



FOR IMMEDIATE RELEASE: July 21, 2010
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**USA TRACK & FIELD NATIONAL MASTERS OUTDOOR CHAMPIONSHIPS
JULY 22-25 AT SACRAMENTO STATE UNIVERSITY, CA TO FEATURE
12 OLYMPIANS, 113 CURRENT WORLD CHAMPIONS AMONG 1400**

***FINALS THURS. 7:00 a.m. to 4:30 p.m., FRIDAY 7 a.m. to 6:35 p.m.,
SATURDAY 7 a.m. to 3 p.m. AND SUNDAY 7:00 a.m. to 3 p.m.***

**AGES 30-96 COMPETE FOR NATIONAL TITLES, INCLUDING OVER 30
SACRAMENTO AREA ATHLETES**

**STARS INCLUDE *WILLIE BANKS* (US OLYMPIANS PRESIDENT-FMR
WORLD TRIPLE JUMP RECORD HOLDER), TWO-TIME SULLIVAN
FINALIST *PHIL RASCHKER*, TRUMPETER /WORLD MILE RECORD HOLDER
NOLAN SHAHEED (Played lead with Count Basie, Stevie Wonder, Diana
Ross/Marvin Gaye)**

(Sacramento, CA) – Twelve Olympians and 113 current world champions are among the 1400 competitors entered at the 2010 USA Track and Field National Masters Outdoor Championships July 22-25 at the A.G. Spanos Sports Complex at California State University Sacramento (Sacramento State University). Many of the world's best ages 30 to 96 will demonstrate speed, power, skill and endurance, showing that age is no barrier to lifetime fitness and competition. In addition, the caliber of the competition will be high because many are coming to use the venue that will also be the site of the World Masters Athletics Championships a year later, July 6-17, 2011.

Over 30 Sacramento area participants are competing, including several potential stars. The meet is hosted by the Sacramento Sports Commission and is free for spectators.

For full schedule and entry list, see:

<http://www.usatf.org/events/2010/USAMastersOutdoorTFChampionships/schedule.asp>

Among the stars at the meet is Willie Banks, president of the U.S. Olympians Association (the 6000 past and present Americans who've competed in summer and winter Olympics), the former world record holder in the triple jump, entered in the high jump, long jump, and triple jump. Two-time Sullivan Award finalist Phil Raschker of Marietta, Georgia, this past March won seven golds among 10 medals at the World Masters Indoor Championships in Kamloops, British Columbia. Raschker was a Sullivan top-five finalist TWICE the past five years for America's top athlete in any sport—other finalists included LeBron James, Michael Phelps, Apollo Ohno, and Tim Tebow. Also entered is Nolan Shaheed, former musical director for Marvin Gaye who has played lead trumpet with the Count Basie Orchestra, Stevie Wonder, and Diana Ross. Shaheed has won the 1500, 3000 and 5000 at the recent World Championships, and set world and American records..

Olympians and current World Champions coming to

Sacramento include (list prepared by Ken Stone, Media Committee member and editor, www.masterstrack.com):

- **Twelve Olympians** are entered at Sacramento:

M45 Henry Andrade (1996 110H, Cape Verde) will compete in the 110 hurdles and 400 hurdles.

M50 Willie Banks (1984, 1988 triple jump, USA) will compete in high jump, long jump, & triple jump

M55 James Barrineau (1976 high jump, USA) will compete in high jump, shot put and discus.

M70 Ed Burke (1964, 1968, 1984 hammer throw, USA) will compete in the hammer throw.

W55 Lorna Forde (1972, 1976 100, 400, 4x400, Barbados) will compete in 200 and 400.

M80 Franklin "Bud" Held (1952, 1956 javelin, USA) Del Mar, Calif., will compete in the discus.

W35 Tiombe Hurd (2004 triple jump) will compete in the triple jump.

