

SELECTED LISLE USA MASTERS MEDIA 2012

Video from Lisle Masters Track by EX-TV Journalist Rachel Womack (Midwest Region and MTF National Media Committee Joint Effort):

Main Video (You HAVE to check out this video!! Bob)

www.youtube.com/watch?v=UbzhJH8z8kE

Biopic Robert Arledge: www.youtube.com/watch?v=V4NDJFx7gig

Selected Print Coverage:



USA Masters track and field championships coming to Lisle

By Katlyn Smith
Aug. 1, 2012

On a world stage against tough competitors, Barb Lauff ran with a bum leg.

Her foot almost dragged on the track, disrupting the smooth strides of long-distance running. But the Aurora native still managed a time of just over 20 minutes in the 5,000-meter race.

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Track & Field Championships

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“I have always plowed through the pain,” Lauff, a teacher in Sterling, said.

It sounds like a familiar tale in competitive sports: Athletes pushing through blood, sweat and tears for awards and glory.

But Lauff is in her early 40s and a regular on the masters track and field circuit, where athletes 30 and older challenge their physical limits and routinely deliver world records in their age categories.

Lauff, 43, didn't set a record with her time last summer at the world masters meet in Sacramento, Calif., but she's intent on breaking the 19-minute barrier at the USA Masters Outdoor Track and Field Championships that open Thursday and continue through Sunday in Lisle.

It's a national competition bringing more than 1,000 athletes to the Village of Lisle-Benedictine University Sports Complex, where they will test their speed and stamina in a range of track and field events, including pole vault, steeplechase and pentathlon. The venue includes a 3,000-seat stadium.

The event is free to spectators but still is expected to generate between \$400,000 and \$450,000 in economic impact for the village, said Jay Allen, a sales manager who specializes in sports markets at the Lisle Convention and Visitors Bureau.

A chunk of that impact will come from athletes, families and trainers staying at local hotels and eating at area restaurants, Allen said.

As for the competition itself, USA Track and Field is the governing body of the event.

In Lisle, the youngest athlete registered is 35 and the oldest is 95, said Bob Weiner, chairman of the USATF national masters media committee. To participate, athletes must be members of USATF and are grouped in age divisions based on 5-year increments.

"You have those (high) caliber athletes, but it's more for the motive of lifetime fitness and health," Weiner said.

And spectators can anticipate some flashy times.

"We expect to have a myriad of world records and national records set at this meet," Weiner said.

For Lauff, the 5K at the Lisle meet will be one of her first major races since hamstring reattachment surgery in August 2011 to repair an injury typically sustained in snowboarding or surfing crashes.

"It's that severe and sudden," said Lauff, who doesn't know what triggered the injury, diagnosed after the world meet in Sacramento.

But she suspected something before that race.

"I was experiencing pain, but I ignored it," Lauff said. "I wanted to go to Sacramento and, by God, I didn't care what it was going to take."

Now she's dealing with scar tissue and avoiding sprinting.

Her regular routine squeezes in a five- to eight-mile run each day before teaching, coaching and playing the oboe and violin in local music groups. Lauff, who will perform the national anthem in Lisle, is also the assistant Illinois USATF masters chair.

During the school year, she gets up at 4 a.m. and is running by 5 a.m.

"I wouldn't give it up for the world," Lauff said. "I don't mind sleep deprivation just so I can train."

The payoff, Lauff says, is a quicker recovery time after her surgery, plus an "atmosphere of support" with masters athletes, who she runs with on Sundays.

Although she competed for her high school team her senior year, Lauff wasn't a dedicated runner until she moved to Sterling and discovered a track facility and a "pod of serious runners."

“I think a lot of times people think, ‘Oh, that was in my past,’” Lauff said. “Well it can be part of their future, too. Embrace that fact that you can be active and you can do this.”

Link to Original: <http://www.dailyherald.com/article/20120801/news/708019763/>

Masters outdoor track championships sprint into Lisle

By Joan Broz
July 17, 2012

With Olympic fever in the air, the Village of Lisle-Benedictine University Sports Complex plans to stage an event of national prominence. No need to book a flight to London, the USA Masters Outdoor Track and Field Championships are coming to Lisle.

“If people want to see the best, most fit adult athletes in the world competing and breaking records, then come to the meet,” said Bob Weiner, national masters’ media committee chairman for USA Track and Field.

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Weiner said the event will spread the word that speed, strength and endurance are possible for all ages.

“Our events are adult track and field,” said Weiner. “It is open to everyone.”

Each year, athletes from across the country compete in the USA Masters over four days the first weekend in August. The meet in Lisle is Thursday to Sunday, Aug. 2 to 5.

A full range of track events include races from 100 meters to 10,000 meters. Field events include javelin and discus throw, long and high jump, hammer and weight throw, shot put, pole vault, triple jump and hurdles. Stamina is challenged in the steeplechase, pentathlon and racewalking events.

The Masters division features athletes over the age of 30 testing their skills in track and field events with their peers. Groupings are in 5-year increments, with the oldest group being 100 years and older. Yes, Weiner said, there was a 101-year-old competitor. There is a man registered for the USATF Masters in the age group 85-89 in 80-meter hurdles.

“I saw a man set the record in the 200-meter indoors and he was in his 90s,” said Lorette Cherry, Illinois secretary of USATF. “I had tears in my eyes, the man was so amazing.”

“In Masters, you look forward to your birthdays, because every five years is another age group to compete in,” said Weiner. “When you are a year older, you then compete at the youngest age of the next five-year division, and that is an advantage.”

The event is open to all who want a physical challenge. If you run a mile between 4.5 and 9 minutes you are within the range of contenders, according to Weiner.

“Any time is acceptable,” Weiner said. “If you run as a jogger and you want to see how you can do in a competition, you are welcome to enter.”

The USATF Illinois, based in Lisle, hosts this year’s competition and leads the bid process that Cherry attended. The event, which Lisle will host for the first time, was the result of an extensive process that began in 2009. The results left national board members pleased with the Lisle Convention and Visitors Bureau and the Village of Lisle-Benedictine University Sports Complex proposal.

