



2013 USA Masters Indoor Track & Field Championships

March 22-24, 2013

Prince George's Sports and Learning Complex
8001 Sheriff Road, Landover, Maryland 20785

2013 USA MASTERS INDOOR TRACK & FIELD CHAMPIONSHIP DRAWS ALL-TIME RECORD OF 1043 ATHLETES TO PRINCE GEORGE'S SPORTS COMPLEX IN LANDOVER, MD; MEET MARCH 22-24 FEATURES 30 WORLD CHAMPIONS, 10 OLYMPIANS, MANY LOCAL STARS

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(LANDOVER, MD) -- The 2013 USA Masters Indoor Track & Field Championships, to be held here in the Washington DC area, Friday through Sunday, March 22-24, at Prince George's Sports & Learning Complex in Landover, MD, on the Larry Colbert Indoor Track, has already set one record: The **1043 entries** are the most for any indoor masters track and field meet in U.S. history. The complex now has the #1 and #2 most entries all-time—the last time the national meet was held here, in 2009, there were 985 entries.

Among the 1043 are 30 reigning world champions and 10 Olympians. The facility is located at 8001 Sheriff Road in Landover. The meet is open to the media and spectators.

The 1043 athletes range from 30 to 95, from 47 states + DC and 14 countries. The event will display speed, strength, and endurance for all ages. The message of masters track and field is lifetime fitness and health through training and competition. Track events run from 60 meters to 3,000 meters, and field events include the full range of indoor jumps and throws. The events take place from 8 AM-6:30 PM on Friday and Saturday, and 8 AM to 3 PM on Sunday.

The event attracts Olympians, world and national champions, and world and national record-holders -- yet it's open to participants of all levels, even beginners. The **1984 Olympic Flagbearer, Ed Burke, 72**, from Los Gatos, CA, is entered in the weight throw (16 lbs) and superweight (35 lbs). He broke the world record in the outdoor weight throw last summer and has told meet organizers he is aiming for the world record in the indoor at the meet. His event opens the meet at 8AM Friday. **Rob Muzzio, Clifton, VA, 5th in the decathlon in the 1992 Barcelona Olympics**, now 45 and coach at his old high school, Robinson in Fairfax, VA, is competing in the M45 shot put and pole vault as a member of the Potomac Valley Track Club. The meet continues through Sunday.

Others competing include **Phil Raschker**, 66, from Marietta, GA, **the two-time Sullivan Award finalist** (for America's top Amateur athlete) over the past ten years, the only masters athlete ever in the elite group including Michael Phelps, LeBron James, Tim Tebow, and Apolo Ohno. She has won 10 and 8 golds at recent world championships and is entered in eight events at Landover. Also entered: **Jeanne Daprano**, 76, Fayetteville, GA, **the only woman in history over 70 and then 75 who has broken 7 minutes in the mile** in those age groups. On July 21, 2012, Daprano ran 6:58:44 at the USATF Masters West Region Track & Field Championships in Pasadena, Calif., breaking the women's 75-79 mile record by 49 seconds. **Nolan Shaheed**, of Pasadena, CA, 63, Pasadena, world champion middle distance runner, is also a world class jazz musician who has played **lead trumpet for Count Basie, Stevie Wonder, Marvin Gaye, and Aretha Franklin** among others. **Bob Lida**, 76, from Wichita, KS, has smashed world records and is entered in the 200m, 400m and 60m. He and Daprano won the 2012 Outstanding Masters Athlete awards from USATF. **Kevin Castille**, a new masters superstar from Nicholasville, KY, last year established American outdoor track marks for the 40-44 group of 14:00.09 for the 5000 and 28:57.88 for 10,000. On April 11 last year, USATF named Castille its **Athlete of the Week** for his performance in the 10,000.