M55 Henry "Hank" Klein (1976 20 km race-walk, USA) will compete in both race walks

M45 Howard Lindsay (1984, 1988, 1996 4x100, 4x400, 200, Antigua and Barbuda) 200 dash, 110 HH

W45 Patricia "Trish" Porter (1988 high jump, USA) will compete in the high jump.

M65 Phil Rogosheske (1972 canoeing & 4 person 1000m kayak, USA), high jump & both race walks.

W70 Cherrie Sherrard (1964 80-meter hurdles, USA) will compete in the shot put and discus.

- **76 World Masters Indoor Championship 2010 Gold Medalists** from March 2010 in Kamloops, British Columbia, are entered (with events scheduled in Sacramento):

W35 Dena Birade 100, 200

W35 Helen Croskell high jump, pole vault, long jump, triple jump

W35 Latrica Dendy 100, 200, 400, 400H

W35 Isabelle Dierauer 100, 200, long jump, shot put, discus
W35 Latashia Key 800, 1500, 5000
W40 Lisa Daley 100, 200, 400, 400H
W40 Maryline Roux 100, 200, 400
W45 Gail Kuhnly 100, 200, 400
W45 Liz Palmer 100, 200, 80H, shot put
W45 Patricia Porter high jump
W45 Joy Upshaw-Margerum 100, 200, 80H, long jump
W50 Linn Dunton shot put, discus, hammer throw, javelin
W55 Linda Cohn 100, long jump, triple jump, shot put, discus, javelin
W55 Rita Hanscom 100, 200, 80H, 300H, high jump, pole vault, long jump
W55 Kathryn Martin 800, 1500, 5000, 10,000, 2K steeplechase
W60 Brenda Matthews 100, 200, 400, long jump, triple jump, shot put
W60 Phil Raschker 100, 200, 400, 80H, 300H, high jump, pole vault, long jump, triple jump
W70 Jeanne Daprano 200, 400, 800, 1500
W70 Mary Roman 100, 200, high jump, shot put, discus, hammer throw
W70 Becky Sisley high jump, pole vault, javelin
W75 Mary Harada 800, 1500, 5000
W75 Christel Donley high jump, long jump, triple jump, shot put, discus, javelin
W80 Johnnye Valien 100, 200, high jump, pole vault, long jump, triple jump, shot, discus, hammer throw, javelin
M35 Cletus Coffey 100, 200, 400
M35 Alfy Pettes 100, 200, 400, high jump, long jump
M35 Blair DeSio 200, 400, 800
M40 Nicholas Berra 800, 1500
M40 Don Drummond 110H, 400H
M40 Reggie Pendland 100, 200
M40 Robert Thomas 100, 200, 400
M45 Christopher Bates 110H, high jump, long jump
M45 Jeffrey Bott shot put
M45 Francis Burdett 1500, 5000
M45 David Jones 200, 400, 800
M45 Dexter McCloud 110H
M45 Marcus Shute 100, 200, 400
M45 Don Young 5000, 10,000, 5K walk, 10K walk
M50 David Cannon 800, 1500, 5000
M50 James Chinn 200, 400
M50 Kenneth Eaton 100, 100H
M50 Brian Hankerson 100, 200, high jump, pole vault, long jump, triple jump
M50 Ken Jansson hammer throw
M50 Bruce McBarnette high jump, triple jump
M50 Lance Neubauer shot, discus, hammer throw
M50 James Roberson 200, 100H, 400H
M50 Michael Waller 100, 200, 400
M50 Michael Wolfe 200, 400
M55 Kirk Bentz high jump, pole vault, long jump, triple jump
M55 Stephen Chantry 800, 1500, 5000