“People love coming to this Chicago area because there is so much for them to do,” Cherry said. “You will be surprised to see the quality that comes to our meet; it is so amazing to see that determination in our athletes.”

The Benedictine facility has hosted national youth events on two previous occasions, as well as the 2006 NCAA Division II Women’s Lacrosse Championship.

“The latest numbers we have from the Illinois group is that we should expect about 1,200 athletes,” said Jay Allen, LCVB sales manager for the Lisle visitors bureau.

The successful bid reflects all the resources Lisle and the university have to offer events of this caliber. The extensive bid defined hotel accommodations, access to convenient transportation and a variety of food venues, in addition to all the equipment and field requirements.

The sports complex has a nine-lane Olympic quality track with a 3,000-seat stadium. Cherry said with more stadium seating, Lisle could host more events.

“We are bringing new people and outside money to the area,” Allen SAID. “It is also a great showcase for Benedictine and Lisle to have this national event.”

Allen said that LCVB will provide free shuttle service for the athletes to and from hotels and will add local information to the USATF Illinois welcome packets. It also will staff an information table to answer visitor’s questions.

Athletes, trainers, officials, spectators and family members will come to the area. Although it is too early to know exact numbers and names, organizers said Lisle can expect to have some prior Olympians and world champions at the games.

“The events are very social, too,” Weiner said. “Everyone is there for the competition and the camaraderie.”

USA Track and Field has 57 associations that cover the United States with its national offices in Indianapolis. Go to USATF.org and USATFillinois.org for a complete rules book, meet history and score results from the past 10 years in all events.

To find out who else is registered in the Masters, so far, go to USATF.org and then click on events calendar, national championship, scroll down to find Aug. 2-5 and click on entry list. Each event has its list. Then, be an active participant in the Olympic spirit.

Link to Original: <http://www.dailyherald.com/article/20120717/news/707179847/>

More than 1,000 competing in ‘masters’ track meet in Lisle

By Katlyn Smith
Aug. 2, 2012

Ruth Welding spun three times before unleashing an explosive hammer throw.

Seeing the Elk Grove Village woman’s chiseled physique from a distance, nobody could be surprised she’s a reigning world champion in her age group.

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But then after one throw, her hat flew off and revealed a crown of silver hair.

Suddenly her accomplishments somehow seemed even more impressive: she’s 56.

Which means she fits right in with most of the 1,000-plus athletes competing this weekend in the USA Masters Outdoor Track and Field Championships at the Village of Lisle-Benedictine University Sports Complex in Lisle. Organizers say all the competitors have passed their 30th birthday and the oldest registered athlete is 95.

USA Track and Field is the governing body of the competition that continues through Sunday. Participating athletes must be members of USATF and are grouped in age divisions based on 5-year increments.

Both seasoned veterans and novices compete in an inclusive, supportive environment, organizers say.

Welding won the hammer throw in her age category at the world masters meet last summer in Sacramento, Calif.

And on Thursday she made a last-minute comeback after falling to seventh place in her event. Her “tennis elbow” tightened at one point, Welding said, and forced an early release of the hammer, weighing almost 7 pounds. But she saved her best throw, more than 40 meters, for last and seized the top spot.

Successfully competing at her age is “not impossible,” said Welding, an assistant girls track coach at Elk Grove High School and a professional fitness trainer. “It just takes a little effort and interest.”

Welding was a collegiate swimmer at Purdue University, experimented with track and field and focused on powerlifting before her success as a hammer thrower. Several doctors have told her she needs shoulder replacement surgery, which could jeopardize her masters sport, Welding said.

“As one of the orthopedics told me, for my age, I’ve put more than twice that many years of use into my joints,” Welding said.

Nolan Shaheed, 63, a jazz musician who’s played with Aretha Franklin, Stevie Wonder and Marvin Gaye, was another competitor battling some aches and pains Thursday.

A world record holder in his age group, he finished the 5,000-meter race despite a painful calf muscle he iced after his run.

“I’d rather be here hurt than to be anywhere else in the world right now,” Shaheed, of Pasadena, Calif. said.

Shaheed, who specializes in trumpet, often composes arrangements during his running routines, including his song, “Just Another Day.”

“Now I think I get more of a kick from running than I do from playing music,” said Shaheed, who runs 12 miles a day.

Welding, meanwhile, says the “support group” from other masters athletes pushes her to compete and train regularly. She logs up to four days a week rehearsing hammer throws at Harper College.

“Those friendships are lifetime friendships,” Welding said.

Link to Original: <http://www.dailyherald.com/article/20120802/news/708029665/>

NapervilleSun
A CHICAGO SUN-TIMES Publication

Roundup: Masters track championships at Benedictine

July 17, 2012

USATF National Masters Championships next month

The USATF National Masters Championships, a track and field event with more than 1,000 athletes competing, will be held Aug. 2-5 at Village of Lisle-Benedictine University Sports Complex.

More than 30 reigning world masters track and field champions will be among the 1,150 athletes ages 35-97 years old competing, according to a release from the Lisle Convention and Visitors Bureau and the Village of Lisle. Track events range from 100 to 10,000 meters, while field events will include the full range of jumps and throws.

The public is invited free of charge to watch the competition from 8 a.m. to 5 p.m. daily at the sports complex.

Link to Original: <http://napervillesun.suntimes.com/sports/14018702-419/roundup-masters-track-championships-at-benedictine.html>

The Fresno Bee

FresnoBee.com

Fresnan captures big USA Masters track and field medal haul

Aug. 8, 2012

Fresno's Kemisole Solwazi took home nine medals at last week's USA Masters Outdoor Track and Field meet in Lisle, Ill.

The 72-year-old Solwazi won gold in her age group in the 400 meters (1 minute, 30.0 seconds), 800 (3:56.41) and 5,000 (32:02.86); silver in the 100 (16.65), 200 (35.92) and 1,500 (8:28.62); and bronze in the shot put (18.6 feet). She was part of the 400 relay team that won silver and 1,600 that earned bronze.

Solwazi, a retired substitute teacher, competes for the So Cal Track Club.

