmastersathletics.com; douglasj.smith@sympatico.ca

INTERNATIONAL

March 4-7. New Zealand Masters Association Championships, Dunedin. nzathletics@xtra.co.nz

July 22-31. World Masters Games, Edmonton, Alberta, Canada. +1 780 822 2005; www.2005worldmasters.com

August 10-12. Masters Athletics GP Meet/IAAF Championships, Lahti, Finland. Hurdles 1/500/JT/100/SP/HJ/400/LJ/WT/XC. Registration deadline: July 1, 2005. Lahden Ahkera Office, Urheilukeskus 15110 Lahit, Finland. www.lahdenahkera.fi

August 22-September 3. 16th World Masters Athletics Championships, San Sebastian, Spain. www.wma-2005.com

March 15-20, 2006. 2nd WMA World Indoor Championships, Linz, AUT. www.linz2006.com/eng

LONG DISTANCE RUNNING

NATIONAL

June 4. USA National Championships/Freihofers George Regan, 518-273-5555 srn.com

June 5. USA National Masters/TEVA Vail 6.3 Spring www.usatf.org

June 18-19. USA National Trail Championships, Loudon usatf.org

July 30. USA National Championships, Crystal www.usatf.org

August 7. USA National Masters Championships, Honolulu, HI. He with the Masters T&F Ch above).

September 25. USA National Championships/Heritage Oaks 10K, www.heritageoaksbank.com;

October 2. USA National Championships/Twin City Minneapolis, MN. www.twin.org; www.usatf.org

October 16. USA National Championships, Saratoga Springs, Regan, george@usatfadir.org

November 26. USA Fall Championships, Rochester, M10K & W6K. Bill Quinlan, St. Rochester, NY 14610-1113; billq@frontiernet.net

EAST

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

March 12. St. Patrick's Day 10K, DC. 301-871-0400; www.runnydc.com

March 13. Thompsonville 5K, 12 noon. 860-989-4382; www.education.com

March 13. DCRRC Burke La VA. www.dccroadrunners.org

March 13. Boston's Run to Remember Marathon & 5 Mile, www.BostonsRunToRemember.com

March 19. Holyoke St. Patrick's Holyoke, MA. 413-562-7000; ricksdayparade.com

March 20. Boston Blowout CT. www.clubct.org

March 20. New Bedford USATF-NE Championships, MA. 508-993-1774; newbedth.com

March 20. USATF New England Championships, New James Mumm, 508-993-1774

March 26. NYRR 8K, Cent. 212-860-4455; www.nyrr.org

March 26. Merrimack River Run, Andover, MA. Stephen Peter 4519.

April 3. Credit Union Cherry Mile, Washington, DC. 800 filled by early Jan. CB 10 Mile Rockville, MD 20848. cherryblm.com

April 10. More Marathon, N. 212-860-4455; www.nyrr.org

April 17. New Jersey Marathon Long Branch. 732-578-1771; thon.org

April 18. 109th BAA Boston www.baa.org

April 23. Bill Robinson Championships, Guilderland H. Jim Tierney, runnerjmt@aol.com

May 1. Long Island Marathon, East Meadow, NY. Eisenhower Park, East Meadow. www.thelmarathon.com

May 1. Broad Street 10 Mile 215-683-3594; www.broadstreet.com

May 21. USATF-NE 12K Bedford, NH. 617-283-6349.

May 29. Vermont City Marathon, Burlington, VT. 800-880-8149

May 29. Nissan Buffalo Mar

LONG DISTANCE RUNNING

NATIONAL

June 4. USA National Masters Women's Championships/Freihofers 5K, Albany, NY. George Regan, 518-273-5552; www.freihofersrun.com

June 5. USA National Masters Championships/TEVA Vail 6.3 Spring Runoff, Vail, CO. www.usatf.org

June 18-19. USA National Masters 100 Mile Trail Championships, Loudonville, OH. www.usatf.org

July 30. USA National Masters 50 Mile Championships, Crystal Mountain, WA. www.usatf.org

August 7. USA National Masters 8K Championships, Honolulu, HI. Held in conjunction with the Masters T&F Championships (see above).

September 25. USA National Masters Championships/Heritage Oaks 10K, Paso Robles, CA. www.heritageoaksbank.com; www.usatf.org

October 2. USA National Masters Championships/Twin Cities Marathon, Minneapolis, MN. www.twincitiesmarathon.org; www.usatf.org

October 16. USA National Masters 5K XC Championships, Saratoga Springs, NY. George Regan, george@usatfadir.org

November 26. USA Fall Nationals XC Championships, Rochester, NY. Masters: M10K & W6K. Bill Quinlisk, 412 Humboldt St., Rochester, NY 14610-1113; 585-482-6371; billq@frontiernet.net

EAST

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

March 12. St. Patrick's Day 10K, Washington, DC. 301-871-0400; www.runwashington.com

March 13. Thompsonville 5K, Enfield, CT. 12 noon. 860-989-4382; www.enfieldrunfor education.com

March 13. DCRRC Burke Lake 12K, Burke, VA. www.droadrunners.org

March 13. Boston's Run to Remember Half-Marathon & 5 Mile, Boston, MA. www.BostonsRunToRemember.org

March 19. Holyoke St. Patrick's Day 10K, Holyoke, MA. 413-562-7007; holyokestpat ricksdayparade.com

March 20. Boston Blowout 30K, Fairfield, CT. www.clubct.org

March 20. New Bedford Half-Marathon/USATF-NE Championships, New Bedford, MA. 508-993-1774; newbedfordhalfmarathon.com

March 20. USATF New England Half-Marathon Championships, New Bedford, MA. James Mumm, 508-993-1774.

March 26. NYRR 8K, Central Park, NYC. 212-860-4455; www.nyrr.org

March 26. Merrimack River Trail 10 Mile, Andover, MA. Stephen Peterson, 508-486-4519.

April 3. Credit Union Cherry Blossom 10 Mile, Washington, DC. 8000 limit/usually filled by early Jan. CB 10 Mile, PO Box 5366, Rockville, MD 20848. cherryblossom.org

April 10. More Marathon, New York City. 212-860-4455; www.nyrr.org

April 17. New Jersey Marathon & 10 Mile, Long Branch. 732-578-1771; www.njmarathon.org

April 18. 109th BAA Boston Marathon. www.baa.org

April 23. Bill Robinson 10K Masters Championships, Guelderland HS, Albany, NY. Jim Tierney, runnerjmt@aol.com

May 1. Long Island Marathon & Half-Marathon, East Meadow, NY. LI Marathon. Eisenhower Park, East Meadow, NY 11554. www.thelimarathon.com

May 1. Broad Street 10 Miler, Philadelphia. 215-683-3594; www.broadstreetrun.com

May 21. USATF-NE 12K Championships, Bedford, NH. 617-283-6349.

May 29. Vermont City Marathon & Relay, Burlington, VT. 800-880-8149; www.vcm.org

May 29. Nissan Buffalo Marathon. 716-694-

5154; www.buffalomarathon.com

May 30. The Fred d'Elia Ridgewood Run/USATF-NJ Women's Masters 5K Championship, Ridgewood, NJ. 5-yr. AG awards. 201-447-9750; www.NJMasters.com

SOUTHEAST

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

March 6. Bay to Bay 12K & 5K, St. Petersburg, FL. 727-367-RACE; www.runbaytobay.com

March 12. Luck of the Irish 5K, Mobile, AL. 251-473-7223; www.pcpacers.org

March 12. Gate River Run 15K & 5K, Jacksonville, FL. USA 15K Championships. 904-731-1900; www.gate-riverrun.com

March 12. Winter Park 10K, Winter Park, FL. www.trackshack.com

March 19. Shamrock Sportsfest Marathon, Relay & 8K, Virginia Beach, VA. Shamrock Sportfest, 2321 Cape Arbor Dr., Virginia Beach, VA 23451-1310. shamrockmarathon.com

March 19. Azalea Trail Run 10K, Mobile, AL. See March 12.

March 20. Knoxville Marathon & Half-Marathon, Knoxville, TN. www.knoxvillemarathon.com

March 26. Atlanta Women's 5K, Atlanta, GA. 404-231-9064; www.atlantatrackclub.org

March 26. Masters 4 Mile, Dollywood Theme Park, Pigeon Forge, TN. Free T-shirt and \$64 season pass to Dollywood. Ross Dunton, Coachr880@bellsouth.net

March 27. U.S. Half-Marathon, Atlanta, GA. www.runatl.com

April 2. Cooper River Bridge Run, Charleston, SC. 843-937-4183; www.bridgerun.com

April 2. BayBears Homerun Trot 5K, Hank Aaron Stadium, Mobile, AL. 251-473-7223; www.pcpacers.org

April 9. Ukrop's Monument Avenue 10K, Richmond, VA. www.sportsbackers.org

April 16. Grace Race 5K, Ocala, FL. 352-637-2475; www.roadwarriorseries.com

April 16. Charlotte RaceFest Half-Marathon & 10K, Charlotte, NC. 704-377-8786; www.charlotteracefest.com

April 30. Country Music Marathon & Half-Marathon, Nashville, TN. 615-742-1660; www.cmmarathon.com

May 15. Biltmore Estate 5K & 15K, Asheville, NC. 828-645-0169; www.main.nc.us/kiwanis ca/race05.htm

MIDWEST

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

March 12. Anthem 5K, Louisville, KY. 502-479-8786; louisvilleletriplecrown.com

March 13. St. Paddy's Day 5K, Chicago. 773-868-3010; www.chicagoevents.com

March 13. Shillelagh 4 Mile, Flushing, MI. 810-659-6493; www.riverbendstriders.com

March 20. Lakeshore Marathon, Chicago. 773-765-9030; info@lakeshoremrathon.com

March 26. Rodes City 10K, Louisville, KY. 502-753-1020; louisvilleletriplecrown.com

April 9. Papa Johns 10 Mile, Louisville, KY. www.papajohns10miler.com; louisvilleletriplecrown.com

April 9. Papa John's 10-Miler/USA Championship, Louisville, KY. www.papajohns.com/louisville

April 30. Kentucky Derby Festival Marathon/miniMarathon, Louisville. derbyfestivalmarathon.com

May 1. Cincinnati Flying Pig Marathon. 513-721-7447; flyingpigmarathon.com

May 7. Indianapolis Life 500 Festival Mini-Marathon. 800-638-4296; www.500festival.com

May 22. Cleveland Marathon, Half-Marathon & 5K, Cleveland, OH. 800-467-3826; www.clevelandmarathon.com

May 22. Green Bay Marathon, Green Bay, WI. 1-800-889-1859; www.cellcomgreenbaymarathon.com

MID-AMERICA

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

March 12. St. Patrick's Day 4 Mile, Kansas City, MO. 816-474-4652, x228; www.sportkc.org

March 13. Runnin' of the Green Lucky 7K, Denver, CO. www.bkbltd.com

April 10. Spirit of St. Louis Marathon, St. Louis, MO. 314-727-0800; www.stlouismarathon.com

April 3. 25th St. Louis Half-Marathon & 3000m, St. Louis, MO. 314-781-3926; www.stlouistrackclub.com

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

March 12. Bayou City Classic 10K, Houston, TX. www.bayoucityclassic.org

March 12. St. Patrick's Day 5K, Tulsa, OK. 918-481-1234; www.sook.org

March 13. UNCF Fund Run 5K, New Orleans, LA. 504-467-8626; www.runnotc.org

March 26. Crescent City Classic 10K, 504-861-8686; www.CCF.org

April 9-10. Redbud Classic Half-Marathon, 10K & 5K, Oklahoma City. 405-842-8295; www.redbud.org

April 24. Oklahoma City Memorial Marathon, Relay & 5K, Oklahoma City. www.okcmarathon.com

May 14. OG & E Sooner State Games Half-Marathon, 10K & 5K, Lake Overholser, OK. 405-236-5000; www.soonerstategames.org

WEST

Arizona, California, Hawaii, Nevada, New Mexico

March 6. L.A. Marathon XX, Los Angeles. 310-444-5544; www.lamarathon.com

March 6. Napa Valley Marathon, Napa, CA. www.napa-marathon.com

March 12. St. Patrick's Day 4 Mile, Fresno, CA. 559-275-6318; www.proracegroup.com

March 12. Big Cat 10K, Newbury Park, CA. 805-701-7248; www.NPHS.org

March 13. Fifty-Plus Paul Spangler Memorial 8K 5K RW, Palo Alto, CA. 50+ 650-843-1750; pre-registration is available via: www.active.com; www.50plus.org; info@50plus.org

March 13. Valley of the Sun Marathon, Mesa, AZ. www.valleyofthesunmarathon.com

March 13. Arizona Distance Classic Half-Marathon, Oro Valley. www.arizonadistanceclassic.com

March 13. Blue Cross of California Spirit Run 10K & 5K, Newport Beach. www.kinaneevents.com

March 19. Great Race of Agoura Half-Marathon, Agoura Hills, CA. 818-313-2102; www.greatraceofagoura.com

March 20. Morrow Institute Women Running Wild 5K, Palm Springs, CA. 760-324-7069; www.kleinclarksports.com

March 26. Redwood Wild River 15K, Crescent City, CA. 11:00 am. Ralph Hirt, 707-464-3779; cultra37@hotmail.com

April 3. Carlsbad 5000, Carlsbad, CA. www.eliteracing.com

April 9. Santa Anita Derby Day 5K, Arcadia, CA. www.w2promo.com

May 1. Avenue of the Giants Marathon, Half-Marathon & 10K, Humboldt Redwoods St. Park, CA. www.theave.org

May 22. Pasadena Senior Olympics. Rose Bowl, Pasadena, CA. 5000m & 10,000m. Qualifier for the 2006 California Senior Games Championships. Meet Director: Jim Hanley. 805-496-1829, jim@hanleycc

NORTHWEST

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

March 5. SOSRC Shamrock Run 5 Mile, Central Point, OR. Mike Barrett, 541-779-1214.

