

# **2013 USA Track & Field National Masters Outdoor Championships Media Collage Olathe, KS**

TV COVERAGE—SELECTIONS (WERE TWELVE NETWORK STORIES ON THE NBC-ABC-CBS REGIONAL STATIONS DURING THE MEET PLUS TWO HOURS OF LIVE COVERAGE ONE MORNING AND THESE ARE SELECTED EXAMPLES):

41 NBC TV Action News Report featuring Mary Trotto  
<http://www.youtube.com/watch?v=tpZKIk9Aumc>

41 NBC TV Action News Report featuring local Olathe athlete Kevin Miller  
[http://www.youtube.com/watch?v=ux\\_3\\_7ouFFU](http://www.youtube.com/watch?v=ux_3_7ouFFU)

KMBC ABC TV News Report featuring Nolan Shaheed  
<http://www.youtube.com/watch?v=BCMkI2ECciE>

KMBC ABC TV News Report featuring Robert Weiner previewing day 2  
(Beginning of TWO hours of LIVE coverage with our athletes and organizers!)  
<http://www.youtube.com/watch?v=sc6aMybrTBU>

KMBC ABC TV News Report featuring Ken Ferguson  
<http://www.youtube.com/watch?v=ZCZhEKqVREA>

USATF.TV and RunnerSpace.com interview with Nolan Shaheed  
[http://www.usatf.tv/gprofile.php?mgrouop\\_id=45365&do=videos&video\\_id=96281](http://www.usatf.tv/gprofile.php?mgrouop_id=45365&do=videos&video_id=96281)

PRINT COVERAGE BELOW—INCLUDING DAILY FRONT  
PAGE OVERALL AND SPORTS STORIES IN KANSAS CITY  
STAR

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**An athlete at last**  
Rebecca Fitzgerald

July 11, 2013

When Kathy Ducat first stepped into the Madison, Wis., chapter of Achilles International, she was introduced as their “blind athlete.”

Ducat became interested in athletics in junior high school when she wanted to run track, but her parents wouldn't allow it. They thought, Ducat said, it was unsafe for their daughter, who had been legally blind since birth.

That didn't stop Ducat, a 51-year-old Sun Prairie, Wis., native, who biked instead. In her younger years, she could see the white lines while riding on the side of country highways, her husband, Jim Cunningham, recalled, laughing. Her vision has gradually worsened.

Cunningham and Ducat also spend time dabbling in activities such as canoeing, cross-country skiing and tandem biking.

She eventually began running, attending a handful of competitions. She has completed the New York City Marathon, the Madison Marathon, four half-marathons, two triathlons and three duathlons.

Her friend Kim Virden also ran in similar competitions. Virden saw Ducat's interest in various sports and took her and Cunningham to Achilles, a nonprofit running club for athletes with disabilities.

It was there that Virden introduced Ducat and Cunningham to throwing.

It wasn't hard to persuade Ducat to try a different sport. Ducat tested shot put and discus throw with Virden and she enjoyed it, Virden said.



After Ducat's first meet, she was hooked, Virden said, and Ducat agreed.

At the USA Masters Outdoor Track & Field Championships at the Olathe District Activity Center, Ducat is competing in all throwing events: discus throw, shot put, weight throw, javelin and hammer throw.

“Oh, it's just a lot of fun,” Ducat said. “Take a look around. The group of people is wonderful, it's all supportive.”

She threw for 39 feet, 7 inches in the hammer throw Thursday, finishing fourth within her age group. It was also her personal record, crushing her previous best of 28 feet, 1 inch in June.

She will compete in the other throwing events throughout the weekend, but she isn't looking forward to today's javelin throw. That event takes a lot of technique and coordination between footwork and upper body.

"It's a little bit harder for me to catch on to the right techniques because I don't have the advantage of viewing, looking at how the right technique is," Ducat said.

But with help of her coach in Wisconsin, Joe Frontier, she knows different ways to learn without the visual element.

"He sort of positions my body the proper way or he'll let me feel how he's down in the crouch position, so I can get an understanding of the correct body positioning," Ducat said.

Viriden and Cunningham also assist Ducat, providing tips and guiding her at meets to line up her throw. And sometimes, like at the Paralympics Nationals, they stand out in the field to signal when she can throw.

They yell "Here!" and enthusiastically clap, and it sounds as if they're cheering her on, too.

Link to Original:



<http://webcache.googleusercontent.com/search?q=cache:http://www.kansascity.com/2013/07/11/4340953/athlete-at-last.html#storylink=cpy>

**kansascity**sports  
THE KANSAS CITY STAR.

## **Kip Janvrin shares outlook for upcoming decathlon**

Rebecca Fitzgerald  
July 10, 2013

Take the decathlon, an event that attracts arguably the most talented athletes and then a 48-year-old man.

That's only a glimpse of the many story lines that will appear among the 1,000 athletes expected to compete at the USA Masters Outdoor Track & Field Championships.

The four-day meet, which will be at the Olathe District Activity Center beginning today, attracted Olympian Kip Janvrin, who, unlike some of the other athletes, isn't aiming to set a personal record.

For Janvrin, the 15-time Drake Relays champion, the meet is about pure enjoyment.

And boy, has he earned it.

While attending Simpson (Iowa), Janvrin won three decathlon titles at the NCAA Division III Championships, as well as individual titles in the pole vault and 400-meter hurdles.

But his greatest accomplishments came later in his life.

He represented the United States in 2000 and became the oldest man to compete on the country's behalf in the decathlon at the Olympics.

Janvrin holds the world record for most career decathlon wins (41) and the U.S. record for most career decathlons over 8,000 points (26).

After a triumphant career, he cut back on competing over the years to spend more time with his family and coach at Central Missouri, where he enters his 25th year on the track and field staff.

"I want to have a good track and field team there, and I'm going to work hard to make that happen," Janvrin said. "And I'm going to work hard to make sure my family and my kids have the opportunity to do the things they want.

"Now when I do compete it's more about a convenience thing and get back in shape and be motivated that way."

But of course, he misses the competition. Janvrin craves the adrenaline rush and gets his fix from golf and basketball.

But sometimes that's not enough and he finds himself at meets.

This time around, he couldn't pass up the convenience of a meet in Olathe. Because of his other obligations, he can't afford to attend meets in St. Louis.

Janvrin, a Warrensburg, Mo., resident, expects to recognize some faces in the local crowd but is unsure of their allegiance.

"Why they want to see me do things so far reserved from what I did 10 years ago, I don't know," he said, laughing, "but it'll be nice to see people and hang out with people and have fun."

Janvrin also hopes to see his sons in the crowd. It would be a new experience for Jaxon, 17, and Mason, 15, who don't remember their dad's earlier career.

But Janvrin is most excited to reunite with the camaraderie of decathletes.

"I'm looking forward to watching some of the best Masters athletes in the world compete, whether they're 40 or 70 or 90," he said. "I love people who compete for the passion and the enjoyment of the sport."

It will be Janvrin's first time competing in the Masters Championships in the U.S.

Link to Original:

<http://webcache.googleusercontent.com/search?q=cache:http://www.kansascity.com/2013/07/10/4339132/kip-janvrin-shares-outlook-for.html#storylink=cpy>

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## Runner isn't missing a beat

Rebecca Fitzgerald

July 12, 2013

You go for a run. You grab your iPod and listen to hip-hop. Maybe rock or pop. Whatever will motivate you.

Nolan Shaheed chooses none of those styles. He composes his own music while running.

"If I listen to someone else's music, I can't create my own," Shaheed said. "By the time I'm back home, I'm ready to write it all down and record it."

The 63-year-old Pasadena, Calif., native has had an illustrious jazz career, playing lead trumpet with Count Basie, Stevie Wonder, Aretha Franklin and other greats. More recently he has composed music for "The Voice," "American Idol" and movies.

Shaheed began running in the 10th grade when his band teacher advised students to run to improve their breathing. He found it not only helped his breathing, but his pitch and rhythm, too.

Since then, music and running have intertwined. Both fields are demanding for Shaheed due to the competitiveness.

"If you miss a few notes, they won't call you back," he said. "You have to practice all the time to keep your chops up, so when it's time to go to the studio and play, you're ready."

And it's exactly the same with running. There's always another person to take your place. But for Shaheed, both are fun and aren't threatening anymore.

Shaheed demonstrates impressive versatility with both passions. On the track, he competes in a variety of events.

Shaheed won the 1,500 meters and 2,000-meter steeplechase race in his age division Friday at the USA Masters Outdoor Track & Field Championships held at the Olathe District Activity Center. He had placed second Thursday in the 800 meters in the same age division.

"I'm very fortunate that I can play a variety of styles of music and I can also run anything from a sprint all the way up to a marathon," he said. "I try to excel in both."

Another of Shaheed's secrets to success is a strict diet that he began about 40 years ago when he started running in Masters competitions.

He eats one meal six days a week during the training season. In his month off from running — usually in the summer — he eats three meals a week.

And what's that one precious meal? An apple and an orange. Maybe some grains or vegetables. He isn't a vegetarian, but only eats white meat. He enjoys whole milk. He eats his food without any seasoning.

Shaheed chose this diet because of the growing obesity he noticed among Americans.

"I realized that everywhere I saw, everyone was overweight," he said. "And everyone I knew over 40 was overweight."

That isn't the case for Shaheed, who hasn't gained a pound since high school. He continues this diet because he doesn't believe he needs three meals a day.

"That's storing food; it's about using food," he said before continuing his passionate critique. "You never get hungry, as a matter of fact, no one in this country ever gets hungry anyway. ... I don't think about food."

Shaheed will be put to the test once again on Saturday in the 5,000-meter race. His final event, the 10,000 meters, is set for Sunday.

Link to Original:

<http://webcache.googleusercontent.com/search?q=cache:http://www.kansascity.com/2013/07/12/4342394/runner-isnt-missing-a-beat.html#storylink=cpy>

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## Healing through race walking

Rebecca Fitzgerald  
July 13, 2013

They say, “No pain, no gain.”

Rebecca Garson had experienced more than enough pain before she began her racewalking career.

She spent less than a year with her daughter, Ruth High, who was born with a genetic disorder, trisomy 13. Ruth died nearly 10 months later.

Rebecca’s heart ached for her daughter, and she carried her memory with her for some time.

In the midst of her daughter’s struggle, Rebecca combated with her life, too. She amassed as many as 200 pounds because of limited physical activity. She faced various health implications since throwing out her back in her college days at Virginia. The injury prevented her from continuing to play volleyball and rugby, and she became a couch potato.

Rebecca was without answers.

“I wanted to heal my heart, heal my body and take care of myself,” said Rebecca, a 48-year-old Afton, Va., native.

But then she found walking.

It was a “great meditation” for Rebecca, who was still mending after Ruth’s death. She would even walk past Ruth’s grave and invite her to walk with her.

Rebecca first competed in a marathon in 2005. It took her 6.5 hours, and while she loved it, she couldn’t imagine spending that much time completing a race again.

Rebecca switched to racewalking after reading about it in a Prevention Magazine article. It sparked an interest, although she had never watched the sport or even heard about it. Nonetheless, she found herself at a clinic to learn more.

