

SACRAMENTO NATIONAL MASTERS PRESS 2010

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Enjoy the coverage—and spread the word!

Live Trackside Television

- <http://www.youtube.com/watch?v=grztCj8dM2k>

THE SACRAMENTO BEE

SOUL VERSUS SOLE – Why Choose?

Shaheed has Proved to be a World-Class Musician and Runner

By John Schumacher

FRIDAY, JULY 23, 2010

The trumpet and the track keep Nolan Shaheed going, even if the two collided for a while in high school.

Shaheed took his love for the trumpet and turned it into a sparkling musical career that included playing with Stevie Wonder, Marvin Gaye, Diana Ross, Duke Ellington and the Count Basie Orchestra.

The track took him somewhere, too, with the 61-year-old runner from Pasadena setting a slew of world and national age-group records from 800 to 3,000 meters.

Fresh from a second-place finish in the men's 60-64-year-old 5,000 meters Thursday in the USA Masters Outdoor Track & Field



Championships, Shaheed stood in the mid-morning shade of the Hornet Stadium bleachers counting his blessings.

And chuckling at that trumpet-track conflict from his days at Pasadena's John Muir High School.

The combination was hurting Shaheed's grades, so his parents wouldn't let him continue running.

"They kept me out of track, which kind of broke my heart," he said.

When his music teacher suggested running made him a better musician, though, Shaheed managed to go out for cross country and watch his two passions fuel each other.

"As my trumpet playing got better, I got better running," he said. "I started working out harder, and sure enough, I got better on the trumpet.

"Ever since then, I've been running."

Shaheed's musical career included a stint as Gaye's musical director. Then known as Nolan Smith, he developed a reputation as a top session musician and also went on the road with a variety of singers.

Instead of succumbing to the temptations of travel, Shaheed said he ran and focused on his health.

"A lot of musicians took a lot of drugs and did a lot of drinking and stayed up late at night," Shaheed said. "When you're in your 20s, you never think you're really going to make it to 60.

"I chose not to go that road. Now I'm reaping the benefits of that sacrifice. I've never been high in my life."

Unless you count the thrill of performing a song brilliantly or the adrenaline rush that comes with setting a record on the track.

Shaheed still plays the trumpet, although he said he's become more selective in a changing music industry.

On the track, Shaheed's world age-group records include outdoor marks in the 800 (1 minute, 58.65 seconds) and mile (4:27.9), both at age 50, and indoor records in the mile at 51 (4:26.75), 55 (4:42.89) and 60 (4:57.06).

"When I was younger, I ran a sub-4 (minute) mile," he said. "I always thought whenever I can't break five, I will quit.

"That's before I moved up to Masters (30 and over). Now there's incentive. I'm not as fit as when I was at my best, but I have the same desire.

"I'm enjoying it just as much."

The 5-foot-9, 125-pound Shaheed was all smiles Thursday despite losing the men's 60-64 5,000-meter race to Doug Winn, who surged past Shaheed with 700 meters to go to win in 17:26:48.

After finishing second in 17:47:20, Shaheed waited to encourage several other runners crossing the finish line.

"He moved at a good point," Shaheed said of Winn. "It gave me the message he felt stronger than I felt."

Winn, a 60-year-old high school teacher and cross country coach from Portland, Ore., sounded happy to beat a legend.

"Nolan casts a long shadow on the Masters world through all these years," Winn said. "I was too scared to try to beat him at the finish."

The two are scheduled to meet again in the 10,000 meters Saturday. Shaheed is

also entered in the 800 Saturday and the 1,500 Sunday.

He'll run despite persistent pain in his left ankle. And he'll compete on his usual one meal a day, normally in the afternoon.

"I never have to worry about age-related diseases like arthritis or high blood pressure, heart problems," Shaheed said. "I don't eat enough to put poisons in my body."

USA MASTERS OUTDOOR TRACK AND FIELD CHAMPIONSHIPS

When : Today through Sunday

Where: Hornet Stadium, Sacramento State

Who: More Than 1400 athletes ages 30-96, 12 Olympians, 113 World Champions

Schedule: Today Through Sunday Beginning 7AM

Admission: Free

<http://www.sacbee.com/2010/07/23/v-print/2909656/shaheed-has-proved-to-be-both.html>

THE SACRAMENTO BEE

Raschker Stars in Masters Track and Field

By John Schumacher

SATURDAY, JUL. 24, 2010

Watch Phil Raschker killing time between events Friday and realize how comfortable she is in the Masters track world.



The 63-year-old sprinter, jumper and hurdler roams around the pole vault area talking with other athletes, then wanders over to the steeplechase water jump nearby takes a dip.

On a hot day at Hornet Stadium, her impromptu swim is a great way to stay cool during the USA Masters Outdoor Track & Field Championships.

And Raschker is a great candidate to bring attention to a niche sport often languishing in the

shadows of more prominent ones.

Calling her a superstar would not be an overstatement. Raschker, who lives in Marietta, Ga., has won 97 world championship medals in her 30-year Masters career – 71 gold, 19 silver and seven bronze.

She also has set more than 200 world and national age-group records at the Masters (age 30 and older) level and was a two-time finalist for the Sullivan Award, given annually to the outstanding amateur athlete in the nation.

Raschker joined LeBron James, Apolo Anton Ohno, Diana Taurasi and eventual winner Michael Phelps as finalists for the 2003 award and lost out to Tim Tebow for the 2007 honor.

"What an honor to be a Masters athlete and be in there," said Raschker, the oldest athlete to become a Sullivan finalist.

Her brilliant track career likely never would have happened save for a few curious twists of fate.

Raschker, born in Hamburg, Germany, came to Washington, D.C., in her early 20s to work as a governess for a family. She planned to stay for a few months and go back home, but she got married and stayed.

After a divorce 10 years later, Raschker, now an American citizen who is president and CEO of a financial services company, opted to remain in the United States. "It's a wonderful country," she said. "To me, I think it is so easy to make a living in this country.

"You don't have to fight the dog-eat-dog world like you do in Europe. I just love it."

Raschker, who shortened her given name of Eileen-Philippa to Phil, was a gymnast and swimmer before joining a track club in Germany at 13. She tried various running clubs after moving to the United States, then read about a Masters track meet in 1979.

"I thought, 'I can do that,' " she said. "I love track and field. ... I tried a few other things, but I like track and field the best.

"It's a good incentive to stay healthy. This promotes a healthy lifestyle."

Raschker retired briefly after winning 10 gold medals at the 1997 World Masters Outdoor Championships in Durban, South Africa, then changed her mind when a sponsor offered some financial incentives.

"I stopped for, I don't know, six months," she said with a laugh. "I'd always been paying my own way."

The Masters track world is glad she's back.

"She's a huge motivator for a lot of people to get involved in masters track," said Bob Weiner, a 63-year-old steeplechaser and Masters track media liaison. "Everybody's trying to catch her. ... She's an inspiration to everyone else in Masters track."

Like nearly all Masters athletes, Raschker knows she's slowing down. She won the 400 meters Friday in 1 minute, 14.98 seconds, slower than the 56.90 time she recorded in winning a world title in 1983. She competed in two other events Friday, claiming the long jump with a 13-foot 10 1/2-inch effort and the pole vault at 8-21/4. But with the World Masters Outdoor Championships coming to Sacramento next July, and the prospect of turning 65 in time to compete in a new age group in 2012, Raschker remains enthused.

"I'll be the young kid on the block," she said.

Raschker said she visits her mother in Germany four times a year for three or four weeks and calls twice a day.

But she said life in the United States is too good to move back.

"My life is over here," she said. "I've made my life, and I'm very happy."

Note – Lisa Valle, 44, of the So Cal Track Club, set a world record in the women's 40-44 2,000-meter steeplechase with a 6:51:92 effort.

<http://www.sacbee.com/2010/07/24/v-print/2911904/raschker-stars-in-masters-track.html>

THE SACRAMENTO BEE

At Age 96, Golden Years Shine with Gold Medals

By John Schumacher

Sunday, July 25, 2010 - 12:00 am | Page 1C

Leland McPhie accepted congratulations from well-wishers, posed for a few photos and then sat in the shade to talk about his 96 years on the planet.



Leland McPhie, 96, competed in track and field for San Diego State in the 1930s – he set a school record in the long jump in 1937. He returned to the sport at the age of 75, when he noticed a meet in progress while he was competing in a tennis tournament. He entered the 50-yard dash and won, despite muscle pulls in both legs.

It was not yet noon Saturday, but the San Diego jumper, thrower and occasional sprinter had already finished his third event of the day at the USA Masters Outdoor Track & Field Championships at Hornets Stadium.

Fatigue did not appear to be an issue. "I feel very well," he said. "I'm excited."

McPhie won all three events in the men's 95 and older division because there were no other entrants. He reached 8 feet, 6 inches in the triple jump,

cleared 2-6 in the high jump and then set an American age-group record with a 37.16-second clocking in the 100 meters.

The small crowd encouraged McPhie as he moved steadily down the straightaway while running with the 85-89 and 90-94 age groups in the 100.

McPhie also won three events Friday, throwing the discus 32-11 and the javelin 25-0 and long jumping 3-41/2.

He's scheduled to wrap up his meet schedule with the shot put today at 11 a.m. Why keep doing this?

"It's the people I meet that I enjoy the most," McPhie said. "I used to run four times faster than that. But everywhere I go, someone says hello to me."

And every time McPhie steps on the track or infield, he delivers a fresh dose of inspiration.

"He's such an incredible athlete, to do what he does," said Bob Fulton, a 70-year-old multi-event athlete from Ft. Collins, Colo. "He's 96 and he's not sitting in a chair somewhere. ... I'd love to see more people do what he does. I think it's going to catch on.

"I love talking to those old guys."

McPhie is also racking up points for his team, the So Cal Track Club, which sees him as a legend.

"Leland's the man," said So Cal teammate Nolan Shaheed, a 61-year-old world-record holder at 800 meters and the mile. "He's the pride of our club."

McPhie speaks softly as he talks about his path to Masters track stardom.

He set a school record of 24 feet, 7 inches in the long jump in 1937 at San Diego State, where he also ran the 220-yard dash and pole vaulted.

"We only had one pole," McPhie chuckled. "It didn't matter what size you were."

McPhie, who grew up in Utah, attended San Diego State only after a good friend convinced him to make an 11th-hour switch from Fresno State.

He wound up staying in town, working as a captain in the San Diego County Sheriff's Department.

McPhie also served in World War II in Europe and worked for the State Department for four years in Vietnam.

His wife, Phyllis, passed away 10 years ago.

"She was a beautiful girl," McPhie said. "There wasn't one time (when he came home from work) she wasn't waiting to meet me."

McPhie, who said he lives with a granddaughter and great granddaughter, left the track world behind after leaving college.

When he was 75, though, he recalled playing in a tennis tournament and noticing a track meet going on nearby.

He entered the 50-yard dash and won despite pulling a muscle in each leg.

McPhie's résumé includes 10 world age-group records set since he turned 90, seven indoors and three outdoors.