March 12. Canyonlands Half-Marathon, Moab, UT. www.moabhalfmarathon.org

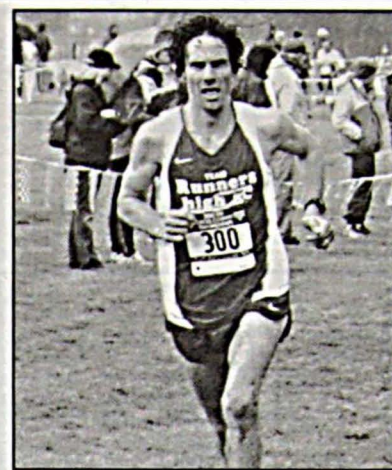
March 13. Shamrock 15K, 8K & 5K, Portland, OR. 503-203-9166; www.ontherun.com/shamrock

March 26. Ephrata Canal Caper 10K/USATF Inland NW Championships, Ephrata, WA. Joe McManus, 509-754-4251.

April 3. Bridge2Bridge 5K & 10K, Portland, OR. www.t-events.com

April 9. 29th Pear Blossom 5K & 10 Mile, Medford, OR. 541-535-1205; www.pearblossomrun.com

April 10. Whidbey Island, WA, Marathon.



JERRY WOJCIK
Andrew Atkinson, 43, 8th M40+ (27:56), USA Masters 8K XC Championships, Ft. Vancouver, Wash.

www.whidbeyislandmarathon.com

April 16. USATF Inland NW 8K Championships, Connell, WA. Ken Sellereite, 509-234-8606.

April 23. Salt Lake City Marathon & 5K. 801-412-6060; saltlakecitymarathon.com

May 1. Bloomsday 12K/USATF Inland NW Championships, Spokane, WA. 509-838-1579; www.bloomsdayrun.org

May 1. Cinco de Mayo 5K & 10K, Portland, OR. www.t-events.com

May 15. Capital City Marathon, Half-Marathon, & 5 Mile, Olympia, WA. 360-786-1786; www.capitalcitymarathon.org

CANADA

May 8. OMTFA Championships/Forest City 10K, London, Ont. www3.sympatico.ca/on tario.masters; douglasj.smith@sympatico.ca

May 28-29. ING Ottawa Marathon, Half-Marathon & 10K, Ottawa, Canada.

INTERNATIONAL

March 12. British Masters XC Championships, Bangor Co. Down, Northern Ireland. BMAF XC/co 1 Wilmont Park, Dunmurray, Belfast, BT17 9JW, UK. www.bmaf.org.uk

March 26. Two Oceans Half-Marathon, Cape Town, South Africa. Also 56K. www.two oceansmarathon.org.sa

RACEWALKING

March 13. USA National Masters Indoor 3000m Championships, Nampa (Boise), ID. See National T&F above.

April 16. Northwest Regional Masters 10,000m RW Championships, West Seattle Stadium. Bev LaVeck, 511 Lost River Rd., Mazama, WA 98833. 509-996-2423; bevlaveck@methow.com

May 15. USA National Masters 15K RW Championships, Riverside, CA. www.usatf.org

May 21. Pasadena Senior Olympics, Pasadena CC, CA. 1500m & 5000m RWs. Qualifier for the 2006 California Senior Games Championships. Meet Director: Jim Hanley. 805-496-1825, jim@hanleycc

May 22. Pasadena Senior Olympics, Rose Bowl, Pasadena, CA. 5000m & 10,000m RWs. Qualifier for the 2006 California Senior Games Championships. Meet Director: Jim Hanley. 805-496-1829, jim@hanleycc

August 5 & 7. USA National Masters 5000m (5th) and 10K (7th) RW Championships, Honolulu, HI. See National T&F above.

September 11. USA National Open & Masters 40K RW Championships, Ocean Township, NJ. Elliott Denman, 732-222-9080; www.usatf.org

October 8. USA National Open & Masters 5K RW Championships, Kingsport, TN. Bobby Baker, 423-349-6406; www.usatf.org

November 13. USA National Masters 20K RW Championships, Clermont, FL. Don DeNoon, 352-241-7144; www.usat-ntc.com; e-mail: noonwalk_99@yahoo.com

December 4. USA National Open & Masters One-Hour RW Championships, Jacksonville, FL. www.usatf.org

Table with columns for athlete names, pentathlon scores, and dates. Includes athletes like Dolf Berle and Jim Watts.

RECIPIENTS OF ALL-AMERICAN AWARDS

Table listing award recipients for M50-54, M55-59, M60-64, and M65-69 age groups.

Table listing award recipients for M70-74, W35-39, and other categories.

TRACK Please send results 50098, Eugene, OR 9 keep information current more than 3 months of wide in metric in our the 10th of the mo

EAST Philadelphia Masters I Meet, Haverford Coll Dec. 12

U.S. MASTERS ALL-AMERICAN STANDARDS FOR MEN. Large table with columns for age groups (30-34 to 90+) and various events (55, 60, 100, 200, 400, 800, 1500, Mile, 3000, 5000, 10000, 55H, 60H, 110H, 100H, 80H, 400H, 300H, 3K-SC, 2K-SC, HJ, PV, LJ, TJ, Shot, Discus, Hammer, Javelin, 35#WL, Weight, Sup.WL, Pent, Decath, Wt. Pent).

U.S. MASTERS ALL-AMERICAN STANDARDS FOR WOMEN. Large table with columns for age groups (30-34 to 90+) and various events (55, 60, 100, 200, 400, 800, 1500, Mile, 3000, 5000, 10000, 100H, 80H, 400H, 300H, 2K-SC, HJ, PV, LJ, TJ, Shot, Javelin, Discus, Hammer, Weight, Sup.WL, Wt. Pent).

Vertical list of names and numbers, likely a roster or index for the Philadelphia Masters I Meet.

U.S. MASTERS ALL-AMERICAN STANDARDS OF EXCELLENCE FOR RACEWALKERS. Table with columns for age groups (W30 to W90) and various distances (1.5K, Mile, 3K, 5K, 8K, 10K, 15K, 20K, 25K, 30K, 40K, 50K).

APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH. Form with fields for NAME, AGE-GROUP, ADDRESS, SEX, CITY, STATE, ZIP, MEET, DATE OF MEET, MEET SITE, EVENT, MARK, HURDLE HEIGHT, WEIGHT OF IMPLEMENT. Includes instructions for certificate and patch application.

MAC Masters Indoor Me 168th St. Army, NYC Dec. 26. Table listing names and numbers for the indoor meet.

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

Philadelphia Masters Indoor Meet, Haverford College Dec. 12

60m	
M30 Maxwell Browne	8.0
M35 Leon Winder	8.0
M40 Tony DeSalvo	7.8
M45 Tony Fulton	7.3
M50 Gary Arend	8.0
M55 Bruce Campella	9.1
M60 Fred Edelstein	8.6
M65 Bill Bittner	8.9
M70 Earl Mege	12.0
W30 Jill Cypress-Turner	8.2
200m	
M30 Maxwell Browne	26.3
M40 Tony DeSalvo	25.2
M45 Russ Patton	28.9
M50 Gary Arend	28.5
M55 Bruce Campella	31.6
M60 Bob Fuhrman	30.3
M65 Nate Byrd	31.4
W30 Jill Cypress-Turner	28.5
W35 Virginia Whitfield	33.3
W55 Barbara Leighton	40.1
400m	
M30 Ted Diehl	1:04.3
M35 Leon Winder	1:02.5
M40 Steve Nearman	58.2
M45 Tim Jones	58.4
M55 Bill Payne	1:10.9
M60 Bob Fuhrman	1:12.6
M65 George Blyn	2:59.0
W40 Lorraine Jasper	1:07.3
W45 Joan Affleck	1:18.8
W55 Barbara Leighton	1:27.6

800m	
M30 Chris Carroll	2:29.0
M40 Steve Nearman	2:13.4
M45 Chuck Shields	2:09.4
M50 Dennis Mellish	2:31.1
M55 Richard Bartz	2:45.4
M60 Carl Landis	2:40.4
W40 Lorraine Jasper	2:33.2
1 Mile	
M30 Chris Carroll	5:19.3
M35 Gene Tung	4:49.9
M40 Bob Rinkim	4:53.2
M45 Chuck Shields	4:46.0
M50 Jon Cohen	5:29.6
M55 Bill Payne	5:50.6
M60 Carl Landis	5:54.0
M65 George Blyn	14:45.5
W35 Virginia Whitfield	8:27.9
W40 Lorraine Jasper	5:31.5
W45 Joan Affleck	6:39.3
W55 T Mullis-Dubow	7:29.2
3000m	
M30 Mike Padilla	9:06.1
M40 Bob Rinkim	10:17.5
M45 Dave Currie	10:00.0
M50 Joel Hoffsmith	10:18.4
M55 Carl Gossman	13:41.1
W40 Lorraine Jasper	11:48.2
W50 T Mullis-Dubow	15:36.6

Short Hurdles	
M30 Chris Paslay	11.1
M55 Robert Beale	11.1
W30 Jill Cypress-Turner	10.7
High Jump	
M35 Tom Bednar	1.57
Long Jump	
M45 Kenneth Crawford	4.04
M65 Kevin Murphy	3.70
Triple Jump	
M30 Cardwell Wooten	11.60
W30 Jill Cypress-Turner	10.76
Shot Put	
M50 Nick Helfrich	10.21
M55 Dean Diehl	9.85
M70 Ray Feick	10.38
W35 Virginia Whitfield	7.00
1 Mile RW	
M40 Larry Schiller	8:56.4
M60 Joel Dubow	10:43.6
M65 Carl Kane	10:48.8
M70 William May	9:05.4
M75 Ed Gawinski	10:45.5
W35 Marie Woodland	8:56.7
W65 Lana Kane	11:16.9

MAC Masters Indoor Meet 168th St. Armory, NYC Dec. 26

60m	
M30 Adrian Krasniai	7.49
M35 Eytape Orassan	8.02
M40 Christopher Davila	7.58
M45 Tony Fulton Sr	7.37
M50 Rockdale Hudson	8.23
M55 Bob Davis	8.20
M60 Dominic Rappazzo	8.89
M65 John Lewis	9.32
300m	
M30 Adrian Krasniai	38.95
M36 Steven Bollman	41.57
M40 Charles Weekes	41.57
M45 Val Barnwell	38.67
M55 Errol Lee	42.11
M60 John Lewis	49.58

W35 Amy Laub	47.04
W45 Louise Clark	50.19
W60 Elaine Matthews	59.98
800m	
M30 Kyle Lanier	2:06.88
M40 Gerald Pearlberg	2:10.40
M45 David Zurheide	2:26.36
M50 Tony Piaster	2:26.00
M40 Kathleen Clifton	2:18.92
W50 Mary Rosado	5:53.40

1 Mile	
M40 Martin Fitzgerald	4:58.24
M50 Steve Schallenkamp	5:05.13
M55 Harry Lichtenstein	5:59.68
W35 Minique Lebron	6:47.83
W40 Lynn Johnson	6:08.41
W60 M-L Michelson	6:18.52
3000m	
M45 Alexis Davidson	16:16.53
Short Hurdles	
M50 Dave Friedman	16.77
High Jump	
M50 Dave Friedman	1.17
M40 Igor Agaev	1.94
M45 Bruce McBarnette	1.94
M60 Gerald Counihan	1.42
W30 Yevgenia Shockome	1.32
Long Jump	
W30 Yevgenia Shockome	4.15
Triple Jump	
M45 Rick Acker	11.00
M50 Dave Friedman	7.19
Shot Put	
M30 Marty Eisner	11.35
M40 Tony Ciccone	11.63
M55 George Castelli	12.80
3000m RW	
M40 Alexis Davidson	16:15.53
M55 J Wyachesean	14:57.84
M60 Leo Amaki	11:19.00

USATF New England Indoor Championships, Brown U Providence, RI; Jan. 9

55m	
M30 Themis Chronis	7.13
M40 Michael Needham	7.13
M45 David Neumann	7.15
M50 Kenneth Effler	7.74
M55 Lee Hess	7.67
M60 Roger Pierce	7.69
M65 Roosevelt Weaver	8.18
M70 Dennis Melanson	8.12
M80 Raoul Rodrigues	9.87
W55 Patricia Peterson	11.56
W60 Ann McGowan	12.69
200m	
M40 Michael Needham	25.03
M45 David Neumann	25.88
M50 Carroll Blake	27.20
M55 Warren Graff	27.55
M60 Roger Pierce	27.21
M65 Lowell Thompson	30.83
M70 Dennis Melanson	30.43
M80 Raoul Rodrigues	38.32
W75 Patricia Peterson	46.97
400m	
M40 Michael Needham	56.09
M45 David Neumann	56.39
M50 Carroll Blake	59.82
M55 John Novak	1:07.70
M60 Roger Pierce	1:01.98
M80 Earl Sweeney	1:36.45
W75 Patricia Peterson	2:06.76
800m	
M55 Brad Johnson	2:35.81
M60 Kenneth Skinner	2:54.66
M65 Jerry LeVasseur	3:00.26
M70 Dennis Branham	3:07.68
W45 Marge Bellisie	2:42.32
1 Mile	
M45 Eric Bucher	5:33.59
M55 Brad Johnson	5:45.92
M60 Kenneth Skinner	6:31.39
M65 Bill Spencer	6:11.81
M70 Dennis Branham	6:45.63
W30 Claudia Camargo	5:10.68
W35 Patricia Hillery	5:20.43
W45 Marge Bellisie	5:40.30
W50 Suzanne Martineau	8:11.53
W65 Mary Harada	7:34.58
3000m	
M45 Martin Tighe	10:00.91
M50 Paul Grogan	11:09.90
M55 Phillip Riposo	11:57.27
M60 George Connetfrey	15:26.34
M65 Bill Spencer	11:39.70
M70 Dennis Branham	14:02.56
W30 Claudia Camargo	10:10.07
W45 Anne Hird	11:48.09
W65 Mary Harada	15:00.89