M55 Bill Collins 100, 200, 400
M55 Archie Glaspy 200, 400
M55 George Haywood 400, 800, 400H
M55 Leo Sanders 100, 200, 400
M60 John Altendorf pole vault
M60 Fred Johnston 100H
M60 Hank Konen discus, hammer throw
M60 Dennis Mathies shot put, javelin
M60 Tim Muller shot put, discus
M60 Roger Price 1500, 5000, 10,000
M60 Nolan Shaheed 800, 1500, 5000, 10,000
M60 Todd Taylor hammer throw
M60 Doug Winn 5000, 10,000
M65 Howard Booth pole vault, long jump
M65 Robert Cahners hammer throw
M65 Joe Johnston 100, 200, high jump, pole vault
M65 Roger Pierce 100, 200, 400
M70 Robert Fulton 80H, 300H, high jump, pole vault, long jump, javelin, pentathlon
M70 Sid Howard 800, 1500
M70 Richard McKisson 100, 80H, 300H
M75 Dick Richards 100, 200, long jump
M75 Robert Hewitt 80H, pole vault, long jump, triple jump
M75 Wayne Sabin shot put, discus, hammer throw, javelin
M80 William Daprano 300H, javelin, pentathlon
M80 Jerry Donley high jump, pole vault, long jump, shot put
M80 Gerald Wojcik discus, hammer throw, javelin
M80 John Starr 5K walk, 10K walk

- [37 World Masters Outdoor Championship 2009 Gold Medalists](#) from August in Lahti, Finland, are entered (with events scheduled in Sacramento):

W35 Latrica Dendy 100, 200, 400, 400H
W35 Maurelhena Walles 400, 800
W40 Lisa Daley 100, 200, 400, 400H
W40 Charmaine Roberts 200, 400, 800
W40 Lisa Valle 800, 1500, 2K steeplechase
W45 Renee Henderson 100, 200
W50 Carol Finsrud shot put, discus, hammer throw, javelin
W50 Martha Mendenhall 100, high jump
W55 Linda Cohn 100, long jump, triple jump, shot put, discus, javelin
W55 Rita Hanscom 100, 200, 80H, 300H, high jump, pole vault, long jump
W60 Darlene Backlund 5K walk, 10K walk
W60 Kathleen Frable 5K walk, 10K walk
W65 Jolene Steigerwalt 400, 5K walk, 10K walk
W70 Becky Sisley high jump, pole vault, javelin
W75 Grace Moremen 5K walk, 10K walk

W80 Claire Elkins 5K walk, 10K walk

W80 Johnnye Valien 100, 200, high jump, pole vault, long jump, triple jump, shot, discus, hammer throw, javelin

W85 Miriam Gordon 5K walk, 10K walk

M35 Terrance Spann 200, 400

M40 Karl Hawke 100, high jump, long jump, triple jump, discus

M40 Eric Prince 200, 400

M40 Robert Thomas 100, 200, 400

M45 David Ashford 110H

M45 Marcus Shute 100, 200, 400

M50 James Chinn 200, 400

M50 Darnell Gatling 400H

M50 Bruce McBarnette high jump, triple jump

M55 Michael Brown javelin

M55 Thaddeus Wilson 100H, long jump

M60 Richard Campbell 5K walk, 10K walk

M60 Norman Frable 5K walk, 10K walk, high jump

M60 Michael Wiggins 5K walk, 10K walk

M65 Glenn Sasser shot put

M70 Sid Howard 800, 1500

M70 Emil Pawlik 100, 200, 80H, 300H, high jump, long jump, discus, pentathlon

M75 Carlos Acosta 5K walk, 10K walk

M75 Jack Bray 5K walk, 10K walk

*Media members are invited for coverage and athlete interviews. For more information or interview requests, please call **Bob Weiner**, USATF Masters Media Chair, at 202-329-1700 (cell), 301-283-0821 (office), or locate Bob trackside.*

Some Notable Competitors

Leland McPhie. Leland, of San Diego, is the oldest athlete in the competition. The 96-year-old holds world records in the M95 long jump, triple jump, shot put, and high jump, and traces his track career back to San Diego State College in the 1930s, where he set a then school record of 24 feet, 7 inches in the long jump.

Alex "Lex" Bannister. Alex, a five-year player and Pro Bowler with the Seattle Seahawks, ended his NFL career in 2006 with the Baltimore Ravens. In Ohio, he was a state-meet finalist as a high school hurdler. He's entered in the M30 100 and 200.