How does he account for his longevity?

"I don't drink or smoke," he said. "I don't like the taste of coffee.

"I watch my diet. I cut the fat off ... I drink nonfat milk."

McPhie hopes to return to Sacramento for the World Masters Athletics Championships next July.

How long will he continue competing?

"As long as I'm doing some good, helping somebody," he said.

Record feats

- **Kathy Bergen** of the Southern California Striders won the women's 70-74 high jump in 4-31/4 to set a world age-group record.
- **Suzi MacLeod** of the Oregon Track Club, who established a world mark in the women's 75-79 400 meters Friday with a 1:25:40 effort, was one of several athletes who posted American records Saturday. She set her mark with a 3:25.73 in the 800.

<http://www.sacbee.com/2010/07/25/2913298/at-age-96-golden-years-shine-with.html>

THE SACRAMENTO BEE

Masters Meet: Banks Now Competes for Love of Sport

By John Schumacher

MONDAY, JULY 26, 2010

Willie Banks grabbed his right hamstring, grimaced and then tried to stretch a most uncooperative muscle.

A few minutes later, the three-time Olympian and former triple jump world-record holder sped down the runway, hit the takeoff board and ran through the pit. There would be no jumping Sunday for Banks on the final day of the USA Masters



Outdoor Track & Field Championships at Hornet Stadium.

And there probably won't be a quick recovery, either. The 54-year-old Carlsbad resident said it likely would take a couple of months to get back to 100 percent.

"At least it's not torn," he said. "It's just going to be sore for a while." How long would the injury have taken to heal in his prime?

"A few weeks," Banks said

with a laugh. "Tomorrow, I'd see how it feels, the next day, probably run, the following day, I'd probably jump a bit."

Recovery comes slower when you're older. But Banks knows he has a year to get ready for the World Masters Athletics Championships set for next July in Sacramento, when he'll be 55 and just a kid in the 55-59 age group.

"I'll be the youngest, and I'll be breaking records," Banks said with a smile. "It's just a wonderful thing."

Banks didn't win any events this past week, finishing second in the high jump (6 feet, 11/4 inches) and long jump (18-71/4). But he's having fun.

"I'm competing for my health," Banks said. "I'm competing for the camaraderie. "It's kind of like a passion. Back in the day, it was more trying to achieve things for other than the love of the sport: make a little money, a little fame, get to travel.

"Now, I have to pay. I love it more."

Banks said he enjoyed his heyday, too, the memories coming back as he sat on the infield in a chair under an umbrella to ward off the sun.

He set a national junior triple jump record of 55-1 as a freshman to help UCLA beat USC in a dual meet, set an American record of 57-71/2 at Hughes Stadium in 1981 and soared 58-111/2 to set a world record in 1985 in Indianapolis.

Banks made the U.S. Olympic team in 1980, 1984 and 1988. He missed the 1980 Games in Moscow because of the American-led boycott and finished sixth in the 1984 Games in Los Angeles and the 1988 Games in Seoul, South Korea.

"Politics," Banks said of the boycott stemming from the Soviet Union's invasion of Afghanistan. "But it thrust us in sports governance. A lot of us started to get involved."

Banks, who triple jumped 48-01/2 at 49 and 45-111/4 at 50 to set American age-group records, remains on the USA Track & Field board of directors. He said he pushes to make the sport more fun and less regimented.

"If it's not fun for the audience, why would they want to come?" asked Banks, who brought attention to the triple jump in the 1980s by encouraging fans to clap as jumpers prepared to head down the runway.

Fellow Masters competitors said competing against the 6-foot-21/2, 203-pound Banks is a blast.

"He's a great guy, very easygoing, willing to give you tips and things like that," said 50-year-old Brian Hankerson of Fort Lauderdale, Fla.

"It's a motivation to us. We watched him when he was jumping and excelling. It's really exciting to have him here."

Banks, who owns a sports consulting business, sounded happy to be around and to promote the health element of his sport.

"This, I think, is the epitome of what we all should be doing," he said. "Fitness through sports for life."

<http://www.sacbee.com/2010/07/26/v-print/2914318/masters-meet-banks-now-competes.html>

THE SACRAMENTO BEE

Masters Track Features Locals Palmer, Mansoor, Jett

By John Schumacher

PUBLISHED THURSDAY, JUL. 22, 2011

Liz Palmer said goodbye to her track career when she tore an Achilles' tendon during a hurdles race 30 years ago as a sophomore at Northern Colorado.

But 25 years later, she noticed an advertisement for a Sacramento-area masters track meet and said hello to an old friend.

Palmer didn't fret that she pulled a hamstring in the middle of that 100-meter race five years ago. Instead, she felt her passion for the sport returning.

"That kind of lit a fire under me," she said. "I wanted to train and get better."

She has. The 49-year-old accountant from Folsom heads into the USA Masters Outdoor Track & Field Championships, today through Sunday at Sacramento State's Hornet Stadium, as a favorite in the women's 45-49 80-meter hurdles.

Palmer, one of an estimated 150 local athletes entered in the meet, also plans to compete in the 100 and 200 meters and the shot put.

Ask Palmer about the joys of returning to the track, and she talks about growing closer to her sons Van, 19, and Jim, 16, who is a hurdler.

"I have incredible athletic credibility in (Jim's) eyes," said Palmer, who owns nine national age-group titles and a 12.22-second seed time for the 80 hurdles. "He brags about me to his friends. That's priceless."

John Mansoor, 55, also took a long time out before returning to the track world. As a race director of a number of local events, including the California International Marathon, he has grown accustomed to putting on races, not competing in them.

The former Mira Loma High School miler took off 20 years from running and 25 years from competing before he started training again five years ago to keep up with high

school runners he coached.

"I feel like I'm Rip Van Winkle because I took those 20 years off," said Mansoor, who lives in El Dorado Hills. "I feel like I fell asleep under a tree somewhere and woke up 20, 25 years later."

Mansoor, a 4-minute, 12-second miler and a 2-hour, 18-minute marathoner in his prime, is entered in the men's 55-59 10,000 meters, where his 36:50 effort is among the fastest times.

"I guess I'm in pretty good shape now," Mansoor said. "Even though I still feel terribly slow."

Rod Jett, 43, chuckles when talking about slowing down. The Jesuit High School teacher and assistant track coach knows he won't improve on his 110-meter hurdles personal best of 13.43.

"Mid to late 30s, you're still thinking, 'Maybe I can run the same time,' " Jett said. "Once you get past 40, reality sets in."

But Jett, a former standout at Hiram Johnson High School and Cal who lives in Sacramento, is quick to note he ran faster at age 40 (14.10) than in high school (14.18). "For me, I just never stopped running," said Jett, whose 14.59 seed time is the third fastest in his division.

He's also entered in the 100 and 200 meters." The 110 hurdles – that's my focus," Jett said.

Granite Bay's Jeff Adkins, 49, ran for Penn State and qualified for the U.S. Olympic Marathon Trials in 1988 before putting running aside to raise his two kids. He started competing again four years ago, winning several national age-group titles. Now, the environmental/chemical engineer and attorney hopes to contend in the 5,000, 10,000 and 1,500.

"I've been real happy," said Adkins, whose 16:33 5,000 and 33:53 10,000 suggest he'll challenge in those events. "I was surprised I was able to get back in decent shape." No matter who wins, local runners say the meet brings people together.

"I'm very happy that I'm going to be able to see a lot of my track friends from out of the area," Palmer said. "One of my friends joked it's like a four-day party and there's going to be a track meet in the middle of it."

<http://www.sacbee.com/2010/07/22/v-print/2906782/masters-track-features-locals.html>

THE SACRAMENTO BEE

Sacramento State Hosts Masters Track and Field Championships

By John Schumacher

PUBLISHED WEDNESDAY, JUL. 21, 2010

Sacramento steps back into the major track meet business this week by hosting the USA Masters Outdoor Track & Field Championships at Hornet Stadium.

No, it's not the U.S. Olympic Trials, which captivated crowds on the Sacramento State campus in 2000 and 2004. And it's not the NCAA Outdoor Championships, which visited Hornet Stadium in 2003, 2005, 2006 and 2007.

But it is 1,425 athletes ages 30-96 eager to compete for national titles Thursday through Sunday.

The field includes 12 former Olympians: Henry Andrade, Willie Banks, James Barrineau, Ed Burke, Lorna Forde, Bud Held, Tiombe Hurd, Hank Klein, Howard Lindsay, Trish Porter, Phil Rogosheske and Cherrie Sherrard.

It also features 96-year-old Leland McPhie, who holds world age-group records in the long jump, triple jump, shot put and high jump.

"They're a very, very competitive group of people," said John McCCasey, the Sacramento Sports Commission's executive director and the driving force behind bringing the Olympic Trials and NCAA meets to the capital city. "It's unlike anything else we've really endeavored to do."

Anyone venturing out to Hornet Stadium will likely see a combination of impressive marks and inspirational performances. "You come to appreciate that more and more as you see this; '... look at that man competing at that age, look at that woman running that distance," McCCasey said. "They've got a full, active life. This is their passion, their hobby."

The meet will serve as a prelude to the 2011 World Masters Athletics Championships, set for Hornet Stadium, Sacramento City College and American River College. "It's important that the U.S. athletes have a good experience," McCCasey said.

The event is expected to bring in close to 2,000 out-of-town spectators and produce an economic impact of \$1.6 million, according to Sacramento Convention & Visitors Bureau spokesman Mike Testa. "Our numbers are always pretty conservative on these things," Testa said.

The event is the first major national championship track meet since the 2007 NAAs, which ended a seven-year-run that bolstered Sacramento's claim as the track capital of the country.

That title now resides some 475 miles north in Eugene, Ore., which hosted the 2008 U.S. Olympic Trials, the 2009 USA Outdoor Championships and the 2010 NCAA Outdoor Championships and is set to host the 2011 USA Outdoor Championships and the 2012 U.S. Olympic Trials. And while Sacramento prepares for the USA and World Masters meets, McCCasey concedes "the days of the Olympic Trials and NAAs are over."

The new synthetic turf on Hornet Stadium's football field – the infield for track meets – means throwing events such as the shot put, discus, hammer and javelin can no longer be held in the main stadium. "For that reason alone, there will never be any of the major meets we talked about," McCCasey said. "It's what made this facility so unique to track and field – you could hold every single event in the main track. "You can't do that anymore."

But McCCasey said the chance to assist Sacramento State and the Mountain Lions, the United Football League team starting play here in September, was worth the tradeoff. "It seemed like a perfect opportunity to help all parties," he said. "That's why we did it." <http://www.sacbee.com/2010/07/21/v-print/2903831/sacramento-state-hosts-masters.html>

USA Masters Track & Field Championships

By Elena M. Macaluso

July 22, 2010

A record number of athletes will compete today through Sunday at the 2010 USA Masters Track & Field Championships at Hornet Stadium at Sacramento State.