Athletes include hundreds from the Washington DC area. The **DC area** is home to some of the nation's top older athletes:

LOCAL STARS

- **Rob Muzzio, Clifton, VA, 5th in the decathlon in the 1992 Barcelona Olympics**, now 45 and coach at his old high school, Robinson in Fairfax, VA, is competing in the M45 shot put and pole vault as a member of the Potomac Valley Track Club.
- **Bruce McBarnette**, 55, of Sterling VA, set a World M55 Record January 20 (6'1 ¾" in the high jump), with thousands watching and cheering, at an all-comers meet at the PG Sportsplex. USA Track & Field selected him Athlete of the Year for his age group.
- **Oscar Peyton**, 56, of Accokeek MD, has exploded with success as the world champion in the Men's 55-59 100 Meters Outdoors (11.46) and the 55-59 200 Meters Outdoors (23.47).
- **Alisa Harvey**, now 47, of Manassas VA continues to set American records as she moves through the age groups -- at 46, she ran the 2012 Olympic Trials 400-meter -- her fifth time making the Olympic Trials. She is entered in the 400 and 800 Meters.
- **James Barr**, 45, of Arlington VA, a world masters champion in the decathlon and high jump, entered in eight events.

Other local stars entered include:

- **Bob Paulen** (M75-79) multiple events, Silver Spring, MD and Dewey Beach, DE
- **Ty Brown** (M65-69) 60M and 60M Hurdles - DC
- **Ken Moss** (M65-69) Weight throw, Superweight, Shot put - Leesburg, VA
- **Marcus Battle** (M50-54) LJ, TJ – Silver Spring, MD
- **Larry Rosen** (M50-54) Shot Put - Bethesda, MD
- **Shawn Robinson** (M50-54) Weight Throw, Superweight, Shot Put – Ellicott City, MD
- In addition, Potomac Valley USATF President George Harris has a 4X200M Relay Team of Locals who are after the WR in M50.

OLYMPIANS COMING TO THE MEET INCLUDE:

- **Edward A Burke, Los Gatos, CA The 1984 US OLYMPIC FLAGBEARER** is entered in in the weight throw (16 lbs) and superweight (35 lbs). He smashed the WR in the weight throw last summer and is aiming for the WR for the WR in the Indoor at the meet.

- **Rob Muzzio** of Clifton, VA, 5th in the decathlon in the 1992 Barcelona Olympics, now 45 and coach at his old high school, Robinson in Fairfax, VA, is competing in the M45 shot put and pole vault as a member of the Potomac Valley Track Club. (Also in “Local Stars” above)
- **Chris Williams** of Colton, California, competed for Jamaica in the 2000, 2004, and 2008 Olympics, winning a **bronze medal in 2000** in the 4 x 400. As a 40-year-old last year at the US masters nationals in Lisle, Illinois, Chris ran unthinkable times of 10.48 in the 100 (against a slight headwind) and 21.00 in the 200 (the latter would win many collegiate races today). Chris is entered in the 60 and 200 at Landover.
- **Chris Faulknor** of Los Angeles, California, ran in the 1988 Olympics for Jamaica in the 4 x 100 relay. Chris, who competed for Abilene Christian University in Texas, is entered in all three sprints at Landover (60, 200, and 400) in the M50 division.
- **Karl Smith** of Alexandria, Virginia, is entered in the 60, 200, and 60 hurdles at Landover (M50 group). A standout at the University of Texas as a collegian, Karl represented Jamaica in the 1984 Olympics in the 400 hurdles and the 4 x 400 relay.
- **Elliott Denman** of West Long Branch, New Jersey, represented the US in the Melbourne Olympics (1956) in the 50,000-meter racewalk. A graduate of New York University, he is a nationally known sports journalist who will compete at Landover in the 3000 racewalk and the weight throw (M75 division).
- **Jim Barrineau** of Burke, Virginia, was a collegiate star at the University of Georgia in Athens. In the Montreal Olympics (1976), Jim was one of three high jumpers (Dwight Stones was another) to represent the US. Jim, who has won countless national masters titles, will compete in M55 in Landover.
- **Ann Marie Flynn** of Westport, Connecticut, will be competing in the shot put, weight throw, and superweight at Landover (W75 division). Ann Marie represented the US in the 1956 Melbourne Olympics in the high jump.
- **Bibiana Martina Olama Mangue** of Arlington, Virginia, represented **Equatorial Guinea** in the 2012 London Olympics, racing LoLo Jones and Phylcia George in the 100m hurdles (Photo: www.usatf.org/assoc/pva/bibiana.jpg)

Team championship competition is expected to be fierce with more than over 70 teams entered and 17 teams with more than 10 entrants. **Potomac Valley Track Club** has the most entries with 105.