She was a natural. The coach at the clinic noticed her talent, too, and advised her to train for the Olympic trials.

It was a “very lofty goal” for Rebecca, and while she wasn’t even close to qualifying for the trials, she found a new passion.

“I had fun trying, and I started traveling around and got attached to all these people because it’s a small world,” she said.

Racewalking brings her to Kansas for the USA Masters Outdoor Track & Field Championships at the Olathe District Activity Center.

Rebecca will compete in the 10,000-meter race today. She placed first overall on Thursday in the 5,000-meter race. The win adds to her long list of championship titles.

But Rebecca remains humble.

“If you ask how many national championships I have, take it with a grain of salt because sometimes it’s just because I’m here, I didn’t get disqualified,” she said.

Rebecca is confident that she’ll continue competing until she’s as old as the athletes that she often meets.

“It keeps me moving, and if I stop moving, my body hurts,” she said.

But she might not have a choice, saying, “It’s just this healthy addiction I’ve developed over the years.”

Link to Original:

<http://webcache.googleusercontent.com/search?q=cache:http://www.kansascity.com/2013/07/13/4343237/healing-through-racewalking.html#storylink=cpy>



Link to Kansas City Star Photo Gallery featuring 23 different Masters Athletes

<http://www.kansascity.com/2013/07/14/4345050/usa-masters-outdoor-track-field.html>

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The Bloomberg logo is displayed in white, bold, sans-serif font against a solid black rectangular background.

## **Barclays Trader Rubin Defends Title as Wall Street's Top Athlete**

Erik Matuszewski  
July 29, 2013

Mark Rubin of Barclays Plc (BARC) won the RBC Decathlon for the second straight year and said defending his title as Wall Street's best athlete was more challenging than his breakthrough victory.

Evelyn Konrad of Standard & Poor's will get to experience that next year after winning the inaugural women's title.

Rubin, a former Pennsylvania State University safety who spent time with several National Football League teams, finished atop a field of 170 financial industry workers in yesterday's 10-event competition that raised more than \$1.4 million for Memorial Sloan-Kettering Cancer Center in New York.

"What makes the event so fun is the level of competition," said the 27-year-old Rubin, who's in his third year selling fixed-income futures at Barclays. "You really can't have an off event or an off race. You just have to try to be consistent and attack every event. Last year was hard and this year was even harder."

Rubin finished with 7,630 points, almost 300 more than runner-up Jay Li of Traftlet & Co.

Former Harvard University football captain Collin Zych, who attended training camp with the Dallas Cowboys in 2011, finished in third place, followed by fellow first-time Decathlon participant Tom McCarthy of Morgan Stanley. (MS) McCarthy was captain of the football team at Yale University in 2011 and spent time in NFL training camps with the Atlanta Falcons and Jacksonville Jaguars.

Konrad, 46, was crowned Wall Street's best woman athlete just over a month after joining Standard & Poor's as a compliance officer. It also came two weeks after she competed in the 100-, 200- and 400-meter sprints at the **USA Masters Outdoor Track & Field Championships in Olathe, Kansas.**

“It was tough competition, but it was good fun at the end of the day,” Konrad said following yesterday’s event at Columbia University’s Wien Stadium in Manhattan. “It was a phenomenal group of women, really supportive and we really brought out the best in each other. I’m glad they opened it up to women. I think there are going to be a lot more women next year and that bar is going to be that much higher.”

There were three running events in the RBC Decathlon, at distances of 40 yards, 400 meters and 800 meters. Also in the one-day competition were pull-ups, a football throw, an agility drill, rowing, vertical jump, bench press and dips -- a triceps exercise using one’s own weight.

Konrad has also participated in duathlons and triathlons, and returned to competition as a sprinter several years ago after giving up track following high school. She said having experienced that level of competition benefitted her yesterday.

“It definitely helped, just knowing there are certain pain thresholds that you need to get through,” Konrad said. “It’s a mental game of being able to say, ‘It’s going to be hard, just keep going.’ Just like many things in life.”

In addition to the prizes awarded to the women’s winner and the top three men’s finishers, there were titles awarded in the executive division and several age groups.

Clinton Biondo of Fir Tree Partners, last year’s runner-up, won the top executive title and was seventh overall in the final standings. Li was the top finisher in the 30-39 age division, Andrew Hogue of Goldman Sachs won the 40-49 group and Greg Wilson of MBIA Inc. finished first among those over 50.

Li and Lesley Kelly of Visium Funds will have their images emblazoned on boxes of Health Warrior chia power bars after earning the titles of strongest man and woman on Wall Street. As part of its partnership with the RBC Decathlon, the company is incorporating the likeness of the two competitors with the best overall scores in the strength events -- bench press, pull ups and dips -- on the nutrition product’s packaging.

When it came to an overall combination of strength, speed and agility, nobody could top Rubin, who signed with the St. Louis Rams as an undrafted free agent in 2009 before getting waived in Week 1 of the NFL season. After later tryouts with the Buffalo Bills and Minnesota Vikings failed to yield an NFL roster spot, he returned to business school at Penn State and joined Barclays in 2010.

Rubin is now focused on his career on Wall Street and said he’ll be back next year to try for a Decathlon three-peat. Konrad also said she plans on returning.

“I do think I’ll be back,” she said. “My husband said, ‘You’re not a true champion unless you defend.’”

Link to Original: <http://www.bloomberg.com/news/2013-07-29/barclays-s-mark-rubin-defends-title-as-wall-street-s-top-athlete.html>

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## **Tedford-Pomeroy, Pierce earn gold at USA National Masters track meet**

Jean DePlacido  
July 20, 2013

Diane Tedford-Pomeroy and her coach, Roger Pierce, brought home a bunch of medals from the USA National Masters Track and Field Championships in Kansas earlier this month.

The 47-year-old Tedford-Pomeroy, a former Beverly resident now living in Essex, collected silver medals in the 400, 800 and 1500 meter events. She was also a member of the 4x100 and 4x400 relay teams that took gold.

Pierce, who is 68, collected his 32nd gold medal as a member of the men's 60-69 year-old 4x100 relay team. He has set many world records and has won numerous world and U.S. sprint championships over the past 30 years.

"I am incredibly happy to be on the winning relay team because I wanted to win a gold medal for my 18-month-old granddaughter, Maddie," said Pierce.

The competitors had to brave 95-degree heat with wind gusts up to 25 mph all four days of the championships (July 11-14). Tedford-Pomeroy displayed her versatility, strength and endurance by competing in so many events and finishing first or second in every one.

"In all her individual races, Diane aggressively took the lead from the gun and led nearly all the way," said Pierce. "In the 400 meter final (her best event), she was stride for stride with (46-year old) Charmaine Roberts, a former Jamaican standout now living in the United States."

Tedford-Pomeroy and Roberts pulled away from the rest of the field early and raced down the final straightaway together. In the last 30 meters Roberts took the lead and won the race in 60.97 seconds while Tedford-Pomeroy was right behind her in 63.32.

The 800 meter event was held the next day, and once again Tedford-Pomeroy shot out to an early lead, setting a torrid pace. But Roberts shadowed her and caught up on the final straight. Roberts, one of the best 800 runners in the world, pulled ahead with 50 meters to go and held on to win in 2:26.34, besting Tedford-Pomeroy's 2:28.18.

On the final day Tedford-Pomeroy competed in the 1500, which is a race she seldom does, and was in front most of the way before relinquishing the lead with 30 meters remaining. She ultimately finished three seconds behind the winner with a time of 5:26.71. She finished up by running the third leg of the 4x100 40-year-old women's relay team in 54.85 and also anchored the winning 4x400 relay.

"It was so rewarding to watch Diane compete in all her races with such grit and determination," said Pierce. I know few athletes that train with such intensity and determination. She is a tough competitor and deserves every award she receives. She's still learning to run sprint races, and I can't wait until all her training comes together."

Pierce has been injured for more than a year, and was able to train for only a few weeks before the event. He is one of the top Master sprinters in the world, and although not close to 100 percent, he was still near the front of the pack. He finished fourth in the 400, sixth in the 100 and fifth in the 200 as well as turning in a strong third leg on the winning relay team.

The next major event on the calendar for Pierce and Tedford-Pomeroy takes place in October. They will travel to Porto Alegre in Brazil to compete in the World Championships on the 16-27th of that month.

Victoria Arlen, the Paralympic swimmer who trained for the 2012 London Games at the Beverly YMCA under coach John Ogden and others, was nominated for an ESPY Award this past week.

Arlen, who won a gold and three silver medals at the Paralympic Games, was nominated for Best Female Athlete With A Disability and went to the event in Los Angeles. The ESPY's are given for excellence in sports, and the awards in many categories were presented live on ESPN. The ESPY in Arlen's category went to fellow disabled swimmer Jessica Long.

Arlen, a recent Exeter, N.H., graduate, has a bright future and has been giving motivational speeches. She has her own website and urges people to "Rock Your Disability". An illness left Arlen paralyzed, but she has great strength in her arms and plays hockey, lacrosse, skis and dances. She is also an actress, and will be one of the top swimmers on Team USA in the next Paralympic Games.

Link to Original: <http://www.salemnews.com/sports/x1912998290/Tedford-Pomeroy-Pierce-earn-gold-at-USA-National-Masters-track-meet>

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**THE BELLINGHAM HERALD**

## **Shearer-Hannah, Birade testaments to Master's track program**

Alex Bigelow  
July 24, 2013

A devastating shoulder injury prevented Amanda Shearer-Hannah from competing as a triathlete.

She knew the rehabilitation would be long and painful, making a return to the rigorous sport an uncertainty.

What the shoulder injury couldn't rob her of was her appetite for competition. Extinguishing that flame would prove impossible.

"When you are an athlete and you want to compete, and you don't get to do what you thought you wanted to do, you are just out there looking," Shearer-Hannah said in a phone interview. "We don't always get to choose... (just) take it and move forward in some direction and allow ourselves to be surprised about what that new path might yield for us."

She had always been a good runner, a friend made sure of reminding her. So when it came time to venture off, allowing for the prospect of surprise, the Master's track program seemed like a perfect marriage.

And it was.

"Track has been a phenomenal fit for me," she said. "(It) has been the silver lining to that dark cloud."

Shearer-Hannah and Steve Grichel, Cami Grichel, Henry James, Brent Carbajal, Julie Benner and Dena Birade have all found success in competing for Whatcom County's Masters Track and Field team. That success hasn't been in a vacuum in the Pacific Northwest, either.

Shearer-Hannah finished fourth in the 400 and third in the 800 at the USATF Outdoor Master's National Championships in Olathe, Kan., on June 29, while Birade finished first in the 100 and second in the 200.

While not a hard-and-fast training group, the Master's track program is a group of 10 to 20 runners that train together once a week in preparation for local and national track meets.

"Track is not a super popular sport for our ages, so when we gather, we all just understand what we are going through, and what we love about this sport," she said of

why Master's track has been so welcoming to her. "That amount of support we can give each other is really phenomenal."

Make no mistake, Shearer-Hannah said, meets like Nationals aren't for those seeking a causal lap around the track. They're rigorous and demanding, racing against people from all around the country with backgrounds varying from collegiate standouts to former Olympians.