Among the competitors—who range in age from 30 to 96—are 12 former Olympians as well as three athletes who've received



International Association of Athletics Federations masters athlete of the year honors. Competition begins each day at 7 a.m. and runs until about 5 p.m. Admission is free. Sacramento will host the World Masters Athletics Outdoor Track & Field Championships July 6–17, 2011. □

<http://www.sacmag.com/media/Sacramento-Magazine/Go-and-Do-Blog/July-2010/USA-Masters-Track-amp-Field-Championships/>



Sacramento Gears Up for Pair of Major Masters Meets

2010 USA Masters Championships at Sacramento State leads into 2011 World Masters Athletics Championships

□The latest in a long-running series of national-championship events gets underway July 22 with the USA Masters Track & Field Championships at Hornet Stadium on the Sacramento State campus.

A near-record field of 1,415 athletes, ranging in age from 30 to 96, will compete for national age-group titles from July 22-25. Competition will begin each day at 7 a.m.

Since 1995, the Sacramento Sports Commission has brought nine national championship track and field events to California's capital: the 1995 USA Outdoor Championships, the 2000 and 2004 U.S. Olympic Track & Field Trials, four NCAA Division I Outdoor Championships, the 2001 National Junior Olympics, and now, the 2010 USA Masters.

The 2010 USA Masters Championships has more participants than either the Olympic Trials or the NCAA Championships did during their Sacramento runs.

Sacramento will again be at the center of masters track and field next summer during the World Masters Athletics (WMA) Outdoor Track & Field Championships. The WMA Championships haven't been held in the United States since 1995.

“We’re excited to welcome the country’s best masters athletes to Sacramento,” said John McCassey, executive director of the Sacramento Sports Commission and head of the local organizing committee. “We’ve hosted many national championships events, and we’ll bring the same level of commitment and technical expertise to this event. We also see the national event as a way to prepare for next year’s WMA Championships.”

The field for the USA Masters Outdoor Track & Field Championships features quantity and quality. Bill Collins, Rita Hanscom and Phil Raschker have all received IAAF masters athlete of the year honors in recent seasons, and they’ll be looking to add to their lengthy list of honors in Sacramento.

Additionally, 11 former Olympians are entered to compete at Hornet Stadium: Willie Banks, Ed Burke, Tiombé Hurd, James Barrineau, Trish Porter, Howard Lindsey, Lorna Forde, Henry Andrade, Bud Held, Hank Klein and Cherrie Sherrard.

Collins, a Houston resident, is considered one of the greatest masters athletes in history. A collegiate standout at Texas Christian in the 1970s, Collins ran on the U.S. 400-meter relay team that set a world record at the 1977 World Cup in Dusseldorf, West Germany. He is entered in the 100, 200 and 400 meters this week in the Men’s 55-59 class.

Hanscom, an attorney from San Diego, won five gold medals at the 2009 WMA Championships in Lahti, Finland. She entered seven events in the Women’s 55-59 age group.

Raschker, a two-time finalist for the Sullivan Award who lives in Marietta, Ga., looks to continue her dominance in the Women’s 60-64 class. Raschker won 10 medals, including seven golds, at the 2010 WMA Indoor Championships in Kamloops, British Columbia. She is entered in nine events in Sacramento.

Hurd is making her masters debut at the site of her greatest victory. She set a U.S. record of 47 feet, 5 inches in winning the triple jump at the 2004 Olympic Trials. She will compete in the Women’s 35-39 age class at Hornet Stadium.

Banks, a four-time Olympian and former world record in the men’s triple jump, is entered in the Men’s 55-59 triple jump and high jump. In the high jump, Banks will be competing against Bruce McBarnette, the U.S. record-holder at 6-4½.

Other age-group record settlers include Oneithea Lewis (W50 hammer throw), Linda Cohn (W55 javelin), Nolan Shaheed (M60 800 and 1,500) and Michael Brown (M 55 javelin).

Shaheed, a Pasadena resident, won every flat race from 800 to 10,000 meters at last year’s national outdoor championships. He is a renowned trumpeter who served as musical director for Marvin Gaye and played with the Count Basie Orchestra.

The Pacific Association of USA Track & Field is partnering with the Sacramento Sports Commission on this event. In addition to providing its experience and expertise in meet management, the Pacific Association’s athletes should figure prominently in a multitude of events and age groups.

Burke, a three-time Olympian in the hammer throw, recently set a M70 world record. Burke, a Bay Area resident, is best known for having carried the United States flag during the opening ceremonies for the 1984 Olympic Games in Los Angeles.

A pair of Pacific Association athletes, Joy Upshaw-Margerum and Liz Palmer, should battle for top honors in the W45 sprints and hurdles.

“It’s so exciting to have the national championship meet here in Sacramento,”

said Palmer, a multiple national champion. “Many of us are looking forward to next year’s WMA Championships as well.”

Amanda Scotti, a training partner of Palmer’s with the Golden West Track Club in Sacramento, is the defending champion in the W50 100 and 200 meters.

“Masters track and field is an exciting sport to be involved in, and we hope that having the national and world championship meets here in Sacramento will open people’s eyes to the growing level of fitness and athletic ability of those 30 years and older,” Scotti said. “Lots of us can outrun, out-jump and out-throw our kids.”

A pair of Hiram Johnson High School graduates will compete in the hurdle events. Rod Jett, an All-American at Cal in the 1980s whose coaching helped Jesuit High School win the California state championship this spring, is one of the leading entrants in the M40 hurdles.

Henry Andrade, a former NCAA champion at SMU, is competing in the M45 division.

John Mansoor, chief executive of the Pacific Association and the longtime race director of the California International Marathon, is entered in the M55 10,000 meters.

http://www.trackandfieldnews.com/display_article.php?id=46388



Bill Iffrig Wins National Championship

WRITTEN BY ADMINISTRATOR | 23 JULY 2010

Congratulations to Bill Iffrig for yet another National Championship in the 5000 meters in Sacramento with an excellent time of 22:51.

<http://www.nwrunner.com/>



Valle Sets World Record at 2010 USA Masters Outdoor Championships

By USATF

July 26, 2010

SACRAMENTO - Lisa Valle of Albuquerque, N.M., set the world masters W40 steeplechase record for the second time in two weeks Friday at the 2010 USA Masters Outdoor Track & Field Championships at the A.G. Spanos Sports Complex on the campus of Sacramento State University in Sacramento, Calif. The event runs through

Sunday.

Throughout the Championships, many of the world's best athletes ages 30-96 will demonstrate speed, power, skill and endurance, showing that age is no barrier to lifetime fitness and competition. The Spanos Sports Complex was the site of the 2000 and 2004 U.S. Olympic Trials - Track & Field, and will play host to the 2011 World Masters Athletics Championships, July 6-17.

Lisa Valle set the W40 world masters 2,000m steeplechase record when she crossed the finish line in 6:51.92, after setting the previous world record two weeks ago of 6:52.6. "I had it stuck in my head that I wanted to break my record, so I guess I barely made it," she said. "I just tried to stick to my pace and it worked out. I thought I could've broken 6:50, but I'm happy with it here in the heat. It was a good run."

The heat (temperatures in the low 90s) may have affected some competitors, but not Valle. "I'm from Albuquerque, where I train in 90 degree weather at 5,000 feet altitude, so I come prepared and it didn't bother me."

MacLeod posts 400m world record

In women's 400m finals action, Suzy MacLeod won the W75 age group with her world record time of 1:25.40, which is faster than the previous listed world record of 1:27.17 set last year by Margaret Peters of New Zealand. Her time also bested the previous W75 American record of 1:27.41 set by Audrey Lary at the 2009 USA Masters Outdoor Championships in Oshkosh, Wisconsin.

American Records set in race walk, steeplechase, shot put, 400m

Maryanne Daniel posted the W50 American 5,000m race walk record with her time of 26:72.0, which bettered the previous listed AR of 26:29.20 by Lynn Tracy in 2004. All-time masters great Kathryn Martin set the W55 2,000m steeple record in winning the national title in that age-group in 8:13.10, which improved upon her own listed AR of 8:23.20 from 2008. Also in the women's 2,000m steeple, Cheryl Bellaire won the W50 title in the American record time of 8:14.35, which far surpasses the previous listed AR of 8:31.15 by Karen Kunz in 2004. Bellaire also won the W50 age group 400m national title this afternoon with her time of 1:06.77.

In men's steeple action, David Taylor won the M60 2,000m steeplechase with his AR of 7:21.09, which improved greatly upon the previous listed record of 7:37.20 by Robert Barber in 2006. Also in men's action, Ty Brown won the M65 100m hurdles in the American age group record time of 15.48. Emil Pawlik posted the previous standard of 15.81 in 2005.

In women's field event action, after setting an American hammer throw record on Thursday, the incredibly versatile Flo Meiler set the W75 American record in the pole vault with her clearance of 1.92m/6-3.50, which bettered her own AR of 1.90m/6-2.75 from 2009. Also in the field, Chrystal Donley won the W75 shot put with a toss of 8.21m/26-11.25, which bettered the listed American record of 7.51m/24-7.75 by Gloria Krug from 2007.

Contrasting styles highlight M50 high jump competition

Masters record holder Bruce McBarnette and former world triple jump record holder Willie Banks staged a fascinating competition in the M50 high jump, demonstrating that contrasting to popular belief, there is still more than one way to clear a bar.

Banks and McBarnette were the final two contestants remaining in the

competition when the bar was raised to 1.89m/6-2.25. Banks had two misses before slipping into the pit on his final attempt, which forced him out of the competition in second place after previously clearing 1.86m/6-1.25. Banks watched as McBarnette cleared that height on his second attempt in winning his 23rd-career U.S. title.

The most interesting part of the competition was the contrasting styles of the two competitors. Banks, a National Track & Field Hall of Famer for his prowess in the triple jump, uses a three-step run-up and jumps using the outdated straddle style, while McBarnette jumps with the modern day Fosbury Flop, with an extended run-up of 81 feet, 7 inches.

McBarnette, who is an 8-time world masters champion, showed his appreciation for Banks following the competition. "You don't see many people who are using the straddle, and you certainly don't see anybody using it with that amount of proficiency," said McBarnette. "It takes a tremendous amount of strength to do what Willie is doing and it's a testament to him as an athlete that despite using an antiquated technique he still is able to perform so very, very well."

McBarnette, who owns the listed M50 AR of 1.93m/6-4, took three unsuccessful attempts at 1.95m/6-4.75, but was still pleased with his effort. "Anytime you jump high enough to take a crack at the American record, that's a good day," he said. "I'm particularly pleased because I'm recovering from plantar fasciitis and I really didn't know how it would hold up today, but I was able to perform well and I'm grateful for that."

http://www.usatf.org/news/view.aspx?DUID=USATF_2010_07_23_18_56_58



Nearly 1,500 Athletes Expected for USA Masters

By Kelly Johnson

July 14, 2010

The 2010 USA Masters Track & Field Championships event has attracted a near-record field of 1,415 athletes for the competition that starts next week at California State University Sacramento.

The athletes, ranging in age from 30 to 96, will compete for national age-group titles from July 22-25 at Hornet Stadium.