Philadelphia Masters Indoor Meet, Swarthmore College Jan. 9

55m	
M30 Dan Murdock	6.8
M45 Lovell Butler	6.8
M50 Gary Arend	7.8
M55 Greg Dubas	8.7
M60 Fred Edelstein	8.2
M65 Bill Bittner	8.4
M70 Jim Stookey	8.2
W30 Jill Cypress-Turner	7.6
W70 Audrey Lary	9.5
200m	
M30 Dan Murdock	23.6
M40 Bruce Mannon	32.1
M50 Gary Arend	28.4
M60 Bob Fuhrman	31.0
W55 Barbara Leighton	40.3
400m	
M30 Dan Murdock	52.4
M45 Pat Good	1:03.2
M50 Archie Gaspy	55.7
M55 Richard Brown	1:05.9
M60 Bob Fuhrman	1:12.5
M65 George Blyn	2:56.3
W40 Lorraine Jasper	1:05.7
W45 Joan Affleck	1:16.9
W50 Diane McManus	1:49.6
W55 Barbara Leighton	1:30.9
800m	
M30 John Moon	2:19.4
M35 Nick Contastino	2:23.6
M40 David Lang	2:26.6
M45 Keith Davies	2:17.2
M50 Joel Hoffsmith	2:23.9
M55 Richard Brown	2:43.8
M65 George Blyn	7:11.6
M90 Frank Levine	5:45.2
W40 Joan Affleck	2:59.7
W50 Diane McManus	4:00.6
1 Mile	
M30 Kareem Lanier	4:45.7
M35 Rick Vance	7:56.9
M40 Marty Doherty	4:50.9
M45 Keith Davies	4:54.8
M50 Tony Piaster	5:15.4
M55 George Sanders	6:25.0
M65 George Blyn	14:30.9

Long Jump	
M45 Marcus Battle	5.23
M50 Kenneth Effler	4.69
M60 James Kenney	4.33
M70 John Polevy	3.85
M80 Raoul Rodrigues	2.96
W80 Ann McGowan	2.02
Triple Jump	
M45 Marcus Battle	11.95
M50 Bob Kortman	9.19
M80 Raoul Rodrigues	4.79
W80 Ann McGowan	3.72
Shot Put	
M35 Robert Palazzo	9.33
M40 Brian Doherty	9.34
M45 Dan Wallace	11.67
M50 Kenneth Effler	11.20
M55 Charles Roll	14.26
M60 Doug Renwick	10.86
M65 Gerald Vaughn	13.37
M70 A Xanthopoulos	12.12
M75 William Clew	10.53
M80 Vern Mattson	3.77
W60 Roslyn Katz	7.28
W70 Anne Cirulnick	6.99
W80 Ann McGowan	4.60

Weight Throw	
M35 Kevin Sullivan	14.37
M40 Brian Doherty	11.85
M45 Dan Wallace	11.32
M55 Charles Roll	14.39
M65 George Cormey	10.35
M70 Ray Feick	14.16
M75 William Garrahan	13.24
M60 Roslyn Katz	10.50
W70 Anne Cirulnick	7.40
W80 Ann McGowan	5.14
1 Mile RW	
M45 Richard McElvery	8:03.42
M50 Brian Savilonis	8:14.26
M55 Bob Keating	7:35.41
M60 Charles Mansbach	9:59.19
M65 George Curti	11:49.65
M70 Robert Beaudet	10:30.64
M75 Bill McCann	10:48.48
M80 Dorothy Zullo	10:13.18
W50 Heidi Duskey	10:26.42
W55 Patricia Godfrey	10:35.51
W60 Joanne Harriman	10:39.06

Potomac Valley TC Indoor Meet, Arlington, VA; Jan. 9

Open Mile	
M35 Brinton Warren	6:31.5
M40 Ted Poulos	5:32.8
M45 Jeffrey Walker	5:55.2
W30 Robin Martz	6:05.6
W35 Yuko Takakusaki	6:20.5
W40 Marcie Knapp	6:17.4
W50 Jenny Rexrode	6:26.7
Masters Mile	
M35 Gregory Pennell	5:30.2
M40 Wayne Cottrell	5:12.4
M45 Steve Moyer	5:43.1
M50 Milan Basta	5:47.6
M55 Robert Weiner	6:26.9
M65 Kenton Pattie	7:29.9
3000m	
M40 Ted Poulos	11:19.7
M45 James Scarborough	13:19.7
M50 J J Wind	12:04.0
M65 Kenton Pattie	15:22.4
3000m RW	
M60 Jim Carmine	16:46.6
W40 Laura Ince	15:43.2

Philadelphia Masters Indoor Meet, Swarthmore College Jan. 9

55mH	
M30 Dan Murdock	6.8
M45 Lovell Butler	6.8
M50 Gary Arend	7.8
M55 Greg Dubas	8.7
M60 Fred Edelstein	8.2
M65 Bill Bittner	8.4
M70 Jim Stookey	8.2
W30 Jill Cypress-Turner	7.6
W70 Audrey Lary	9.5
200m	
M30 Dan Murdock	23.6
M40 Bruce Mannon	32.1
M50 Gary Arend	28.4
M60 Bob Fuhrman	31.0
W55 Barbara Leighton	40.3
400m	
M30 Dan Murdock	52.4
M45 Pat Good	1:03.2
M50 Archie Gaspy	55.7
M55 Richard Brown	1:05.9
M60 Bob Fuhrman	1:12.5
M65 George Blyn	2:56.3
W40 Lorraine Jasper	1:05.7
W45 Joan Affleck	1:16.9
W50 Diane McManus	1:49.6
W55 Barbara Leighton	1:30.9
800m	
M30 John Moon	2:19.4
M35 Nick Contastino	2:23.6
M40 David Lang	2:26.6
M45 Keith Davies	2:17.2
M50 Joel Hoffsmith	2:23.9
M55 Richard Brown	2:43.8
M65 George Blyn	7:11.6
M90 Frank Levine	5:45.2
W40 Joan Affleck	2:59.7
W50 Diane McManus	4:00.6
1 Mile	
M30 Kareem Lanier	4:45.7
M35 Rick Vance	7:56.9
M40 Marty Doherty	4:50.9
M45 Keith Davies	4:54.8
M50 Tony Piaster	5:15.4
M55 George Sanders	6:25.0
M65 George Blyn	14:30.9

M90 Frank Levine	12:32.5
3000m	
M30 Chris Carroll	10:50.1
M40 Peter Carroll	10:17.7
M45 Maurice Pointer	10:35.8
M50 Joel Hoffsmith	10:24.3
M55 Carl Gossman	13:08.7
W50 Diane McManus	16:42.7
High Jump	
M30 Cardwell Wooten	1.60
M70 Jim Stookey	1.30
Pole Vault	
M40 Duncan Littlefield	14-4
M50 Jim O'Neill	11-0
Long Jump	
M70 Jim Stookey	14-1
W70 Audrey Lary	10-3-50
Triple Jump	
M30 Cardwell Wooten	10-10
M70 Jim Stookey	29-1
W30 Jill Cypress-Turner	34-8-50
W70 Audrey Lary	25-1
Shot Put	
M50 Nick Helfrich	9.94
M55 Dean Diehl	10.19
Short Hurdles	
M70 Jim Stookey	9.8
W30 Jill Cypress-Turner	9.8
1 Mile RW	
M45 Larry Schiller	8:47.5
M60 Joel Dubow	10:38.6
M70 William May	9:09.2
M75 Ed Gawinski	11:05.4

Prince George's Sportsfest Indoor Meet Landover, MD; Jan. 16

60m	
M30 Andre Owens	7.47
M35 Don Davis	7.26
M40 Eugene Vickers	7.13
M45 Alfred Buckley	7.61
M50 Hayward Evans	7.77
M55 John Borden	8.46
M75 Wilton Gordon	10.41
M40 Lisa Carey	8.49
W60 Meta Jane Mortensen	12.20
W70 Audrey Lary	10.23
400m	
M35 Leslie Young	54.44
M40 Glen Whiteley	55.09
M50 Thomas Jones	56.87
800m	
M35 Eric Jackson	2:11.2
M40 Steve Nearman	2:08.6
M45 Russ Patton	2:16.8
M50 Rich Hower	2:23.5
W40 Lorraine Jasper	2:31.2
W45 Julie Hayden	2:29.6
1600m	
M45 Russ Patton	5:08.3
M50 Spider Rossiter	5:24.9
W40 Lorraine Jasper	5:30.0
W45 Joan Affleck	6:28.7
3000m RW	
M50 Tony Markley	20:27.0
M60 Victor Litwinski	18:39.9
M80 Charles Boyle	20:18.8
W40 Trintje Downes	22:33.0
Short Hurdles	
M50 Anthony Searles	9.69
M70 Jim Stookey	9.58
W65 Evelyn Wright	14.25

Syracuse Chargers Meet Manly Field House, Jan. 16

200m	
W40 JoAnn Healey	42.1
W50 Linda Orlicz	33.0
M40 Bill Morrow	29.3
Dave Sada	31.0
M45 Brendan Jackson	25.4
M65 Tom Fondy	29.2
M75 Ed Cox	32.6

440y		
M30 Kyle Lanier	58.4	
M45 Russ Patton	1:06.0	
M55 Bill Indek	1:17.6	
M65 Matt Lalumia	1:23.0	
W40 Paula O'Brien	1:17.8	
W45 Joan Affleck	1:19.0	
W55 Barbara Leighton	1:29.0	
880y		
M30 Kareem Lanier	2:09.5	
M35 Keith Franks	3:21.4	
M40 David Huttinger	2:42.8	
M45 Chuck Shields	2:10.5	
M50 Joe Fego	2:50.3	
M55 Bill Indek	2:58.2	
M60 Antonio Cruz	2:57.9	
W45 Joan Affleck	3:03.1	
1-Mile		
M30 Kareem Lanier	4:48.5	
M35 Eric Galosi	5:14.8	
M40 Mark Staudenmeier	5:15.9	
M45 Chuck Shields	4:50.7	
M50 Andrew Opalka	5:41.6	
M60 Antonio Cruz	6:14.3	
W35 Virginia Whitfield	8:39.3	
W45 Joan Affleck	6:41.4	
2-Mile		
M35 Joe Turchetti	12:09.6	
M40 David Huttinger	13:55.6	
M45 Keith Davies	10:58.2	
M50 John Fulton	12:43.5	
M55 Phil Krachun	14:50.6	
Short Hurdles		
W30 Jill Cypress-Turner	10.6	
Long Jump		
M30 Durell Johnson	17-4.25	
Triple Jump		
M30 Cardwell Wooten	40-4.25	
W30 Jill Cypress-Turner	34-7.50	
Shot Put		
M50 Sal Adamo	9.63	
M55 Joe De Stefano	11.00	
M65 Jack McDonald	9.47	
M70 Ray Feick	10.83	
Weight Throw		
M50 Nick Helfrich	11.21	
M55 Dean Diehl	8.66	
M65 Jack McDonald	10.90	
M70 Ray Feick	12.91	

Potomac Valley/DC Road Runners Meet		
Arlington, VA; Feb. 6		
Open Men's Mile		
M40 Doug Landau	5:41.3	
M45 Rob Johnson	5:36.5	
Men's Elite Mile		
M30 Chris Gonzalez	5:14.3	
M35 Jim Ehrenhaft	4:57.4	
M40 Wayne Hugar	5:28.2	
Men's Masters Mile		
M40 Dan Kuehn	5:28.9	
M45 George Buckheit	4:54.7	
M50 Rich Hower	5:33.0	
M55 Bob Weiner	6:18.4	
Women's Mile		
W65 Tami Graf	8:27.6	
3000m		
M35 M McVey-Finney	10:08.2	
M40 Christopher Johnston	12:07.4	
M45 Rob Johnson	10:38.3	
M50 Benedict Arnold	11:27.4	
M55 J J Wind	12:16.2	
W65 Tami Graf	16:24.3	
3000m RW		
M65 Roger Webb	20:38.3	
W40 Trintje Downes	22:38.6	

SOUTHWEST

Louisiana Senior Olympic Games, Baton Rouge Oct. 8-9		
50m		
M50 Larry Hudson	7.31	
M55 Robert Baker	7.03	
M60 Jack Dunn	7.40	
M65 Bill Rushing	7.56	
M70 Sid Montecino	11.70	
M75 Al Badinger	7.95	
W50 Sandy Triplett	9.25	
W55 Donna Knapp	10.50	
W60 Wanda Whitman	10.16	
W65 Doris Polak	9.19	
W70 Louise Reynolds	10.19	
W75 Burtie Smith	10.86	
W80 Puddin Kelley	11.73	
100m		
M50 Walden Curry	13.16	
M55 Danny Thiel	12.38	
M60 Mike Turner	13.34	
M65 Lonny Kuhn	14.78	
M70 Sonny Oliphant*	16.28	
Sid Montecino	16.88	
M75 Al Badinger	17.57	
M80 Benny Cruse	19.81	
M85 Ted Yenari	32.73	
M90 Bill Domingues AR (Buel Crane/20.69/1990)	20.19	
W50 Sandy Triplett	18.66	
W55 Phil Raschker	15.72	
W60 Sally Curtis	16.16	
W65 Doris Slidel	18.50	
W70 Louise Reynolds	23.64	
W75 Burtie Smith	21.25	
W80 M E Norckauer	26.28	
200m		
M50 Walden Curry	28.20	
M55 Larry Smith	26.41	
M60 Mike Turner	28.63	
M65 Charlie Richard	32.03	
M70 Sid Montecino	37.97	
M75 Wayne Hanson	34.88	
M90 Bill Domingues	47.66	
W50 Sandy Triplett	41.56	
W60 Sally Curtis*	36.59	

Wanda Whitman	46.78	
W65 Bernice Bordelon	47.32	
W75 Burtie Smith	47.31	
400m		
M50 Warren Byrd	1:10.53	
M55 Danny Thiel	1:08.37	
M60 Pete Clarke	1:05.57	
M70 Sid Montecino	1:35.96	
M75 Wayne Hanson	1:22.90	
W50 Sandy Triplett	1:38.54	
W60 Wanda Whitman	2:01.79	
W65 Sandra Garlington	1:48.00	
W75 Burtie Smith	2:23.49	
W80 M E Norckauer	3:13.57	
800m		
M50 Ted Heroman	2:26.21	
M55 Dicky Morgan	2:23.53	
M60 John Hendry	2:45.41	
M70 Charlie Wimberley	2:44.03	
M75 Wayne Hanson	3:11.78	
M85 John Boots	3:59.69	
W50 Sandy Triplett	3:36.39	
W55 Marion Robinson	3:29.87	
W60 Dolores Rodrigue	4:37.41	
W65 Sandra Garlington	4:40.25	
W80 M E Norckauer	5:50.07	
1500m		
M50 John Wingard	5:26.35	
M55 Dicky Morgan	5:11.53	
M60 Tad Jurgens	5:40.87	
M70 Charlie Wimberley	5:59.41	
M75 Wayne Hanson	6:17.75	
W55 Marion Robinson	7:00.79	
W80 M E Norckauer	10:52.72	