Link to Original: <http://www.fresnobee.com/2012/08/08/2942541/fresnan-captures-big-usa-masters.html>

NorthFulton.com
An Appen Newspapers Company

Forsyth County track runner jumps through hurdles, wins

By Aldo Nahed
Aug. 31, 2012

FORSYTH COUNTY, Ga. — John Gallagher is back home after breaking a national record and jumping through hurdles in the process.

Gallagher, 55, of Cumming, placed first last month in the U.S. Masters National Track and Field Championship 400-meter hurdles held at St. Benedictine University in Lisle, Ill.

With a time of 1:06.45, Gallagher set the fastest time in the 400-meter hurdle in the country for ages 35

and older.

"I ran in college, and I wanted to give it one more shot and see what I can do nationally," Gallagher said.

Gallagher had competed in high school and college in the intermediate hurdles, but later turned his focus to rowing and joined and competed for the Atlanta Rowing Club.

Three years ago, he decided to compete in the 400-meter hurdles again as a masters runner, and he hasn't looked back.

"I ripped a calf muscle last year," Gallagher said. "A real setback, but I was able to come back this year and qualified for the Atlanta Track Club competitive team."

Under coach Ken Eaton, whose cousin Ashton Eaton set the world decathlon record in this year's Olympics, Gallagher trained throughout the season.

"It was a lot of work," he said, "a lot of blood, sweat and tears."

The competition in the 400-meter masters nationals finals race included two former national winners.

"It was a great experience having represented the Atlanta Track Club and winning a national championship," Gallagher said. "It was a dream come true."

Running Happy With Maurelhena Walles, Master Track and Field Athlete and Brooks ID Athlete

By Toni Carey, "Black Girls Run"
Aug. 14, 2012

I recently had the chance to catch up with track phenom Maurelhena Walles! Having recently competed in the USA Master's Track and Field Championships earlier this month in Lisle, IL, (and winning the 800!), I'm always excited to talk with professionals who have a little more at stake than just keeping off the lbs., like myself.

Not only that, but it was an opportunity to formally introduce her to the BGR! Nation before our upcoming race in Atlanta. We're excited to have Maurelhena present at the Black Girls RUN!/AARP Drive to End Hunger Conference Presented by Coca-Cola where she will present "A Black Girls Guide to Running" sponsored by Brooks. With a session title like that, I knew she was just as feisty as us and I couldn't wait to learn more about her.

Who is she? She is a top ranked World and National 400 and 800 meters Masters Track and Field athlete who is sponsored by Brooks ID (Inspire Daily) Running, www.brooksrunning.com. Her certifications include personal training and exercise and program design for special populations including substance abusers and addicts. She specializes in strength and conditioning, speed and agility and interval training.

Outside of personal training, she has over fifteen years of research, development and implementation experience in the areas of instructional design, communication and education. She received her BA in Telecommunications and Political Science from Alabama A&M University, an MFA in Television Productions from Brooklyn College and a Professional Degree in Education, Communication and Technology from New York University.

By using her expertise in instructional design, she is able to meticulously design health and fitness programs that address the needs of her clients. She believes that good results are worth the time it takes to plan them.

The core of her success, on and off the track, is defined by her passion and commitment to using health and wellness as a tool to educate and empower.

From what inspired her to run, to her favorite running shoes, check out the lady behind the speed!

BGR: How and when did you begin running?

MW: My mom use to say I was a hyper-active child. She used to find creative ways for me to release energy (aka: tire me out). She would say “let’s see how fast you can get to the end of the block.” So I would run down as fast as I could and wait for her. She would give me the same task to complete all the way home. Her plan worked, as I remember feeling exhausted when I got home.

My first competition was in 4th grade, the Mr. Peanut Contest. The school selected one girl and one boy to represent the school. We had to do a series of events; track, sit-ups, long jump and softball throw. I remember at that young age the “rush” I felt while competing. First place was two weeks at a sports camp with all these famous athletes. Second place was a Huffly bike. I didn’t want to be away from my family for two weeks, so I went for the bike. ! I successfully placed 2nd and won a bike that I didn’t even know how to ride. While my parents weren’t particularly pleased with my strategy, they understood and admitted that they would miss me too!

From then, I continued to compete in local youth meets, competed throughout high school and college and have never stopped since. Running is a part of me!

BGR: You’re a world-class sprinter, but do you also run long distances?

MW: Yes, I also run long distance. While at A. Philip Randolph Campus High School in Harlem, NY, our coach, Mrs. Anderson, told everyone that they would be running cross-country. This was foreign to me because I had never heard of cross-country. I was scared and thought that it meant we had to run from borough to borough. So on the first day of practice I did what any 14 year old would do, I brought my mommy. Just in case anything happened, like I got lost. I knew my mommy would be there to come rescue me. But none of that happened. We ran mile and hill repeats as a part of our workouts. The longest distance we ever ran was a 5K. And since high school, cross-country is used as a part of my base training during the Fall months. While the 400 is my main race, I compete in the 800 as well, so distance running is added to my workouts 2-3 times a week during the season.

BGR: What is your advice for new runners?

MW: I thought about the answer to this question for awhile. I even had a paragraph written, but I erased it because I wanted to give advice that can act as your core, you mantra. And that advice is to HAVE FUN!!! Now this is easier said then done because running can take you on an emotional rollercoaster ride!!! There will be days when you will love the adrenaline rush running gives you and then there will be

days when you will become so frustrated because you're working so hard but your times aren't dropping, the weight isn't coming off or better yet, you're injured. On these days remember why you started running. Remember what running does for you and always include FUN in your RUN.

BGR: You have certifications in developing programs for special populations including substance abusers and addicts, how does exercise play a role in their recovery?

MW: I have been working with special populations for more than ten years in the capacity of workforce development and self-sufficiency. In 2008, because of government contract cuts, I became unemployed. I knew I wanted to continue to work with special populations but was unsuccessful in securing a job. One day I was discussing my frustration with my 16 year old niece (she's a great listener) and she told me that maybe it's not meant for me to continue what I was doing and that I should find a different way to help them. So that's what I did, I found a different way. I received my personal training certification, got accepted into an entrepreneur program and then got my certification in fitness training for special populations and substance abusers and addicts.