The event has more participants than the 2000 and 2004 Olympic Trials or any of the four NCAA Championships during their Sacramento runs, a news release said. The Sacramento Sports Commission has brought nine national championship track and field events to the city since 1995.

Next summer Sacramento will host the World Masters Athletics Outdoor Track & Field Championships, an event that hasn't been held in the United States since 1995.

“We’re excited to welcome the country’s best masters athletes to Sacramento,” John McCassey, executive director of the Sacramento Sports Commission and head of the local organizing committee, said in the release. “We’ve hosted many national championships events, and we’ll bring the same level of commitment and technical expertise to this event. We also see the national event as a way to prepare for next year’s WMA Championships.”

The Pacific Association of USA Track & Field is partnering with the Sacramento Sports Commission on the event.

Scheduled to compete in Sacramento next week, the release said, are 11 former Olympians: Willie Banks, Ed Burke, Tiombé Hurd, James Barrineau, Trish Porter, Howard Lindsey, Lorna Forde, Henry Andrade, Bud Held, Hank Klein and Cherrie Sherrard.

http://sacramento.bizjournals.com/sacramento/stories/2010/07/12/daily28.html?jst=pn_pn_lk

Cal Track & Running News

Lewis Shatters World Record At 2010 USA Masters Outdoor Championships

Friday, July 23, 2010

SACRAMENTO - Oneitha "Neni" Lewis set a world age-group record in the women's hammer throw Thursday at the 2010 USA Masters Outdoor Track & Field Championships at the A.G. Spanos Sports Complex on the campus of Sacramento State University in Sacramento, Calif. The event runs through Sunday.

Throughout the Championships, many of the world's best athletes ages 30-96 will demonstrate speed, power, skill and endurance, showing that age is no barrier to lifetime fitness and competition. The Spanos Sports Complex was the site of the 2000 and 2004 U.S. Olympic Trials - Track & Field, and will play host to the 2011 World Masters Athletics Championships, July 6-17.



Amazing series leads to world record for Lewis

Oneitha Lewis fouled on her first attempt in the W50 hammer throw competition, and knew that she had to come

through on at least one of her remaining five attempts to win the competition. She did much more than that.

Each of her remaining five throws bettered the listed American record of

48.18m/158-1 set by Vanessa Hilliard in 1996, and three of those tosses sailed further than the listed world record of 51.73m/169-8 by M-Leena Parviainen of Australia in 2002.

Lewis, who also owns the world hammer throw records in the W40 and W45 age groups, saved her best for last in posting the new W50 hammer world record of 55.46m/181-11 on her final throw to win the competition easily. Look for Lewis to also compete in the shot put and discus in Sacramento.

Also in women's hammer throw competition, the amazing Flo Meiler of Shelburne, Vt., who owns the world indoor and outdoor pole vault records in the W75 age-group, set the American record with a toss of 21.25 meters/69 feet 9 inches, which improved upon the previous record of 20.66m/67-9 by Bernice Holland in 2002. Meiler is entered in 11 events this week in Sacramento.

Harada, Blecker set 5,000m records

The gun went off for the first event of the Championships (W55-79 5,000m) at 7 a.m. this morning and that event produced the first record-setting performance of the meet as Masters Hall of Famer Mary Harada of West Newbury, Mass., set the American W75 age-group record when she finished first in 26:55.11. Her performance bettered the previous AR of 27:10.76 by Algene Williams in 1991. Harada, who lowered the W75 mile AR twice last month, is also entered in the 800m and 1,500m.

Also in the 5,000m, Rick Blecker of Club Northwest set a new American record with his win in the M55 age group with his time of 16:14.55. His performance bettered the previous listed standard of 16:27.1 set by James O'Neill in 1981.

In women's pentathlon action, U.S. champions included Rachel Guest (W35-3,225 points), Carly Senn-Griffiths (W45-3,478), Betsy Westman (W50-1,972), Kay Glynn (W55-3,540), Rhona Trott (W60-3,319) and Jane Simpson (W65-1,260).

Men's pentathlon winners were Michael Janusey (M50-3,452 points), Larry Rodenbeck (M60-3,058), Hiroshi Tarumi (M65-2,883), Emil Pawlik (M70-3,354), Bill Jankovich (M75-2,586), William Platts (M80-3,294), Bill Carter (M85-1,769) and Bill Maxwell, who set an American M90 record with his total of 2,629 points.

http://www.caltrack.com/read_new/lewis-shatters-world-record-2010-usa-masters-outdoor-championships



Masters Track Competition Kicks Off In Sacramento

July 22, 2010

The USA National Masters Track and Field



Championships kicked off Thursday in Sacramento.

The country's top senior competitors are converging on Sacramento State University's A.G. Spanos Sports Complex.

Events being each day at 7 a.m. The championships will wrap up on Sunday.

<http://cbs13.com/cbsnational/sports/sacramento.track.and.2.1822296.html>



Harvey sets world record as USA Masters Championships conclude 7/25/2010

SACRAMENTO - Sabra Harvey of Houston, Texas, set the world masters W60 1,500m record on the final day of 2010 USA Masters Outdoor Track & Field Championships at the A.G. Spanos Sports Complex on the campus of Sacramento State University in Sacramento, Calif.

During the Championships, many of the world's best athletes ages 30-96 demonstrated speed, power, skill and endurance, showing that age is no barrier to lifetime fitness and competition. The Spanos Sports Complex was the site of the 2000 and 2004 U.S. Olympic Trials - Track & Field, and will play host to the 2011 World Masters Athletics Championships, July 6-17.

Another USA Championship, another world record for Harvey

In only her second year competing in track and field, longtime road and cross country runner Sabra Harvey set the W60 800m world record of 2:34.66 at the 2009 USA Masters Outdoor Championships in Oshkosh, Wisconsin. She came to Sacramento this week on a mission to set the W60 world record in the 1,500 meters, and she did exactly that.

Harvey crossed the finish line this morning in a blistering 5:12.27, which shattered the previous listed WR of 5:18.14 by Corrie Keijsers of the Netherlands in 2002. Although her performance was a surprise to some observers, Harvey expected it all along. "It was in my head to do it," she said. "I knew I could, it was just a matter of whether I could hold it. The track, to me, takes a lot of focus to hold the pace that you want lap after lap, and that is different from the roads and cross country. Track is a challenge to me."

Although Harvey has accomplished a lot in her short track career, she believes there's more she can do. "I want to see how much faster I can go," she said. "I like the challenge of trying to bring my times down and setting PRs. I don't have any specific goals - I just want to see how fast I can go."

Also setting a record in the 1,500 meters this morning was Mary Harada, who set the W75 American record with her time of 7:31.56. Harada's time easily bettered the previous record of 7:42.30 by Bess James in 1985.

Hurd sets American triple jump record

2004 Olympian Tiombe Hurd won the W35 triple jump this morning with an American age-group record of 12.41m/40-8.75. Her performance betters the previous standard of 11.74m/38-6.25 by Regina Richardson in 2008.

Hurd, who set the open American record of 14.45m/47-5 in winning the 2004 Olympic Trials here in Sacramento, flew in from her home in Upper Marlboro, Maryland, yesterday, and had difficulty adjusting to her morning start time of 8:45 a.m. "I have to admit, I'm having trouble getting my legs to move and turn over the way I want them to," she said. "I love this track. I had my personal best here and this is where I set my other American record. I wanted to jump further today, and I think I would have done so if it were in the afternoon. I'm just really fatigued. So we used this day to work on technique (laughter).

Hurd is enjoying her recent success after battling a series of injuries. "In 2008, I tore all the ligaments in my left ankle when I fell over a hurdle, and last year I had a herniated disc in my back, so this is only my fourth meet in over a year," she said. "I'm definitely rusty, but it's coming."

More records

Karen Steen set an American W45 record in the 400m hurdles with her clocking of 1:08.91. Steen's time bettered the standard of 1:09.34 by Caryl Senn-Griffiths from 2008. Also in 400m hurdles action, Darnell Gatlin won the M50 age group in 56.88 seconds, which demolished the previous listed American record of 58.1 by Jack Greenwood in 2003.

In 200m finals action, Irene Obera set an American record in the W75 age group with her time of 35.26 seconds, which bettered the previous long-standing record of 35.93 by Polly Clarke from 1985. Also in the 200 meters, Kathy Bergen, who set the W70 world high jump record Saturday of 1.30m/4-3.25, set the American record in the 200 meters this afternoon of 32.35 seconds, which improved upon the former record of 33.90 by Audrey Lary in 2004.

In today's relay action, American records were set by the Athena Track Club (W40-49, 53.06), Atlanta Track Club (W50-59, 56.98) and the So Cal Track Club (W60-69, 1:25.73).

http://www.usatf.org/news/view.aspx?DUID=USATF_2010_07_25_17_48_21

RunnersWeb.com

Athletics: Bergen soars to high jump world record at 2010 USA Masters Outdoor Championships

July 25, 2010

SACRAMENTO - Kathy Bergen set the world masters W70 high jump record Friday at the 2010 USA Masters Outdoor Track & Field Championships at the A.G. Spanos Sports Complex on the campus of Sacramento State University in Sacramento, Calif. The event runs through Sunday.

Throughout the Championships, many of the world's best athletes ages 30-96 will demonstrate speed, power, skill and endurance, showing that age is no barrier to lifetime fitness and competition. The Spanos Sports Complex was the site of the 2000 and 2004 U.S. Olympic Trials - Track & Field, and will play host to the 2011 World Masters Athletics Championships, July 6-17.

Bergen's breakthrough

After setting the American W70 high jump record of 1.25m/4-1.25 in June, Kathy Bergen, who resides near Pasadena, Calif., tore a quadriceps muscle and didn't train for a month, and did not know how competitive she'd be this week in Sacramento.

Bergen's goal here was to break the listed W70 world record of 1.27m/4-2 set by Christiane Schmalbruch of Germany in 2007. Bergen not only set the record with her clearance of 1.28m/4-2.25, she broke it again when she soared to the current world record of 1.30m/4-3.25.

Bergen was especially pleased to set the record after overcoming her recent injury. "I'm healthy as a horse but I have little nagging soft tissue injuries," she said. "The older you get the more careful you have to be. I'm really pleased. It's a good day."

Bergen adds this performance to previous world records in the indoor 60m, 200m and high jump, in addition to her outdoor 100m world record and five world championship titles. Also this morning, Bergen won the W70 100m title in 15.88 seconds.

Sprinters torch the track in 100m finals

The very first final of the day produced the first record as the oldest person entered in the championships, 96-year old Leland McPhie of San Diego, won the M95 age group 100m in 37.16 seconds, which bettered the previous AR of 38.66 by Everett Hosack in 2000. McPhie owns world records in the M95 long jump, triple jump, shot put and high jump.

Elsewhere, Irene Obera posted an American record with her victory in the W75 100m in 16.26, which improved upon her listed AR of 16.67 from 2009.