"The National meet is just very competitive and very deep," she said. "Compared with all the local meets, this is the one chance a year to bring the best people in our age groups and race."

Amid the humid and windy conditions in Kansas, Shearer-Hannah surprised even herself following her third-place finish in the 800.

Knowing two runners in the field were head-and-shoulders above the rest, a third-place finish would probably be the best she could do, she recalled before entering the race. Slotting in behind the women running third, Hannah-Shearer said she might as well let her lead and do all the work at first.

"At 300 meters, one woman took off, and I said, 'alright, you are going to have to go with her,'" she said.

With 100 meters to go, Shearer-Hannah peeled off, put some distance in between her and fourth place to capture something much more meaningful than a third-place medal.

"I think the sense I had was, 'you did it,'" she said. "'You moved through this. You suffered through a lot. You have dealt with a fair bit of adversity, and you did it.'"

Adversity laid claim to Birade, too, who overcame a nasty injury to her Achilles tendon to finish first in the 100 and second in the 200 at Nationals.

An injury such as hers - one that sidelined her for nearly two months - had her questioning everything about her immediate running future at the time.

"Many days where I was at the track, questioning why I was doing this. I really felt like I wanted to give up," she said in a phone interview.

"Maybe, just mentally, I am being weak," she thought to herself at the time.

She knew she could do the 100, that being her best event. The 200, though, presented an entirely different set of obstacles.

Because of the injury, Birade had only run the 200 once the entire season heading to Nationals. That's what made the second-place finish so rewarding, she said, overcoming the nerves and the fear of re-injury.

"Coming second, with the season how it went, it really motivates me next year to come back and try to get that title," she said.

Another goal entering next year for Birade? To set the Master's world record in the 100 for her age group.

Link to Original: <http://www.bellinghamherald.com/2013/07/24/3107444/shearer-hannah-birade-testaments.html#storylink=cpy>

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**Eagle-Tribune**  
**Sports in a Minute**

Dave Dyer  
July 23, 2013

Another title for Graff

Warren Graff, 67, of Merrimac recently won his fourth national championship in the men's age 65-69 long hurdles (300 meters, 7 hurdles) at the USA Track & Field National Masters Championship meet in Kansas. He was timed in 54.93, nearly two seconds faster than the runner-up.

Graff has been competing in masters track for 17 years, and won the long hurdle championship event in 2002, 2005, 2011, and now 2013. He is a member of the Mass Velocity Track Club, a New England-based club primarily for masters sprinters, and trains on local high school tracks in warm weather, and indoor tracks at Boston-area colleges during cold weather.

Link to Original: <http://www.eagletribune.com/sports/x1912999071/Sports-in-a-Minute>

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WINSTON-SALEM  
**JOURNAL**  
*the source*

# Champion thrower Gramley cites habit as key to success

Brant Wilkerson

July 24, 2013

Looking at Bill Gramley, it's hard to get a feel for his age.

He's fighting time, but he appears to be winning. He has a certain strength to his look — rugged, like Clint Eastwood's — and veins bulge from his heavily-muscled forearms, even when they're resting at his side.

According to his birth certificate, Gramley is 77, but he says he doesn't have a feel for his age, either.

"I only feel my age when I realize how much further I threw things — or stronger I was — when I was younger," he said. "I can still do the stuff, just not as quick and not as strong, obviously."

Just last week, Gramley won three gold medals at the USA Masters Outdoor Track & Field Championships — in the hammer throw, discus and weight throw in the 75-79 age group.

Winning on a big stage is nothing new Gramley, who lives in Lewisville and was inducted into the Reynolds High School Hall of Fame in 2009. In high school, he won state championships in the shot put (1952) and discus (1953) and was an all-state defensive tackle on Reynolds' 1952 state-championship football team.

He went on to play football and compete in track and field at Davidson but largely gave up throwing.

As a Moravian minister for 35 years, he took children on a week-long bike trip every summer, and he tried to exercise regularly, but had no specific goal in mind. When he retired from the ministry in 1994, he heard about the Senior Games from a friend and became interested in race-walking and throwing again. The hammer throw was an entirely new concept for him.

"I had never seen a hammer until about 1998, and I said, 'Maybe I can learn to throw that,'" he said.

While visiting his son in Wilmington around that time, Gramley tried the hammer throw for the first time. It didn't go so well.

"I wound my arm back like I was going to throw the discus, you kind of wind up, and the hammer wrapped around my leg, and I said 'I don't think this is how you do this,'" he said.

With some practice, and a little help from his friends in the throwing “subculture,” as he calls it, Gramley became a national champion.

Through the spring and summer, Gramley and other throwers, including his friend Noel Ruebel (also the track coach at Forsyth Country Day) try to organize monthly throwers’ meets at Hanes Park.

Being in a small group, they look out for one another.

“Everybody helps each other in that sense,” Gramley said. “It’s not strictly teaching, but it’s encouraging one another and making suggestions to one another.”

According to Gramley, there’s no training secret or special diet he used to become a champion. His only goal is to try to get to the Jerry Long Family YMCA in Clemmons every day.

“I’m not much of a weightlifter, so I do a few of the resistance machines and ride the stationary bike,” he said. “And I go out and practice when the weather is decent.” Having played on the defensive line at 195 pounds, Gramley said that weightlifting has never been a big part of how he has stayed in shape. What’s been most helpful, he said, is that the Y offers classes for activities that he had not been exposed to. And being able to do them with a group gives him encouragement.

“I’m very grateful for the opportunities they provide there for classes,” he said. “I wouldn’t (otherwise) do some of the stuff I would in a class.

“Pilates is hard.”

Although he prefers to go to the gym in the afternoon, Gramley said he makes an exception for early-morning Pilates classes. He said that they have been helpful in his maintaining flexibility and core strength. He also mixes in yoga and plays on a 75-and-over softball team to vary his routine.

Those close to Gramley know of his athletic achievements. But others know him more as a pastel artist. He spends most of his days in his expansive basement art studio, which is covered from floor-to-ceiling with photos and artwork. His desk sits in a corner with a pile of pastels organized by color.

Gramley said he picked up drawing as a hobby in 1989, shortly after the death of his first wife.

“I was sort of feeling lousy, and just did it for therapy,” he said.

After his retirement in 1994, he spent more and more of his day drawing. He decided to travel to Roanoke, Va., in 1996 for a street fair, to see if he could sell some of his pieces.

Now, when he's not working out or working in his studio, Gramley is traveling to art shows.

He draws inspiration for his drawings from his photos and rips pages from magazines that have images he might be interested in drawing.

No matter how deeply immersed he is in his artwork, Gramley said that the key to staying fit is being able to walk away from whatever is going on and get some exercise.

"I think the key is to find a key during the day — if you can't do it every day, every other day — to do some physical activity of some sort," he said. "Get into some kind of habit, I would advise people at any age."

Link to Original: [http://www.journalnow.com/journal\\_west/sports/article\\_605c156c-f3d5-11e2-965e-001a4bcf6878.html](http://www.journalnow.com/journal_west/sports/article_605c156c-f3d5-11e2-965e-001a4bcf6878.html)

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## **Tom Carlson wins a national discus title**

July 23, 2013

Tom Carlson, a 1976 CCCHS graduate, won the national championship title in the discus throw at the 2013 USA Masters Track and Field Championships held the weekend of July 13-14 at Olathe, Kansas. He won the title with a discus throw of 136'3" in the 55-59 age group.

Carlson also won the bronze medal at national meet in the hammer throw with a distance of 135'5". He will be heading off next week to compete in the Senior Game in Cleveland.

Carlson, who now resides in Dallas, Texas, competed in high school for the Clay Center Tiger track team. He still holds the CCCHS school record in the high jump when he cleared 14'6" his senior year.

Link to Original: [http://www.ccenterdispatch.com/sports/article\\_f4679c86-f3c1-11e2-a13e-001a4bcf6878.html](http://www.ccenterdispatch.com/sports/article_f4679c86-f3c1-11e2-a13e-001a4bcf6878.html)

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# VALLEY NEWS

## Making up for lost time

Jared Pendak

July 22, 2013

Lebanon — Katrina Geurkink's vocation as a manager of quality and process improvement at Dartmouth Hitchcock Medical Center can involve long hours and demanding attention to detail. Getting to the recent USA Track & Field Masters Outdoors Championships in Olathe, Kan., was equally exhausting and intense.

With her original flight out of Boston canceled due to bad weather, the 52-year old Geurkink waited for a red-eye to Chicago, where she slept on an airport bench for 90 minutes before continuing on a 5:45 a.m. flight from the Windy City to Kansas.

Her first event, the hammer throw, was scheduled for 8:30 that same morning.

"I got there just in time to change in the bathroom, 20 minutes before competing," Geurkink recalled of day one of MOCs on July 13. "It was pretty intense."

So were Geurkink's results. The former Hanover High and University of Vermont throwing standout won four events and earned five top 5s to lead Lebanon-based Thor's Stone Athletic Club in scoring.

Coached by former Dartmouth College field events coach Carl Wallin, Thor's Stone finished 24th out of nearly 150 teams competing from all parts of the nation.

Geurkink recorded season-best distances during her virtual sweep of throwing events in the women's 50-54 age group, including first-place marks in the 3-kilo hammer (personal record 113 feet, 1 inch), 1-kilo discus (104-5), 3-kilo shot put (36-4.75) and 16-pound weight throw (personal record 35-6.5). She also scored points with a javelin heave of 75-7.5, good for fourth place.

The marks were an expansive improvement for Geurkink, who participated only in the discus and shot put — finishing third and fourth respectively — at the MOCs in 2012.

"I knew I was capable of these kinds of results, but it's never a guarantee," said Geurkink, who was challenged in the shot put by New York's Caryl Senn-Griffiths (35-4.5) and in the weight throw by Madison, Wis., resident Kim Virden (31-9.5) while winning the other two events by roughly 15 feet apiece.

"There was some good competition, and it was hot for the (afternoon events). The javelin, I knew would be a long shot (to win) because there was great competition there and I had only practiced it once and thrown it in a couple meets."

Wallin wasn't surprised at Geurkink's excellence. He's been aware of her abilities for some time, having introduced her to throwing when she was a Marauder in the late 1970s and helping her establish a one-time high school state shot put mark of 44 feet.

“I’d say only five percent of the population has the type of desire she has to be really good,” he said. “Here’s just one example of how strong she is: Last year we had a fundraiser meet for the (Lebanon) Elks Club and she’d done no weight training for years. One of the events was the bench press and I accidentally put too much weight on the bar, about 175 pounds, and she did it easily. That’s the type of strength she has.”

After graduating from Hanover in 1979, Geurkink walked on at UVM and went on to set a school record with a shot put throw of 46-01, since broken.

Returning to the Upper Valley to train with Wallin after graduating with a degree in psychology, Geurkink narrowly missed qualifying for the Olympic trials for the 1984 Summer Games in Los Angeles. She spent three months backpacking around Europe, but even overseas she couldn’t resist throwing.

“I was in Greece, and by chance I encountered the Greek national team or the Olympic team, I can’t remember exactly which,” Geurkink said. “It was this totally ad hoc thing, but they let me join them for their practice for one night and it was really fun.”