My approach is to help special populations enjoy the full emotional, social, learning and health benefits of physical movement in a group dynamic learning environment. Through exercise, I create learning environments where clients are able to work together and solve realistic problems through physical fitness and movement. Research has proven that exercise acts as a mild antidepressant and relieves stress. It elevates your mood, prevents mood swings and helps bring the body back to its original state before the substance abuse. Based on research and my experience on self-sufficiency, fitness and health goals should be at the forefront of recovery. Exercise not only supports their progress towards self-sufficiency, but it will also help improve their quality of life.

BGR: You're presenting "Black Girls Guide to Running" at the Black Girls RUN/Drive to End Hunger Conference next month, what can attendees expect?

MW: I am so excited and looking forward to sharing my expertise with the attendees at the conference. When putting together presentations, I make it a point to make sure attendees are enjoying every moment. So with that in mind, they can expect to laugh and HAVE FUN while learning how to create SMART running goals.

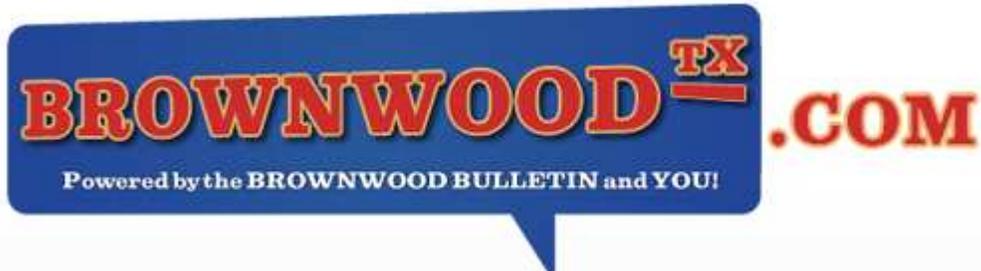
BGR: You are a Brooks ID athlete. What is your favorite Brooks shoe?

MW: This is a tough one because I use them for different things (i.e. distance runs, on the track, indoor, etc.) but if I must narrow it down to one then it will be the PureConnect. I had a tear in my right achilles this outdoor track season and was concerned about the transition from trainers to spikes. The PureConnect was a great shoe to run in before test-driving my ELMN8 spikes. The PureConnect gave me the right amount of support I needed during my 200 meter repeats and sprint workouts on the track without aggravating my achilles.

BGR: What does "Run Happy" mean to you?

MW: How do you put in words what you LOVE to do and what you can't live without? Running and I have a relationship; a good relationship. We've been together since I was a child. It has been with me throughout school, good and bad dates, and my marriage. It has made me cry, given me pain and helped me become a tougher person. I can't see my life without happiness and I can't see my life without running. Running is my go to happy place

Link to Original: <http://www.blackgirlsrun.com/running-happy-with-maurelhena-walles-master-track-and-field-athlete-and-brooks-id-athlete/>



Cole captures three gold medals at USA Masters track and field championships

Aug. 6, 2012

Eric Cole, a graduate of Bangs High School in 1988 and Angelo State University in 1993, captured three gold medals Aug. 2-5 at the USA Masters Track and Field Championships at Benedictine University in Lisle, Ill.

Competing in the men's age 40-44 division, Cole finished first in the discus, the 35-pound weight and the hammer, while coming in second in the shot put.

Cole won a state championship in the shot put while at Bangs, and also competed at state in the discus. At Angelo State, Cole earned national championships in the discus in 1991 and in the hammer in 1993.

In 2009, Cole was inducted into the United States Track and Field Cross Country Division II Hall of Fame.

Link to Original: http://www.brownwoodtx.com/sports/local_sports/article_8e5c3988-e003-11e1-8084-0019bb2963f4.html

mysuburbanlife.com
LISLE REPORTER

Lisle hosting masters track and field championship

July 27, 2012

Lisle, IL —

Lisle will be hosting a masters class on track and field, featuring some of the country's top over-35 athletes.

The USA Track & Field National Masters Championships will be held in Lisle next weekend. Some 30 reigning world masters track and field champions will be among the 1,150 athletes between the ages of 35 and 97 competing, according to a press release from event sponsor, the Lisle Convention and Visitors Bureau.

"You don't have to go to the Olympics this summer to see world-class athletes compete," the release stated. "The athletes will display speed, strength and endurance demonstrating lifetime fitness for all ages in events ranging from 100 to 10,000 meters, while field events will include the full range of jumps and throws."

The four-day event runs from 8 a.m. to 5 p.m. Aug. 2 through Aug. 5 at the Benedictine University Sports Complex. The event is free and open to the public.

Link to Original: <http://www.mysuburbanlife.com/lisle/newsnow/x1266555030/Lisle-hosting-masters-track-and-field-championship>



South Portland woman dominating masters track

Sept. 13, 2012

SOUTH PORTLAND – The annual National Masters Track and Field Championships were held in Lisle, Ill. Aug. 2-5, and South Portland's Sue McCarthy came home a winner. □

McCarthy, 49, was a member of the gold medal winning 4x100 meter relay for Mass Velocity (her club team) in her 45-49 age bracket. □ She had a full weekend of running and also came home with two silver medals to complement the gold. □ She placed second in the 100-meter and 200-meter runs (behind the world champion in that event), as well as fourth in the 400 meter. Her performances this weekend were particularly satisfying for McCarthy in light of the difficult injuries she has had to overcome in the last year and a half. □ After winning the indoor 400-meter masters championship in Albuquerque (and placing second in the 60m and 200m) in March 2011, she suffered a bad ankle injury which eventually required surgery and forced her to miss the 2011 National Outdoor Championships as well as the 2011 World Masters Outdoor Championship, which was held in Sacramento. □

After her surgery in October 2011, McCarthy worked hard to rehab her foot and was able to secure gold in the January 2012 Indoor New England Championships in the 60m and 200m. □ Working her come back too hard, she injured her leg and was not able to complete the indoor season, missing the Indoor Nationals in March 2012. □ McCarthy persevered with her training all spring. □ At the Outdoor New England Association Championships this July she ran for gold in the 100 meter and 200 meter. □

Aug. 9-12, McCarthy competed for the USA in the World Masters Athletics 2012 North-Central American & Caribbean & Canadian Masters Track & Field Championships making the trip to Saint John, New Brunswick. McCarthy took home silver medal in the 200 meter W45-49 event, missing first place by 0.01 of a second. She was also part of the USA W45 4x100 meter relay and 4x400 meter relay, both taking home silver as well.