Another day, another record for MacLeod

After setting the W75 world 400m record of 1:25.40 on Friday, Suzy MacLeod put another dent in the record books this afternoon with an American age group record in the 800 meters with her time of 3:25.73, which easily bettered her own pending AR of 3:35.22 from June 27 in Eugene, Ore.

In men's pole vault action, Charles Brown set an M55 American record with his clearance of 4.20m/13-9.25, which improved upon the previous standard of 4.13m/13-6.50 by Dennis Phillips from 2001. In addition, Tom Langenfeld set the M75 American high jump record by clearing 1.41m/4-7.50, which bettered the previous standard of 1.40m/4-7 by Richard Lowery in 2006.

Also on Saturday, Barbara Brandt threw an American W80 record in the javelin with her toss of 18.18m/59-7.75, which surpasses the previous AR of 17.89m/58-8 by all-time masters great Johnnye Valien from 2005. Brandt also owns the W75 AR of 20.91m/68-7 set in 2007.

http://www.runnersweb.com/running/rw_news_frameset.html?http://www.runnersweb.com/running/news_2010/rw_news_20100725_USATF_Masters.html



A dozen former-Olympians are in Sacramento for a national track and field event featuring competitors aged 30-and-up.

By: Steve Milne

*Aired 7/22/2010 on All Things Considered □ Aired 7/23/2010 on Morning Edition
(Sacramento, CA)*

The 2010 Track and Field National Masters Championships began today at Sacramento State featuring some of the world's best veteran sprinters, pole vaulters and shot putters....including former world recorded holder Willie Banks.

Liz Palmer is one of the other 1,400 athletes competing. The 49-year-old Folsom resident says the championships prove...age is no barrier to competition.

“I ran hurdles and sprints while in high school and in college. And I was very lucky to find out that you're still able to run them as a master's athlete.”

In fact, most of the athletes in the competition range in age from 45-to-55. Bob Burns with the Sacramento Sports Commission says some are even older.

“I just was out at the hammer ring and a 90-year-old won his age group in the hammer. I mean throwing the hammer is hard if you're 18-years-old and this guy's doing it at 90.”

The four-day free event ends on Sunday. Plans are underway for a World Masters Championships next year at Sac State.

<http://www.capradio.org/articles/articledetail.aspx?articleid=8535>



Stanford product Ryan Hall wins USA 7 Mile road-race title
Former Cardinal All-American Lindsay Allen finishes among top five in women's race

July 26, 2010

Former Stanford All-American Ryan Hall took home a victory while former Cardinal standout Lindsay Allen was among the top five women at the USA 7 Mile Championship on Saturday in Davenport, Iowa. □ □



As midsummer thunderstorms blew through the Quad Cities, Hall, the 2008 Olympic Trials Marathon champion, stormed past early race leader Antonio Vega at five miles to take the men's title in 32:55. In her professional road-racing debut, Lisa Koll easily took the women's title in 37:52. □ □

After passing the first mile in 5:04, Vega, Scott Bauhs and James Carney separated from the pack that included Hall, Ed Moran and Sean Quigley. As the leading trio approached the turnaround point, Vega held a small lead over Bauhs. □ □ Shortly before four miles, Vega began to pull away from Bauhs and looked to be on his way to his second USA title of the year but Hall, Moran and Quigley were working together to pass Carney and were closing in on Bauhs. □ □

Shortly after passing five miles in 23:42, Vega was caught and passed by Hall, who quickly opened a five-meter gap. From there, Hall cruised down the Brady Street hill for his first U.S. title since the 2008 Olympic Trials. □ □

In the women's race, local favorite Koll, became the first woman from Iowa to win the Bix 7 since 1981 as she cruised to a decisive win for her first U.S. road title. Allen, who lives and trains in Flagstaff, Ariz., was fifth in 39:57.

At the 2010 USA Masters Outdoor Track & Field Championships at the A.G. Spanos Sports Complex on the campus of Sacramento State University in Sacramento, Los Altos Hills resident Joy (Upshaw) Margerum won the women's 40-49 long jump with a leap of 16-3 1/4 to claim the national title in her division.

http://www.paloaltoonline.com/news/show_story.php?id=17687

Porter Chases Down 10K Masters Track Championship

Paul Danzer: Community sports

By Columbian Staff

Tuesday, July 27, 2010

Laurie Porter was not sure she would get much out of running in circles. After competitive success as a marathoner, the Hockinson mom, coach, and running

devotee recently decided to shift gears from road races to the track.

“I just wanted to do something different than being on the road,” she said. “I thought I would be bored with it, but it was exciting.”

That it was also rewarding is hardly a surprise to anyone who knows Laurie Porter or her family’s devotion to footrace competition.

On Saturday in Sacramento, Porter earned her first national championship. She was the 10,000-meter winner for women in the 45-49 age division during the USA Masters Outdoor Track and Field Championships at the A.G. Spanos Sports Complex on the campus of Sacramento State University.

“It’s pretty exciting. It’s only the second 10K I’ve run on the track,” she said.

Her only other 10K on the track came in early April, when Porter finished sixth in the Willamette University Invite, a meet of mostly college athletes. Her daughter Shannon, running for Treasure Valley Community College, finished second in that race.

Porter, 48, did not run her best race in Sacramento. She has a personal best of 37 minutes for the 10 kilometers — on a road course — but needed almost 40 minutes to circle the track 25 times.

She was a bit disappointed with her time of 39:59.61. But that was three minutes faster than the closest competitor in Porter’s age division.

Masters track and field meets are for athletes 35 and older. The meets are a celebration of longevity as much as they are a testing ground. Masters competitions extend the competitive window for elite athletes, and provide a place for those who weren’t stars in younger days to push themselves toward gold-medal performance.

On Saturday, Porter was a striking example of both the competitive spirit. The only runner quicker to the finish line was 35-year-old Rye Palen, who finished a half-minute in front of Porter.

And the other 25 women — most of them older than 50 — who shared the track?

Porter lapped most of them, some more than once.

That is one aspect of racing on a track that Porter enjoys. A task-oriented individual, having someone to chase down — even if that someone is a lap behind — means having a goal to pursue throughout a race.

Another treat of racing around a track that Porter discovered was the audience. Marathons and other road races are sometimes lined with spectators, but she said having spectators to offer encouragement throughout the race added a spark to the experience.

Saturday’s race started at 8 in the morning. Temperatures were around 70 when the race started. Not steamy. But not the 50-degree climate Porter prefers.

Saturday’s victory was her first individual gold medal at a national meet. She won a national team gold medal with her Club Northwest team last fall.

Now that Porter has a national championship on the track, she plans to refocus on cross country.

For one thing, she is now the head cross country coach at Hockinson High School, where daughters Sarah and Shannon and son Matt were champion runners not long ago. The coaching duties figure to keep Porter on her toes.

She also has an eye on the USA Track and Field Masters Cross Country Championships, which on Oct. 23 will be conveniently located at the Fort Vancouver National Historic Site.

Later this week on the same track where Porter became a champion, much younger

athletes from Clark County will be chasing medals at the USA Track and Field National Junior Olympics. For some of the young athletes, just traveling to a national meet is a dream come true.

It is the finish line to a season's worth of training, a year's worth of preparation.

But, it's not the end of the line.

At age 48, Laurie Porter continues to prove that.

Full speed ahead.

<http://www.columbian.com/news/2010/jul/27/porter-chases-down-10k-masters-track-championship/>

The Folsom Telegraph

Waxham Wins Gold

By Matt Long

7/28/2010

Folsom's George Waxham is a national champion.

Waxham, 84, won the triple jump in the 80-84 age division at the USA Masters Outdoor Track and Field Championships last week at Sacramento State.



Waxham triple jumped 13 feet to earn the gold medal. He also placed third in the long jump with a leap of 7 feet. Along with gold and bronze medals, Waxham also earned a national championship patch.

"I'm proud of that," Waxham said. "I had planned to run the 100, but my quad wasn't up to it."

Waxham pulled his quadriceps muscle in his right leg a little over two weeks ago and though it didn't keep him from jumping, it did keep him out of the running event.

With the national championship meet behind him, Waxham said he would continue to ride his bike for exercise.

"Riding bike is the best exercise for me because it keeps my heart rate up for a longer period of time," Waxham said. "I can't run long enough to keep my heart rate up so that's why I

ride."

Waxham, a retired teacher and school administrator in Roseville, is coming off the Western States Invitational Senior Games, also held at Sac State, where he won the gold medal in his age division in the triple jump and long jump. Waxham triple jumped 12 feet, 3 inches and long jumped 7'2". He took the silver medal in the shot put at a distance of 25 feet and was second in the 50 meters in 10.2 seconds.

Waxham started teaching in Roseville in 1954. He was principal at Kaseberg Elementary and Sierra Gardens in the late 1950s and 1960s and then taught at Kaseberg and Cirby Elementary Schools before retiring in 1986.

<http://folsomtelegraph.com/detail/155180.html>

Santa Cruz Sentinel

www.santacruzsentinel.com

Local Roundup: Friedenbach wins third straight USATF Masters national pole vault title

- Sentinel staff report

Posted: 07/28/2010 01:30:54 AM PDT

Santa Cruz High alum Paul Friedenbach, 39, won the men's 30-49 pole vault at the USA Track and Field National Masters Championship on Sunday at Sacramento State.

Friedenbach topped out at 15 feet, 3 inches for his third straight national title. The next closest competitor was Daniel Besmer, who cleared 14-7¼.

Friedenbach graduated in 1990 from Santa Cruz, where he set the county pole vault record at 15-0, a mark that stands to this day.

http://www.santacruzsentinel.com/sports/ci_15619050

The Modesto Bee

modbee.com

MJC Coaches Win USATF Masters Titles in Sacramento

7/26/2010

Modesto Junior College men's track and field coach Demetrius Snaer and jumps coach Cameron Stephens each came home with two gold medals from this weekend's USA Masters Outdoor Track and Field Championships at Sacramento State.

Snaer, 35, won the 100 meters in the men's 35- to 39-year-old age group on Saturday in 10.89 seconds. He topped Rawle Delisle (11.01). On Sunday, Delisle got Snaer back, winning the 200 in 22.43 to Snaer's runner-up time of 22.56. Though Delisle was allowed to participate, he is not a U.S. citizen and Snaer was awarded the 200 gold medal.

"I just kind of look at it as I'm the 100 meter champ and not the 200," Snaer said. "Regardless of him being an American citizen or not, he beat me." Stephens, 33, won the long jump (20 feet, 7 inches) and triple jump (41-2½) in the men's 30-39 division. Stephens was especially pleased, Snaer said, after being injured recently playing basketball.

This was Snaer's third masters event. He said he won the 100 and 200 at age 30. At 32, he won the 200 and was third in the 100.

"I think when you run and compete at a certain level, it's hard to walk away from it," said Snaer, who graduated from East Union High and ran at Fresno State. "It's like guys playing pick-up games of basketball. I like to run and I do it as much as I can."

Snaer is looking forward to next year when the masters nationals are in Ohio and world championships are in Sacramento.

