



2011 USA Masters Indoor Track & Field Championships

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**NOW THE MASTERS TAKE OVER FRI.-SUN. MARCH 4-6 IN
ALBUQUERQUE—77 REIGNING INDOOR WORLD MASTERS TRACK
CHAMPIONS AMONG 800+ 35-96 YEARS OLD INCLUDING OLYMPIANS;
USA MASTERS TRACK MEET FOLLOWS LAST WEEKEND'S OPEN;
MANY ALBUQUERQUE AREA STARS**

STANDOUTS INCLUDE PHILIPPA RASCHKER, 2-TIME SULLIVAN FINALIST (ONLY MASTER EVER, JOINING OPEN STARS APOLO OHNO, LEBRON JAMES, AND MICHAEL PHELPS); WORLD CLASS JAZZ MUSICIAN NOLAN SHAHEED PLAYED LEAD FOR DIZZIE GILLESPIE, STEVIE WONDER, MARVIN GAYE, WHILE BEING WORLD CHAMPION DISTANCE RUNNER; ALBUQUERQUE OLYMPIAN TRISH PORTER; AND OLDEST ATHLETES LELAND McPHEE, 96, AND BETTY JARVIS, 95

(Albuquerque, NM) -- Last weekend it was the open athletes, but now the masters take over. 77 reigning indoor world masters champions, 34 current outdoor world masters champions, and Olympians are among over 800 athletes 35 to 96 years old in the USA Track and Field Masters Championships in Albuquerque, NM Friday through Sunday, March 4-6. Media are invited to cover trackside and interview athletes following their competitions. Individual event finals begin 2:15 PM Friday, 10AM Saturday, and 7:30 AM Sunday, at the Albuquerque Convention Center, 401 2nd Street Northwest, Albuquerque 87102 (I-40 exit 159A ramp to Albuquerque for 4th-2nd St).

Olympians entered include:

W45 Patricia Porter of Albuquerque tied for eighth in the high jump in the Seoul Olympics in 1988 as University of Oregon alumna Trish King. She is married to 1984 and 1988 10K Olympian Pat Porter. Here she'll high jump, long jump, run 60-meter hurdles, and put the shot.

M45 Christopher "Chris" Faulknor: An Olympian for Jamaica in 1988, he was the leadoff leg of his 4x100 relay team, which took fourth and set a national

record. He's the founder of the Southern California Running Cougars youth track team and coaches at Junipero Serra High School in Gardena, CA.

The oldest athletes entered are both legends: San Diego's **Leland McPhie**, 96, and **Betty Jarvis** of Aberdeen, N.C, 95 hold dozens of records between them. McPhie boasts world records in the high jump, long jump and triple jump in his age group. Jarvis holds 13 American age-group records in the throws.

ATHLETES TO WATCH IN ALBUQUERQUE, By Age Group:

Here are 15 standouts entered at nationals:

M45 Chris Bates: Oregon resident set a stunning world indoor record of 3979 points in the pentathlon at Kamloops a year ago. He's entered in that event here as well as the 60-meter hurdles, high jump and long jump.

M50 Bruce McBarnette: Virginia resident is the defending world outdoor and indoor champion. A 2010 inductee to the USATF Masters Hall of Fame, he has raised the age-group American record in the outdoor high jump at least 11 times. It's currently at 1.94 meters (6-4¼). He also holds the indoor M50 record of 1.93 (6-4)

M60 Bill Collins: Moving into a new age group, the Texan who boasts several world masters sprint records will go after new age-group bests in the 60, 200 and 400 meters. Outdoors, he owns world 100-meter records in three age groups. He'll try to add the M60 indoor 60 record to his M55 WR.

M60 Nolan Shaheed: World class jazz musician, played lead trumpet for Dizzie Gillespie, Stevie Wonder, Diana Ross, Marvin Gaye. Southern Californian shared male USATF Masters Athlete of the Year honors in 2010 (with Ralph Maxwell) and should duck under the 5-minute barrier in the mile, where he holds the world indoor record of 4:57.06. He's already run 4:58.21 this season. He's also entered in the 800 and 3000.