High Jump		
M50 Emmett Gibbs	5-0	
M55 Paul Bowman	4-2	
M60 Gene Waalk	4-2	
M65 Sammy Bullard	4-0	
M70 Sonny Oliphant	3-8	
M75 John Poche	3-6	
M80 Benny Cruse	3-2	
W50 Eleanor Gipson	4-4	
W55 Phil Raschker	4-0	
W65 Bernice Bordelon	3-2	
W70 Louise Reynolds	3-0	
Pole Vault		
M50 Gary Kratzer	9-6	
M55 Tomkinson Rauscher	11-0	
M60 Scooby Lewis	8-0	
M65 Sammy Bullard	7-6	
M70 Glenn Breckenkamp	5-6	
M75 Bill Noonan	4-6	
M85 Ted Yenari	4-0	
W55 Phil Raschker	7-6	

Long Jump		
M50 Emmett Gibbs	15-8	
M55 Robert Baker	14-10	
M60 Gene Waalk	13-2	
M65 Charlie Richard	13-4	
M70 Glenn Breckenkamp*	9-9	
Paul Adams	8-0	
M75 Al Badinger	10-0	
M80 Benny Cruse	7-8	
W55 Phil Raschker	12-7	
W60 Sharon Hebert	4-4	
W65 Bernice Bordelon	8-7	
W80 M E Norckauer	6-1	
Triple Jump		
M50 Keith Cognevich	31-3	
M55 Lloyd Whitman	27-2	
M60 Gerald Hebert	20-10	
M65 Charlie Richard	32-1	
M70 Paul Adams	18-9	
M75 John Poche	18-3	
M80 Benny Cruse	14-11	
W55 Phil Raschker	24-4	
W80 M E Norckauer	14-3	

Shot Put		
M50 Jesse Wimberly	38-1	
M55 Vince Breaux	37-9	
M60 Phillip Arnold	44-5	
M65 Don North	35-4	
M70 Don Gunther	32-10	
M75 John Poche	31-2	
M80 Jack Blalock	30-1	
M85 E A Porter	16-0	
M90 Trent Lane	21-1	
W50 Sue Cornwell	21-8	
W55 Lila Lodrige	21-10	
W65 Sandra Garlington	22-2	
W70 Louise Reynolds	18-3	
W75 Lucille Walker	14-11	
W80 Elise Landry	12-10	
W90 Marjie Evans	13-2	
Discus		
M50 Denis Tallini	104-3	
M55 Mark Lumpkin	137-9	
M60 Phillip Arnold	152-0	
M65 Don North	125-1	
M70 Don Gunther	110-6	
M75 John Poche	90-2	
M80 Jack Blalock	73-5	
M85 Pierre Duplexit	39-7	
W50 Sue Cornwell	64-5	
W55 Lila Lodrige	51-11	
W65 Sandra Garlington	53-1	
W70 Babe English	44-9	
W75 Thais Lacroux	38-5	
W80 M E Norckauer	39-3	
W90 Marjie Evans	26-5	
Hammer		
M50 Denis Tallini	74-9	
M55 Vince Breaux	114-1	
M60 Harold Landry	89-11	
M65 Don North	88-1	
M70 Milton Brady	91-9	
M75 John Poche	81-6	
M80 Jack Blalock	69-2	
M90 Trent Lane	55-3	
W80 M E Norckauer	48-2	
Javelin		
M50 Dave Ratliff	162-0	
M55 Deimon McNabb	169-0	
M60 Malcolm Bech	136-0	
M65 Charles Cannon	133-8	
M70 Jerry Lyons	112-0	

M75 John Poche	91-9	
M80 Burt Beadle	84-4	
M85 E A Porter	36-3	
M90 Trent Lane	63-3	
W50 Sue Cornwell	66-3	
W55 Lila Lodrige	65-0	
W65 Sandra Garlington	46-6	
W70 Babe English	40-8	
W80 M E Norckauer	40-4	
W90 Marjie Evans	24-4	
Weight Throw		
M50 Denis Tallini	33-6	
M55 Vince Breaux	43-9	
M60 Julius Cassels	42-3	
M65 Don North	37-2	
M70 Milton Brady	43-0	
M75 John Poche	35-8	
M80 Jack Blalock	31-5	
M90 Trent Lane	26-3	
W80 M E Norckauer	19-2	
1500m RW		
M50 Paul Pitre	8.11	
M55 Paul Bowman	9.34	
M60 Jerry Renz	8.14	
M65 Bill Elrod	8.24	
W60 Donna Melancon	9.26	
W70 Murdis Juneau	10.21	
W80 M E Norckauer	12.12	

USATF Southwest Regional Indoor Masters Championships, Texas Tech, Lubbock Jan. 29		
55m		
M30 Shawn Anger	7.12	
M40 Rogest Charlton	6.96	
M45 David Medlock	7.32	
M50 Stacey Price	7.26	
M55 Richard Winford	7.75	
M65 Wayne Bennett	8.13	
M70 James Leggitt	8.53	
M75 Andy Anderson	9.28	
W30 Sarah Boyd	8.37	
W40 Donna Lawrence	7.49	
W45 Peggy Wilson	8.08	
W50 Cindy Steenbergen	8.08	
W65 Shelly Whitlock	10.46	
W70 Christel Donley	10.08	
W75 Georgia Goggin	12.46	
200m		
M40 Rogest Charlton	23.69	
M45 David Medlock	25.36	
M50 Richard Riddle	26.53	
M60 Donald Neidig	24.72	
M65 Don Isett	31.57	
M70 James Leggitt	30.39	
M75 Andy Anderson	33.77	
W35 Sara Davis	26.54	
W40 Donna Lawrence	26.46	
W50 Cindy Steenbergen	28.57	
400m		
M30 Yancy Culp	55.34	
M40 David Jones	51.88	
M45 Bradley Gardner	1:00.22	
M50 David Salazar	58.92	
M60 Donald Neidig	56.25	
M65 Marvin Herring	1:15.78	
W35 Sara Davis	1:01.91	
W40 Michael Smith	1:09.19	
800m		
M30 James Soder	2:14.46	
M45 Bradley Gardner	2:24.37	
M50 Jim Fallon	2:25.39	
M55 Randy Taylor	2:40.52	
M65 Ralph Wolf	3:05.03	
Mile		
M50 David Salazar	4:57.38	
M55 Randy Taylor	5:54.82	
M65 Ralph Wolf	7:10.22	
3000m		
M55 Randy Taylor	12:39.79	
M65 Ralph Wolf	15:15.71	
Short Hurdles		
M40 Robert Williams	9.95	
M50 Stacey Price	8.36	
M60 Lowell Bonfield	10.32	
W45 Peggy Wilson	10.08	
High Jump		
M40 Chris Sperry	1.68	
M50 Gene Iwen	1.42	
M55 John Barton	1.37	
M65 Don Isett	1.27	
M70 James Leggitt	1.17	
M75 John Goggin	0.97	
M80 Bill Carter	0.92	
W55 Laurie Barton	1.12	
W65 Shelly Whitlock	1.02	
W70 Christel Donley	1.07	
W75 Georgia Goggin	0.76	
Pole Vault		
M65 Don Isett	2.53	
M75 John Goggin	1.85	
W55 Laurie Barton	1.70	
W65 Shelly Whitlock	1.52	
Long Jump		
M30 Shawn Anger	5.92	
M40 Robert Williams	4.94	
M50 Gene Iwen	4.49	
M65 Don Isett	3.73	
M70 James Leggitt	3.84	
M75 John Goggin	2.56	
M80 Bill Carter	2.96	
W30 Sarah Boyd	4.49	
W45 Peggy Wilson	4.18	
W55 Laurie Barton	3.13	
W65 Shelly Whitlock	1.74	
W75 Georgia Goggin	1.97	
Shot Put		
M50 Steve Partridge	15.78	
M70 Wendall Palmer	11.52	
M80 Bill Carter	7.82	
M85 Shelly Whitlock	6.40	
W70 Christel Donley	8.26	
W75 Georgia Goggin	5.02	

Team Thor Thunder Throws & PV Meet, La Jolla, CA Jan. 29 (s)		
Shot Put		
M45 Richard Whitney	9.83	
M50 Richard Watson	11.11	
M65 Jack Kuhns	11.29	
M70 Doug Tomlinson	11.14	
Tom Allison	10.84	
Discus		
M50 R Watson	36.28	
M65 J Kuhns	36.74	
M70 D Tomlinson	37.07	
Tom Allison	32.94	
Hammer		
M35 Scott Sargeant 5k	44.20	
M40 Kyong Song	50.93	
M50 Tom Meyer	50.24	
R Watson	39.87	
M65 J Kuhns	31.12	
M70 D Tomlinson	35.29	
T Allison	28.58	
M75 Kio Song	27.43	
Javelin		
M50 R Watson	46.25	
M65 J Kuhns	30.31	
M70 T Allison	30.74	
Weight Throw		
M40 K Song	14.09	
M50 T Meyer	16.18	
R Watson	12.89	
M65 J Kuhns	12.49	
M70 D Tomlinson	12.57	
T Allison	11.19	
Superweight		
M65 J Kuhns	5.41	
R Watson	6.89	
Pole Vault		
M30 Creed Stary	4.10	
W60 Nadine O'Connor WR (O'Connor/2.85/2003)	2.88	
Weight Pentathlon		
Richard Watson 52	3280	
Jack Kuhns 65	3707	
Tom Allison 74	3492	

INTERNATIONAL		
North Island Masters T&F Championships, Whangarei New Zealand; Nov. 26		
100m		
M40 C Wilson WBP	13.4	
M45 K Watson WLG	14.6	
M50 E Archibald NTH	13.7	
M55 M Andersen HBG	13.9	
M60 R White WBP	13.2	
M65 S Foster WBP	15.2	

Arno Sist USN	29.44.3
Eugenio Vidales BAC	29.50.0
Timothy Dolen BRR	29.51.5
Daniel Wojcik OTCM	30.01.3
Robert Conrad BAC	30.21.6
David Pearson BAC	30.22.9
Mark Rybinski GVH	30.24.2
Gary Radford GVH	30.33.4
Mark Mathieu BRR	30.49.6
Charles Gallagher BRR	31.11.7
Michael Sandrock BRR	31.20.4
Michael Cassella-Blackb	31.37.7
Kurt Johnson USN	31.46.2
Eddie Diaz BAC	31.53.7
Russell Schlager TRL	32.21.5
M50	
Rick Becker 3RRR	28.21.1
Rich Burns TRH	29.38.3
Thomas Cushman ARC	29.45.0
James Robinson GVH	29.52.0
Dave Clingan	30.26.6
Greg Wilson	30.37.8
Michael Allison CNW	31.45.0
James Christoph BRR	32.11.2
Brian Dodge GVH	32.26.5
Carl Mohr BRR	32.38.8
Mark Krueger 3RRR	32.49.2
Rich Holston BRR	32.53.2
Jim Price	33.08.6
Scott Winston BRR	33.22.5
Doward Miller	33.46.7
M55	
Dave Dooley BRR	31.27.6
David Lowe	34.18.4
Richard Castro BRR	35.34.6
Gordon Gray 3RRR	37.46.6
William Groesz	40.11.6
James Peterson 3RRR	42.07.5
M60	
Gale Pfueller STCA	35.48.8
Gary Zimmerman BRR	36.00.6
Gary Reddaway	36.24.1
William Leahy 3RRR	36.33.3
Michael Gandert	36.54.0
Bruce Zimmerman BRR	37.27.4
Mike Donoghue STCB	37.29.4
Joe Kregal TRL	38.00.2
Dennis O'Hare STCA	38.27.6
Ronald Taylor STCB	38.34.9
Timothy Joslin STCB	38.39.0
M65	
Thom Weddle RNF	35.09.5
David Pitkethly STCA	38.48.1
Ken Ogden	45.03.9
M70	
Bill Iffrig STC	38.38.4
Ben Grevstad STC	39.27.3
Bruce Kater STC	41.47.3
Melvin Preedy STC	42.27.2
Jack Keener OTCM	46.18.2
M75	
William McChesney OTCM	49.46.5
M80	
John Keston OTCM	43.23.3
W40	
Katie Courtwright	32.02
Helene Hutchinson BAC	33.18
Karen Murphy RRB	34.50
Lorie Moreno-Roch RRB	34.53
Wanda Toro Scheib	35.15
Shauna Winder BAC	35.40
Becky Redding BAC	37.21
W45	
Carmen Ayala-Troncoso	30.13
Kelly Krueel CNW	33.48
Denise Foote BAC	34.13
Audrey O'Brien BAC	34.40
Emily Macdonald CLTC	36.51
Suzanne Sarto RRB	38.23
Kitty Monaghan CLTC	44.14
W50	
Laura Caldwell BAC	36.40
Lorraine Green BRR	50.05
Judith Neasey CLTC	52.20
W55	
Jeanette Groesz	35.34
Lauren Binder BAC	39.29
Phyllis Nelson STC	41.47
Janet Jordan BAC	41.56
Barbara Spannaus	47.27
W60	
(no competitors)	
W65	
Jane Dods OTCM	56.13
W70	
Suzi MacLeod	52.45
W75	
Ruth Anderson BAUR	1:10.52
Team Scores	
M40+	
1. Team Runners High	32 pts.
(Magill, DiConti, Alkeson, Olds, Pansel, Burns)	
2. Oregon TC Masters	49 pts.
(Sanders, Dudman, Fielding, Stolz, Wagner, Clark, Wojcik)	
3. Genesee Valley Harriers	102 pts.
(O'Keefe, Bolton, Robinson, Rybinski, Radford, Dodge)	
4. Boulder Road Runners	105 pts.
5. Bowerman AC	107 pts.
6. Bloomsday RRC	121 pts.
7. Team Red Lizard	196 pts.
M50+	
1. Boulder Road Runners	22 pts.
(Dooley, Christoph, Mohr, Holston, Winston, Castro, Zimmerman, Riviera)	
2. 3 Rivers Road Runners	35 pts.
(Becker, Krueger, Fuller, Ward, Leahy, Gray, Peterson)	
3. Team Red Lizard	81 pts.
(Lovett, Kregal, Mitchell, Wolf, Westmoreland)	
M60+	
1. Snohomish TC A	9 pts.
(Pfueller, O'Hare, Pitkethly)	