This year was a significant year for McCarthy at the age of 49 running at the top of her Master's age group (45-49) competing mostly against younger women. □ McCarthy turns 50 next July and □ will be running in the Senior age group (50-54) at the next Outdoor Masters Nationals in Olathe, Kan.

As a single, working mother, McCarthy still managed to find time to train for the women's 60, 100, 200, 400 meter dashes, consistently placing in the top three at local, regional, and national masters track and field meets, with her 13-year-old daughter often there to root her on. □ McCarthy is always juggling single motherhood to her 13 year old daughter, full-time employment as a psychotherapist, and an extensive and heavy training schedule. □ Two to three times a week, McCarthy is on the track after work running intervals at the local high school track. During the winter months, McCarthy is up at 5 a.m. at the University of Southern Maine track in Gorham working out before her days starts at work 8. There are also weight training, power yoga, and distance training days. □ McCarthy trains by herself mostly.

McCarthy, a former college four-time All-American at SUNY Stony Brook, began Master's track in the winter of 2009 at the age of 45, after about a 20-year break from competitive track and field. □ During those 20 years McCarthy participated in competitive bicycle time trial racing, road racing, and other outdoor recreational activities like hiking. □

"I entered back into track and field through corporate track through my employment and found the MassVelocity open Master's track club and I was home again," she said. □ In addition to being a team member on the Mass Velocity team headquartered in Boston, McCarthy also competes for MaineHealth a local Corporate team.

"Why do I do it? □ It helps me stay healthy and strong in body and mind," McCarthy said. "I want to be a good role model for my daughter as a woman, and I hope I can inspire her and other women to never give up on their health and endeavors in life that make them happy, make their life worth living."

Link to Original: http://www.keepmecurrent.com/current/sports/south-portland-woman-dominating-masters-track/article_cbbf788-fdcf-11e1-b58a-001a4bcf887a.html

For Immediate: Tuesday, July 31, 2012

Contact: Bob Weiner, USATF National Masters Media Chair or George Clingan 301-283-0821, cells 202-306-1200 or 202-329-1700; weinerpublic@comcast.net

OVER 1100 WORLD & NATION'S BEST ATHLETES 35-95 TO PROVE LIFETIME FITNESS POSSIBLE AT USA NATIONAL MASTERS CHAMPIONSHIPS AUG. 2-5 AT BENEDICTINE UNIVERSITY, LISLE, IL; OVER 30 REIGNING WORLD CHAMPIONS COMPETING

WORLD CHAMPIONS ENTERED INCLUDE ATHLETE OF YEAR JAZZ GREAT NOLAN SHAHEED (LEAD TRUMPET FOR COUNT BASIE, STEVIE WONDER, ARETHA FRANKLIN, DIANA ROSS, MARVIN GAYE); FEMALE ATHLETES OF THE YEAR JOHNNYE VALIEN and FLO MEILER; WINNER OF 200M OLYMPIC TRIAL MASTERS INVITATIONAL ERIC PRINCE; FEMALE ATHLETE OF YEAR RITA HASCOM; DOUBLE WORLD CHAMPION (100M AND 200M) OSCAR PEYTON; 82 YEAR-OLD HALL OF FAME AND ILLINOIS NATIVE HARRY BROWN AMONG 100+ ILLINOIS PARTICIPANTS

EVENTS 8AM-5 PM DAILY (see detailed schedule); Spectators Free

ATTENTION MEDIA: "FOREVER FAST" AND MIDWEST REGIONAL VIDEOS OF MASTERS ATHLETES NOW AVAILABLE FOR B-ROLL

(Lisle, IL)— You don't have to go to the Olympics this year to see world-class athletes compete. More than 30 reigning world masters track and field Champions who won gold at the July 2012 World Championships In Sacramento last year will be among 1118 of the world's and nation's best athletes 35-97 years old competing at Benedictine University in Lisle, IL, near Chicago, at the USA National Masters Track & Field Championships. The meet takes place Thursday through Sunday, August 2-5. The athletes will display speed, strength and endurance demonstrating lifetime fitness for all ages in events ranging from 100 to 10,000 meters, while field events will include the full range of jumps and throws.

Events will be from 8AM-5PM daily at the Village of Lisle-Benedictine University Sports Complex. The media is invited for coverage and interviews, and the public is invited to watch the meet onsite at no cost.

World Champions entered include jazz great and 800M and 1500M world record holder **Nolan Shaheed**, 63, of Pasadena, CA, who played lead trumpet for Count Basie, Stevie Wonder, Aretha Franklin, Diana Ross, and Marvin Gaye; Overall athlete of the year and 2011 World Champion in no less than six field events including high jump, javelin, long jump, pole vault, triple jump, and shot put, **Johnnye Valien**, 85-89, of Los Angeles, CA; Winner of 2012 USA Olympic Trial Invitational 200M and 2011 400M World Champion **Eric Prince**, 42, of Dallas, TX ; 75 year-old **Jeanne Daprano** of Fayetteville, GA, the first 75+ woman in the world ever to break 7 minutes in the mile, just a few days ago, on July 21; 2010 athlete of the year, Women's Master Athlete of the year, and 2011 Pentathlon and Pole Vault World Champion, **Rita Hanscom**, 58, of San Diego, California; Winner of 100M and 200M in Sacramento World Championship

last year **Oscar Peyton**, 59, of Accokeek, MD, and 82-year-old Hall of Famer **Harry Brown (Wauconda, IL)** set the indoor 200M record at a blistering time of 31.23 seconds. Also competing: **Alby Williams** (M72) of Bethesda, MD, reigning world champion in the 100 meters, who will run the 100, 200, and 400.

Oldest competitor entered: From Phoenix, Oregon, Southern Oregon Runners' 95 year-old **Daniel Bulkley, a sprinter-hurdler**, who took third at the World Championships in Sacramento last year and is a member of the masters Hall of Fame.