M65 Stephen Robbins: Ohio resident and business-management textbook author is a 2005 inductee in the USATF Masters Hall of Fame, having won countless sprint titles on the world level and set many records. He's entered in the 60 and 200. He holds the American record in the 60 of 8.04 seconds and also is entered in the 200.

M90 Ralph Maxwell: Texan shared Male USATF Masters Athlete of the Year award in 2010 after setting world records in the indoor 60 hurdles and the outdoor 80- and 200-meter hurdles. At Albuquerque, he'll run the hurdles as part of the pentathlon and also is entered in the 60, 200, high jump, long jump, triple jump, pole vault and shot put.

M90 Orville Rogers: Another Texan will challenge Maxwell in the 60, 200 and shot put and also will compete in his better events — the 400, 800, mile and 3000. Orville holds M90 world indoor records in the 800 (4:19.97) and mile (9:56.58).

W45 Renee Henderson: New Jersey resident, a Lahti world champion in 2009, is the top-ranked in America in all sprint events and is entered in the 60 and 200. She holds American indoor records in the 60, 200 and 400 and American outdoor records in the 100 and 200.

W50 Liz Palmer: Northern Californian set American outdoor record in the 80-meter hurdles last summer and will be going after Phil Raschker's age-group American record in the 60-meter

hurdles of 9.38 seconds. At an outdoor all-comers meet in February, she ran the 60 hurdles in 9.36. She's also entered in the 60 and 200.

W50 Oneitha "Neni" (pronounced knee-knee) Lewis: The New Yorker was named overall USATF Masters Athlete of the Year in 2010 on the strength of an incredible debut year in the W50 age group. She shattered world records in the hammer, weight and throws pentathlon. She also topped the American records in the superweight and ultraweight pentathlon. She's entered in the shot put, weight throw and superweight — and will face competition from world champion Carol Finsrud.

W55 Rita Hanscom: The San Diegan broke the world heptathlon record, won a fistful of gold medals at the Lahti world championships in 2009, and finished the year by being named IAAF Masters Athlete of the Year. She resumed her title chase in 2010, winning four gold medals and a silver at Kamloops. Here she's entered in the 60, 200, 400, 60 hurdles, high jump, pole vault, long jump and pentathlon.

W60 Phil Raschker: The Hall of Famer from Marietta, Georgia —twice over the past six years a Sullivan Award finalist as America's top athlete—along with Apolo Ohno, LeBron James, and Michael Phelps -- and the most decorated masters athlete in history — made news off the track in late 2010 by posing nude (tastefully) for *ESPN the Magazine's* second annual Body Issue. She won *ten* gold medals at the World Masters Championships in 2007 and nine medals in the 2010 Indoor Worlds including seven golds. She's entered here as F60 in seven events (60, 200, 60 hurdles, high jump, pole vault, long jump, triple jump).

W65 Nadine O'Connor: The suburban San Diegan and Hall of Famer holds the world record in the outdoor 100 meters, and her vault marks are so off the charts that she regularly beats women 15 years her junior. In 2009, she scored the highest point total in the decathlon of anyone on earth: 10,234 points under an old scoring system. Here she's entered in the 60, 200, 60 hurdles, high jump, long jump, shot put and pentathlon.

W70 Kathy Bergen: The Southern Californian and Hall of Famer set world records in the high jump in 2010. But she's better known as a sprinter. In fact, she's the fastest woman over 70 in the world and her 2010 world outdoor record for 100 meters (14.76 seconds) was run into a wind. Here she's entered in the 60, 200 and high jump.

W75 Mary Harada: The Massachusetts resident and Hall of Famer ran an indoor mile in 8:21.50 in January — 5 seconds under the listed world record. Her outdoor world age-group record of 7:55.74, set last June, shows she has potential to go sub-8 in Albuquerque. She's also entered in the 800 and 3000.