2. Snohomish TC B	12 pts.
(Donoghue, Taylor, Joslin)	
M70+	
1. Snohomish TC	6 pts.
(Iffrig, Grevstad, Katter, Preedy)	
2. Oregon TC Masters	18 pts.
(Keston, Keener, McChesney)	
W40+	
1. Bowerman AC	6 pts.
(Hutchinson, Foote, O'Brien, Winder, Redding)	
2. Running RepubBldr	18 pts.
(Murphy, Moreno-Roch, Sarto)	
3. Chicago Lakefront TC	28 pts.
(MacDonald, Monaghan, Neasey)	
W50+	
1. Bowerman AC	6 pts.
(Caldwell, Binder, Jordan)	
Key	
3RRR 3 Rivers Road Runners	
ARC Aggie Running Club	
BAC Bowerman AC	
BAUR Bay Area Ultra Runners	
BRR Boulder Road Runners	
BRRC Bloomsday RRC	
CLTC Chicago Lakefront TC	
CNW Club Northwest	
FCTC Fort Collins TC	
GVH Genesee Valley Harriers	
OTCM Oregon TC Masters	
PTRC Port Townsend RRC	
RNF Run N Fun	
RRB Running Republic Boulder	
SCTC So. Cal TC	
STC Snohomish TC	
STCA Snohomish TC-A	
STCB Snohomish TC-B	
TRH Team Runners High	
TRL Team Red Lizard	
USN US Navy	

EAST

USATF-NJ Masters 10 Mile Championships	
Mercer County Park; Dec. 12	
Overall	
Stephen Ondieki	55.01
Caryn Heffernan	61.11
M40 Mark Zamek	55.27
Brian Cowley	56.19
Ed Kuri	57.22
Daniel Feder	57.42
Sergio Cano	60.45
M45 Rick Pingitore	57.51
Randall White	59.54
Peter Coy	60.50
Kevin Higgins	61.32
John Kane	61.32
M50 Bill Bosmann	63.15
Bill Trengove	65.05
Mark Smith	65.06
Thomas Fitzgerald	65.09
M55 Bruce Langenkamp	62.34
Rolando Castro	65.07
Doug Brown	65.43
M60 Bill Hagman	67.34
Pat Cosgrove	71.47
Russell Stallone	75.30
M65 John Leonard	73.01
James Leitz	74.12
Dick Hill	77.31
M70 Wm Richardson	89.33
Joseph LaBruno	93.26
M75 Bill Welsh	2:36.35
Bill O'Brien	2:36.54
M40 MadelyNoeSchlantz	64.22
Heather GraciePerry	65.59
Anne Britt	66.48
M45 Jennifer Wheldon	76.55
Mary Foley	79.27
Charlotte Barry	79.57
M50 Jane Parks	73.26
Lorraine McPhillips	76.20
Kuniko Hurley	80.21
M55 Susan Juronics	74.50
Betty Shonts	77.19
Christine Ange	85.43
M60 Eileen Holzman	85.11
Antje Hennings	94.59
M65 Imme Dyson	86.20
Doris Hafeman	1:54.44
M70 Toshiko D'Elia	97.06
Diane Stone	2:17.01

NYRR 10-Mile	
Central Park, NYC; Jan. 29	
Overall	
Matt Downin 27	53.48
Michelle Rorke 20	1:01.36
M40 Felipe Vergara	56.38
M45 Alan Rubin	56.29
M50 Steve Calidonna	56.56
M55 Inkul Yoo	1:03.24
M60 John Samsel	1:07.50
M65 Jeng Ahn	1:16.03
M70 Alfred Finger	1:15.12
M75 Leonard Scheer	2:09.57
M80 Sab Koide	1:48.23
W40 Yumi Ogita	1:04.02
W45 J Chodnicki-Stemm	1:05.16
W50 D Morris-Singleton	1:12.30
W55 Melissa Kennedy	1:17.16
W60 Marjorie Kos	1:26.06
W65 Vida Beaven	1:23.10
W70 Joy Rose	1:45.37

NYRR Gridiron Classic 5K	
Central Park, NYC; Feb. 6	
Overall	
Matt Downin 27	15.21
Claudia Camargo 33	17.43
M40 Antonio Marinéz	16.56
M45 Julian Alvarez	19.18
M55 Julio Aguirre	19.59

M60 John Samsel	19.40
M65 Sidney Howard	20.54
M70 Alfred Finger	21.44
M75 William Fortune	24.46
M80 Sab Koide	31.43
W40 Corinna Cortes	19.39
W45 L Branche	20.30
W50 Barbara Byrne	22.03
W55 Eileen Holzman	23.44
W60 Eileen Holzman	25.51
W65 Edith Jones	28.44
W70 Ginette Bedard	24.39
W75 Toshiko D'Elia	29.12
W80 Grace Salant	43.23

Mid-Winter 10M Classic	
Cape Elizabeth, ME, Feb. 6	
Overall	
KEVIN GRAY	53.01
EMILY LEVAN	1:01.16
M35 DAVID WEATHERBIE	56.48
PETER LOPPIORE	58.06
CHRIS BLANCHETTE	1:03.47
M40 DAN DEARING	56.17
PETE BOTTOMLEY	57.51
MICHAEL GRIFFIN	1:00.02
M45 FLOYD LAVERY	1:00.36
NORM LARSON	1:00.53
TOM HATHAWAY	1:03.02
M50 JOHN MOLLICA	1:03.34
KEN SCHATZ	1:05.55
PASCAL CHENG	1:06.49
M55 BILL REILLY	1:03.05
CHARLES WHITE	1:04.00
CRAIG WILSON	1:06.02
M60 JOHN WHITMAN	1:09.02
JOEL CROTEAU	1:10.04
JOHN LEMIEUX	1:11.56
M70 LLOYD SLOCUM	1:18.24
ART WARREN	1:20.02
JOHN PARKER	1:31.21
W35 KATHLEEN BELL	1:09.40
MERRILY WELCH	1:10.01
TIKI HUMPHRIES	1:10.23
W40 DORA REX	1:09.35
LINDA JOWETT	1:10.10
KELLEY CULLENBERG	1:10.25
W45 BETH ALLEN	1:16.57
SARAH MACCOLL	1:17.15
MAUREEN SPROUL	1:20.55
M50 MARIE VESELSKY	1:13.51
CAROL HOGAN	1:14.38
CONNIE MCLELLAN	1:17.35
M55 JOAN LAVIN	1:18.07
NANCY MILLER	1:23.41
PAMELA FISHER	1:27.25
W60 POLLY KNIGHTON	1:32.25
BETH BRANSON	1:41.38
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SOUTHEAST

Charlotte Observer Peace Run 10K/5K, Charlotte, NC Jan. 8	
10K	
Overall	
CHARLES CAMPBELL 38	29.01
MARY DORE 41	40.24
M40 LARRY TAYLOR	35.11
JOHN ANDERSON	36.45
BOBBY ASWELL	36.53
M45 JOE HALL	36.39
PERRY MACHERAS	38.47
TONY HENDRY	40.13
M50 MICHAEL MURPHY	38.13
STEPHEN BRENNAN	39.09
JIM FREID	39.13
M55 RANDY MENDAT	39.21
WILLIAM WALKER	41.03
DON BROWN	41.26
M60 JOE CARTER	42.23
TIM STROWD	44.06
JAD JURGENS	45.12
M65 FRANK HANNAH	53.22
JACOB COOTER	53.35
MAX FORSBERG	55.30
M70+ CHARLES ROSE 71	42.24
M75 JOE CONRAD	01.59
W40 JULIE HARDIN	46.37
KAY WEEMS	47.43
JANET SYTZ	48.06
W45 APRILLE SHAFFER	41.03
KATHY ABERNATHY	46.46
DEBBIE DAVIS	46.47
M50 MOLLY GERKE	48.10
SHARON ALLEN	52.51
KATHLEEN FERGUSON	58.04
M55 KATHY SEEVERS	49.45
BRENDA COOTER	53.56
LINDA SIMMONS	57.31
W60 MARY THOMPSON	53.44
PAULINE NILLEND	55.58
ALICE CARR	58.34
W70+CONNIE LYON 71	28.04
MARGARET HAGERTY 81	28.28
5K	
Overall	
WILL WALLER 29	17.09
CALLI BRADLEY 21	18.52
M45 GORDON REID	17.27
M45 JACK LOGAN	19.31
M50 RICK HOWELL	21.45
M55 BUBBA ANTHONY	21.00
M60 JOE JOHNSON	29.33
M65 BERLON MURPHY	34.31
M70+ CHARLES GORMAN	38.17
W40 CINDY MCDONALD	23.31
W45 BEVERLY BYRNES	26.14
W50 LILLI GERARDI	24.45
W55 JOYCE PHARR	29.18
W60 KAY WINEMAN	32.14

W65 MARY R TURPIN	35.35
W80 HARRIETTE THOMPSON	38.09
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St. Pete Beach Classic 10K/5K

St. Pete Beach, FL; Jan. 16	
10K	
Overall	
Dror Vaknin 37	34.13
Sonja Friend Uhl 33	35.27
M35 Doug Homan	38.24
M40 Kieth Sawayda	34.30
M45 Paul Hough	36.15
M50 Jerry Horst	41.24
M55 Jim Keppeler	40.59
M60 Charlie Keating	41.44
M65 Joe Burgasser	40.17
M70 Jack Taylor	46.59
M75 Frank Kasper	1:20.31
W35 Maria Ghizzoni	36.33
W40 Lisa Valentine	38.43
W45 Mary Ann Protz	37.54
W50 M Woehik	49.48
W55 Sandy Meneley	45.40
W60 Shirley Burry	50.43
W65 Susan Adams	1:02.49
W70 Mickie Flinner	1:03.42
W85 Pam Louderback	57.24
5K	
Overall	
David O'Meara 41	17.05
Ali Crabb 15	19.14
M35 Robert Dicakio	17.27
M40 Robb Gomez	17.56
M45 Brian Lester	18.24
M50 Ed Osborne	18.39
M55 Albert Wieringa	19.03
M60 Don Hirschfeld	21.07
M65 Don Ardell	18.59
M70 Dan Fields	29.12
M75 Charles Willis	42.27
W35 Bobbi Martin	20.01
W40 Cindy Andrews	23.24
W45 Carol Martin	23.00
W50 Karen Alexeev	22.40
KELLEY CULLENBERG	27.24
W60 Susan Koening	29.43
W65 Dede Buckley	29.30
W75	

Ann Hardy	5:57.47
Tricia Hoelscher	7:08.58
W60 Connie Brown	4:42.46
Millie Hamilton	4:49.56
Carol Goslin	5:25.14
Dorothy Campbell	5:27.16
Mary Jean Curberson	6:23.29
W70 Michelle Juristo	6:22.59
Half-Marathon	
Steve Mandel 39	1:12.56
Shannon Hovey 33	1:20.34
M35 John Seppala	1:16.20
M40 Ken Clark	1:22.55
Steve Morrell	1:25.30
M45 Don Henderson	1:19.14
Walter Conrad	1:24.03
M50 Charles Sullivan	1:27.05
Steven Schmidt	1:29.33
M55 Kenneth Dent	1:33.18
Henry Osier	1:36.58
M60 Jon Kieffer	1:47.05
Silky Sullivan	1:46.55
M65 Ralph Rydell	1:53.51
Jack Knuesel	1:53.09
M70 Derk Dost	1:51.20
Epifanio Agosto	1:52.07
M75 Larry Yost	2:04.36
Bill Hayes	2:30.13
W35 Maureen Boyle	1:30.10
W40 Kathy Andrews	1:33.44
Rhonda Scott	1:33.53
W45 Aprilie Shaffer	1:31.53
Brenda Wilson	1:33.07
W50 Omar A. Bracco	1:41.52
Jeannette MacDonald	1:44.52
W55 Dottie Foster	1:53.52
Candace Yelton	1:59.51
W60 Vivian Johnson	1:51.31
Anne Wright	2:08.41
W65 Carol Bender	1:55.16
Joan Bernan	2:45.05
W70 Ruth Finocchiaro	3:08.12
Charlie Finocchiaro	3:10.01

15K Overall	
Elias Gonzalez	48:23
Vicky Gill	54:00
M35 Alberto Reyes	51:49
Keith Batten	49:57
Keith Sawayda	51:00
Len Ferman	52:49
Bashir Hussain	54:32
Chris Daniels	55:25
M45 Bob Winn	51:11
Jeff Sommer	54:02
Don Henderson	54:41
Dick Beardley	55:31
Bill Olrich	55:40
M50 Bill Cook	1:00:49
John Harpel	1:02:40
Michael Rossi	1:03:00
Tom Mistrot	1:03:34
M55 Randy Mendat	59:43
John Jerome	1:00:57
Dean Denman	1:01:50
Timothy Shay	1:01:59
M60 Robert Pratte	1:04:22
Duncan Cameron	1:05:02
Jim Bledsoe	1:05:29
Jeff Martin	1:07:01
John Boyle	1:07:27
M65 Don Ardell	59:08
William Riley	1:02:31
Larry Eaton	1:08:53
Joe Wolters	1:10:26
Patrick Zier	1:12:43
M70 Jack Taylor	1:10:50
Don Hammond	1:18:24
Franklin Vanaken	1:21:48
George McConnell	1:25:21
Herb Cohen	1:25:19
M75 Al Treichel	1:15:01
Emery H. Jewell Jr.	1:24:21
Joe Conrad	1:33:29
Ause Brown	1:42:43
Bob Hager	1:47:07
M80 Carl Hammen	1:47:59
Bart Ross	1:47:56
Frank E. Miller	1:56:35
W35 Maria Ghizoni	55:16
W40 Luanne G. Coulter	55:46
Mary Menton	57:27
Trish Butler	59:04
Christy Philia	59:19
Donna Nestlar	1:02:43
W45 Judy Maguire	1:02:27
Claudia Deemartini	1:02:23
Aprilie Shaffer	1:03:24
Denise Skinner	1:03:49
W50 Linda Mustante	1:07:14
Char Davidson	1:07:50
Toni Cruz	1:10:41
Karen Alexeev	1:12:09
W55 Sandy Meneley	1:09:37
Peggy Martin	1:15:50
Rosalyn Randall	1:16:21
Georgia Lewis	1:17:59
Dee Dean	1:18:29
W60 Susan Isbell	1:20:31
Millie Hamilton	1:20:50
Jan Spitzer	1:22:48
Renita Wallack	1:23:47
Glenda Walker	1:24:37
W65 Cathy Detman	1:27:14
Ann Vella	1:28:35
Judy Kirchoffer	1:38:08
Susan Adams	1:40:48
Susie Moncrief	1:41:44
W70 Lynn Snowden	1:47:47
W75 Jackie Yost	2:03:10
Ann Reidelberger	2:16:38
Mary Grace Ritter	2:22:18
W80 Leslie Higgins	1:52:56
5K Overall	
Jed Christiansen 17	15:15