Returning to Burlington, Geurkink spent a few years working in computer programming training, all the while helping lead outdoor adventure groups on the side.

She went on to own her own consulting practice for 12 years before moving to the Seattle area to be an internal consultant in hospitals. She returned to the Upper Valley for the post at DHMC — where her father, Nathan, had been a surgeon — in April 2012.

Now having practiced throwing again for more than a year, Geurkink is hoping to improve efficiency in the circle by adding spinning and gliding maneuvers to her release repertoire in the shot put.

“I’ll have to be in a little bit better shape before I start doing those things, but they’re things I intend to work on,” said Geurkink. “Throwing is about strength, but it’s just as much about finesse and flexibility.”

Geurkink qualified for the National Senior Games in Cleveland, which began Friday, but isn’t attending because, as she said plainly, “I’m in the middle of buying a house.”

Yet she has no plans to relent on her training while enjoying the reliable tutelage of Wallin and the motivational presence of her Thor’s Stone teammates.

“It’s been really interesting to do all of this work in an older body. It’s not like when you’re young and can do 100 throws at a time... I owe so much of (the success) to Thor’s Stone. There are a lot of great people there who just go after it.”

Link to Original: <http://www.vnews.com/sports/7663865-95/making-up-for-lost-time>

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## **Owatonna man recovers from injury to win Masters track championship**

Jon Weibrod  
July 19, 2013

It's June 27, 2012 and Owatonna resident and javelin thrower Paul Lykken stretches, warms up and gets ready for a typical day of training in the same fashion he has since picking the sport back up in 2011.

Though he normally trains alone, the former college athlete decides to bring a friend along this time because "he hadn't seen a javelin throw before."

"It was a pretty normal day," Lykken said. "We trained at the high school. The grass was a little more wet and sticky than usual, but that's it."

After warming up, Lykken, as always, goes through the full motion of tossing the javelin in a manner that includes careful, timed steps and an even more precise release point. As he treads forward to make a full heave, his leg simply doesn't follow through with the rest of his body.

And that's when he heard it.

"It was like a pop," Lykken said of the sound he heard emanating from his leg right just before he went down. "I could feel it. And I heard it."

After getting to his feet and brushing off, Lykken knew exactly what happened, calling it a "complete separation."

"The whole quad tendon pulled away from the kneecap," he continued. "There wasn't any pain, so I thought I could drive myself to the hospital."

From the high school, Lykken made it about as far as the old Pillsbury College campus before he had to pull over and call his friend Dave, who was roughly a block ahead.

It wasn't the pain that made him stop. His body was literally shutting down.

"I was going into shock," Lykken said. "My whole body was tensing up. My whole body was just stiff so I called Dave and he asked if he should pull over and drive me the rest of the way."

"I said: 'No you're going to need to call an ambulance.'"

After initially receiving oxygen from the paramedics, Lykken began to regain his senses, though he said he never blacked out during the entire episode, remaining fully conscious the whole time. When he reached the hospital, the doctors confirmed what he already knew.

Lykken peeled the tendon away from his kneecap from left to right, requiring an intensive surgery that was administered by Dr. David Ivance in Owatonna two days after the injury.

“They drilled three holes lengthwise through my kneecap and then re-connected the tendon with sutures through the kneecap and then sutured on the bottom,” Lykken explained. “Then they sutured on the outside edges a little too. It was a great fix because the tissue was so fresh. It went really well.”

A healthy 50 years old at the time of the operation, and no stranger to knee procedures, Lykken was back on his feet within a month and enduring physical therapy in the fall.

He needed to get back to throwing again. He had just fallen back in love with the javelin and wasn't going to allow this to stop him.

As a strong athlete growing up in Kindred, N.D., Lykken was active as a youth, participating in varsity football, basketball and track and field. He always had a good arm and began throwing javelin as a freshman. Though he doesn't remember his first throw or why he picked up the sport in the first place, he says it was something he always “loved.”

Though he qualified for the state competition as a senior in high school, Lykken was never heavily recruited to throw in college, so he decided to join the track and field team at Moorhead State (now Minnesota State University-Moorhead) as a walk-on in the early 80s.

“I always wanted to do something in college,” Lykken said. “Basketball was my first love but I was never really tall enough for that and I was an OK quarterback but wasn't skilled enough to play in college. My coach in high school was a quarterback at Moorhead State. He said: ‘You know, Paul you have an amazing arm, you should consider going out for track.’ So, I joined the track team (at Moorhead) as a freshman and I continued to progress.”

Lykken had a great deal of success in college, once throwing two feet further than the minimum Olympic qualifying distance and setting school records along the way. By the time he was a senior, he was an NAIA Division I All-American, finishing fourth overall at the national championships in Hillsdale, Mich.

“It was so much fun,” he said. “When I finished my last throw I remember saying: ‘Well, that's it, I loved it, it was fun, but I won't pick that up again.’”

For almost 30 years, Lykken was right; he didn't so much as lift a javelin until a impromptu meeting with a couple old teammates at an alumni competition in May of 2011, some 27 years after his final toss in college.

"An old teammate of mine, Keith Barnier, was the head track and field coach at Moorhead State and he invited me and some of my old teammates to come back," Lykken said.

During some down time, Lykken was coaxed into throwing the javelin for old-time's sake. Sporting blue jeans and t-shirt and sharing an old pair of football spikes with his buddies, Lykken let it fly.

And boy did it soar.

"After that first toss, I fell back in love with it again," Lykken said. "I snuck into the finals (of the alumni meet), which was a little unexpected. But that whet my appetite." When Lykken returned home he almost immediately purchased a javelin and began training. One year later, he made it back to the finals of the alumni competition before winning the Minnesota state championship for his age bracket.

And then the injury happened.

"It was really just a freak thing," he said.

Lykken injured his leg last summer training for the Midwest Regionals of the USA Track and Field Masters, a division of competition open to anyone over the age of 30. Each bracket is broken into five-year increments so athletes are always competing against people their own age.

Throughout his intensive physical therapy that included everything from standard lifting to elliptical training to golfing, Lykken had his sights set on one goal: Winning the 2013 Midwest Regionals in Waukesha, Wis.

"I need something that I'm working for, so I set goals for myself," Lykken said. "I just kept getting better and better and my body kept responding."

Lykken blew away the training and not only competed in the Midwest Regionals on June 30, he won it.

"It felt good," Lykken said of his winning toss that cleared more than 52 meters. "I was expecting to do it though. If I didn't (win it), I would have been disappointed." Having not even gone through the entire throwing motion in an attempt to keep himself from re-injuring his knee, Lykken knew his next goal of winning the national title was more than just a dream, it was a reality.

All he needed to do was trust his body. And the confidence was there.

“Going into nationals, I researched some of the guys I would be competing against,” Lykken said. “I knew I was in fourth place in the country for my age group based on what I did in the Midwest Regionals but I knew that I could do better with my full throw. Two of the three guys ahead of me (in the rankings) were going to be there and one of them had won nationals last year.

“But I wasn’t intimidated.”

With his daughter Maddy in the stands watching him for the first time with his wife Audrey, Lykken advanced to the finals and was slotted to throw last.

Having watched his contemporaries hurl the pointed, light-weight cylindrical instrument with all their might, Lykken knew exactly what he needed to do to take home the title.

And he did just that.

On his first toss in the finals, Lykken stuck a throw of 52.23 meters, nearly 14 feet further than the nearest competitor.

“There were some tears,” Lykken said. “It was a pretty special moment.”

Having achieved so much and earning a top 10 worldwide ranking for his age group (50-54 years old), Lykken says his goals remain simple: “Stay healthy and continue to have fun. And maybe repeat at nationals.”

Lykken also says the possibility of competing at the international level isn’t out of the question, though challenging for the worldwide title this year in Brazil isn’t going to happen.

“It would be a hell of a trip,” Lykken said. “But if I stay healthy and continue to get good results, some day, who knows?”

Link to Original:

[http://www.southernminn.com/owatonna\\_peoples\\_press/sports/local/article\\_f20e698b-2123-5445-b4b8-f5f76e5714ce.html](http://www.southernminn.com/owatonna_peoples_press/sports/local/article_f20e698b-2123-5445-b4b8-f5f76e5714ce.html)

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## **Hot Vermont seniors compete in Kansas**

July 17, 2013

Flo Meiler of Shelburne and Barb Jordan of South Burlington competed at the USA Masters Outdoor Track & Field Championships in Olathe, Kansas July 11-14.

Hot it was, 93 degrees, and so were they. Meiler won 14 medals. Eight gold medals: Pentathlon (five events), long jump, pole vault, discus, 80m short hurdles, 200m long hurdles, 200m run, and 4x100 relay. Five silver medals: hammer throw, 100m run, triple jump, high jump, and weight throw plus a bronze medal in shot put. Jordan won six medals. Three gold: 100m run, triple jump, and 4x100 relay. Two silver medals: 200m run and long jump and a bronze in the high jump.

The pair was hotter than the 90 plus temperatures. They are good friends who train together and compete for fun, fitness, and friendship.

Meiler was presented with the USA Masters Track & Field 2012 Female 75+ Athlete of the Year Award at the awards dinner on Sunday.

And hot off the presses Meiler was recently named a Humana Game Changer for serving as role model to seniors – and people of all ages – by displaying how to live a healthy life. One of five athletes to be recognized prior to the National Senior Games in Cleveland, Ohio July 19-Aug. 1, Meiler will compete along with more than 10,000 adults over the age of 50.

Link to Original: <http://shelburnenews.com/?p=7382>

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## **Shore AC Athletes win Masters Crown**

July 18, 2013

Shore Athletic Club (Shore AC) athletes stood out at the USA Masters Track and Field Championships, held on July 11-14 in Olathe, Kan.

Marilyn Coleman of Franklin Park led the way with her record-setting performance in the women's 35 weight throw. The 36-year-old set the American record for the 20-pound throw in the age group with a launch of 48-2. She smashed the old record set by Jennifer Stephens by 11 feet.

Coleman had a remarkable series of throws with all five of her legal marks going beyond Stephens' record.

The weight throw was one of two gold medals won by Coleman. Earlier in the competition, she won the hammer throw with a 139-8 effort.

Maurelhena Walles was a double-winner for the Shore AC, as well. She won the W35 400 and 800 titles, and she picked up a bronze medal in the 200 dash. Walles took the 400 in 59.84, avenging last year's second place. In the 800, the Brooklyn, N.Y., resident went 2:29.15 to win her second straight national title in the event.

By placing third in the 200 (27.74), Walles displayed range found in few sprinters and middle distance runners.

Hazlet's Panseluta Greer also left Olathe as a double national champion. She won the W65-69 5,000 and 10,000-meter race walks. She began her double by winning the 5K in 34:10.88. She then took the 10K in 1:09:03.40

Jackson Township's Roland Cormier gave the Shore AC yet another winner. He took the gold in the M70-74 2,000-meter steeplechase (9:54.30).