Patricia Porter. A 1988 Olympian, Patricia "Trish" Porter (nee King) will be the favorite in the women's high jump. Trish, who holds the world record for women aged 40-44 of 1.76 meters (5 feet, 9 ¼ inches) will be jumping with the 45-49 group. Trish now lives in New Mexico but competed for the University of Oregon.

Christopher Bates. Christopher, of suburban Portland, Ore., shocked masters track observers with a completely unexpected M45 indoor world record in the pentathlon at Kamloops worlds in March. He's entered in the 110 hurdles, high jump and long jump.

Andrew Boyce. Andrew, of West Dundee, Ill., won M40 national titles in the high jump and long jump two years ago at Oshkosh. But in December he suffered a near-fatal head injury at the school where he works as a special-education teacher. His comeback from intensive care and several surgeries culminates in Sacramento, where he's entered in the high jump, pole vault and long jump.

Bill Collins. Bill, of Houston, a Masters Hall of Fame sprinter, skipped Lahti worlds in 2009 but won triple gold (100, 200 and 400) at the 2009 World Masters Games in Sydney, Australia. A former IAAF World Masters Athlete of the Year, he holds many world records and recently co-wrote a book called "The Ageless Athletic Spirit: Training with a World Champion." In March, Collins pulled off a rare triple-triple: sweeping the 60-200-400 in the same age group in three consecutive WMA world meets. He's entered in the 100, 200 and 400.

Flo Meiler. Flo, of Shelburne, Vt., has raised the indoor and outdoor world records in the pole vault in the W75 age group. But she's a hurdler as well, and over the Fourth of July weekend became the oldest American woman to run the 2,000-meter steeplechase, setting a U.S. record in that event of 14:07.34. She's entered in an amazing 11 events -- sprints, hurdles, jumps and throws.

Rita Hanscom. Rita, of San Diego, was named IAAF World Masters Athlete of 2009 after winning five gold medals at Lahti and setting a world record in the W55 heptathlon. She's a deputy attorney general for the state of California. She's entered in seven events -- sprints, hurdles and jumps.

Mary Harada. Mary, of West Newbury, Mass., is a Masters Hall of Famer who lowered the W75 world record in the mile twice in June, with a season best of 7:55.74. She's professor emeritus at Northern Essex Community College, where she taught history and political science. She's entered in the 800, 1500 and 5000.

Oneithea "Neni" Lewis. Neni, of New York, twice raised the W50 world record in the hammer throw this season and added a world record in the weight throw to boot. She set a third record -- an American best in the superweight throw -- for a record trifecta earlier in July. She's entered in the shot put, discus and hammer throw.

Philippa "Phil" Raschker, of Marietta, Ga., is a two-time finalist for the AAU's Sullivan Award with LeBron James and Michael Phelps, and a past IAAF World Masters Athlete of the Year. Most recently she won 10 medals (seven of them gold) at the Kamloops 2010 world indoor meet (at a prior outdoor world championship she won 10 golds!) Inducted into the USATF Masters Hall of Fame in 1997, she owns more than 70 world titles and has set 200 world and U.S. records. A tax accountant in Georgia, she's entered in nine events -- sprints, hurdles and jumps.

Nolan Shaheed of Pasadena, California, was the musical director for Marvin Gaye and played lead trumpet with the Count Basie Orchestra. On the track, he won the 800, 1500, 5000, 10,000 in the worlds last year and was named USA Track & Field Male Masters Athlete of the Year. He will be tough to beat in the M60 800.

Willie Banks. Willie, of Carlsbad, California, is not only a former world triple jump record holder and a former United States Olympic Committee Athlete of the Year, but he is also the president of the

U.S. Olympians Association (all 6000 US past and present Olympians). He is entered in the high jump, long jump, and his triple jump specialty.