Laura Bowerman 18	16:54
W35 Kimberly Miles	20:42
W40 Bekkie Wright	21:58
Kattie Horn	22:22
Valerie Porter	23:00
Georgine Vitola	23:13
Lynda Roszel	23:27
W45 Aprilie Shaffer	21:29
Victoria Greenwood	22:05
Karen Matteson	22:53
Donna Hughes	25:34
Marcy Beck	24:59
W50 Toni Cruz	22:54
Diane Kukich	23:11
Claire Carraway	23:55
Janis King	26:04
Marlene Manzo	25:19
W55 Carol Gellman	23:22
Donna Powell	25:51
Joanne Lyon	26:58
Marianne McIntyre	27:43
Judy Daniele	29:05
W60 Judith McGrath	26:44
Carol Berends	27:23
Karen Potenza	27:41
Judy Lind	27:52
Carol Vanek	31:32
W65 Joanie Souder	33:09
Toni Martinazzi	35:11
Betty Nevitt	33:11
Nancy Dantzier	36:32
Doris Wolters	37:25
W70 Evelyn Stewart	26:31
Lois Ann Gilmore	29:13
Anthony Denovi	31:26
John P. Hopkins	32:00
Iris Leap	42:08
W75 Erma Hickey	46:16
Rosalyn Anderson	47:25
Jeri McDonald	49:59
Helen S. Garrett	54:30
Martha Kenney	54:29
W80 Lois Michael	56:58
Faye Snyder	1:04:36
W85 Millie Nuotter	59:36
M35 Jonas Birgerson	16:26
M40 Hakan Eriksson	15:24
Victor Yeager	17:57
Paul White	18:07
Ken Clark	18:18
M45 Don Henderson	17:55
Bill Beaumont	18:42
Frederick Dorsey	19:25
David Putnam	19:26
Mike Bartholomew	19:40
M50 Nicholas Caswell	19:38
Tom Mistrot	20:11
David French	20:18
Bill Cook	20:24
Mike Ward	20:23
M55 Ken Cook	20:26
Michael Mareнович	21:25
Jack Eads	22:30
Chuck Osterling	23:22
Frank Stark	23:15
M60 Guy Ealey	21:46
Ray Green	22:17
Bill Carbone	22:40
Jon Kieffer	22:53
Jim Barnard	23:01
M65 Alfred Howell	24:14
Herman Pruitt	24:37
Ben Fudge	25:08
Darryl Fry	26:03
Garry Reppe	25:25
M70 Delbert Camp	24:42
Richard Barham	26:29
Bob Pecor	26:56
Bob Ries	29:16
Fred Power	35:29
M75 Howard Barbry	26:36
John Sullivan	31:38
Raymond Wheeler	36:12
Charles Bath	35:58
Joseph Conrad	40:25
M80 Tom McDonald	28:57
Charles Bauer	34:26
Gyle Tague	47:57
William Young	48:02
Waymon Harward	52:45
M85 Cecil Stewart	57:44

www.tampabayrun.com	
MID-AMERICA	
Freeze Yer Gizzard Blizzard 10K/5K, International Falls, MN; Jan. 15	
Overall	
Michael Benchina 22	36:02
Brandy Erholtz 27	40:00
M35 Larry Hope	52:15
M40 Curt Engels	46:05
M45 Vern Johnson	40:32
M50 Lorne Ricard	43:44
M55 Dave Gosman	49:25
M60 John Germ	49:17
M65 Ron Chopek	57:48
M70 Raymond Garrity	55:04
W35 Beth Ponka	52:58
W40 Dina Kwit	48:43
W45 Christine Smith	53:19
W50 Nancy Roy	61:47
W55 Kathryn Benhardus	61:20
W60 Georgine Cook	58:46
W65 Dreena duHame	60:08
5K Overall	
Bill Michl 49	22:00
Anna Patten 32	22:45
M35 Shane Belding	23:59
M40 Steve Eilertson	27:16
M45 Bill Michl	22:00
M50 Bob Tkachuck	32:51

M55 Tony Benthin	53:09
M60 Steve Cheesebrough	53:10
M65 Norman Bugge	43:56
W75 Alastair MacKay	43:32
Valerie Porter	27:52
W40 Denise Wintle	33:36
W45 Brenda Ferris-Hyatt	31:62
W50 Ursula Skene-Rutli	50:21
W55 Marjory Wood	40:02
W65 Catherine Patten	40:34
www.raceberryjam.com/freezegi.html	

Securian Winter Carnival Half-Marathon, St. Paul, MN; Feb. 5	
Overall	
Michael Mack 24	1:14.43
Jenna Boren 27	1:21.42
W35 Joyce Bourassa	1:24.11
W40 Cindy Lewandowski	1:31.22
Pam Walter	1:34.32
Linda Green	1:35.11
W45 Kristi Larson	1:37.02
Bob Paulsen	1:41.42
Amy Bergeron	1:45.04
W50 Suzanne Ray	1:32.39
Suzanne Carson	1:53.49
Claudia Wondra	1:54.07
W55 Sara Cherne	1:52.24
Nancy Dantzier	1:54.56
Kathleen Schmitt	1:57.00
Liz Wahlberg	2:12.19
W60 Mary Dose	2:12.19
Margi Miller	2:15.11
W65 Phyllis Kahn	2:36.19
W70+Carolyn Sankey	2:16.53
M35 Ron Moynihan	1:20.18
M40 Jim Ramacier	1:16.30
Wayne Dickie	1:21.17
Mark Reed	1:21.19
M45 Paul Brown	1:18.49
Kraig Lungstrom	1:22.06
Ronald Leonhardt	1:24.17
M50 Robert Weber	1:28.58
Douglas Bakken	1:29.27
David Jendrzek	1:30.29
M55 Fred Clayton	1:30.26
Cary Segall	1:32.04
Michael Gaetz	1:33.22
M60 Jim Graupner	1:28.28
Douglas Brandt	1:38.56
John Brown	1:40.25
M65 Larry Junkermeier	1:54.33
Duke Dukich	2:01.37
Richard Finnegan	2:04.50
M70+ Jim Schleisman	1:44.05
Ralph Wilson	2:09.22
Burt Carlson	2:25.37
www.winter-carnival.com	

SOUTHWEST	
98th Jackson Day 5K New Orleans, LA; Jan. 16	
Overall	
Mark Lentz 27	31:05
Allison Moll 27	35:14
M40 Ross Shales	32:39
Glenn Smith	35:10
Chris Williams	36:41
Brent Bueche	36:04
M45 Kenneth Schexnayder	35:51
Dennis Stump	36:50
John Riviere	37:04
M50 Peter Weatherhead	33:57
Junius Nixon	35:09
Carl Jakob	36:18
Boom Belkhouche	36:47
M55 William Burris	40:11
Richard Snow	40:37
Mike Sunseri	41:46
M60 Bill Knox	41:33
Jay Leblanc	41:34
Bob Murphy	46:17
M65 Mike Witkin	42:19
Charles Lataxes	46:04
Bill Jennings	51:40
M70 Bruce Worley	51:46
Gabe Abene	52:45
Howard Kavanaugh	53:12
M75+ Bill Cox	47:28
Arthur Gassen	1:04:10
Walter Landry	1:11:57
W40 Susann Millen	40:39
Kathleen Phair	46:24
Fran O'Neal	46:20
Donna Domingue	48:00
W45 Rosanne Simons	43:09
Kimberly Hebert	43:40
Lillian Brown	45:40
W50 Lesley Goodell Marley	43:30
Harriett Handshaw	47:24
Lynn Hebert	47:40
Marcia Finkelstein	50:57
W55 Eveline Crozier	49:21
Sharon Hanner	1:01:20
Jackie Wolverton	1:02:50
W60 Yvonne Thomas	44:52
Isabel Rivera	49:27
Brenda Hopkins	1:00:46
W65 Helen Piazza	59:00
www.runnotc.org	

hp Houston Marathon & Half-Marathon, Houston, TX; Jan. 16	
Overall	
DAVID CHERUIYOT 34	2:14.50
KELLY KEANE 32	2:32.27
M35 JOHN GRABHER	2:36.57
M40 CHRIS TOEPFER	2:38.19
FRANCISCO GALAVIZ	2:41.17
PETE MARTINEZ	2:42.33
DAN HAY	2:44.10
SIMON ALVARADO	2:45.52
DAVID BROWN	2:47.25

BILL BOSKING	2:51.19
JOE FLORES	2:35.03
M45 JOE MELANSON	2:47.31
DAVID WASHBURN	2:47.45
RICHARD PEOPLES	2:48.47
BERNIE WEBER	2:50.46
ELIAS DEETLEFS	2:51.50
JAMES DYKES	2:53.15
GERHARD V NIEKERK	2:54.27
M50 JAY HENDRICKSON	2:58.20
THOMAS RADOSEVICH	2:58.57
STEVE BRAMMER	2:59.24
CLENT MERICLE	2:59.56
BUD WILDER	3:03.11
MIGUEL LOPEZ	3:03.18
BOB NELSON	3:05.53
RAMIRO RAMIREZ	3:14.11
M55 TED TRAYNOR	2:56.02
TY SCHMALZ	3:03.44
BEN HARVIE	3:04.43
LUIS PEREIRA	3:06.04
JAMES PIEKARSKI	3:14.33
ROGER BOAK	3:19.43
JAMES WILEY	3:24.10
ERNEST TAKAHASHI	3:25.06
M60 KENNETH RUANE	3:21.15
ALLAN CONLEY	3:32.13
IGNACIO YBARRA	3:29.03
JIMMIE JONES	3:29.03
RICHARD TEITZ	3:32.06
M VERSCHELDEN	3:34.17
JAMES BROOKS	3:35.13
JOHN FARAH	3:37.11
M65 DOUG BRAASCH	3:32.27
FRANCIS LEIK	3:32.57
E.G. NED BROWN	3:41.45
JIM BRADEN	3:42.23
JAMES KALAS	4:01.11
JAMES FAHRBACH	4:02.48
PATRICK BRENNAN	4:13.34
DANIEL SHUFF	4:13.58
M70 JIM SCHLEISMAN	3:33.01
PETE ALBERTS	4:24.05
BILL DUER	4:29.56
JESSE REAL	4:36.14
RAY BOYTIM	5:13.00
M75 CLIFFORD CLICK	5:22.57
DON SANDERSON	4:14.29
M80 WALT WASHBURN	4:57.35
W35 WIOLETTA KRZYZA	2:35.25
W40 ALLISON LECOMPT	3:00.13
BARBARA STOLL	3:06.26
LORI SCHAFFER	3:07.42
MARLA BURUM	3:11.39
SUSAN WALTERS	3:15.49
ANGELA MAJOR	3:18.47
JACKIE CONNELLY	3:19.52
B SHEARS-ARCHER	3:21.03
M45 SUZANNE DAY	3:11.26
SUZY SEELEY	3:19.52
MARY RODRIGS	3:23.11
GAYLE A GOURWITZ	3:27.13
CYNDIE KEENE	3:27.50
CINDY LANE	3:29.22
C VAN NIEKERK	3:29.59
JANE REIERSON	3:33.42
M50 EVA LUCKEY	3:29.44
CAROLE SMITH	3:31.57
MICHELLE LYBARGER	3:37.54
Glenn Collins	3:45.51
CHARLOTTE LINDLEY	3:47.29
BECKY BALLANTYNE	3:48.26
CONNIE WELDAY	3:48.54
PATRICIA CUGINI	3:49.17
M55 KAREN BOWLER	3:27.24
OLGA VALLEJO	3:58.43
SUE YATES	4:04.17
M60 PATRICIA CARDWELL	4:15.53
CAROL CROOM	4:23.34
DIANA CLARK	4:25.42
MAUREEN KROMIS	4:30.30
CANDY LUDWICK	4:41.10
M60 MARYLYN PATRICK	3:44.05
ANN FERGUSON	3:59.50
URSULA SPILGER	4:08.25
KIM COE	4:10.55
NILDA BURGOS	4:19.45
MINH TRINH	4:37.37
ANNE TESCH	4:40.13
SALLY SIMS	4:52.47
M65 BARBARA MILLER	3:33.10
ANN AKERS	4:03.50
JUDITH LOY	4:56.32
BARBARA MC LEOD	5:19.31
W70 LOUISE MITCHELL	5:20.04

Half-Marathon Overall	
JULIUS KIBET	1:03.17
OLGA ROMANOVA	1:12.36
M35 SCOTT STRAND	1:06.59
M40 WILLIAM MOORE	1:10.48
DAVID DUNN	1:16.49
BART RAINEY	1:17.23
STEVEN KING	1:18.05</

Table with 2 columns: Name and Time. Includes Michael Northcutt (1:39.56), W50 Marcia Herzik-Ralph (1:41.01), Jan Lebourgeois (1:43.39), Rose Marie Hagman (1:47.01), Barbara Fellman (1:48.53), Shelley Morgan (1:51.51), W55 Josie Bowman (1:46.28), Catherine Clark (1:46.42), Lynda Meuth (1:46.55), Susan Kohagen (1:48.32), Ann Buller (1:52.40), W60 Betty Jameson (1:57.30), Bev Willis (1:57.52), Janice Schaubert (1:58.17), Claudette Wakefield (2:01.39), Nancy Zimmerman (2:03.46), W65 Lisa Heckmann (2:00.34), W70Vonda Lee Adorno (2:15.53), Mickie Aguilar (2:21.25), www.3m.com/races