Dan Ballou, Director of Sports Marketing for the Albuquerque Convention & Visitors Bureau, said, "We fully expect to put on a first class event for the athletes. Albuquerque is becoming a hotbed of indoor track and field at the national level, and having the 2011 USATF Masters Championship is another example." The co-meet directors are Rick Miller and Rich Ceronie.

For media trackside athlete interviews and more information, contact Bob Weiner, USATF National Masters Media Chair, at weinerpublic@comcast.net or cells 202-306-1200 or 202-329-1700. Media may arrange advance credentialing or see Bob trackside and show media organization credentials.

For Olympians and World Champions competing AND local NM athlete lists, see full release at <http://www.weinerpublic.com/20110227.doc> or [PDF](#)

For schedule of events, athletes list, and other information:

<http://www.usatf.org/events/2011/USAMastersIndoorTFChampionships/index.asp>

2010 WORLD MASTERS INDOOR CHAMPIONS (AT KAMLOOPS, BRITISH COLUMBIA) COMPETING IN ALBUQUERQUE (WITH ENTERED EVENTS):

W35 Dena Birade (60)
W35 Helen Croskell (pole vault)
W35 Latrica Dendy (200, 400, 800)
W35 Isabelle Dierauer (60, 200, long jump, triple jump, shot put)
W35 Latashia Key (800, mile, 3000)
W40 Lisa Daley (60, 200, 400, 60 hurdles)
W40 Maryline Roux (200, 400)
W45 Sheryl Miller (mile, 3000)
W45 Gail Kuhnly (60, 200,400)
W45 Patricia Porter (60 hurdles, high jump, long jump, shot put)
W45 Susan Wiemer (60 hurdles, shot put, pentathlon)
W50 Linn Dunton (shot put, weight, superweight)
W50 Julie Hayden (400, 800)
W50 Liz Palmer (60, 200, 60 hurdles)
W50 Joy Upshaw (60, 200, 60 hurdles, long jump)
W55 Linda Cohn (60, long jump, triple jump, shot put, weight, superweight)
W55 Rita Hanscom (60, 200, 400, 60 hurdles, high jump, pole vault, long jump, pentathlon)
W55 Kathryn Martin (800, mile, 3000)
W60 Brenda Matthews (60, 200, long jump, shot put)
W60 Phil Raschker (60, 200, 60 hurdles, high jump, pole vault, long jump, triple jump)
W70 Jeanne Daprano (60, 200, 400, 800)
W75 Christel Donley (high jump, long jump, triple jump, shot put, pentathlon)
W75 Mary Harada (800, mile, 3000)
W75 Mary Roman (60, high jump, shot put, weight, superweight)
W85 Johnnye Valien (60, long jump, shot put, weight)

M35 Andrew Hogue (400, 800, 60 hurdles, high jump, long jump, pentathlon)
M35 Alfy Pettes (60, 200, long jump, high jump, shot put)
M40 Nicholas Berra (800, mile)
M40 Don Drummond (60, 60 hurdles)
M40 Robert Thomas (60, 200, 400)
M45 Chris Bates (60 hurdles, high jump, long jump, pentathlon)
M45 Francis Burdett (mile, 3000)
M45 Jeff Bott (shot put)
M45 David Jones (60, 200, 400)
M45 Marcus Shute (60, 200, 400)
M45 Aaron Thigpen (60, 200)
M50 David Cannon (mile, 3000)
M50 James Chinn (200, 400)
M50 Tony DiSalvo (60, 200)
M50 Kenneth Eaton (60, 60 hurdles)
M50 Brian Hankerson (high jump, long jump, triple jump)
M50 Bennie James (200, 400)
M50 Ken Jansson (weight)
M50 Jeff Lindsay (800)
M50 Bruce McBarnette (high jump)
M50 Dexter McCloud (60 hurdles)
M50 David McFadgen (triple jump)
M50 Kenneth Thomas (200, long jump, pentathlon)
M50 Michael Waller (60, 200, 400)
M50 Michael Wolfe (400, 800)