Snaer said the Modesto JC athletes refer to the masters championships as the "Geezer Games," but staying active helps give the coaches more credibility. "They think it's cool," Snaer said. "They're usually just pretty happy I run with them."

<http://www.modbee.com/2010/07/26/1267140/mjc-coaches-win-usatf-masters.html>



THE BELLINGHAM HERALD

TRACK: Bellingham coaches win races in Sacramento

7/25/2010

Dena and Laurent Birade, sprint and hurdle coaches at Bellingham High School, repeated as national champions at the USATF Masters National Championship in Sacramento recently.

Dena Birade won the 100 meters for the fifth consecutive year in 12.16 seconds in the women's 35-39 category and also placed second in the 200 meters. Laurent won his second 400-meter hurdles title, this time with a first-place time of 58.56. Laurent had won the same race in 2008.

<http://www.bellinghamherald.com/2010/07/25/1541651/track-bellingham-coaches-win-races.html>



Local Runners Place at Masters Nationals

Posted by Presidio Sports on July 24, 2010 · 0 Comments and 0 Reactions

John Brennand was the third American finisher and fourth overall in the 70-74 age division 5,000 and 10,000 meters at the USA Track and Field Masters National Championships in Sacramento.

Brennand, 74, representing the Santa Barbara Athletic Association, ran 23 minutes, 3.25 seconds in the 5,000. Herb Phillips, 70, of Canada won the race in 19:29.08. The first U.S. runner was Thom Weddle, 71, in 20:46, and Al Shook came in next in 22:00.69.

In the 10,000, Brennand clocked 48:13.70. Phillips won in 40:02.31 followed by Weddle in 43:36.79 and Rod MacKinlay in 43:37.68

Rollie Cavaletto of Club West, was the second American and third overall in the 2,000-meter steeplechase in the 65 age group. He ran 9:13.95 to finish behind Douglas Brown (8:56.13). Barrie Dargie of Canada won the race in 7:26.87.

Goleta's Gordon McClenathen, representing Club West, was runner-up in the 75-79 age division 2,000m steeplechase in 11:51.46. The meet concludes Sunday at Sacramento State.

<http://presidiosports.com/2010/07/local-runners-place-at-masters-nationals/>



McClenathen withstands heat, takes silver

Posted by Presidio Sports on July 23, 2010 · 0 Comments and 0 Reactions

Goleta's Gordon McClenathen finished second in the 2000-meter steeplechase at the USA Masters Outdoor Track and Field Championships in Sacramento on Friday.

Competing in the 75-over age division, McClenathen, 76, the former Dos Pueblos High track and cross country coach and UCSB Hall of Famer, clocked 11 minutes, 51.46 seconds. Jerry Smartt, 78, of Warsaw, Mo., won the event in 11:38.53. The noontime race was run in temperatures in the upper 80s.

McClenathen, who runs for Club West, also will compete in the 1500 meters on Sunday morning.

<http://presidiosports.com/2010/07/mcclenathen-withstands-heat-takes-silver/>



Weekly news for the citizens of
Issaquah, WA

Leaping for the Record Books

July 20, 2010

By Kaelyn Sayles

Jim Crittenden, of May Valley, stretches at Fitness Together of Issaquah, on Northwest Gilman Boulevard, where he has done his conditioning in preparation for the 2010 Masters Outdoor Track & Field Championships July 22 in Sacramento, Calif. By Greg Farrar

60-year-old man attempts to break world long-jump record



Jim Crittenden, of May Valley, stretches at Fitness Together of Issaquah, on Northwest Gilman Boulevard, where he has done his conditioning in preparation for the 2010 Masters Outdoor Track & Field Championships July 22 in Sacramento, Calif. By Greg Farrar

After a lifetime of competition, local long-jumper Jim Crittenden, 60, is ready to bring home more than a gold medal — he wants the world record.

Crittenden describes himself as goal-oriented and said there is “some emotion that drives those things.” Five years ago, he had been training for a state competition when he lost his oldest son. Crittenden scratched twice before winning the

gold.

This time around, when he qualified for the Masters' National Competition, he said he decided to dedicate the jump to his son. He jumped approximately 18 feet, 3 inches.

Last year, Crittenden suffered another loss — his father, also an athlete, passed away.

This year, he believes it is within his capacity to break the world record for the 60-64 age group, approximately 19 feet 10 1/2 inches, which it has been for 28 years.

Crittenden will attempt to break the record at the 2010 Masters Outdoor Track and Field Championships that start July 22 at Sacramento State University. His event is scheduled for July 23. He said he hopes for no wind — assisted jumps won't count for the world record.

Crittenden said he is confident in himself and will give his best effort.

“My attitude won't make a difference in my jump,” he said. “I'm a realist. I'll jump what I'll jump.

“It will take everything being just right.”

When searching for a personal trainer almost a year ago, Crittenden said he knew he needed additional support. After speaking with Juliana Jade, 33, owner of Fitness Together in Issaquah, he made a great connection and had found his training facility.

The facility offered Crittenden the additional drive and expertise he needed, including a workout plan, diet and guidance, Jade said.

Crittenden spoke with the manager about his budget when he decided to work with Fitness Together. The next day, Jade called Crittenden and offered him a sponsorship.

Two years ago, Jade was diagnosed with cancer. She said this is where her desire to help others came from. Because she could not train like before, she wanted to see others do so.

“She was able to look outside her own physical challenges and wanted to help me reach my goal,” Crittenden said. “That had never happened to me before.”

Crittenden goes in for personal training once a week to do plyometric exercises, working on all-over body strength. Plyometric exercises are explosive exercises that work on quick reflex movements in the muscles to develop quick strengthening and response.

Crittenden is experienced and successful enough to know what training he needs, Jade said, so Fitness Together helps Crittenden power through in a positive environment.

“When he comes in, he gives it all he’s got,” Jade said. “So, motivation can even mean slowing him down.”

Training is challenging, and you have to “talk yourself through the pain...because athletes look past that,” Crittenden said.

Kyle Crittenden, 25, his other son, said that’s the hardest part, “watching him get injured, and upset and frustrated. ...seeing how much time he puts into it.” Jade said her hope is that Crittenden “comes through in the best condition of his life.” As an athlete, someone can have a better day, but regardless of the outcome, she just wants to see him healthy.

“Not everyone has to be going after setting a world record, but everybody can be healthy, energetic and avoid injury,” she said .

“I’m there for emotional support,” Kyle Crittenden said. “It’s inspirational. He’s an older version of me and what I can accomplish and aspire to be.” He said he wants to see his dad get the gold, and a world record.

“I just want him to succeed,” he said.

To Kyle Crittenden, the success of his father serves as his personal inspiration.

“There is nothing to stop you but you. He doesn’t let anything stop him,” he said. “If you just allow yourself to follow your dreams they will come true.

“When you hold your goal in mind, it’s really not hard to attain if you’re focused.”

<http://www.issaquahpress.com/2010/07/20/leaping-for-the-record-books/>

El Dorado Hills

California

AUGUST 4, 2010

Mansoor takes second in USA Masters 10,000-meter run

by Matt Long

John Mansoor entered the 10,000-meter run at the Masters Track and Field Championships with no expectations.

He wasn’t there to win the race and had no time goals in mind; he was there because he enjoys running. The draw to compete in the race was the fact that the event that drew thousands from around the country was so close to his El Dorado Hills home that he decided to enter the event, which was held at Sacramento State University.



On July 24, Mansoor lined up with eight other men between the ages of 55 and 59 and ran 25 grueling laps, a little more than six miles, and finished in 36 minutes, 52 seconds, good for second place nearly two minutes behind the winner.

Mansoor, 55, is the regional director for USA Track and Field. He used to run all the time, but this was his first race on a track in 30 years. He was more than pleased with his performance.

“This had nothing to do with personal success,” Mansoor said. “I enjoy track and I enjoy running and I even enjoy the 10,000 meters. It was fun. I just wanted to have a good experience and try to place well and maybe get a podium finish.”

Making the race even more fun for Mansoor, who also is a cross country and track and field coach at Oak Ridge where his daughter, Jackie, will be a senior this year, is that he had plenty of support from the same kids he normally coaches.

“It was great and a lot of fun to have them there,” Mansoor said. “It was a role reversal in that they got to be my coach for the day and they were telling me stuff that I’m normally telling them. That made it special.”

Mansoor was one of several local athletes competing in the meet. Rusty Barnett, 68, took second in the women’s 10,000 meters in the 65-69 age division, finishing in 59:05.91 and also placed third in the 5,000 meters in 28:29.76. John Nichols, 45, placed eighth in the men’s 45-49 age division 10,000 meters in 37:48.28 and ended up 11th in the 5,000 meters in 17:39.13.

Five Folsom athletes won individual gold medals.

Amanda Scotti won a pair of gold medals, while Liz Palmer, Midori Sperandeo, George Waxham and Rae Whitten took first in one event to lead a large group of local athletes competing at the meet.

Scotti, 52, won the 100 and 200-meters in the 50-54 age group, finishing the 100 in 13.85 and the 200 in 29.29. While she wasn’t happy with times, she was glad to have won two gold medals.

“I was thrilled to win,” Scotti said. “I won the same events last year and I was hoping to repeat. It was challenging because I have a left knee injury, but my doctors provided great care and I received good advice. I didn’t train as well as I wanted to, but I guess it was enough. My times, which were not close to my times from last year, illustrated the lack of training.”

Palmer, 49, competed in four individual events, but her main goal was simple: defend her 80-meter hurdle championship for a year ago. Palmer achieved that goal, winning the 45-49 race in 12.62 seconds, nearly two seconds in front of the second-place finisher.

“It was a big thrill to repeat as age group national champion,” Palmer said. “I plan on competing at the World Masters Athletic Championships next July in Sacramento. The competition will be a lot tougher, but if I run my best, I have a good chance of placing in the top-three and earning a medal.”

Palmer also earned two silver medals in the 100- and 200-meter dashes, finishing

the 100 in 12.9 seconds and the 200 in 27.41. Palmer earned a bronze medal in the shot put with a distance of 26 feet.

Sperandeo, 43, was happy to have won the 5,000-meter race in the 40-44-year-old age division, but was even happier to place third in the 1,500. After all, she's a distance runner by trade, so she was proud to have run so well in a shorter, faster race.

"I'm a marathoner so to medal in a speedster race like the 1,500 is an accomplishment for me," Sperandeo said. "The race had some tough competition with women who specialize in short, fast distances who are faster than me. I had to make a gutsy move and try to take the sting out of the fast gal's kick in the middle of the race. I ultimately knew she would pass me in the end, but it was fun to try."

Sperandeo finished the 1,500 in 4 minutes, 47.64 seconds, just less than three seconds from first place and five-tenths of a second from second. She won the 5,000 meters in 17:48.50.

Her husband, Leonard, 50, took second in the 1,500 in 4:28.40 in the 50-54 division, while placing third in the 800 in 2:07.59.

Waxham, 84, won the triple jump in the 80-84-division with a leap of 11' 2 ¾", while placing third in the long jump at 6'3".