Mardi Gras Mambo 10K

Table with 2 columns: Name and Time. Includes Michael Gulotta 22 (34.08), Amy Paine 24 (36.27), M40 Steve Grenchik (36.35), Lynn Fink (38.58), Nick Smith (39.18), M45 Van Edwards (37.55), Kenneth Schexnayder (38.06), Robert Duncan (40.30), M50 Chester Cedars (39.54), Lawrence Uter (42.11), Jerry Phillips (42.50), M55 Serman Stanford (37.47), Randy Ellis (42.06), Robert Atkins (42.33), M60 Tad Jurgens (41.32), Billy Knox (46.43), Wallace Nichols (48.31), M65 Gerald Daugereaux (52.13), John Rincon (57.21), William Kilian (1:21.21), M70 Larry Roy (53.35), Martin Shumaker (56.45), George Daniels (1:13.04), M75 Ken Blanchard (54.46), W40 J Bauman (46.34), Verna Granger (49.02), KC White (49.52), W45 Petra Hendry (45.27), Cheryl Jaekle (48.47), Kimberly Hebert (49.16), W50 Georgia Wilemon (48.52), Rosa Bischof (50.19), Lynn Hebert (52.57), W55 Marion Robinson (49.51), Annette LaNara (1:04.15), W60 Yvonne Thomas (50.04), Andrea Lennon (1:02.58), Brenda Malone (1:03.17), W65 Martha Wright (1:06.24), Gayle Beebower (1:09.41), www.nextelmardigrasambo10K.net

WEST

Paramount 10K

Table with 2 columns: Name and Time. Includes Overall Hector Lopez (33.29), Michelle Acosta (39.49), M40 Ralph Garibaldi (34.04), Robert Franks (36.58), Mauricio Frutos (39.17), M45 Jeff Snyder (37.36), Jim Morehart (40.58), Frank Buono (45.21), M50 Hernunciez Maugarito (37.47), Nabor Gomez (38.09), Arthur Cookson (39.02), M55 Donald Ocaña (42.44), Fred Bartlett (43.51), Jose Sandoval (45.25), M60 Lee Baca (43.39), Dan Ashimine (49.32), Chuck Laine (54.38), M65 Frank Greene (46.26), Frank Vasquez (50.30), Phil Johnson (62.24), M70 Aurelio Camacho (51.29), Dick Windshar (53.44), Ralph Hansen (64.59), M75 Milo Sather (61.29), W40 Adrienne Webb (43.19), Nina Law (46.56), Susan Sheets (47.21), W45 Lucreia Jacobson (43.32), Kazuko Bender (47.53), Cynthia Rohrer (48.12), W50 Alyn Tamura (50.25), Yuri Sano (53.55), Debra Tyler (56.16), W55 Mitsuyo Morrissey (56.13), Eiko Petty (61.19), Mary Jo Wilson (62.05), W60 Judy Stevens (58.46), Joyce Ashimine (59.23), Nancy Brinkley (69.36), W65 Shirley Blush (49.38), W70 Chieko Allwein (54.55), W75 Miyoko O'Hara (82.31), www.nealand.com/finishline

Dream 5K

Table with 2 columns: Name and Time. Includes Overall Las Vegas, NV; Jan. 15 (no ages given) Men Dustin Hudspeth (15.58), Jeff Gardner (18.09), Matt Fisher (17.58), Women Rachel Donaldson (23.57)

Table with 2 columns: Name and Time. Includes Julianna Thornock (23.58), Bette Brickman (24.39), M40 Jeff Gardner (18.09), M40 Dan Kempf (18.04), M45 Marty Purdy (21.51), M50 Gregorio Bravo (21.02), M55 Aurelio Herrera (20.06), M60 Charles Davis (28.06), M70 Fred Reed (30.53), W40 Joy Bishop (32.56), W45 Martha Corazzini (25.14), W50 Rosalie Montoya (27.50), W55 Linda Doyle (30.02), W65 Marie Lacy (39.49), www.lasvegasrunningteam.com

Lost Dutchman Marathon & Half-Marathon

Table with 2 columns: Name and Time. Includes Overall ALBERT KELLY (3:00.38), YUKIKO NISHIDE (3:10.33), M35 MICHAEL O'HAGAN (3:08.19), M40 DAVID GOLDBERG (3:17.18), LEE MAXSON (3:23.46), KENNETH MACFADYEN (3:24.10), M45 KENNETH BENALLY (3:13.36), STEVEN YEE (3:16.09), DOUG TANNER (3:20.22), M50 DOUG SOLIZ (3:07.53), ABEL IBARRA (3:22.30), GARY GRIERSON (3:23.36), M55 ROB MCWILLIAMS (3:39.11), DALE SHOUP (3:39.38), RON HARDING (3:44.19), M60 TOM FETTERMAN (3:35.13), TOM HENDERSON (4:06.42), JAMES CORNELISON (4:11.09), M65 KERMIT CADRETTE (4:04.23), JIM GRINDLEY (4:08.02), JERRY SOMBE (4:48.11), M70+ DAVID LARSON (4:39.56), AL BECKEN (5:05.55), ROGER HAUGE (5:33.20), W35 CHRISTI PUNSLOW (3:12.02), W40 YUKIKO NISHIDE (3:10.29), PAM REED (3:22.40), LINDA WALTERS (3:25.28), W45 TANIA PACEV (3:23.23), JEAN WATSON (3:27.41), BERITH VALASQUEZ (3:51.45), W50 DEBBIE LEFTWICH (3:48.51), MARY MESSAL (4:48.29), ALIX SHAFER (5:12.13), W55 MARY MUNTER (4:30.50), CAROL ZAZUBEK (4:35.41), RUTH RIPLEY (4:59.01), W60 JUDY SHIPMAN (4:59.01), W65 DIANA FREDLUND (6:45.35)

Half-Marathon

Table with 2 columns: Name and Time. Includes Overall BRIAN GODDARD (1:19.43), SUSAN BROZIK (1:22.48), M35 DAN BEAVER (1:20.54), M40 ANTHONY CANTWELL (1:19.11), M45 ROBERT SCHAFFER (1:24.16), M50 ECK ZIMMERMANN (1:33.07), M55 ALAN NEIL (1:30.45), M60 HARRY HARRIS (1:22.03), M65 DON TITUS (2:07.24), M70+ PIERCE CORNELIUS (1:48.14), W35 SUSAN BROZIK (1:22.48), W40 M. WAHRENBERGER (1:42.42), W45 JEAN HERBERT (1:26.43), W50 ROBI VACCHINA (1:56.51), W55 LINDA BREWER (1:58.32), W60 FERN OLINER (2:31.24), W65 RITA WEBER (2:13.51), W70+DELORES SURWALD (2:43.21), www.lostdutchmanmarathon.org

Carlsbad Marathon & Half-Marathon

Table with 2 columns: Name and Time. Includes Overall Andrew Musuva 35 (2:24.11), Volha Yudziankova 38 (2:42.07), M40 Chris Spinney (2:36.04), Michael Schaedle (2:36.36), Daniel Koryn (2:50.50), David Flores (2:57.20), Brent Halse (2:59.00), M45 Jeff Wong (2:58.43), Kevin Prochaska (3:04.25), Steve Kulchin (3:10.05), Shigy Suzuki (3:14.45), Dave McClure (3:16.54), M50 Martin Ellison (2:47.47), Takashi Yagisawa (2:59.24), Barry Wallman (3:03.36), Ed Spinney (3:09.31), Bill Bosmann (3:14.15), M55 Richard Scroop (3:21.48), Caslav Pavlovic (3:29.18), Joe Ogata (3:31.05), John Lennox (3:31.38), John Schnabel (3:46.06), M60 Suresh Lyengar (3:21.04), Vic Birtalan (3:46.23), Ralph Cripe (4:05.06), Shiv Shankar (4:06.20), Don Haas (4:06.28), M65 Juan Sobenes (3:50.02), Philo Short (4:05.34), Daniel Oliver (4:08.43), Jim Heinz (4:10.33), Edward Colby (4:27.18), M70 Aloysius Casey (4:30.43), Stanley Polsk (4:57.08), Walter Brackelmanns (5:15.13), Moses Christian (5:17.41), Don Valentine (5:41.36), M75 Edward Maher (5:31.00), Loren Leonard (6:03.57)

Las Vegas Marathon & Half-Marathon

Table with 2 columns: Name and Time. Includes Overall Las Vegas, NV; Jan. 30 GILBERT KOECH (2:13.45), OLGA KOVOTINA (2:31.54), M40 JEFF AMBOS (2:40.02), MIKE VANCE (2:40.39)

Table with 2 columns: Name and Time. Includes M80 Harry Seifert (7:09.57), W35 Volha Yudziankova (2:42.07), W40 Julieanne White (2:57.31), Lori Fisher (2:57.49), Darlene Crowder (3:25.17), Annette Bauer-Englsh (3:29.17), Margaret Gibson (3:32.51), W45 Jeri Ginsburg (3:34.03), Linda Dehner (3:39.50), Janet Chenier (3:58.48), Brenda Ford (4:00.51), Leslie Engel (4:03.39), W50 Joan Bielski (3:37.30), Joan Collins (3:43.04), Irene Barry (4:13.09), Diane Leong (4:17.36), Mary Stewart (4:20.44), W55 Diane Ridgway (3:28.38), Vici Simental (4:28.11), Pamela Galbraith (4:36.10), Lynette Creasy (4:41.22), Karen Powers (4:51.35), W60 Sherry Taylor (4:41.29), Ginger Bryan (4:58.27), Carolyn Medlin (5:31.04), Chalon Crawford (6:17.46), Aurora Ortiz (6:17.55), W65 Imme Dyson (4:28.12), Betty Frankum (5:00.52), Dina Talbert (5:29.37), Evelyn Tapia (6:27.18), Janice Knafele (7:47.13), W70 Lenore Rebeschini (6:03.14), Kathleen Callaway (6:45.28)

Half-Marathon

Table with 2 columns: Name and Time. Includes Overall Ibrahim Aden (1:04.28), Kim Fitchen-Young (1:12.58), M35 James Casey (1:17.37), M40 James Sheremeta (1:11.42), John Clark (1:11.56), Kevin Zimmer (1:15.59), Andy Thacher (1:22.03), Richard Milner (1:22.46), M45 Stuart Calderwood (1:17.15), Luc Teyton (1:21.41), Adam Weiner (1:22.51), Charlie Prokop (1:23.16), Phil Williams (1:23.20), M50 Toby Salazar (1:24.29), Timothy Sheehan (1:28.57), Robert Boyce (1:29.46), Bill Cooke (1:30.33), Barry Schaeffer (1:31.10), M55 Don Waggett (1:27.49), Chuck James (1:33.16), Fred Bartlett (1:34.34), Bruce Sutherland (1:35.51), Bill Sumner (1:35.53), M60 Hal Goforth Jr (1:27.02), Peter Jones (1:36.33), Bruce Shephard (1:40.18), Duane Baker (1:42.51), Carl Kuhn (1:43.14), M65 Gamma Chavez (1:39.47), Gary Levitt (1:42.17), Paul Poffenroth (1:45.46), Richard Burch (1:51.39), Robert Rebello (1:54.14), M70 Warren Osborn (1:48.19), Harold Vance (2:04.23), Art Fredericks (2:04.38), Ross Stephens (2:08.49), Manuel Ibarra (2:16.19), M75 Norman Ricker (1:41.15), William Albers (2:38.18), Jim Hoke (3:11.39), Marin Clobanu (3:14.20), M80 Jim Dacoliis (3:49.12), W35 Heather Fuhr (1:20.46), W40 Rachel Atchley (1:31.20), Jaye Morris (1:31.42), Kellie Rolph (1:32.08), Kaye Berretta (1:33.01), Janine Daley (1:33.40), W45 Maryann Hankoff (1:30.42), Mary Button (1:31.34), Stacy Creamer (1:31.52), Michelle Lane (1:33.11), Diane Thompson (1:35.46), W50 Marlat Fernandez (1:37.24), Melissa Savage (1:37.24), Candice Beck (1:45.37), Debbie Gallo (1:47.00), Elaine Mcavoy (1:50.45), W55 Hennesa Bovitch (1:39.29), Odette Osantowski (1:45.53), Betty Rosenberg (1:46.14), Amy Fredericks (1:46.26), Beverly Coalsen (1:56.15), W60 Dorie Quam (1:46.24), Fran Smith (1:51.11), Eileen Pae (1:58.46), Vicki Murphy-Kendall (2:03.31), Ginny Sharp (2:09.00), M65 Mickie Shapiro (2:30.04), Brian Morrissey (2:58.04), Doris Lynch (3:11.12), Janet Wright (3:11.14), Beverly McKinney (3:12.27), W70 Shirley Hoke (2:50.10), Marlene Kalish (2:55.43), May Musenga (2:59.20), Patricia Woronets (3:04.38), Julia Barrett (3:09.12), W80 Margaret Davis (2:27.03), www.carlsbadmarathon.com

Table with 2 columns: Name and Time. Includes M80 Harry Seifert (7:09.57), W35 Volha Yudziankova (2:42.07), W40 Julieanne White (2:57.31), Lori Fisher (2:57.49), Darlene Crowder (3:25.17), Annette Bauer-Englsh (3:29.17), Margaret Gibson (3:32.51), W45 Jeri Ginsburg (3:34.03), Linda Dehner (3:39.50), Janet Chenier (3:58.48), Brenda Ford (4:00.51), Leslie Engel (4:03.39), W50 Joan Bielski (3:37.30), Joan Collins (3:43.04), Irene Barry (4:13.09), Diane Leong (4:17.36), Mary Stewart (4:20.44), W55 Diane Ridgway (3:28.38), Vici Simental (4:28.11), Pamela Galbraith (4:36.10), Lynette Creasy (4:41.22), Karen Powers (4:51.35), W60 Sherry Taylor (4:41.29), Ginger Bryan (4:58.27), Carolyn Medlin (5:31.04), Chalon Crawford (6:17.46), Aurora Ortiz (6:17.55), W65 Imme Dyson (4:28.12), Betty Frankum (5:00.52), Dina Talbert (5:29.37), Evelyn Tapia (6:27.18), Janice Knafele (7:47.13), W70 Lenore Rebeschini (6:03.14), Kathleen Callaway (6:45.28)