Two Illinois-native World Champions include **Harry Brown**, the Hall of Famer from **Wauconda**, Illinois, who ran the amazing time of 31.23 in the 200 at age 80 to set the American indoor record for men 80-84. Harry is out of DePaul Univ. in Chicago, in addition to **Antwon Dussett** (35) from **Peoria**, who won the M35 worlds last year in the 200 (21.57) and 400 (47.34) at Sacramento.

U.S.MASTERS CONTINUES DRUG TESTING LAUNCHED LAST YEAR—The USATF Masters Track & Field Committee continues the drug testing program launched last year. Testing will be conducted by the US Anti-Doping Agency (USADA).

ATTENTION MEDIA – TWO VIDEOS FOR B-ROLL (athletes performing and Background shots):

1) **Forever Fast**” video, a superb motivating documentary on masters track and field, created by USATF Masters Board Member John Oleski, showing masters T&F athletes: http://www.youtube.com/watch?v=ZpY6NRH_9M

2) **Inspirational Video** organized/submitted by Midwest Director Steve Cohen (driving force in creating this year’s national championship in Lisle, a member of the Northbrook IL Park District Hall of Fame and the East Chicago IN Sports Hall of Fame) from last year’s **Midwest Region Masters Outdoor Championships**: <http://youtu.be/38yBLlbtj-0>

Updated detailed daily schedule and athlete entry list is available at

<http://www.usatf.org/events/2012/USAMastersOutdoorTFChampionships/>.

ILLINOIS ATHLETES ENTERED INCLUDE (information from meet announcer Pete Taylor):

- **Ruth Welding**, 56, of **Oak Grove Village, Illinois**, won both the hammer and weight throw at last year's outdoor worlds (W55 age group) and should be very formidable in the throws at Lisle. She set a set a national record in the Weight Throw at the Midwest masters meet on July 15 at Carroll University in Waukesha, WI.
- **Nancy Rollins**, 65, of **Evanston, Illinois**, a former age-group winner at the Boston Marathon and second in the marathon at the 2011 world masters outdoors track and field championships, will be hard to beat in the W65 distance races at Lisle.

- **Rich Novelli**, 54, of **Highland Park, Illinois**, will be trying to do some damage in the sprints at Lisle.
- **Elena Shemyakina**, 53, of **Geneva, Illinois**, won the cross-country race at the 2011 world masters outdoors and should do well in the W50 track races at Lisle (there will be no cross-country there).
- **Michael Straza**, 42, of **Bloomington, Illinois**, has a shot in the 1500 and 5000 at Lisle.
- **Pierre Dobrovlny**, 78, of **Hawthorn Woods, Illinois**, was born in Brno, Moravia (Europe). At Lisle he will run in the 100-meter dash.

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

Thanks to Mary Trotto, Masters Active Athletes and Awards Chair, and Peter Taylor, Media Committee member and Meet Announcer, for much analysis and information included in this release.

Source: USATF National Masters Media Committee
LINK TO FULL RELEASE WITH MORE INFO AND CHARTS:
<http://weinerpublic.com/20120726.pdf>

MORE INFORMATION ABOUT TOP ATHLETES AT LISLE'S USA MASTERS TRACK & FIELD CHAMPIONSHIPS, Benedictine University, Aug.2-5, 2012

TOP ATHLETES TO WATCH (FROM Pete Taylor, Meet Announcer) **Women**

Kathy Bergen, La Canada, California. Kathy will be competing in the 70-74 age group. A relative latecomer to track and field, she has been nothing short of sensational in recent years.

At the July 21, 2012 Western Regionals just completed, she ran 31.39 in the 200 to break her own American 70-74 record and beat the world record as well. At the 2012 indoor masters championships this year in Bloomington, Indiana, Kathy ran a then-unthinkable 31.86 seconds in the 200 meters to destroy the world record.

In 2010, she became the first 70+ woman worldwide to break the 15-second barrier in the 100-meter dash, as she screamed down the straightaway in an amazing 14.76 seconds. Kathy is also the world indoor record holder for W70-74 in the 60 dash (9.21 seconds) and the high jump (1.30 meters). Outdoors, she is the American record holder for the 70-74 group in the 200 dash (31.65 seconds).

Renee Henderson, Merchantville, New Jersey. Renee "The Jet" Henderson took a long vacation from competing after the University of Pittsburgh, but she came back with

a vengeance. Renee holds the American outdoor records in the 100 for 40-44 (12.31) and 45-49 (an amazing 12.10). "The Jet" holds the American outdoor mark for 45-49 in the 200 with 25.28, but she rang up a 25.19 earlier this year. Essentially, she has the appearance and speed of a current collegiate competitor.

Marie-Louise Michelson, Stony Brook, New York. A mathematician out of the University of Chicago who competes in the 70-74 age group, Marie-Louise holds a bevy of records. Among her outdoor standards are the world marks in the 65-69 age group for the mile (6:16.28), the 5000 (20:27.08), and the 2000-meter steeplechase (9:00.2). For the 70-74 age group she holds the world outdoor mark in the 10,000 (46:38.5, set in 2012). As she continues in the 70-74 group she should break many other records. Marie-Louise will compete in a variety of running events in Lisle.

Carol Finsrud, Lockhart, Texas. Carol, out of the University of Texas, last competed in the U.S. Olympic Trials in 2000, even though she is now in the 55-59 age group. Carol likes the discus so much that she made sure to set all of the American masters records in that event through 50-54. Her 50-54 mark is also the world standard (45.67 meters/149 feet 10 inches). Carol should wreak havoc in the throws at Lisle.

Jeanne Daprano, Fayetteville, Georgia. Jeanne, out of the University of Nebraska, holds so many records and so many world titles that it is hard to list them all. July 21, at the Western Region Masters, Jeanne ran 6:58.44 in the mile to become the **first 75+ woman in the history of the world to break 7 minutes in that event**. The listed world mark? How about 7:47.4, or 49 seconds slower! Five years ago, in May 2007 at Duke University, she became the first 70+ woman in world history to break 7 minutes in the mile.