Masters meets also include stories of survival, persistence, and success after significant illnesses. World sprints champion **Bill Collins** of Houston TX (M62 in 60 and 400), MTF Chair **Gary Snyder** of Boston and Florida (M 69 entered in the 60 and 200), meet Announcer **Peter Taylor** of Fairfax VA, and MTF Treasurer **Carroll DeWeese** of Birmingham, MI, are examples and available to media.

Drug testing will be conducted during the meet by the U.S. Anti-Doping Agency (USADA).

For a detailed **schedule and** list of **entries** see:

<http://www.usatf.org/Events---Calendar/2013/USAMastersIndoorTFChampionships.aspx>

Localized information for athletes is available to credentialed media—contact us for info.

The meet will be live streamed by PVA-USATF by producer Joel Harris and host two-time Olympian Lacy O’Neal. The link will be: <http://link.clickstreamtv.net/playlist/1137113>

On-site media coverage of the meet is invited. For onsite meet information and interviews, and to obtain press credentials, **media contact** Bob Weiner, USATF National Masters Media Chair, 301-283-0821, cell 202-306-1200 weinerpublic@comcast.net

World Record Holders and USATF Master Athletes of the Year
Coming to USATF National Masters Indoor Championships

2012 Jesse Owens Overall Master Athlete of the Year &
2012 Masters Track & Field Female Athlete of the Year

Jeanne Daprano (W75) set 5 W75 World Records this year in the 400m, 800m & Mile. She ran the **400m** in 1:21.28 (indoor) and 1:22.39 (outdoor); the **800m** in 3:16.21 (indoor) and 3:07.35 (outdoor); and the **Mile** in 7:13.51 (indoor) and **6:58:44 outdoors**. She also set 8 W75 American Records. In addition to the 5 records above, Jeanne ran the following AR times: **200m** Indoor 36.29; **1500m** Indoor 6:48.27 and **1500m** Outdoor 6:41.88. Jeanne won 2 World Champion Titles in: 800m and 1500m; 4 National Indoor Titles in: 200m, 400m, 800m and Mile and 3 National Outdoor Titles in: 200m, 400m, and 1500m. **Jeanne will be competing in the 200 & Mile at 2013 Indoor Nationals**

2012 WMA Male Athlete of the Year &
2012 Masters Track & Field Male Athlete of the Year

Robert (Bob) Lida (M75) set 5 M75 World Records this year in the 60m, 100m, 200m, & 400m. He ran the **60m** in 8.56; **100m** in 13.49; **200m** 27.64 (indoor) and 27.73 (outdoor); **400m** in 1:03.90 (indoor). He also set 6 M75 American Records. In addition to the 5 records above, Bob ran the following AR time: 400m Outdoor in 1:05.08. Bob won 3 World Champion Titles in: 60m, 200m & 400m; 3 National Indoor Titles in: 60m, 200m, 400m and 3 Outdoor Titles in: 100m, 200m & 400m. **Bob will be competing in the 60m and 200m at 2013 Indoor Nationals**

**Additional World and/or American Record holders
and 2012 National Champions returning to defend their title
(Hometowns are listed below)**