Whitten, 43, claimed the 10,000 meters in the 40-44 age group by running a 42:33.01 and also took sixth in the 5,000 in 20:21.85.

"My goal was just to compete," Whitten said. "I had a baby seven months ago, so I did not have any time goals, I just wanted to score points for the team. I'm surprised I won the race."

Her husband, Clark, ran fifth in the 3,000-meter steeplechase (12:52.86) and placed seventh in the pentathlon (2,309 points).

Whitten, along with Scotti and Palmer, run on the Golden West Track and Field Club.

Karen Kunz, 55, didn't win any events in the 55-59 age group but came close. She earned the silver medal in the 2000-meter steeplechase (9:09.55), the 10,000-meter run (43:11.04) and the 5,000 meters (20:57.04) and took fourth in the 1,500 (5:54.44).

Elinor Yee, 37, placed second in the 35-39-division 800 meters in 2:30.06 and was third in the 1,500 meters (5:11.27)

<http://edhtelegraph.com/detail/155583.html>

TAHOE DAILY TRIBUNE

Wednesday, August 4, 2010

Age is not a factor: USA Track and Field Masters Championships

By Michelle Snyder

The 2010 USA Track and Field National Masters Outdoor Championships were held at the A.G. Spanos Sports Complex at California State University, Sacramento, on July 22-25.

Walking up to the event, I got the vibe of a college track meet with energy in the air and the thrill of competition everywhere I looked. As I approached the track, I started paying closer attention to detail. Passing by the pole vault I picked up on the maturity of the athletes.

Glancing up at the scoreboard I noticed the different age groups. Sitting in the stands I heard fans cheering on their sons while others cheered on their fathers.

At this moment it was evident that I was not surrounded by college athletes but honored to be among the elite. There were 1,400 athletes ages 30 to 96 entered in the championships. Among the competitors were 12 Olympians and 113 current world champions.

These athletes are experienced. They are accomplished not only in their sport, but in life itself. They have already met their goals, broke boundaries and raised the bar. Yet they continue to strive to meet new goals and set new records.

Gary Snyder is a chairman of USATF Masters Track and Field and a competitor. Snyder said that three things continue to drive these athletes: “Competition, camaraderie and lifetime fitness.”

Lifetime fitness is right. At 96 years-old, Leland McPhie is the oldest competitor. I heard 30 is the new 20 but this is ridiculous. McPhie seems to have found the fountain of youth in track and field. McPhie has a strong presence on and off the track. This year he competed in the 60-meter, 100-meter, high jump, long jump, triple jump, shot put, discus and the javelin throw.

Mary Trotto is a chairman of the USATF Masters Track and Field Awards Committee and a competitor. Trotto commented on McPhie's impact on USATF Masters: “The fact that he is 96 and still able to get his body up and over the bar and run, etc., is a marvel to us all and an inspiration.”

Among the competitors was Willie Banks, the president of the U.S. Olympians Association and former world record holder in the triple jump. Banks was inducted into the USA National Track & Field Hall of Fame in 1999.

Phil Raschker was also in attendance. Raschker is a highly decorated athlete who has won 97 world championships and set more than 200 world and national age-group records at the masters level. She was busy during the championships taking first in six out of the eight events she competed in.

Next year, the World Masters Athletics Outdoor Track & Field Championships will be held in Sacramento at the same venue from July 6-17. There is already excitement in the air for the upcoming event that hasn't been held in the United States since 1995.

For more information, visit www.usatf.org/groups/masters

— Michelle Snyder is a physical therapist at Emerald Bay Physical Therapy at 812 Emerald Bay Road. She can be reached at michellesnyder@emeraldbaypt.com.

Link to article:

<http://www.tahoedailytribune.com/article/20100804/NEWS/100809960/1059&parentprofile>



FOR IMMEDIATE RELEASE:

Contact: USATF Masters Media Chair Bob Weiner or Noah Merksamer
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**USA TRACK & FIELD NATIONAL MASTERS OUTDOOR CHAMPIONSHIPS
JULY 22-25 AT SACRAMENTO STATE UNIVERSITY, CA TO FEATURE
12 OLYMPIANS, 113 CURRENT WORLD CHAMPIONS AMONG 1400**

***FINALS THURS. 7:00 a.m. to 4:30 p.m., FRIDAY 7 a.m. to 6:35 p.m.,
SATURDAY 7 a.m. to 3 p.m. AND SUNDAY 7:00 a.m. to 3 p.m.***

**AGES 30-96 COMPETE FOR NATIONAL TITLES, INCLUDING OVER 30
SACRAMENTO AREA ATHLETES**

**STARS INCLUDE *WILLIE BANKS* (US OLYMPIANS PRESIDENT-FMR
WORLD TRIPLE JUMP RECORD HOLDER), TWO-TIME SULLIVAN
FINALIST *PHIL RASCHKER*, TRUMPETER /WORLD MILE RECORD HOLDER
NOLAN SHAHEED (Played lead with Count Basie, Stevie Wonder, Diana
Ross/Marvin Gaye)**

(Sacramento, CA) – Twelve Olympians and 113 current world champions are among the 1400 competitors entered at the 2010 USA Track and Field National

Masters Outdoor Championships July 22-25 at the A.G. Spanos Sports Complex at California State University Sacramento (Sacramento State University). Many of the world's best ages 30 to 96 will demonstrate speed, power, skill and endurance, showing that age is no barrier to lifetime fitness and competition. In addition, the caliber of the competition will be high because many are coming to use the venue that will also be the site of the World Masters Athletics Championships a year later, July 6-17, 2011.

Over 30 Sacramento area participants are competing, including several potential stars. The meet is hosted by the Sacramento Sports Commission and is free for spectators.

For full schedule and entry list, see:

<http://www.usatf.org/events/2010/USAMastersOutdoorTFChampionships/schedule.asp>

Among the stars at the meet is Willie Banks, president of the U.S. Olympians Association (the 6000 past and present Americans who've competed in summer and winter Olympics), the former world record holder in the triple jump, entered in the high jump, long jump, and triple jump. Two-time Sullivan Award finalist Phil Raschker of Marietta, Georgia, this past March won seven golds among 10 medals at the World Masters Indoor Championships in Kamloops, British Columbia. Raschker was a Sullivan top-five finalist TWICE the past five years for America's top athlete in any sport—other finalists included LeBron James, Michael Phelps, Apollo Ohno, and Tim Tebow. Also entered is Nolan Shaheed, former musical director for Marvin Gaye who has played lead trumpet with the Count Basie Orchestra, Stevie Wonder, and Diana Ross. Shaheed has won the 1500, 3000 and 5000 at the recent World Championships, and set world and American records..

Olympians and current World Champions coming to

Sacramento include (list prepared by Ken Stone, Media Committee member and editor, www.masterstrack.com):

- **Twelve Olympians** are entered at Sacramento:

M45 Henry Andrade (1996 110H, Cape Verde) will compete in the 110 hurdles and 400 hurdles.

M50 Willie Banks (1984, 1988 triple jump, USA) will compete in high jump, long jump, & triple jump

M55 James Barrineau (1976 high jump, USA) will compete in high jump, shot put and discus.

M70 Ed Burke (1964, 1968, 1984 hammer throw, USA) will compete in the hammer throw.

W55 Lorna Forde (1972, 1976 100, 400, 4x400, Barbados) will compete in 200 and 400.

M80 Franklin "Bud" Held (1952, 1956 javelin, USA) Del Mar, Calif., will compete in the discus.

W35 Tiombe Hurd (2004 triple jump) will compete in the triple jump.

M55 Henry "Hank" Klein (1976 20 km race-walk, USA) will compete in both race walks

M45 Howard Lindsay (1984, 1988, 1996 4x100, 4x400, 200, Antigua and Barbuda) 200 dash, 110 HH

W45 Patricia "Trish" Porter (1988 high jump, USA) will compete in the high jump.

M65 Phil Rogosheske (1972 canoeing & 4 person 1000m kayak, USA), high jump & both race walks.

W70 Cherrie Sherrard (1964 80-meter hurdles, USA) will compete in the shot put and discus.

- **76 World Masters Indoor Championship 2010 Gold Medalists**
from March 2010 in Kamloops, British Columbia, are entered (with events scheduled in Sacramento):

W35 Dena Birade 100, 200

W35 Helen Croskell high jump, pole vault, long jump, triple jump

W35 Latrica Dendy 100, 200, 400, 400H

W35 Isabelle Dierauer 100, 200, long jump, shot put, discus

W35 Latashia Key 800, 1500, 5000

W40 Lisa Daley 100, 200, 400, 400H

W40 Maryline Roux 100, 200, 400

W45 Gail Kuhnly 100, 200, 400

W45 Liz Palmer 100, 200, 80H, shot put

W45 Patricia Porter high jump

W45 Joy Upshaw-Margerum 100, 200, 80H, long jump

W50 Linn Dunton shot put, discus, hammer throw, javelin

W55 Linda Cohn 100, long jump, triple jump, shot put, discus, javelin

W55 Rita Hanscom 100, 200, 80H, 300H, high jump, pole vault, long jump

W55 Kathryn Martin 800, 1500, 5000, 10,000, 2K steeplechase

W60 Brenda Matthews 100, 200, 400, long jump, triple jump, shot put

W60 Phil Raschker 100, 200, 400, 80H, 300H, high jump, pole vault, long jump, triple jump

W70 Jeanne Daprano 200, 400, 800, 1500

W70 Mary Roman 100, 200, high jump, shot put, discus, hammer throw

W70 Becky Sisley high jump, pole vault, javelin

W75 Mary Harada 800, 1500, 5000

W75 Christel Donley high jump, long jump, triple jump, shot put, discus, javelin

W80 Johnnye Valien 100, 200, high jump, pole vault, long jump, triple jump, shot, discus, hammer throw, javelin