Davis Stampede

Table with 2 columns: Name and Time. Includes Overall Darrin Rohr 40 (1:13.53), Megan Canova 27 (1:25.29), M40 Darrin Rohr (1:13.53), Michael Peoples (1:27.21), Brian Morrissey (1:28.02), M45 Chuck Harris (1:19.44), Michael Sharp (1:22.59), Lance Gilbert (1:28.29), M50 David Howse (1:25.27), John Kennedy (1:25.53), John Aldrich (1:28.25), M55 Tim Mcclintick (1:29.41), Michael Schulz (1:37.59), Steve Tredway (1:37.26), Dan Alarid (1:39.34), Robert Finnegan (1:49.46), W60 Ricardo Guidolin (1:42.16), Andy Berwind (1:56.55), Edward Reilly (2:09.42), M70 John Milne (2:03.40), Joseph O'Flaherty (2:38.09), W40 Kim Kortz (1:36.01), Kassie Donoghue (1:38.29), Robin Skipworth (1:41.38)

Table with 2 columns: Name and Time. Includes ADAM KUKLINSKI (2:47.26), M45 ANTON ERJAVEC (2:56.42), DAN KASPER (3:00.33), TOM NEUMAN (3:01.38), M50 LESLAW ZYCH (3:04.05), DAN BLACK (3:05.36), BRUCE PULFORD (3:07.04), GEORGE NEIL (3:09.53), BOB ULLOA (3:16.04), JULIO AGUIRRE (3:18.20), M60 FRANK HAMMAN (3:20.48), WAYNE MITCHELL (3:25.03), DAVID HARRELL (3:47.48), M65 STAN CURTISS (3:49.40), RAY NELSON (3:48.59), RICHARD WALLEN (3:50.28), M70 ROGER ROUFOSSE (4:22.25), PAUL STRAUER (4:46.24), DAVID RUSSEK (4:46.52), M75 BOB MAHONEY (5:29.36), W35 SVETLANA SHEPELEVA (2:52.02), STEPHANIE HODGE (2:57.10), M40 FIRAYA S ZHDANOVA (2:36.08), BRENDA G. GRAY (2:54.17), ROBERTA MCGRAW (3:09.29), CHRIS GIBBONS (3:18.11), W45 PATTI JORDAN (3:31.24), NANCY OTTMANN (3:37.24), DAWN ESKAU (3:37.41), W50 BONNIE ARLT (3:49.54), KATHY GRAUER (3:52.17), SARAH LIN-AAMODT (4:01.05), W55 KATHY ROBERTS (3:53.48), JANE DAVEY (3:55.42), SHANNON SHEN (4:03.03), W60 CELESTE FONDACO (4:23.58), SUSAN SIDERMAN (4:30.11), ALICE CARR (4:32.08), W65 PATRICIA DELANEY (5:19.23), W70 GIOVANNA SCHAEFFER (6:37.48)

Half-Marathon

Table with 2 columns: Name and Time. Includes Overall Christian Hesch (1:06.20), Nili Abramski (1:15.55), M40 FORREST NEWMAN (1:12.21), HANSJ RG M LLER (1:17.59), JEFF NEUSCHWANDER (1:19.40), M45 ANTONI NIEMCZAK (1:12.18), CHRIS CLARK (1:15.48), DAN MURPHY (1:19.52), M50 BOBBY WILLIAMS (1:20.07), ROBERT WILSON (1:20.29), JAMES JEFFREY (1:21.31), M55 DAVID BLANKENSHIP (1:22.51), SHERMAN STANFORD (1:24.45), DENNIS SWICK (1:27.08), M60 DON COFFMAN (1:23.00), MICHAEL SMITH (1:31.35), ROGER COBBLEDECK (1:33.04), 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), W45 KIMBER SINCLAIR (1:29.55), JEAN LAMPERT (1:31.45), DEBBIE SHETLAR (1:37.57), W50 MICHELE HILL (1:34.44), BRENDA HAWLEY (1:36.29), LYNN KLEIMAN (1:41.04), W55 SUSAN HUMPHRIES (1:35.33), JUDY WARICK (1:46.50), LORRAINE HOYLE (1:47.10), W60 FRAN SMITH (1:51.30), SHIRLEY WEAVER (2:00.24), MARY RODEBERG (2:03.27), W65 SHIRLEY BLUSH (1:49.15), FREIDA REUTTER (2:08.39), SHIRLEY CARTER (2:17.21), W70 CHIEKO ALLWEIN (2:05.53), MARTHA KINSINGER (2:18.39), W75 YUKIZ MOCHIDA (2:18.54), MIYOKO O'HARA (3:21.06), NANCY O'NEILL (3:52.03), -unofficial results- www.lvmarathon.com

Kaiser Permanente

Table with 2 columns: Name and Time. Includes San Francisco Half-Marathon San Francisco, CA; Feb. 6 Overall Steve Moreno 27 (1:07.24), Caroline Annis 24 (1:17.37), M40 Jean Pommier (1:15.33), Kenneth Wilner (1:17.26), Eric Stuber (1:17.48), M45 Steven Chavez (1:16.24), David Piazza (1:21.57), Douglas Berberna (1:23.14), M50 Dan Anderson (1:23.22), David Ripp (1:26.24), Michael Quigley (1:28.21), M55 Bobby Mc Kee (1:27.24), Dana Henderson (1:29.57), Jim Granahan (1:30.21), M60 Len Goldman (1:26.04), Ian Reid (1:28.28), Jack Wheeler (1:34.54), M65 Theodore Jones (1:39.49), John Peterson (1:43.15), Bob Fredericks (1:48.42), M70+ Michael Tran (1:47.16), Joseph Paleczny (1:57.51), Peter Royce (2:02.41), W40 Janet Smith (1:26.27), Eileen White (1:26.58), Utahna Cigny (1:29.52), W45 Christine Chapon (1:33.59), Marilyn Beard (1:35.40), Sharon Maluh (1:36.59), W50 Lani Haddock (1:34.50), Penelope Douglas (1:41.56), W55 Angela Jerman (1:43.58), Donna Troyna (1:45.40), Barbara Ashe (1:47.01), Rhonda Provost (1:49.42), W60 Susan Brown (1:45.35), Lynne Rosser (2:07.28), Mercedes Escobedo (2:10.13), W65 Harriet Anderson (2:08.47), Kay Teiber (2:18.10), Paula Brennock (2:31.09), W70+Joy Johnson (2:29.46), Eleanor Rakonitz (3:08.19), Margaret Craig (3:11.42), www.pamakida.org

Table with 2 columns: Name and Time. Includes W45 Kate Samuelson (1:37.28), Gina Ramirez (1:38.33), Eileen Burger (1:43.53), W50 Maureen Mccafferty (1:50.22), Sam Louras (1:50.43), Cindy Tessier (1:51.07), W55 Jessie Stratton (1:44.49), Joyce Hora (1:56.37), Heather Bracken (2:04.03), W60 Renvelyn Grey (2:42.15), W65 Louise Walters (1:58.59), Kartoon Brown (2:10.02)

10K

Table with 2 columns: Name and Time. Includes Overall Cheyne Inman 19 (32.44), Alexandra Biglow (39.31), M40 Rick Cote (38.55), Paul Turk (39.14), Steven Shaffer (39.57), M45 Mike Houar (35.56), Steve Kollars (37.02), James Schneider (37.16), M50 Ron Souza (40.45), Paul Storey (44.08), Mark Frodyma (45.21), M55 Mike Ammon (39.03), Doug Butt (39.41), Tom Mischley (47.30), M60 Jim Fischer (50.00), George Ridout (52.38), Ron Peck (53.10), M65 Robin Rogerson (44.46), David Ragsdale (48.49), Doug Waterman (54.07), M70 Paul Flanagan (47.57), George Moss (55.57), Richard Mccapes (59.22), W40 Grace Twedt (43.24), Karin Kuffel (43.32), Eryn Greenfield (44.07), W45 Cindi Parente (43.40), Dana Farkas (48.54), Susanna La Viola (49.34), W50 Robin Rodebaugh (48.55), Linda Cassidy (50.27), Carol Lindsay (52.13), W55 Yvonne Nickel (49.01), Susan Wheeler (50.34), Bunny Callahan (55.11), W60 Noreen Mazelis (59.57), Joan Bennett (1:10.16), Irene Kessler (1:17.59), W65 Nova Poff (56.32), Marlene Kinsler (1:08.16), W70 Theresa Burger (1:04.31), Jean McNulty (1:37.33)

5K

Table with 2 columns: Name and Time. Includes Overall Jeff Bruins 30 (15.46), Emily Barr 30 (17.59), M40 Jeff Mann (16.46), M45 David White (18.34), M50 Bob Fredenburg (19.30), M55 Tim Shannnon (18.43), M60 Bob Luscombe (21.06), M65 Ed Echeverria (25.50), M70 Iv Faria (22.51), W75 Robert Goller (39.28), W40 Karen Jeffers (19.08), W45 Tina Beal (19.40), W50 Cora Sturgess (23.43), W55 Sharon Rudy (27.28), W60 Linda Thomas (27.52), W65 Chalice Fong (32.13), W70 Jean Lavefer (39.18), W75+Dee Farkas (44.54), www.changeofpace.com

Racewalking

Table with 2 columns: Name and Time. Includes Overall USATF National Masters 40K Racewalk Championships Ocean Township, NJ Sept. 12 (Revised Results) Overall Tim Seaman 32 (3:20.19), Erin Taylor 26 (4:42.22), M40 Bill Vandy (3:58.01), Randy Miller (4:59.39), M45 Rod Craig (4:05.29), Alexis Davidson (4:23.03), Ken Lampar (4:34.20), M50 Vlado Haluska (4:14.40), Tom Quattrocchi (4:39.53), Eliot Collins (5:40.08), M55 Nick Bdera (4:07.08), Max Walker (4:08.13), Leon Jasionowski (4:09.13), Bob Keating (4:13.26), Lon Wilson (4:42.18), Art Glass (4:59.20), Geordy Hawkins (5:52.19), M60 Jack Lach (4:46.07), Max Walker (4:08.13), M65 Dave Romansky (5:20.40), M70 William May (4:41.52), M75 Jack Starr (5:08.21), W40 Janine Stuart (5:13.12), www.runnercard.com

NORTHWEST

Painters Half-Marathon & 5K

Table with 2 columns: Name and Time. Includes Overall Jacob Howell 18 (1:12.06), Karen Cross 41 (1:26.44), M34 Steven Wallenfels (1:18.37), M40 Tom Remkes (1:30.36), Todd McMaster (1:31.31), Steven Bernhardt (1:33.15), M45 Robert Henke (1:26.51), Kevin Kuhn (1:30.01), Larry Lawrence (1:31.30), M50 Michael Sidman (1:22.27), Kerry D Steadman (1:32.51), Greg Brown (1:38.56), M55 Mannley Johnson (1:32.49), Tony Pryatel (1:42.20), Dorrell Henderson (1:46.12), M60 Rex Carter (1:38.47), Carl Wright (1:40.23), Doug Wells (1:43.08), M65 Richard Kirkwood (1:35.51), Jim Way (1:55.31), Keith P Nelson (2:00.53), M70+ Thomas Gregory (2:08.25), Roy L Nelson (2:15.11), John Clark (2:23.43), W35 Peggy Peterson (1:30.35), W40 Karen Cross (1:26.44), Tia Hugie (1:42.05), Stephanie Mecham (1:52.53), W45 Cheryl Keith (1:40.32), Suzanne Sanders (1:45.26), Jan Harris (1:46.09), W50 Kathy Bardsley (1:38.00), Kathleen Hart (1:53.04), Marlene Barth (1:58.08), W55 Anita Olschanski (1:48.18), Wendy Van de Kamp (1:48.47), Jill Shumway (2:05.25), W60 Linda Simmons (2:49.45)

5K

Table with 2 columns: Name and Time. Includes Overall David Smith 48 (17.17), Kimberly Bringham 14 (20.12), M35 Cory Bringham (18.05), M40 William Campbell (20.21), Roland Dalton (23.26), M45 David Smith (17.17), Larry Alserda (18.25), M50 Bill Wright (19.29), Lynn Button (20.07), M55 Ted Mitchell (23.56), Rodney Winn (26.32), M64 Larry Heffer (22.48), Alan Yip (22.57), M65 David Oshanski (34.51), M75 Elmer Tucker (27.56), Boone Newson (30.22), W35 Carrie Heaton (25.53), W40 Nola Anderton (26.59), MaryAnn Henke (27.47), W45 Lelia Wright (25.21), Lacie Pearson (30.34), W50 Donna Smith (22.51), Aiene Whitekiend (23.15), W55 Lana Jacob (29.12), Goshia Eliades (30.28), W60 Karen Jensen (28.50), Dianne Wygant (39.25), W65 Peggy Acton (29.56), Dorothy Huston (40.33), W75 Annie Barker (39.20), Colleen Gregory (42.54), www.runnercard.com

RACEWALKING

USATF National Masters 40K

Table with 2 columns: Name and Time. Includes Overall USATF National Masters 40K Racewalk Championships Ocean Township, NJ Sept. 12 (Revised Results) Overall Tim Seaman 32 (3:20.19), Erin Taylor 26 (4:42.22), M40 Bill Vandy (3:58.01), Randy Miller (4:59.39), M45 Rod Craig (4:05.29), Alexis Davidson (4:23.03), Ken Lampar (4:34.20), M50 Vlado Haluska (4:14.40), Tom Quattrocchi (4:39.53), Eliot Collins (5:40.08), M55 Nick Bdera (4:07.08), Max Walker (4:08.13), Leon Jasionowski (4:09.13), Bob Keating (4:13.26), Lon Wilson (4:42.18), Art Glass (4:59.20), Geordy Hawkins (5:52.19), M60 Jack Lach (4:46.07), Max Walker (4:08.13), M65 Dave Romansky (5:20.40), M70 William May (4:41.52), M75 Jack Starr (5:08.21), W40 Janine Stuart (5:13.12), www.runnercard.com

USATF National Masters 30K

Table with 2 columns: Name and Time. Includes Overall USATF National Masters 30K Racewalk Championships San Diego, CA; Jan. 23 M45 Mark Green (2:37.38), M55 Norman Frable (3:13.17), M60 John Backlund (3:18.21), Robert Weeks (3:23.24), W40 Doris Atlas (3:15.12), W45 Heidi Hauch (3:04.24), (s) = USATF-sanctioned meet