Charts by Mary Trotto, Chair, Masters Awards Committee:

| <u>WR/AR</u> | <u>Women</u> | <u>Age Group</u> | <u>Events</u> |
|--------------|-------------------|------------------|--|
| 1WR/9ARs | Phil Raschker | W65 | 60H, 60, 200, 400, HJ, PV, LJ, TJ |
| 2WRs | Kathy Bergen | W70 | 60, 200, HJ |
| 2ARs | Gloria Krug | W80 | WT, SWT |
| | Christel Donley | W75 | 60H, HJ, SP, WT, Pent |
| | Coreen Steinbach | W60 | 800 |
| 1AR | Rita Hanscom | W55 | 60,200 |
| | Debbie Lee | W55 | 400, mile, 3000m, TJ |
| 6ARs | Carol Finsrud | W55 | SP, WT, SWT |
| | Lorraine Jasper | W50 | 800, mile |
| | Renee Henderson | W45 | 60, 200 |
| | Charmaine Roberts | W45 | 200,400 |
| | Lisa Ryan | W40 | 60, mile, 3000m, SH, LJ, TJ, SP, WT, SWT |
| 1AR | Monica Kendall | W55 | SP, WT |
| 1AR | Jennifer Stephens | W40 | WT, SWT |

**Additional World and/or American Record holders and National Champions
returning to defend their title**

| <i>WR/AR</i> | <i>Men</i> | <i>age group their events</i> | |
|---------------------|-------------------|--------------------------------------|------------------|
| 1WR/2ARs | Bill Collins | M60 | 60, 400 |
| 1WR/5ARs | Nolan Shaheed | M60 | 800, mile, 3000m |
| | Robert Paulen | M75 | HJ, LJ, TJ |
| 1AR | Ed Burke | M70 | WT, SWT |
| | Gary Patton | M65 | 800, mile |
| | Bruce McBarnette | M55 | HJ, TJ |
| | Oscar Peyton | M60 | HJ, LJ |
| 2ARs | Jim Barrineau | M55 | HJ |
| | Robert Thomas | M45 | 200 |
| | Antwon Dussett | M35 | 200, 400 |
| 1AR | David Bickel | M45 | SP. WT, SWT |

Hometown of Athletes listed above:

Names in **Red** are those who live in the surrounding states

Maryland, Delaware, New Jersey, New York, Pennsylvania, Virginia

| Overall Men of Year | Hometowns | Overall Women of the Year | Hometowns |
|-----------------------------|------------------------|----------------------------------|--------------------------|
| Bob Lida | Wichita, KS | Jeanne Daprano | Fayetteville, GA |
| 30-49 Men /age | | Women 30-49 /age | |
| David Bickel /46 | Scottsdale, AZ | <i>Renee Henderson /48</i> | <i>Merchantville, NJ</i> |
| Antwon Dussett /37 | Peoria, IL | Lisa Ryan 43 | Sioux City, IA |
| Robert Thomas /46 | Indianapolis, IN | <i>Charmaine Roberts /45</i> | <i>Beltsville, MD</i> |
| Men 50-59 | | Women 50-59 | |
| <i>Jim Barrineau /57</i> | <i>Burke, VA</i> | Carol Finsrud /56 | Lockhart, TX |
| <i>Oscar Peyton /60</i> | <i>Accokeek, MD</i> | Rita Hanscom /58 | San Diego, CA |
| <i>Bruce McBarnette /55</i> | <i>Sterling, VA</i> | <i>Lorraine Jasper /51</i> | <i>Birchrunville, PA</i> |
| | | Debbie Lee /56 | Trabuco Canyon, CA |
| Men 60-74 | | | |
| Ed Burke /72 | Los Gatos, CA | Women 60-74 | |
| Bill Collins /62 | Houston, TX | Kathy Bergen /73 | LaCanada, CA |
| Gary Patton /67 | Rock Rapids, IA | Phil Raschker /66 | Marietta, GA |
| Nolan Shaheed /63 | Pasadena, CA | <i>Coreen Steinbach /61</i> | <i>Pompey, NY</i> |
| Men 75+ | | Women 75+ | |
| <i>Robert Paulen /76</i> | <i>Dewey Beach, DE</i> | Christel Donley /78 | Colorado Springs, CO |
| | | <i>Gloria Krug /81</i> | <i>New Oxford, PA</i> |