Men

Bill Collins, Houston, Texas. Arguably the greatest male sprinter in the history of masters track and field in the United States, Bill was an All-American at Texas Christian University and later a member of the U.S. national team. After a withering bout with Guillain-Barré syndrome in 2011, Bill somehow came back to set a world mark in the 60 dash for men 60-64 by running a scorching 7.58 seconds in the 2012 national indoors. Bill also holds the 60-64 record in the 200, an amazing 24.32 seconds.

Nolan Shaheed, Pasadena, California. A well-known jazz musician who has played with many of the best in the business, Nolan enjoys setting American and world records on the side. In the 60-64 group he has already broken American records this year in the 2000-meter steeplechase (7:09.91), the mile (4:53.01), the 3000 (9:49.76), and the 5000 (16:56.96). Look for Nolan to do major damage at **Lisle**.

Michael Brown, Jacksonville, Florida. The world outdoor champion in the javelin for the 55-59 group, Mike holds the world record in that category as well, an amazing 66.11 meters (just under 217 feet). The preliminary schedule indicates that Brown will unleash the spear on Saturday, August 4. A single throw should give him the gold

medal, but expect Brown to take all six as he shows what true javelin throwing looks like.

Bob Lida, Wichita, Kansas. A former standout at Kansas University in Lawrence, Bob pulled off an historic triple this year: he broke the world indoor marks for the 75-79 age group in the 60 (8.56 seconds), the 200 (27.64), and the 400 (1:03.90). The youthful-looking Lida may be in just the right frame of mind to break some American or world marks at Lisle.

Antwon Dussett, Peoria, Illinois. The reigning world outdoor champion in the 200 and 400, Antwon is out of Grambling State University in Louisiana. At the worlds he ran 21.57 in the 200 and 47.34 in the 400. These are very respectable collegiate times, but Antwon is in the 35-39 age group (he was an Olympic Trials qualifier in 2000).

TOP ATHLETES By Mary Trotto, USATF Masters Active Athletes and Awards Chair—Charts below:

World and National 2012 Indoor Champions and/or 2011 Outdoor Champions Competing at this year's Outdoor Championships in Lisle

Men – Track Events:

Name/age	Hometown	Event(s)
Kenneth Eaton/52	Atlanta, GA	100m.
Oscar Peyton/ 55	Accokeek, MD	100, 200m
Alby Williams	Bethesda, MD	100, 200, 400
Bennie James/55	Honeoya Falls, NY	200m, 400m
Harry Brown/ 81	Wauconda, IL	200m, 400m
John Means/ 91	Richmond Hts. OH	200m, 400m
Roger Pierce/67	Essex, MA	400m
Robert Thomas/45	Indianapolis, IN	400 m
Landen Summay/ 46	Cincinnati, OH	800m
Maurice McDonald/ 71	Chapel Hill, NC	800m
Bill Spencer/ 76	Litchfield, NH	800m, Mile, 5000m
Alan Smith/ 81	Indiatlantic, FL	800m, Mile
Charles Ross/89	Conyers, GA	800m, Steeplechase
Michael Jackson/ 39	Red Lion, PA	Long Hurdles
Don Drummond/ 43	Lawrenceville, GA	Short Hurdles, Long Hurdles
John Clifford/ 69	Wilmington, NC	Short Hurdles
Robert Paulen/ 75	Dewey Beach, DE	Short Hurdles, Long Hurdles
George Roudebush/ 87	Chardon, OH	Short Hurdles
Liam Collins/ 40	Cortlandt Manor, NY	Steeplechase
Ted Poulos/ 50	McLean, VA	Steeplechase
William Weigel/ 60	Franklinville, NY	Steeplechase
Ross Bolding/ 65	Monticello, AR	Steeplechase
Ken Ogden/ 75	Salem, OR	Steeplechase

Men – Jumping Events:

Name/age	Hometown	Event(s)
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David Lindenberg/ 33	Minneapolis, MN	Pole Vault
Matthew McCubbins/ 41	South Bend, IN	High Jump
Antonio Palacios/ 46	Bloominton, IN	Long Jump, Triple Jump
Bruce McBarnette/ 54	Sterling, VA	High Jump
Donald Watson/ 57	Danville, CA	Long Jump, Triple Jump
Matti Kilpelainen/ 66	Canton, MI	Pole Vault
David Montieth/ 66	Ridgefield, CT	High Jump
Don Isett/ 73	Dallas, TX	High Jump, Pole Vault
Robert Paulen/ 75	Dewey Beach, DE	Long Jump, Triple Jump
William Jankovich/ 78	Racine, WI	Pole Vault
Tom Langenfeld/ 82	Edina, MN	High Jump
Jerry Donley/ 82	Colorado Springs, CO	High Jump, Pole Vault
George Roudebush/ 87	Charden, OH	High Jump
Charles Ross/ 89	Conyers, GA	Triple Jump,

Men – Throwing Events

John Wirtz/ 43	Avon Lake, OH	Shot Put, Discus
David Bickel/ 46	Scottsdale, AZ	Shot Put, WT, SWT
Robert Higgins/ 52	Flint, MI	Weight Throw, SWT.
Bruce Kennedy/ 55	Sterling Heights, MI	Discus
William Harvey/ 65	Glenbrook, NY	Discus
Charles Roll/ 66	Fanwood, NJ	Shot Put,
Roger Busch/ 70	Greenwich, CT	Discus
William Gramley/ 75	Lewisville, NC	Discus, Weight Throw
Larry Horine/ 80	Boone, NC	Discus
George Roudebush/ 87	Charden, OH	Shot Put, Weight Throw

Men: Multi Event Pentathlon

David Ash/ 41	Spring Valley, NY	Pent
Michael Daniels/ 63	Hamilton, OH	Pent
Charles Ross/ 69	Conyers, GA	Pent

Women --- Track Events:

Name/age	Hometown	Event(s)
Renee Henderson/ 45	Merchantville, NJ	100m, 200m
Loretta Woodward/ 57	Austell, GA	100m, 200m
Brenda Matthews/ 62	Anaheim, CA	100m, 200m
Danelle Readinger/ 36	Terra Haute, IN	200m, Pentathlon,
Christine Raemer/ 46	Summit, NJ	Long Hurdles
Coreen Steinback/ 60	Pompey, NY	400m, 800m, Mile
Lorraine Jasper/ 50	Birchrunville, PA	800, Mile
Debbie Lee/ 55	Trabuco Canyon, CA	800, Mile
Asley Childs/ 61	Royal Oak, MD	2k Steeplechase, Pent
Ruth Thelen/ 66	St. John, MI	800, Mile

