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Contact: Bob Weiner, USATF Masters Media 301-283-0821, cell 202-306-1200  
[weinerpublic@comcast.net](mailto:weinerpublic@comcast.net):

Mark Cleary, Masters Invitational Contact: 949-606-6888  
[runnermark@cox.net](mailto:runnermark@cox.net) (release drafted by Mark)

**USATF Masters Invitational Program, W1000 Meter Women's Race, 2:45 PM,  
& M400 Meter Men's Race, 2:55 PM, Sunday, March 5, 2017, at the  
Albuquerque Convention Center, Albuquerque, NM**

(Albuquerque, NM) -- Some of the top Masters female middle distance runners and men's long sprinters will be showcased at this year's US Indoor Track & Field Championships, at the Albuquerque Convention Center, Albuquerque, NM. On Sunday, March 5, under the USATF Masters Invitational Program, a woman's 1000 Meter race will be held at 2:45 PM. A men's 400 Meter race will occur afterward, at 2:55 PM.

**The Women's Field:**

**Sonja Friend-Uhl**, age 45, represents Atlanta Track Club, Sonja won the W45 800 and Mile at this year's National Masters Indoor Championships. Sonja also won the Masters Invitational Program 1500 Meter run at the 2016 USA Indoor Track & Field Championships, in Portland, Ore. Sonja Friend-Uhl is the current W45 American record holder for the Outdoor 1500. Sonya also holds the Indoor American Record in the W40 Mile, Blacksburg, VA, March 2012, and in the 3000, Winston-Salem, NC, 2015.

**Terry Ballou**, age 49, represents the Athena Track Club. She and her husband just built a new home in Conway, New Hampshire. She ran for College of the Holy Cross, located in Worcester, Massachusetts. She lived in NYC for 24 years, where she was a prosecutor with the Manhattan District Attorney's Office. She is currently a stay at home Mom, raising three teenagers. Terry won the W45 1500 and was second in the 800 at the 2015 USATF Masters Outdoor Championships, in Jacksonville, FL.

**Anna Mayhewrozek**, age 41, Unattached, won the W40 800 at this year's National Masters Indoor Championships, in Albuquerque, NM.

**Laura Mitchell**, age 40, Team Rogue, Laura was third in the W40 800 and 2nd in the Mile at this year's National Masters Indoor Championships, in Albuquerque, NM.

**Lisa Valle**, age 50, New Mexico Track Club, Lisa resides in Albuquerque, NM, and is a high school biology teacher at the Albuquerque Academy. She won the W50 800 and Mile at this year's National Masters Indoor Championships, in Albuquerque, NM. She holds the Women's 45 age group world record in the 2K steeplechase.

### **The Men's Field:**

**Gabriel Fuzat** (age 42) representing Southwest Sprinters Track Club, from Pearland, TX, Gabriel is a Wellness Specialist for the Herman Prevention & Recovery Center. Gabriel was the Silver Medalist in both the 400, and the 200 in the Men's 40-44 at this year's National Masters Indoor Championships here in Albuquerque, NM, two weeks ago.

**Brian Duff** (age 40) representing Track Club L.A. Brian is an attorney at Latham & Watkins, LA, CA. He ran for Georgetown University from 1995-1999, under the guidance of Coach Frank Gagliano. Brian was fourth in the M40 400 at this year's National Masters Indoor Championships in Albuquerque, NM.

**David Cahill** (age 40), representing Greater Boston Track Club. He is from Newton, MA.

**Jason Rhodes** (age 44) representing So Cal Track Club. He is from Actadena, CA., and is an Astro-physicist at JPL (Jet Propulsion Labs) Pasadena, CA. Jason was a finalist at the 400 at the 2016 Outdoor World Championships and in Perth, Australia.

**Khalid Mulazim** (age 50) representing Southwest Sprinters Track Club, he was the 2016 Outdoor M50 400 US Champion, he was also ranked third in the world in the event.

Mark Cleary, the Masters Invitational Program Chairman for the past 16 years, said "I'm looking forward to high quality events, and good competition for these races. We have many of the best competitors in the country in these events, and that always makes for great competition."

(Source: USATF Masters Media Committee and Robert Weiner Associates)