M55 Kirk Bentz (pole vault, long jump, triple jump)
M55 Jim Broun (60 hurdles)
M55 Archie Glaspy (200, 400)
M55 George Haywood (200, 400)
M55 William Murray (60 hurdles, high jump, long jump)
M60 Bill Collins (60, 200, 400)
M60 Vance Jacobson (60, 60 hurdles, long jump)
M60 Hank Konen (weight, superweight)
M60 Tim Muller (shot, weight, superweight)
M60 Leo Sanders (60, 200, 400, weight, superweight)
M60 Nolan Shaheed (800, mile, 3000)
M60 Todd Taylor (weight, superweight)
M65 Robert Baker (60 hurdles, pole vault, triple jump, pentathlon)
M65 Howard Booth (60, 200, pole vault, long jump)
M65 Robert Cahners (weight, superweight)
M65 Frederick Johnston (60 hurdles)
M65 Joe Johnston (200, 60 hurdles, high jump, pole vault)
M65 Roger Pierce (60, 200, 400)
M70 Robert Fulton (60 hurdles, high jump, pole vault, long jump, pentathlon)
M70 Sid Howard (800, mile)
M70 Richard McKisson (60, 60 hurdles, triple jump)
M70 James Paddie (60, 200, high jump)
M75 Robert Hewitt (400, 60 hurdles, long jump, triple jump)
M75 Dick Richards (60, pole vault, long jump)
M80 Jerry Donley (60, high jump, pole vault)
M80 Gerald Wojcik (shot put, weight, superweight)
M90 Orville Rogers (60, 200, 400, 800, mile, 3000, shot put)

2009 WORLD MASTERS OUTDOOR CHAMPIONS (AT LAHTI, FINLAND) COMPETING IN ALBUQUERQUE (WITH ENTERED EVENTS):

W35 Latrica Dendy (200, 400, 800)
W35 Maurelhena Walles (200, 400)
W40 Lisa Daley (60, 200, 400, 60 hurdles)
W40 Charmaine Roberts (400, 800)
W40 Lisa Valle (800, mile, 3000)
W45 Renee Henderson (60, 200)
W50 Carol Finsrud (shot, weight, superweight)
W50 Martha Mendenhall (60, high jump)
W55 Linda Cohn (60, long jump, triple jump, shot put, weight, superweight)
W55 Rita Hanscom (60, 200, 400, 60 hurdles, high jump, pole vault, long jump, pentathlon)
W65 Darlene Backlund (400, 3K walk)
W65 Kathleen Frable (200, 400, 3K walk)
W65 Jolene Steigerwalt (800, 3K walk)
W70 Jeanne Daprano (60, 200, 400, 800)
W75 Mary Harada (800, mile, 3000)
W85 Johnnye Valien (60, long jump, shot put, weight)

M40 Karl Hawke (high jump, triple jump, pentathlon)
M40 Eric Prince (60, 200, 400)
M40 Robert Thomas (60, 200, 400)
M45 Eric Merriweather (60, 200)
M45 Marcus Shute (60, 200, 400)
M50 James Chinn (200, 400)
M50 Bennie James (200, 400)

M50 Jeff Lindsay (800)
M50 Bruce McBarnette (high jump)
M50 Kenneth Thomas (200, long jump, pentathlon)
M55 William Murray (60 hurdles, high jump, long jump)
M60 Thaddeus Wilson (60, 60 hurdles, long jump, pentathlon)
M65 Richard Campbell (3K walk)
M65 Norman Frable (high jump, 3K walk)
M65 Glenn Sasser (shot put)
M70 Sid Howard (800, mile)
M70 Emil Pawlik (60, 60 hurdles, high jump, long jump, pentathlon)
M75 Dick Richards (60, pole vault, long jump)

Thanks to Ken Stone, Editor, masterstrack.com, a member of the masters media committee, for the well-researched champion charts and many bio notes. Thanks also to Peter Taylor, media committee member and the meet announcer, for much analysis included in this release.