Women -- Jumpers

Rita Hanscom/58 San Diego, CA PV,
 Christel Donley/ 75 Colorado Springs, CO HJ,

Women -- Throwers

Gina Lanier/ 46 Lincoln University WT
 Tamara Alegria/ 52 Tucson, AZ JT,
 Carol Finsrud/ 55 Lockehart, TX SP, WT, SWT, DT, JT
 Mary Hartzler/ 63 Gahanna, OH SP, DT, Jav. WT, HT
 Georgia Cutter/ 68 Eugene, OR JT, WT, HT
 Cindy Wyatt/ 67 East Amherst, NY SP, DT
 Carol Young/ 71 Marietta, GA SP, JT, HT, WT
 Francis Moravecsik/ 77 S. Burlington, VT DT
 Christel Donley/ 75 Colorado Springs, CO JT
 Mary Roman/ 75 Norwalk, CT SP

Women -- Multi-Event: Pentathlon

Carol Senn Griffiths/ 50 Massapequa Park, NY

MORE FROM MARY TROTTO, Masters Active Athletes and Awards Chair

Some outstanding women athletes to look for at Nationals

Kathy Bergen W70, Jeanne Daprano W75, Rita Hanscom W55, Flo Meiler W75, Johnnye Valien W85

And Some of the top male athletes:

Nolan Shaheed M60, Bill Collins M60, Eric Prince M43, Khalid Mulazim M45, Oscar Peyton M59, Ralph Maxwell M90

Female athletes who are coming off of a stellar year, each receiving their age group award for 2011.

Name/ age	Hometown	Events 2012 Nationals	2011 & 2012 Performances:
LaTricia Dendy/ 38	NYC, NY	200 and 400m	World Champion 400m ARs 400, 800 Natl. Champ: 200, 400, 800
Dawn Kent/ 37	Wilmington,DE	Pent, WT, LJ, TJ	AR: Pent Natl. Champ: Pent, HJ, WT, SP
Lisa Ryan/ 40	Sioux City, IA	80SH, 400LH, 800, 1500 2KSC, Jav. WT, HJ,TJ,LJ	WR: 2K Steeplechase Natl. Champ: 0,5000,2KSC
Kay Glynn/ 58	Hasting, IA	PV, HJ, TJ, LJ	WR: Pole Vault World Champ: Hept, PV, HJ Natl Champ: Deca, Pent, PV, HJ, TJ,
LJ			
Ruth Welding/ 56 Record WT; TH.PENT		SP, HT,WT, SWT	World Champ: HT, WT; U.S. Natl. Champ: DT,HT,SWT, SP,SWT,
Myrle Mensey/ 62	St. Louis, MO	SP, WT, SWT	AR: SWT

Kathy Bergen/ 71	LaCanada, CA	100,200, HJ	AR: 200 Natl: Champ: 60,100, 200, HJ
Jeanne Daprano/ 75	Fayette, GA	200, 400, 800,1500	WR: 800; 2012 World Champ: 200, 800, 1500 AR: 400, 1500 Natl. Champ: 200,400,800, mile
Barbara Jordan/ 75 TJ	Burlington,VT	100, 200	WR: 200LH, World Champ: 80SH, AR: 80SH, 200m Natl. Champ: 100, 200

The Overall Women Athletes of the Year (co-winners) for 2011

Name/ age	Hometown	Events @ Nationals 2012	2011 & 2012 Performances: Records and World & Natl.
Championships			
Flo Meiler/ 75 DT, 2kSC Overall Female Athlete for 2011 2kSC HT,2kSC	Shelburne, VT	100, HT, SP, PV, LJ, TJ,	WR: PV; World Champ: \Hept.,PV, ARs: PV, WT, Pent.; 60SH, 200LH, DT, Natl. Champ: 60SH, HJ, Pent, PV,
Johnnye Valien/ 85 PV, SP Overall Female Athlete for 2011	LA, CA	SP, DT, JT, WT	WR: PV, LJ, World Champ: HJ, LJ, JT, ARs: 100m, SP, PV, LJ and HJ

Male athletes who are coming off of a stellar year, each receiving their age group award for 2011

Name/ age	Hometown	Events they will compete @ Outdoor Nationals	2011 & 2012 Performances: Records & World & Natl.
Champs			
Antwon Dussett/ 36 200, 400	Peoria, IL	200, 400	2012 Indoor World Champ:
Eric Prince/ 43 @USA Olympic 400	Dallas, TX	100, 200, 400	Won the 200m Invitational Trials; 2011 World Champ: Natl. Champ: 100, 200, 400
Khalid Mulazim/45	Cleveland. OH	100, 200, 400	WR: 400,; 2011 World Champ:200, 400 Natl. Champ: 200, 400
Thad Wilson/ 61 300LH, LJ	Oxnard, CA	SH, LH, LJ	WR: 100SH Natl. Champ: 60SH, 100 SH,
Bill Collins/ 62 400	Houston, TX	100, 200, 400	2012 World Champ: 60, 200,
Natl. Champ: 60m Nolan Shaheed/ 63 1500 Overall Male Athlete of the Year; 2011 10,000	Pasadena, CA	800, 1500, 5000	WR: 800,1500; World Champ: AR: 800, 1500, 3000 Natl. Champ: 800, Mile, 3000,
Robert Lida/ 75 200, 400	Witchita, KS	200,400	WR: 200; World Champ: 60,

Natl. Champ: 100, 200, 400
Ralph Maxwell/92 Richville, MI

100, 200, TJ, LJ, HJ

WR: 80SH, PV;
2011 World Champ:
Decathlon

ARs: Pent., Decathlon
Natl. Champ: Pent, HJ,
LJ, TJ, SP, DT, 80SH

Thanks to Mary Trotto, Masters Active Athletes and Awards Chair, and Peter Taylor, Media Committee member and Meet Announcer, for much analysis and information included in this release.

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Source: USATF National Masters Media Committee and Robert Weiner Associates