Link to Original: [http://hub.gmnews.com/news/2013-07-18/Sports/Shore\\_AC\\_athletes\\_win\\_Masters\\_crowns.html](http://hub.gmnews.com/news/2013-07-18/Sports/Shore_AC_athletes_win_Masters_crowns.html)

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 SARASOTA  
**Herald-Tribune**

## **Sarasota's Haddad second in javelin at USA Masters Track**

July 12, 2013

Competing Friday at the USA National Masters Track Championships in Olathe, Kansas, Amy Haddad finished second in the javelin in the 45-49 age group with a throw of 95.45 feet. A throw of 101 feet won it.

It was the first time the Sarasotan had tossed the javelin in competition.

In the long jump, Haddad placed third with a personal-best of 15.576 feet. A jump of 16.698 feet took first. Saturday, Haddad competes in the triple jump.

Link to Original:

<http://www.heraldtribune.com/article/20130712/ARTICLE/130719866/2050/SPORTS?Title=Sarasota-s-Haddad-second-in-javelin-at-USA-Masters-Track>

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## *Platts, Janvrin record big performances as USA Masters Outdoor Championships kick off in Olathe*

7/11/2013

OLATHE, KAN. – The men’s pentathlon witnessed a pair of big performances from William Platts (M85, Boise, Idaho) and Kip Janvrin (M48, Warrensburg, Mo.) Thursday as each comfortably won their age groups as the USA Masters Outdoor Track & Field Championships kicked off at the Olathe District Activity Center.

Encompassing the true spirit of lifetime fitness, a total of five Olympians and 30 reigning world masters indoor and outdoor champions are among the more than 1,000 athletes ages 30-95+ competing in Olathe for the 2013 USA Masters Outdoor Track & Field Championships. Competition continues Friday and will run through Sunday. More information on the meet including complete first day results can be found [here](#).

Find race videos and interviews from the opening day of competition in Olathe on usatf.tv by clicking the link [here](#).

Platts put up an impressive number to win the 85-89 age-group in the pentathlon. His score of 4,624 points included a big throw in the javelin of 36.55m/119-11, which was good enough for 1,184 points.

The winner of an astounding 13 Drake Relays titles in the decathlon, Janvrin had little trouble in defeating his competitors as he racked up a total of 4,079 points, which was ahead of Chris Sarsony (M46, Apex, N.C.), who finished second with 2,650.

Additionally, Kathryn Martin (W61, Northport, N.Y.) added another American record to her long list of accomplishments with her winning time early Thursday in the women’s 10,000m of 41:10.57, which broke the old American record by more than 33 seconds.

See below for a complete list of winners from Thursday’s first day of competition.

### **Sagedahl stays in top form**

Sherwood Sagedahl (M74, Fairmont, Minn.) didn't set his age group world record in the men's pentathlon Thursday, but to his credit it's a record he already owns. Sagedahl is one year removed from setting the world record at the 2012 USA Masters Outdoor Championships in Lisle, Ill. While he fell short of improving the world mark (he scored 3,612 Thursday and 3,806 in 2012), Sagedahl continues to compete at a high level. He finished more than 1,400 points ahead of second place.

"I didn't break the record, but I am happy with my totals," he said.

Sagedahl arrived in Olathe with the same mindset as many of the more than 1,000 masters athletes competing this week – he took the time to travel and may as well make it worth his time. In addition to the five events from the pentathlon Thursday, Sagedahl will also compete in the 200m, 400m, 800m, 1,500m, javelin and long jump and look to add to his list of national championships.

### **Thursday's champions**

#### **Track events**

**Men's 800m** – David Cooke (M32, Markham, Ill.), 1:58.11; Randy Wasinger (M37, Overland Park, Kan.), 1:56.27; Peter Brady (M41, Hersey City, N.J.), 1:59.07; Landen Summary (M47, Cincinnati, Ohio), 2:04.60; Mark Wyckoff (M50, Powell, Ohio), 2:09.59; Horace Grant (M60, Houston, Texas), 2:16.30; Paul Fragua (M56, Albuquerque, N.M.), 2:09.17; Gary Patton (M67, Rock Rapids, Iowa), 2:28.28; Winston Laing (M70, Snellville, Ga.), 2:42.31; Gary Sims (M75, Paradise, Calif.), 2:52.93; Charles Rose (M80, Mooresville, N.C.), 2:57.07; Charles Ross (M90, Conyers, Ga.), 6:21.40; Orville Rogers (M95, Dallas, Texas), 6:25.62

**Men's 5,000m** – William Moore (M51, Dallas, Texas), 16:40.95; Basil Scott I (M58, Kapaa, Hawaii), 18:17.06

**Men's 10,000m** – Doug Goodhue (M71, Milford, Mich.), 41:56.25; Jerry LeVasseur (M75, Brunswick, Maine), 1:03:53.86; Donald Pratt (M80, Monticello, Ill.), 1:05:40.56;

**Men's 5,000m race walk** – Alan Poisner (M78, Overland Park, Kan.), 34:02.78; Alfred Dubois (M81), West Allis, Wisc.), 36:17.60

**Women's 10,000m** – Paloma Duran De Epstein (W33, Mission Viejo, Calif.), 52:31.00; Jill Vollweiler (W45, Purchase, N.Y.), 43:06.91; Laura Bruess (W52, Boulder, Colo.), 41:21.26; Debbie Lee (W56, Trabuco Canyon, Calif.), 44:56.81; Kathryn Martin (W61, Northport, N.Y.), 41:10.57

**Women's 5,000m race walk** – Rebecca Garson (W48, Afton, Va.), 31:38.90; Sandra DeNoon (W58, Clermont, Fla.), 32:29.36; Donna Green (W60, Woodridge, Ill.), 32:43.34; Panseluta Geer (W66, Hazlet, N.J.), 34:10.88

#### **Field Events**

**Men's 3K shot put** – Ray Feick (M81, Gilbertsville, Pa.), 9.72m/31-10.75; Phillip Brusca (M86, Maryland Heights, Md.), 9.56m/31-4.5; Charles Pistorino Sr. (M90, McLean, Va.), 6.27m/20-7

**Men's 4K shot put** – Carl Wallin (M71, Lebanon, N.H.), 13.49m/44-3.25; Phil Shipp (M78, Sedona, Ariz.), 11.85m/38-10.5

**Men's 5K shot put** – Quenton Torbert (M61, Redlands, Calif.), 16.36m/53-8.25; William Harvey (M67, Glenbrook, Nev.), 13.19m/43-3.25

**Men's 6K shot put** – Clint Johnson (M51, Leawood, Kan.), 16.16m/53-0.25; James Squires (M57, Fairfield, Neb.), 12.25m/40-2.25

**Men's 7.25K shot put** – Mike Rainis (M34), 15.16m/49-9; Collin Kinsey (M37), 11.91m/39-1; Eric Cole (M43), 13.18m/43-3; Gerald Donini, Sr. (M49), 13.50m/44-3.5;

**Men's pentathlon** – Jeferson Souza (M38), 3,140; Marek Wensel (M44), 3,123; Kip Janvrin (M48, Warrensburg, Mo.), 4,079; James McCrimmon (M52), 3,121; Michael Janusey (M55, 3,552); Russell Jacquet-Acea (M60), 3,300; Randall Olson (M65), 2,865; Sherwood Sagedahl (M74, Fairmont, Minn.), 3,612; Roger Vergin (M75, Poulsbo, Wash.), 3,091; William Platts (M85, Boise, Idaho), 4,624

**Men's pole vault** – William Eaton (M62), 3.60m/11-9.75; Arthur Parry (M67), 3.40m/11-1.75

**Women's hammer throw** – Marilyn Coleman (W38, Franklin Park, N.J.), 42.59m/139-8; Lisa Cole (W41, Flower Mound, Texas), 33.71m/110-7; Katrina Geurkink (W52, Hanover, N.H.), 34.45m/113-0; Carol Finsrud (W56, Lockhart, Texas), 40.57m/133-1; Myrle Mensey (W64, Saint Louis, Mo.), 39.27m/128-10; Sharon Raham (W67, Wellington, Colo.), 25.32m/83-1; Georgia Cutler (W70, Eugene, Ore.), 23.56m/77-3; Mary Roman (W77, Norwalk, Conn.), 23.26m/76-3; Gloria Klug (W82, New Oxford, Pa.), 17.36m/56-11

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## ***Records continue to fall at USA Masters Outdoor Championships***

7/12/2013

OLATHE, KAN. – Two of the older competitors in the meet, William Bell, Sr., (M91, Jonesboro, Ark.) and Orville Rogers (M95, Dallas, Texas) each set world age-group records in the men's pole vault and

400m, respectively, as the USA Masters Outdoor Track & Field Championships continued with its second day Friday at the Olathe District Activity Center.

Encompassing the true spirit of lifetime fitness, a total of five Olympians and 30 reigning world masters indoor and outdoor champions are among the more than 1,000 athletes ages 30-95+ competing in Olathe for the 2013 USA Masters Outdoor Track & Field Championships. More information on the meet including complete results can be found [here](#).

Find race videos and interviews from the first two days of competition in Olathe on usatf.tv by clicking the link [here](#).

In addition to the world records from Bell and Rogers, there were two American records that also fell Friday.

Bell arrived at the USA Masters Outdoor Championships with the intention of competing in a single event and leaving with the world record. He left little doubt as he shattered the age-group world record by more than two feet with his clearance of 2.05m/6-08.75. The record bettered Ralph Maxwell's mark of 1.43m/4-8.25 that he set in 2011.

The hero of the USA Masters Indoor Championships earlier this year where he set five world records, Rogers added another world record to his credit with his winning time of 2:21.82 in the men's 400m. Like Bell, Rogers left little to question by shattering the listed age-group world record of 2:38.64 by more than 16 seconds.

The pair of American records set Friday in Olathe included: Charles Allie (M65, Pittsburgh, Penn.), who added another record to his credit with his American record of 56.90 to win the men's 400m, and Don Isett (M74, Dallas, Texas), who set a record in the men's pole vault at 3.24m/10-7.5.

A full summary of the world and American records set in Olathe along with a full listing of Friday's winners can be found below.

### **Bell enjoys the moment as a world-record holder**

William Bell, Sr., sat in a chair along a line of people near the pole vault pit Friday during the USA Masters Outdoor Championships. He smiled as people he had never met before came up and shook his

hand and passed along their congratulations. His shoes were off. He was enjoying the moment. This was his moment. No one his age had ever done what he had just accomplished.

At 91-years-old, Bell is among the oldest of the more than 1,000 competitors this week at the masters outdoor championships. Bell arrived in Olathe with one goal on his mind – the 90-94 age-group world record in the men’s pole vault, which he reached with room to spare. He called it a “soft record,” but with no other competitors in his age group he took achieving the mark as his own form of competition.

As he sat and watched other younger competitors in the pole vault, he smiled and continued to shake hands and enjoy the moment. Comparing himself to Clint Eastwood, where a man needs to know his limitations, Bell will compete in only the pole vault during his time in Olathe.

Bell and competitors such as Orville Rogers, who, at 95 years old, set a world age-group record in the 400m Friday, are the epitome of masters track and field, which celebrates lifetime fitness as the most extreme of levels.