Ed Burke. Ed carried the U.S. flag into the Los Angeles Coliseum during the 1984 Olympic Games. That year marked his third Olympics, and 24 years later he can still spin the hammer a long way. In fact, he owns world records for men 65-69 and 70-74 in the hammer (182-10 and 192-03, respectively), and the Californian should be untouchable at Sacramento.

Bruce McBarnette. Bruce, of Sterling, Virginia, is a Princeton graduate with a lifetime best of 7 feet, 1 inch in the high jump. He raised his own M50 American high jump record to 1.94 meters (6-4 1/2) in June -- the 11th time in less than three years that he has broken a U.S. record for his age group.

Jeanne Daprano. Jeanne, of Atlanta, is the world record holder in the mile for women aged 70-74 (6:47.91), Jeanne won the 400 and 800 at the 2008 worlds and should go to the front in any race she enters.

Lorna Forde. Lorna, of New York, City, in the 1970s owned the Penn Relays. The former Long Island University star competed in two Olympics for her native Barbados and has been enshrined in the Penn Relays "Wall of Fame." Watch for her in the sprints at Sacramento (55-59 group).

Nadine O'Connor. Nadine, of Del Mar, California, was the silver medalist in the 100 at 2007 worlds in Riccione, Italy. She owns world records in the W65 age group in three events – the 100 (14.10), 200 (29.37) and pole vault (10-5 1/2). She scored over 10,000 points in the women's decathlon in 2009, a first in the sport. She is entered in the sprints, short hurdles, and some jumps and throws.

Phil Rogosheske. Phil, of St. Cloud, Minn., is the definition of a multi-sport athlete. He competed in the four-person, 1000m kayak in the 1972 Olympics and set a Gustavus Adolphus College high jump record with a leap of 6-8½. At the championships, he will compete in the M65 high jump and both race walks.

Earl Fee. Among a bevy of fleet Canadian invaders will be 81-year-old Earl Fee of Ontario. Earl holds the world outdoor records in the 400 (1:10.64) and 800 (2:48.95) for the M80 age group.

Lisa Valle. Lisa won gold at the 2009 outdoor worlds (Lahti, Finland) in the 800, 1500, and 2000 steeplechase (women 40-44). Earlier this month, Lisa obliterated the world mark in the 2000 steeplechase for women 40-44, becoming the first 40+ woman in history to break the 7-minute barrier. Lisa's time of 6:52.60 was an astonishing 9.17 seconds better than the listed mark of 7:01.77 by A. Weis of Germany.

Local Sacramento-Area Participants include:

- 1) Liz Palmer. Liz, a resident of Folsom, was a member of gold medal 4x200 relay team at the 2010 Masters World Indoor Championships and a gold medalist in the 100 and 80-meter hurdles at the 2009 National Masters Outdoor Championships. She will be tough to beat in the 100- and 200-meter sprints and 80-meter hurdles.

- 2) Rod Jett. Rod is a resident of Sacramento and the former American Record holder for the M40 60-meter hurdles. Off the track, Rod is a force in his community. He coached the Jesuit High School boys' track and field team to first place at the CIF track and Field Championships this past spring.
- 3) Amanda Scotti. A resident of Folsom, Amanda won national age-group titles at the 2009 USA Track and Field National Masters Outdoor Championships in Oshkosh for the 100 and 200. She also won gold medals in the same events in the 2009 National Senior Games in Palo Alto.
- 4) Randell "Randy" Sturgeon. A native of Sacramento, Randy will be going for gold in M55 3000m steeplechase, triple jump, and pentathlon. He is also the publisher of National Masters News. "I am very excited about having the meet in my hometown as I consider it a great opportunity to introduce more people to masters track and field and what the USATF has to offer in such a great event," Randy told us.
- 5) Frank Condon. From Chico, California, Frank broke Earl Fee's world indoor record in the mile for men 65-69 at the 2008 Masters Indoor World Championships in France. (Frank ran 5:11.43). Some more marks may be in store for Frank at Sacramento.
- 6) Randy Wilson. Randy, a resident of Sacramento, will compete in the M50 shot put, discus throw, hammer throw, and javelin throw.