NOTE ON THE HIGH JUMP BY PETER TAYLOR, Meet Announcer and Masters Media Committee Member:

High jumpers flock to Albuquerque

Perhaps attracted by the mile-high altitude, or possibly just wanting to compete at a first-class facility, many of the top masters high jumpers in the US are scheduled to compete at the indoor masters nationals in Albuquerque on March 4-6, 2011.

In the M50 (men 50-54) group, for example, Noel Ruebel will be among a plethora of standouts challenging American indoor record holder Bruce McBarnette of Sterling, Virginia. McBarnette's mark is 1.93 meters/6 feet 4 inches, while Ruebel claims the distinction of being the first high school jumper in US history to go 7 feet indoors (Highland High School, Indiana, 1974). He graduated from Purdue University in 1978, where he was an All-American.

The 40s women will have several high fliers. Getting the top billing in W40 is Stacey Nieder, a family physician from Alaska, who last year exceeded Patricia "Trish" Porter's American indoor mark for that age group by soaring 1.67 meters (5-5 3/4). Kimiko Nakatake of New York City, who stands no more than 5 feet, 4 inches, will be Stacey's main challenger (Kimiko jumped 1.65 meters at the 2008 outdoor nationals). Trish Porter, a 1988 US Olympian from Albuquerque, New Mexico, will head the W45 field, where she will be trying to break the American record of Phil Raschker (Marietta, Georgia) of 1.58 meters.

Raschker, who will be competing in a variety of events in Albuquerque in the W60 category, also holds the American indoor standards in the high jump for W50, W55, and W60. Heading the W70 field will be Kathy Bergen, the world indoor recordholder for that age group (1.29 meters). Bergen, of La Canada, California, will get top billing in the sprints as well, as last year she ran an unthinkable 14.76 in the 100 meters at the Mt. SAC Relays to obliterate the world standard for women in her age group.

Prof. Milan Jamrich (has the American indoor mark of 1.73 meters for M55) of the Baylor College of Medicine and Jim Sauers (competed for Florida State Univ years ago) head the M60 field. Jim recently tied David Monteith's M60 American indoor standard of 1.66 meters. In M65, Monteith looks like the top dog. In M90, Ralph Maxwell, a former attorney and judge, may threaten the American mark of 1.06 meters held by Leland McPhie, as Maxwell has the M85 standard of 1.09 meters. In M95, Leland McPhie, the world recordholder at 0.96 meters, should do well.

FINALLY, PERHAPS MOST IMPORTANT, LOCAL ATHLETES TO WATCH—
We sought suggestions. Here are some of the comments:

From Rick Miller, co-meet director:

1. **Trish (Patricia) Porter** of Albuquerque, Women's High Jump many times record holder and former Olympian.
2. **Paul Economides (M65) has** lived in Albuquerque since 1978. He is entered in the shot, weight throw and super weight throw. He holds the American m65 weight pentathlon and discus records. He also holds the M65 World record for the weight pentathlon. He won the M60 weight throw at the World Masters Championship in Riccione Italy (2007).
3. **Brad Winters (M 55)**, is entered in and is a M50 indoor national championship winner of the Pole Vault and a current Masters athlete. He *is a city councilman in Albuquerque* and is one of the persons responsible for bringing the indoor track to Albuquerque and finding/providing the facility.
4. **Lisa Valle (W-40)**, middle distance runner and Masters record holder and champion. She won Women's exhibition 1500 in last years Senior Indoor Championships here in Albuquerque. (Pete Taylor adds:) **Lisa Valle (W40)** of Albuquerque(triple gold at Lahti worlds, world outdoor record holder in W40 steeplechase) is a big star, although so far she has little name recognition outside of our sport.
5. **Jamie Cook**, a masters weight thrower. One of the driving forces for the indoor facility.

From Dan Holton:

Dan Holton, 42, of Chicago, Ill., was a two-time; U.S. Masters Outdoor champion (35-39) and four-time U.S. Masters Indoor champion (2006, 2007, 2008, 2010), World Indoor Champion (2006) and World Indoor Runner-up (2010).