### **World and American records set in Olathe**

- WR – Orville Rogers (M95, Dallas, Texas), men’s 400m, 2:21.82
- WR – William Bell, Sr. (M91), men’s pole vault, 2.05m/6-8.75
- AR – Kathryn Martin (W61, Northport, N.Y.), 10,000m, 41:10.57
- AR – Charles Allie (M65, Pittsburgh, Penn.), men’s 400m, 56.90
- AR – Don Isett (M74, Dallas, Texas), men’s pole vault, 3.24m/10-7.5

### **Friday’s Champions**

#### **Men’s Track Events**

**10,000m** – Ruben Henderson, Jr. (M51), 36:11.36; Basil Scott II (M58), 38:49.00

**5,000m race walk** – David Swarts (M48), 23:49.61; Mark Young (M53), 33:51.48; David Coutts (M57), 24:53.27; Michael Wiggins (M64), 28:24.50; Max Walker (M66), 29:54.88; Joel Dubow (M70), 34:16.70

**1,500m** – David Cooke (M32), 4:19.87; Randy Wasinger (M37), 4:12.42; Chad Newton (M43), 4:12.12; Landen Summay (M47), 4:27.81; Nolan Shaheed (M63), 5:14.31; Garry Patton (M67), 5:10.04

**2,000m steeplechase** – Brian Tomanek (M32), 11:48.93; Eric Hunt (M35), 10:27.00; Liam Collins (M42), 10:15.26; Christian Tregillis (M45), 11:44.28; Steven Kollars (M54), 12:03.23; Michael Fussell (M55), 13:01.57; Nolan Shaheed (M63), 8:23.35; Ross Bolding (M67), 8:46.68; Roland Cormier

(M73), 9:54.30; Joe Cordero (M75), 10:57.88; Robert Culling (M81), 11:51.15; George Roudebush (M88), 22:03.03

**400m** – Benjamin Nguyen (M31), 51.54; Antwon Dussett (M37), 49.80; Allen Wodard (M44), 50.44; Lee Bridges (M46), 51.14; Corey Moody (M52), 54.09; Ben James (M56), 55.46; Bill Collins (M62), 58.12; Charles Allie (M65), 56.90; Winston Laing (M70), 1:04.64; Robert Lida (M76), 1:06.03; Charles Rose (M80), 1:18.10; Jack Greenwald (M85), 1:49.00; Orville Rogers (M95), 2:21.82

**80m hurdles** – Randall Olson (M65), 19.27; William Angus (M70), 15.30; Richard McKisson (M76), 15.48; Paul Lehmkuhl (M80), 19.76; George Roudebush (M88), 44.76; Charles Ross (M90), 49.97

**100m hurdles** – Jeferson Souza (M38), 15.52; Chris Cohen (M44), 18.59; Kip Janvrin (M48), 16.16; Kenneth Eaton (M54), 15.07; Eugene Anton (M55), 15.76; Thaddeus Wilson, Sr. (M62), 15.02

### **Men's Field Events**

**Hammer throw** – John Edmonston (M60), 45.33m/148-8; Hank Konen (M66), 48.05m/157-7; Ed Burke (M73), 52.99m/173-10; William Gramley (M77), 32.53m/106-8; Pay Carstensen (M81), 33.11m/108-07; Phillip Brusca (M86), 25.84m/84-9; Charles Ross (M90), 6.59m/21-7

**Weight Throw** – Ryan Easley (M34), 14.87m/48-9; Eric Cole (M43), 15.90m/52-2; Greg Retzer (M49), 14.13m/46-4; Robert Jones (M51), 16.86m/55-3; Tim Morse (M56), 17.06m/55-11

**High Jump** – Greg Vidos (M52), 1.80m/5-10.75; Mark Williamson (M55), 1.75m/5-8.75; Dan Mehlbrech (M60), 1.55m/5-1; James Sauers (M65), 1.63m/5-4-.25

**Pole Vault** – Don Isett (M74), 3.24m/10-7.5; Gary Bane (M75), 2.20m/7-2.5; Tom Hinkes (M83), 2.20m/7-2.5; William Bell, Sr. (M91), 2.05m/6-8.75

**Long Jump** – Adriel Morgan (M30), 6.98m/22-10.75; Roger Hawkins (M38), 6.43m/21-1.25; Ovidiu Negoita (M41), 5.89m/19-4; Derek Pye (M45), 6.39m/20-11.75; William Angus (M70), 4.19m/13-9; Roger Vergin (M75), 3.72m/12-2.5; Paul Lehmkuhl (M80), 3.20m/10-6; Williams Platts (M85), 3.40m/11-2; Charles Ross (M90), 0.96m/3-1.75

**Discus** – Bruce Hendendal (M65), 38.57m/126-6; Roger Busch (M72), 44.22m/145-1; William Gramley (M77), 34.38m/112-9; David Douglass (M81), 22.39m/73-5; Williams Platts (M85), 27.83m/91-3; Charles Pistorino, Sr. (M90), 15.13m/49-7

### **Women's Track Events**

**400m** – Gloria Jackson (W30), 1:08.97; Maurelhena Walles (W38), 59.84; Latricia Dendy (W40), 58.66; Charmaine Roberts (W46), 1:00.97; Debra Hoffman (W53), 1:04.74; Lesley Chaplin (W55), 1:10.19; Coreen Steinbach (W62), 1:13.05; Laurie Rugenstein (W65), 1:18.95; Mary Robinson (W71), 1:31.54; Jeanne Daprano (W76), 1:26.98

**2,000m steeplechase** – Brandice Coleman (W30), 12:02.98; Debra Cane (W37), 8:35.74; Grace Padilla (W42), 7:27.87; Kristine Longshore (W45), 13:27.03; Cheryl Bellaire (W54), 9:01.87; Jan Tefft (W55), 10:19.57; Ashley Childs (W63), 11:31.72; Mary Trotto (W66), 14:05.26; Jane Simpson (W72), 15:23.00

**80m hurdles** – Anne Sluder (W40), 12.76; Menka Scott (W46), 12.72; Karen Maxwell (W54), 14.75; Shawn Hipp (W56), 17.17; Linda Lowery (W61), 17.52; Florence Meiler (W79), 21.70

**100m hurdles** – Latiffa Taylor (W30), 16.55

#### **Women's Field Events**

**Long jump** – Latiffa Taylor (W30), 4.50m/14-9.25; Rachel Guest (W38), 5.14m/16-10.5; Anne Sluder (W40), 5.25m/17-2.75; Menka Scott (W46), 5.06m/16-7.25; Kathleen Shook (W52), 3.41m/11-2.25; Rita Hanscom (W59), 3.92m/12-10.5; Linda Lowery (W61), 3.68m/12-1; Sharon Raham (W67), 2.69m/8-10; Ann Carter (W71), 2.39m/7-10-25; Florence Meiler (W79), 2.68m/8-9.5; Gloria Krug (W82), 1.55m/5-1

**Javelin** – Debra Cane (W37), 20.94m/68-8; Melissa Anderson (W40), 18.69m/61-4; Cindy Smith (W49), 31.02m/101-9; Caryl Senn-Griffiths (W51), 32.66m/107-2; Barbara Dabrowsky (M56), 34.36m/112-8; Linda Cohn (W60), 36.84m/120-10; Sharon Raham (W67), 24.04m/78-10; Kathy Bergen (W73), 19.90m/65-3; Christel Donley (W78), 15.03m/49-3; Gloria Krug (W82), 15.65m/51-4

**Pole Vault** – Meg Teeple (W36), 2.05m/6-8.75; Helen Croskell (W40), 2.35m/7-8.50; Karen Rieger (W49), 2.35m/7-8.50; Brenda Babits (W53), 2.15m/7-0.50; Lydia Woods (W59), 1.15m/3-9.25; Kay Glynn (W60), 2.80m/9-2.25; Mary Trott (W66), 1.00m/3-3.25; Florence Meiler (W79), 1.83m/6-0

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**USA NATIONAL MASTERS TRACK CHAMPIONSHIPS JULY 11-14 AT OLATHE KS  
DISTRICT SCHOOLS ACTIVITY CENTER, INCLUDES 30 WORLD CHAMPIONS,  
5 OLYMPIANS AMONG 1000 ATHLETES 30-95+;  
EVENT AT 20925 W. 159th St., Olathe, WILL PROVE LIFETIME FITNESS  
POSSIBLE**

***ENTRANTS INCLUDE WORLD'S FIRST WOMEN 75+ SUB-7 MINUTE MILER  
JEANNE DAPRANO, CHAMPION RUNNER & JAZZ GREAT NOLAN SHAHEED  
(LEAD TRUMPET FOR COUNT BASIE, STEVIE WONDER, ARETHA FRANKLIN,  
MARVIN GAYE); STARS FROM OLATHE-KC AREA INCLUDING OLATHE 2-TIME  
TRIPLE NATIONAL CHAMPION KEVIN MILLER, WORLD RACEWALK CHAMP  
ALAN POISNER OF OVERLAND PARK,  
110 ATHLETES COMPETING FROM KS and WESTERN MO***

**FINALS 7:30 AM-3:30 PM DAILY (see detailed schedule); Spectators Free**

(Olathe, KS)— **More than 30 reigning world masters track and field champions who won gold at the last World Masters indoor or outdoor championships and five Olympians will be among approximately 1000 athletes 30-95+ years old**, including the world's and nation's best, competing at the **USA National Masters Track & Field Championships in Olathe, Kansas**, near Kansas City, Thursday through Sunday, July 11-14. The meet will be at the **OLATHE DISTRICT SCHOOLS ACTIVITY CENTER, 20925 W. 159th Street**. The athletes will display speed, strength and endurance demonstrating that lifetime fitness is possible for all ages in events ranging from 100 to 10,000 meters, while field events will include the full range of jumps and throws.

***Entrants include the world's first woman 75+ SUB-7 MINUTE MILER JEANNE DAPRANO, CHAMPION RUNNER & JAZZ GREAT NOLAN SHAHEED (lead trumpet for Count Basie, Stevie Wonder, Aretha Franklin, Diana Ross, Marvin Gaye). Also competing: Olympian ED BURKE, 70, Los Gatos CA, the 1984 U.S. OLYMPIC FLAGBEARER.***

***110 athletes are competing from Kansas and Western Missouri. Stars entered from the OLATHE-KC AREA include Olathe 2-TIME TRIPLE NATIONAL CHAMPION KEVIN MILLER. Warrenburg, MO's KIP JANRIN, now M45, was the oldest OLYMPIC DECATHLETE IN 2000 and is 13-time Drake Relays winner. Overland Park's DR. ALAN POISNER, M.D., won THREE M75 racewalk gold medals at the last world masters championships.***

Events will be daily from 7:30 AM through 3:30 PM at the track and field complex. (**Detailed schedule** posted at <http://www.usatf.org/Events---Calendar/2013/USA-Masters-Outdoor-Track---Field-Championships/Schedule.aspx> or go to [www.usatf.org](http://www.usatf.org)). Athletes win and place in five year age categories. The media is invited for coverage and interviews, and the public is invited to watch the meet onsite at no cost.

**OLYMPIANS entered include:**

- **Kip Janvrin**, M 45-49, Warrensburg, MO, 2000 Olympian and the oldest American to compete in the Olympic decathlon—and winner of the Drake Relays decathlon an amazing 13 times. Other Olympians entered:
- **Ed Burke**, M70. Los Gatos, California. A 3-time Olympian, Ed Burke was the FLAGBEARER for the United States at the 1984 Olympics in Los Angeles.
- **Sunder Nix**, M50, Muncie, Indiana. In 1984, Sunder led off the victorious US 4 x 400 team at the Los Angeles Olympics. The final time was 2 minutes, 57.91 seconds, or 44.98 seconds per man.
- **Chris Williams**, M40, Colton, California. Chris is a 3-time Olympian (2000, 2004, and 2008) for Jamaica who now resides in California. In 2000 he received a bronze medal in the 4 x 400 relay. In 2001 he was named Jamaica's Sportsman of the Year.
- **Jason Rouser**, M40, Dade City, Florida. The 6-6 Rouser, out of the University of Oklahoma, won gold at the 1996 Olympics in Atlanta in the 4 x 400 relay.

(Rouser ran the heats to get the US to the finals and also wins the team's gold medal).

Among the star men and world Champions entered include jazz great and 800M, 1500M and other distances world record holder **Nolan Shaheed**, 64, of Pasadena, CA, who played lead trumpet for Count Basie, Stevie Wonder, Aretha Franklin, Diana Ross, and Marvin Gaye; Fort Wayne, IN pole vault duo **Paul Babits**, M 50, world indoor record holder and outdoor pole vault champion, and **Gary Hunter**, M55, outdoor world PV record holder and world champion; **Bill Collins**, Houston, TX, 60-64a past champion who startled the world after a severe life-threatening case of Guillain-Barre syndrome in 2011 and came back in 2012 to break world records in the 60 and 200 meters. Accokeek, MD's **Oscar Peyton**, also M 60, broke his record in 2013, has also won American and world championships, so that the Collins-Peyton competition is an outstanding rivalry to watch. Also competing: Peyton's Potomac Valley Track Club teammate, **Bruce McBarnette**, Sterling, VA, has won NINE world championships in the high jump including this winter's world record M55 jump of 6'2" which Bruce precisely predicted before the meet.

**Possibly Oldest competitor** entered: Orville Rogers, Dallas TX, M95-99, who set FIVE world records from the 200 through the 3000 meters at this year's indoor national masters championships in Landover, MD.

**Star women** include **Kathy Martin**, 64, Northport, NY, multiple world champion distance runner and a former BenGay Athlete of the Year; **Kathy Bergen**, La Canada, CA, the first 70+ woman in history to break 15 seconds in the 100-meter dash as well as the world W70 high jump indoor record holder; **Jeanne Daprano**, W75, the first 70+ woman, and then the first 75+ woman, to break 7 minutes in the mile, and USATF's Outstanding Athlete of the Year; **Rita Hanscom**, W55, San Diego, CA, a recent world masters athlete of the year; also watch: **Lorraine Jasper**, W50, Birchrunville, PA, 2012 world indoor 800 meter champion with a 2013 American indoor record mark.

### **Athletes to Watch from Greater Kansas City-Olathe Area**

(FROM Peter Taylor, Long-time masters meet announcer, Media Committee member):

**M30 (men 30 to 34): Quinton Wilks.** Olathe, Kansas. Quinton has a good chance of medaling in the sprints this year. In 2012 at nationals he finished fourth in the 200 dash with a time of 23.83 seconds.

**M35: Randy Wasinger.** Overland Park, Kansas. At national indoors this year, Wasinger won both the 800 (2:02.51) and mile (4:31.41). Last year at national outdoors, he ran an even more impressive 1:57.06 in winning the 800.

**Ryan Anderson.** Olathe, Kansas. Last year at outdoor nationals, Ryan ran an excellent 2:02.42 in the 800 but finished a disappointing fourth. Anderson has a great chance for a medal this year in Olathe.

**M40: Ron Kochanowicz.** Smithville, Missouri. At the 2011 outdoor nationals, Ron was the silver medalist in the 1500. Kochanowicz figures to do well in Olathe.

**W40: Gwen Wentland.** Manhattan, Kansas. A veteran of five Olympic Trials in the high jump, Gwen was an All-American at Kansas State. Given her lifetime best of 6

feet, 5 inches (1.956 meters), Gwen appears to have a shot at breaking either the world or American mark for women 40-44 when she competes in Olathe. Julia Machin of Great Britain holds the world record at 1.78 meters (5 feet, 10 inches), while Olympian Trish Porter has the American mark of 1.76 meters (5 feet, 9 ¼ inches).

**M45: Kip Janvrin**, Warrensburg, Missouri. In 2000, at the age of 35, Kip represented the United States in the decathlon at the Olympic Games in Sydney, Australia. In doing so he became the oldest man ever to compete for the US in this event at the Olympics. Kip competed for Simpson College in Iowa and now coaches at the University of Central Missouri in Warrensburg.

**W45: Menka Scott**. Lee's Summit, Missouri. Menka, an explosive long jumper and a fine 80-meter hurdler, won both events last year at outdoor nationals and figures to do well in Olathe. As a collegian, Menka competed for the University of Tennessee, traditionally one of the nation's top programs in track and field.

**M50: Kevin Miller**. Olathe, Kansas. Kevin scored a triple both last year and this year in the national indoors, winning the 800, 1 mile, and 3000 in brilliant fashion. Such triples are very rare in elite completion; to do it two years in a row is a remarkable achievement. At Landover this year, Kevin's times were 2:11.81 for the 800, 4:39.30 for 1 mile, and 9:11.44 (4:55.8 per mile) for the 3000.

**W50: Liz Kyger**. Oldfield, Missouri. At the national outdoors last year, Liz finished fourth in the 1500. It will be interesting to see how she does in Olathe.

**M65: Tim Wigger**. Shawnee, Kansas. Tim won both the 800 and mile in the 2009 indoor masters and figures to do well in Olathe.

**M75: Dr. Alan Poisner**, and M.D., Overland Park, Kansas, and President of the Heartland Racewalkers, won THREE Gold Medals at the last World Masters Championship in Sacramento (5000 Meter walk, 10K walk and USA Team 75-79 medal).

## **FULL LIST OF KANSAS-WESTERN MISSOURI ATHLETES COMPETING AT OLATHE--**

from meet contact Ken Ferguson and USATF Associations Manager Sherry Quack:

<http://www.weinerpublic.com/20130622.pdf>

**U.S.MASTERS CONTINUES DRUG TESTING.** The USATF Masters Track & Field Committee continues the drug testing program. 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](http://www.youtube.com/watch?v=ZpY6NRH_9M)

2) [2012 Outdoor MTF Championship Video](http://www.youtube.com/watch?v=UbzhJH8z8kE) by ABC TV Network Reporter Co-project of Midwest Region (Steve Cohen) and National Masters Media Committee: <http://www.youtube.com/watch?v=UbzhJH8z8kE>

**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](mailto:weinerpublic@comcast.net). Press may email for advance credentialing or see Bob trackside and show media organization credentials. All media are welcome.

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

Source: USATF National Masters Media Committee

### TOP ATHLETES ENTERED AT OLATHE

By Mary Trotto, USATF Masters Active Athletes and Awards Chair—Charts below:  
**Overall Male and Female 2012 Athlete of the Year coming to Olathe, Kansas**

#### **For the 2013 Masters Outdoor National Championships**

| Name                  | age       | Hometown                | Events               |
|-----------------------|-----------|-------------------------|----------------------|
| <b>Jeanne Daprano</b> | <b>75</b> | <b>Fayetteville, GA</b> | <b>200, 400, 800</b> |
| <b>Bob Lida</b>       | <b>75</b> | <b>Wichita, KA</b>      | <b>100, 200</b>      |

\*\*\* names in red indicate current record holders

**USATF 2012 Athletes of the Year** who are coming to National Outdoor Championships and defend their National Titles

Women Athletes: (2012 Athlete of the Year)

| Name                    | age       | hometown               | Events                             |
|-------------------------|-----------|------------------------|------------------------------------|
| <b>Kathy Bergen</b>     | <b>73</b> | <b>LaCanada, CA</b>    | <b>100, 200, HJ, DT, JT</b>        |
| Kathy Martin            | 62        | Northport, NY          | 400, 800, 1500, 5000, 10000, 2K SC |
| Coreen Steinbach        | 61        | Pomey, NY              | 200, 400, 800, 1500                |
| Rita Hanscom            | 55        | San Diego, CA          | 100, 200, HJ, PV                   |
| <b>Flo Meiler</b>       | <b>78</b> | <b>Shelburne, VT</b>   | 100, <b>SH, LH, PV, 2K</b>         |
| <b>SC, SP, HT, TJ,</b>  |           |                        | LJ,                                |
| <b>Gloria Krug</b>      | <b>81</b> | <b>New Oxford, PA</b>  | <b>SP, DT, HT, JT</b>              |
| Christel Donley         | 76        | Colorado Springs, CO   | LJ                                 |
| Rachel Guest            | 36        | Southwest Sprinters TC | Pentathlon, 200, SH, HJ, LJ        |
| Charmaine Roberts       | 45        | Beltsville, MD         | 400, 800                           |
| Lorraine Jasper         | 51        | Birchrunville, PA      | <b>800, 1500</b>                   |
| <b>Sonja Friend-Uhl</b> | <b>41</b> | <b>Brentwood, TN</b>   | 800, <b>1500</b>                   |
| Debbie Lee              | 56        | Trabuco Canyon, CA     | 800, 1500, 5000, LJ, TJ            |
| <b>Lisa Ryan</b>        | <b>43</b> | <b>Sioux City, IA</b>  | <b>Pentathlon, LH, SP, HJ</b>      |
| <b>Carol Finsrud</b>    | <b>56</b> | <b>Lockhart, TX</b>    | <b>SP, DT, JT, HT, WT</b>          |

Male Athletes: (2012 Athlete of the Year)

|                       |           |                     |                        |
|-----------------------|-----------|---------------------|------------------------|
| <b>Bill Collins</b>   | <b>61</b> | <b>Houston, TX</b>  | 200, 400               |
| Oscar Peyton          | 60        | Potomac Valley      | 100, 200               |
| <b>Nolan Shaheed</b>  | <b>60</b> | <b>Pasadena, CA</b> | <b>800,1500, 5000,</b> |
| <b>10,000, 2k SC</b>  |           |                     |                        |
| <b>Orville Rogers</b> | <b>95</b> |                     | <b>800m, 1500m</b>     |

|                         |           |                        |  |
|-------------------------|-----------|------------------------|--|
| Charles Ross            | 90        | Conyers, CA            | 100, 200, SH, LH, 400,<br>1500, 5000, SP |
| Robert Paulen           | 76        | Dewey Beach, DE        | TJ, DT, WT, JT<br>LH,                    |
| <b>Bruce McBarnette</b> | <b>55</b> | <b>Sterling, VA</b>    | <b>HJ, TJ</b>                            |
| <b>Ed Burke</b>         | <b>70</b> | <b>LosGatos, CA</b>    | <b>WT,</b>                               |
| <b>Gary Patton</b>      | <b>67</b> | <b>Rock Rapids, MI</b> | <b>800, 1500, 5000,<br/>10000</b>        |
| Sherwood Sagedahl       | 73        | Fairmont, MN           | 400, 800, 1500                           |
| Robert Thomas           | 45        | Indianapolis, IN       | 100, 200, 400                            |

\*\*\*names in Red and Events in Red are current record holders

## TOP ATHLETES TO WATCH AT OLATHE USA MASTERS (*FROM Pete Taylor*)

### Men

**40-44 Chris Williams**, Colton, California. A three-time Olympian for Jamaica, Chris has put up some amazing times this year in the M40 division. For example, in March at the US Indoor Masters, Chris ran an almost impossible 21.84 seconds in the 200 dash on a flat track. At the Penn Relays in April, Chris won the 100 by a huge margin in 10.58 seconds and, the next day, smoked a 48.2 leg in the 4 x 400.