Dan says, "I am an ABQ native, went to high school there and graduated from the University of New Mexico, I lived there my whole life and moved away after college. I was the NM state pole vault champ in 1986 and was All-WAC at UNM in 89-91 where I jumped 5.12m or 16'-10", also I was teammates with Simon Arkell who is a pv icon in the city. I went to Eldorado High School in Albuquerque and I think I still might hold the school's pole vault record."

From Paul Economides:

James Koch (Santa Fe) has been a winner in Sr. Olympics and USATF events. He is a regent at UNM and very active in NM politics

Dennis Diaz (Las Cruces) is capable of winning the M55 shot (former NMSU weight thrower-has won several Sr. Olympic events). He is a pastor and runs several community ministries in Las Cruces. Pete Taylor adds: "Dennis Diaz will be one of the standouts in the shotput (M50). He puts it about 16 meters, making him one of the best in the US."

From Laura Bowerman, Sports Marketing Coordinator
Albuquerque Convention & Visitors Bureau:

Here are some names of locals that are competing in the Masters Championships that I know of:

35-39 Men's 800m, Mile, 3000 Meters - **Teddy Mitchell** (ran for Arkansas in college)

50-54 Women's 800m, Mile - **Linda Laktasic** – “Laktasic was the first Macalester female athlete to receive All-America honors, earning that distinction three times in cross country and three more times in track. In cross country, Laktasic placed 12th nationally in 1980 and 1981, and in 1983 she finished fourth. As a senior, she joined with teammate Julia Kirtland to place first and second at the NCAA Central Regionals. Her best national finishes were a pair of third-place efforts in track and field, both at 10,000 meters. She also produced a fifth-place national finish in the 5,000 meter run. Following graduation, Laktasic quickly became a nationally competitive marathoner, winning the elite Houston Marathon in 1998 and qualifying for the U.S. Olympic Marathon Trials twice. Laktasic received an MBA from the University of New Mexico in 1991

60-64 Men's Mile - **Matthew Duncan**

45-49 Women's 60m Hurdles, High Jump, Long Jump, Shot Put - **Patricia Porter**

65-69 Women's Mile - **Francoise Barnes** (She's French)

From John Ashcraft:

I guessing that you are looking for athletes with notoriety. I definitely don't fit that bill, but I thought I would give you my info. I live in the southern mountain in Ruidoso. About 3 hours from Albuquerque. I last competed in track in 1987 or 1988 at a small college in Western Oklahoma (SWOSU). I left track to pursue a career and had not set foot back on a track until last year when the folks at the Great Southwest put on an all-comers meet at the indoor track in Albuquerque. It was great fun. My son pole vaulted in the high school class and I did all the event that they would let me(six). I loved track and running. I am not sure why I ever gave it up so soon. This is one of those second chances that make life fun.

Additional background -

Oklahoma 3A state cross country state championship team member 2005

Oklahoma 3A state track runner-up team 2006

2 Mile Relay state champs 2006

Coached high school cross country and track at Capitan High School (Capitan, NM)

I just thought this might make some sort of human interest blurb for those who thought they were too old to give it another shot.

John Ashcraft

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From Sabra Harvey:

Colleen Burns, entered in the W60 sprints (60M, 200M, 400M) as well as the Mile, is from near Albuquerque. She was at the NSGames in Palo Alto 2 yrs ago... ran the 5k and 10k road events there. Really nice lady and good runner.

From Liz Palmer:

David Salazar's a talented M60 athlete who lives in Cedar Crest, NM a town about 30 miles outside of Albq. He's entered in the 4, the 8, and the mile. Great person and excellent runner!

AND THIS PRESS RELEASE WRITER'S FAVORITE COMMENT, THE POINT OF IT ALL:

From Linda Laktasik:

I'm just responding to your request for info regarding other Albuquerque residents entered in the national masters championships. I live in Albuquerque and haven't participated in a national meet for almost 30 years so I thought at age 50 I should give it a try.

Linda

(Thanks also to Ken Stone of masterstrack.com for helping generate many of the local responses).

Source: USATF National Masters Media Committee and Robert Weiner Associates