**45-49 Kip Janvrin**, Warrensburg, Missouri. By representing the US at the 2000 Olympics, Kip became the oldest American to compete in the Olympic decathlon. Janvrin has won the decathlon at the prestigious Drake Relays an amazing 13 times. At Olathe, Kip, who competed collegiately for Simpson College in Iowa, is entered in the pentathlon, both hurdle events, and the pole vault and long jump. Not a stranger to masters competition, he holds the world record in the decathlon for men 40 to 44 with a stunning 8542 points.

**Khalid Mulazim**. Cleveland, Ohio. Khalid holds the world 400-dash record for men 45 to 49 with a marvelous 50.18 seconds. In addition, Khalid ran on the world record 4 x 400 team for men 45-49 at the 2011 world masters championships (3:24.84).

**Derek Pye**. Long Beach, California. The American M40 record-holder for the 60-meter hurdles with a stunning 8.09 seconds, Derek was the silver medalist in the 110 hurdles at the 2011 worlds. His battle in the 110 hurdles at Olathe nationals against Olympian Kip Janvrin should be worth the price of admission, if not more.

**Landen Summay**. Cincinnati, Ohio. In March, at age 47, Landen ran a sensational 2:02.80 in the 800 on a flat track at indoor nationals, the second-fastest time in the entire meet. Last summer, in the outdoor nationals, Landen turned in a scintillating 2:01.20 to win the gold. Finally, at the USATF open nationals at Drake University in June of this year, Landen cranked up a 2:00.65. Amazing.

**50-54: Paul Babits**. Fort Wayne, Indiana. Paul holds the world indoor record in the pole vault for the M50 group at 4.73 meters (15 feet, 6.2 inches) and finished first at the world outdoor masters championships in 2011.

**Kevin Miller**. Olathe, Kansas. For two years in a row, Kevin has pulled off an extraordinarily difficult triple at national indoor masters: the 800, mile, and 3000. This year his times for those events were 2:11.81, 4:39.30, and 9:11.44. As a hometown favorite, look for Kevin to shine in Olathe.

**Sunder Nix**. Muncie, Indiana. An all-time great at Indiana University, Sunder won a gold medal in 1984 as part of the US team in the 4 x 400 at Los Angeles. The time was a phenomenal 2:57.91. Sunder is entered in the 400 at Olathe.

**55-59: Gary Hunter**. Fort Wayne, Indiana. The holder of the world M50 outdoor record for the pole vault at 4.75 meters (15 feet, 7 inches), Gary puts many collegiate vaulters to shame. Gary won gold at the worlds in 2011.

**Bruce McBarnette.** Ashburn, Virginia. A many-time world masters champion, Bruce established a world indoor mark in the M55 high jump back in March, as he soared 1.88 meters (6 feet, 2 inches). Given that achievement, look for Bruce to challenge the world outdoor mark of 1.87 meters when he competes in Olathe.

**60-64: Bill Collins.** Houston, Texas. An All-American at Texas Christian University and a former member of the U.S. national team, Bill was struck with a severe case of Guillain-Barré syndrome in 2011, making it difficult for him to even walk. He came back strongly, however, and in March 2012 Collins startled many observers when he broke the world indoor records for ages 60-64 in the 60 meters (7.58 seconds) and the 200 (24.32). The 60 dash record was broken in 2013 by Oscar Peyton.

Outdoors, Collins holds the world record in the 55-59 division for both the 100 (11.44) and 200 (23.36).

**Oscar Peyton.** Accokeek, Maryland. The 6-4 Peyton won both the 100 and 200 at the world masters championships in 2011. In the indoor masters championships in 2013, Oscar established a world indoor mark in the 60 dash with an amazing time of 7.52 seconds.

**Nolan Shaheed.** Pasadena, California. Undoubtedly the best musician among the entrants, Shaheed is arguably the most versatile of the men entered at Olathe, as he holds the American age 60-64 records for the 800, 1500, 1 mile, 2000 steeplechase, and 5000.

**Thaddeus Wilson.** Oxnard, California. Watching Thad Wilson hurdle, spectators could get a little confused. "Shouldn't he be in a younger age group?" might be an appropriate question. In the 2011 outdoor nationals, Thad ran the 100 hurdles in 14.37, a shockingly fast time that stands as the world record for 60-64. At the 2011 worlds, Thad was second in the 100 dash (12.59), 1<sup>st</sup> in the 100 hurdles (14.78), and first in the 300 hurdles with a brilliant 45.42 seconds.

**65-69: Charles Allie.** Pittsburgh, Pennsylvania. Out of Hampton Institute in Virginia, the versatile Allie is still running at the superstar level. In March he established a world indoor mark in the 200 for the 65-69 age group, running an amazing 25.41 seconds on a flat track. In May, Charles set a world outdoor mark in the 400 with a sensational time of 56.09 seconds at the Southeastern Masters Championships.

**Ty Brown.** Washington, DC. A great stylist, Ty Brown is a treat to watch. Already the world indoor record-holder in the M65 60-meter hurdles indoors with a time of 9.17 seconds, Ty added to his laurels in May by flying through the 100-meter hurdles outdoors in a scalding 15.20 seconds. The listed world mark, by the great Rolf Geese of Germany, is 15.47.

**70-74: Ed Burke.** Los Gatos, California. Ed is a three-time Olympian who served as the flag carrier in the 1984 Olympics in Los Angeles. **Burke** holds the world record in the hammer for men 70 to 74 with an almost unthinkable distance: 59.04 meters, or 193 feet, 8 inches. By comparison, the legendary Harold Connolly, in winning the 1956 Olympic hammer in Melbourne as a 25-year-old, threw 63.19 meters (note that the hammer for the M70 group is somewhat lighter than the implement for the open group). Ed Burke also holds the outdoor world M70 record in the weight throw with a heave of 22.33 meters.

**Don Isett.** Dallas, Texas. Don holds the world indoor record in the pole vault for men 70-74 at 3.25 meters (just under 10 feet, 10 inches). A pole vaulter in junior high and high school, Don quit the event but then resumed a half-century later after his wife gave him a pole for his 66th birthday. A good idea, as things turned out, as Don won the outdoor worlds in the vault in 2011 just six years later at age 72.

**75-79: Bob Lida.** Wichita, Kansas. The "Kansas Comet" holds the world outdoor records for the 75-79 age group in both the 100 dash (13.49 seconds) and the 200 (27.73). In addition, Lida is the American record-holder for the M75 group in the 400 at 65.08 seconds. At the outdoor worlds in 2011, Bob won both the 200 and 400. If his injuries are healed (TBD), Bob will continue to be amazing at Olathe.

**95-99: Orville Rogers.** Dallas, Texas. One of the few masters still competing who served during World War II, Orville had a fabulous meet in March at the indoor nationals and is expected to shake things up in Olathe. At the indoors he set records in the 200, 400, 800, 1 mile, and 3000, with his time of 57.88 seconds in the 200 perhaps the best of these marks. Recently, Orville destroyed the M95 outdoor world record in the 400 meters by blasting the distance in 2 minutes, 17.45 seconds.

## Women

**40-44: Dena Birade.** Bellingham, Washington. A former member of the Canadian national (open) team, Dena has won many US titles and, in 2011, took the gold at the worlds in Sacramento in the 100-m dash. Dena took a silver in the 200 at Sacramento and will be tough to beat in Olathe.

**Sonja Friend-Uhl.** Brentwood, Tennessee. Sonja, the 2011 world outdoor champion in both the 800 and 1500, is one of the greatest runners in the history of the College of William and Mary. The holder of the American record in W40 for 1500 meters (4:16.99), Sonja will be extraordinarily hard to beat in Olathe.

**45-49: Charmaine Roberts.** Beltsville, Maryland. An extraordinarily talented long sprinter from Jamaica, Charmaine ran for Alabama A&M as a collegian and is now a special education teacher in Maryland. The 2009 world outdoor champion in the 400 dash, look for her to do some great things in Olathe.

**50-54: Lorraine Jasper.** Birchrunville, Pennsylvania. The 2012 world indoor champion in the 800, Lorraine set an American W50 mark (2:26.09) in that event during the 2013 national indoor masters in Landover, Maryland.

**55-59: Rita Hanscom.** San Diego, California. Rita won world masters track and field athlete of the year honors in 2009 and is a member of the US Masters Hall of Fame. Look for her to do well in every event she tries at Olathe.

**Carol Finsrud.** Lockhart, Texas. A three-time participant in the US Olympic Trials, Carol is an amazing discus thrower. She holds the American record for the discus in the 35-39, 40-44, 45-49, 50-54, and 55-59 age groups, with the 50-54 mark a world record as well (45.67 meters, 149 feet, 10 inches).

**60-64: Kathy Martin.** Northport, New York. A dominating figure at 800 and 1500 meters, Kathy can also go very long. In fact, she is the W50 and W60 American record-holder on the road for 50,000 meters (31.07 miles). Regardless of what she decides to run in Olathe, expect her to be first across the line.

**Myrle Mensey.** Saint Louis, Missouri. A versatile, powerful thrower, Myrle enjoys setting records, and why not? The popular strongwoman holds the American W60 records both indoors and outdoors in the weight throw as well as the superweight (20 pounds). Perhaps the most impressive of these marks is Myrle's 11.87 meters (38 feet, 11 inches) in the outdoor superweight.

**70-74: Kathy Bergen.** La Canada, California. In 2010, Bergen became the first 70+ woman in history to break 15 seconds in the 100-meter dash, turning in an amazing 14.76. Bergen is also an accomplished high jumper, as she owns the world outdoor mark for W70-74 of 1.30 meters (4 feet, 3.2 inches).

**75-79: Jeanne Daprano,** Fayetteville, Georgia. In 2007, Jeanne became the first 70+ woman in history to break 7 minutes in the mile, running it in 6 minutes, 47.91 seconds at Duke University in North Carolina. In March 2012, Jeanne broke the world indoor record in the mile for the 75-79 age group by getting the distance in 7 minutes, 13.51 seconds.

**85-89: Johnnye Valien.** Los Angeles, California. Out of Tuskegee Institute in Alabama, the versatile Valien won gold in the long jump, high jump, pole vault, javelin, and shot put at the 2011 World Masters Athletics championships in Los Angeles, California. Johnnye is a former USATF Athlete of the Week.

**(Note from Media Chair Bob Weiner):** *MANY thanks to Mary Trotto, Masters Active Athletes and Awards Chair, Peter Taylor, Media Committee member and a long-time Meet Announcer, and LOC meet contact Ken Ferguson for much analysis and information included in this release.*

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