M35 Cletus Coffey 100, 200, 400

M35 Alfy Pettes 100, 200, 400, high jump, long jump

M35 Blair DeSio 200, 400, 800

M40 Nicholas Berra 800, 1500

M40 Don Drummond 110H, 400H

M40 Reggie Pendland 100, 200

M40 Robert Thomas 100, 200, 400

M45 Christopher Bates 110H, high jump, long jump

M45 Jeffrey Bott shot put

M45 Francis Burdett 1500, 5000

M45 David Jones 200, 400, 800

M45 Dexter McCloud 110H

M45 Marcus Shute 100, 200, 400

M45 Don Young 5000, 10,000, 5K walk, 10K walk

M50 David Cannon 800, 1500, 5000
M50 James Chinn 200, 400
M50 Kenneth Eaton 100, 100H
M50 Brian Hankerson 100, 200, high jump, pole vault, long jump, triple jump
M50 Ken Jansson hammer throw
M50 Bruce McBarnette high jump, triple jump
M50 Lance Neubauer shot, discus, hammer throw
M50 James Roberson 200, 100H, 400H
M50 Michael Waller 100, 200, 400
M50 Michael Wolfe 200, 400
M55 Kirk Bentz high jump, pole vault, long jump, triple jump
M55 Stephen Chantry 800, 1500, 5000
M55 Bill Collins 100, 200, 400
M55 Archie Glaspy 200, 400
M55 George Haywood 400, 800, 400H
M55 Leo Sanders 100, 200, 400
M60 John Altendorf pole vault
M60 Fred Johnston 100H
M60 Hank Konen discus, hammer throw
M60 Dennis Mathies shot put, javelin
M60 Tim Muller shot put, discus
M60 Roger Price 1500, 5000, 10,000
M60 Nolan Shaheed 800, 1500, 5000, 10,000
M60 Todd Taylor hammer throw
M60 Doug Winn 5000, 10,000
M65 Howard Booth pole vault, long jump
M65 Robert Cahners hammer throw
M65 Joe Johnston 100, 200, high jump, pole vault
M65 Roger Pierce 100, 200, 400
M70 Robert Fulton 80H, 300H, high jump, pole vault, long jump, javelin, pentathlon
M70 Sid Howard 800, 1500
M70 Richard McKisson 100, 80H, 300H
M75 Dick Richards 100, 200, long jump
M75 Robert Hewitt 80H, pole vault, long jump, triple jump
M75 Wayne Sabin shot put, discus, hammer throw, javelin
M80 William Daprano 300H, javelin, pentathlon
M80 Jerry Donley high jump, pole vault, long jump, shot put
M80 Gerald Wojcik discus, hammer throw, javelin
M80 John Starr 5K walk, 10K walk

- [37 World Masters Outdoor Championship 2009 Gold Medalists](#) from August in Lahti, Finland, are entered (with events scheduled in Sacramento):

W35 Latrica Dendy 100, 200, 400, 400H
W35 Maurelhena Walles 400, 800
W40 Lisa Daley 100, 200, 400, 400H

W40 Charmaine Roberts 200, 400, 800
W40 Lisa Valle 800, 1500, 2K steeplechase
W45 Renee Henderson 100, 200
W50 Carol Finsrud shot put, discus, hammer throw, javelin
W50 Martha Mendenhall 100, high jump
W55 Linda Cohn 100, long jump, triple jump, shot put, discus, javelin
W55 Rita Hanscom 100, 200, 80H, 300H, high jump, pole vault, long jump
W60 Darlene Backlund 5K walk, 10K walk
W60 Kathleen Frable 5K walk, 10K walk
W65 Jolene Steigerwalt 400, 5K walk, 10K walk
W70 Becky Sisley high jump, pole vault, javelin
W75 Grace Moremen 5K walk, 10K walk
W80 Claire Elkins 5K walk, 10K walk
W80 Johnnye Valien 100, 200, high jump, pole vault, long jump, triple jump, shot, discus, hammer throw, javelin
W85 Miriam Gordon 5K walk, 10K walk
M35 Terrance Spann 200, 400
M40 Karl Hawke 100, high jump, long jump, triple jump, discus
M40 Eric Prince 200, 400
M40 Robert Thomas 100, 200, 400
M45 David Ashford 110H
M45 Marcus Shute 100, 200, 400
M50 James Chinn 200, 400
M50 Darnell Gatling 400H
M50 Bruce McBarnette high jump, triple jump
M55 Michael Brown javelin
M55 Thaddeus Wilson 100H, long jump
M60 Richard Campbell 5K walk, 10K walk
M60 Norman Frable 5K walk, 10K walk, high jump
M60 Michael Wiggins 5K walk, 10K walk
M65 Glenn Sasser shot put
M70 Sid Howard 800, 1500
M70 Emil Pawlik 100, 200, 80H, 300H, high jump, long jump, discus, pentathlon
M75 Carlos Acosta 5K walk, 10K walk
M75 Jack Bray 5K walk, 10K walk

*Media members are invited for coverage and athlete interviews. For more information or interview requests, please call **Bob Weiner**, USATF Masters Media Chair, at 202-329-1700 (cell), 301-283-0821 (office), or locate Bob trackside.*

Some Notable Competitors

Leland McPhie. Leland, of San Diego, is the oldest athlete in the competition. The 96-year-old holds world records in the M95 long jump, triple jump, shot put, and high jump, and traces his track career back to San Diego State College in the 1930s, where he set a then school record of 24 feet, 7 inches in the long jump.

Alex "Lex" Bannister. Alex, a five-year player and Pro Bowler with the Seattle Seahawks, ended his NFL career in 2006 with the Baltimore Ravens. In Ohio, he was a state-meet finalist as a high school hurdler. He's entered in the M30 100 and 200.

Patricia Porter. A 1988 Olympian, Patricia "Trish" Porter (nee King) will be the favorite in the women's high jump. Trish, who holds the world record for women aged 40-44 of 1.76 meters (5 feet, 9 ¼ inches) will be jumping with the 45-49 group. Trish now lives in New Mexico but competed for the University of Oregon.

Christopher Bates. Christopher, of suburban Portland, Ore., shocked masters track observers with a completely unexpected M45 indoor world record in the pentathlon at Kamloops worlds in March. He's entered in the 110 hurdles, high jump and long jump.

Andrew Boyce. Andrew, of West Dundee, Ill., won M40 national titles in the high jump and long jump two years ago at Oshkosh. But in December he suffered a near-fatal head injury at the school where he works as a special-education teacher. His comeback from intensive care and several surgeries culminates in Sacramento, where he's entered in the high jump, pole vault and long jump.

Bill Collins. Bill, of Houston, a Masters Hall of Fame sprinter, skipped Lahti worlds in 2009 but won triple gold (100, 200 and 400) at the 2009 World Masters Games in Sydney, Australia. A former IAAF World Masters Athlete of the Year, he holds many world records and recently co-wrote a book called "The Ageless Athletic Spirit: Training with a World Champion." In March, Collins pulled off a rare triple-triple: sweeping the 60-200-400 in the same age group in three consecutive WMA world meets. He's entered in the 100, 200 and 400.

Flo Meiler. Flo, of Shelburne, Vt., has raised the indoor and outdoor world records in the pole vault in the W75 age group. But she's a hurdler as well, and over the Fourth of July weekend became the oldest American woman to run the 2,000-meter steeplechase, setting a U.S. record in that event of 14:07.34. She's entered in an amazing 11 events -- sprints, hurdles, jumps and throws.

Rita Hanscom. Rita, of San Diego, was named IAAF World Masters Athlete of 2009 after winning five gold medals at Lahti and setting a world record in the W55 heptathlon. She's a deputy attorney general for the state of California. She's entered in seven events -- sprints, hurdles and jumps.

Mary Harada. Mary, of West Newbury, Mass., is a Masters Hall of Famer who lowered the W75 world record in the mile twice in June, with a season best of 7:55.74. She's professor emeritus at Northern Essex Community College, where she taught history and political science. She's entered in the 800, 1500 and 5000.

Oneithea "Neni" Lewis. Neni, of New York, twice raised the W50 world record in the hammer throw this season and added a world record in the weight throw to boot. She set a third record -- an American best in the superweight throw -- for a record trifecta earlier in July. She's entered in the shot put, discus and hammer throw.

Philippa "Phil" Raschker, of Marietta, Ga., is a two-time finalist for the AAU's Sullivan Award with LeBron James and Michael Phelps, and a past IAAF World Masters Athlete of the Year. Most

recently she won 10 medals (seven of them gold) at the Kamloops 2010 world indoor meet (at a prior outdoor world championship she won 10 golds!) Inducted into the USATF Masters Hall of Fame in 1997, she owns more than 70 world titles and has set 200 world and U.S. records. A tax accountant in Georgia, she's entered in nine events -- sprints, hurdles and jumps.

Nolan Shaheed of Pasadena, California, was the musical director for Marvin Gaye and played lead trumpet with the Count Basie Orchestra. On the track, he won the 800, 1500, 5000, 10,000 in the worlds last year and was named USA Track & Field Male Masters Athlete of the Year. He will be tough to beat in the M60 800.

Willie Banks. Willie, of Carlsbad, California, is not only a former world triple jump record holder and a former United States Olympic Committee Athlete of the Year, but he is also the president of the U.S. Olympians Association (all 6000 US past and present Olympians). He is entered in the high jump, long jump, and his triple jump specialty.

Ed Burke. Ed carried the U.S. flag into the Los Angeles Coliseum during the 1984 Olympic Games. That year marked his third Olympics, and 24 years later he can still spin the hammer a long way. In fact, he owns world records for men 65-69 and 70-74 in the hammer (182-10 and 192-03, respectively), and the Californian should be untouchable at Sacramento.

Bruce McBarnette. Bruce, of Sterling, Virginia, is a Princeton graduate with a lifetime best of 7 feet, 1 inch in the high jump. He raised his own M50 American high jump record to 1.94 meters (6-4 1/2) in June -- the 11th time in less than three years that he has broken a U.S. record for his age group.

Jeanne Daprano. Jeanne, of Atlanta, is the world record holder in the mile for women aged 70-74 (6:47.91), Jeanne won the 400 and 800 at the 2008 worlds and should go to the front in any race she enters.

Lorna Forde. Lorna, of New York, City, in the 1970s owned the Penn Relays. The former Long Island University star competed in two Olympics for her native Barbados and has been enshrined in the Penn Relays "Wall of Fame." Watch for her in the sprints at Sacramento (55-59 group).

Nadine O'Connor. Nadine, of Del Mar, California, was the silver medalist in the 100 at 2007 worlds in Riccione, Italy. She owns world records in the W65 age group in three events – the 100 (14.10), 200 (29.37) and pole vault (10-5 1/2). She scored over 10,000 points in the women's decathlon in 2009, a first in the sport. She is entered in the sprints, short hurdles, and some jumps and throws.

Phil Rogosheske. Phil, of St. Cloud, Minn., is the definition of a multi-sport athlete. He competed in the four-person, 1000m kayak in the 1972 Olympics and set a Gustavus Adolphus College high jump record with a leap of 6-8½. At the championships, he will compete in the M65 high jump and both race walks.

Earl Fee. Among a bevy of fleet Canadian invaders will be 81-year-old Earl Fee of Ontario. Earl holds the world outdoor records in the 400 (1:10.64) and 800 (2:48.95) for the M80 age group.

Lisa Valle. Lisa won gold at the 2009 outdoor worlds (Lahti, Finland) in the 800, 1500, and 2000 steeplechase (women 40-44). Earlier this month, Lisa obliterated the world mark in the 2000 steeplechase for women 40-44, becoming the first 40+ woman in history to break the 7-minute barrier. Lisa's time of 6:52.60 was an astonishing 9.17 seconds better than the listed mark of 7:01.77 by A. Weis of Germany.

Local Sacramento-Area Participants include:

- 1) Liz Palmer. Liz, a resident of Folsom, was a member of gold medal 4x200 relay team at the 2010 Masters World Indoor Championships and a gold medalist in the 100 and 80-meter hurdles at the 2009 National Masters Outdoor Championships. She will be tough to beat in the 100- and 200-meter sprints and 80-meter hurdles.
- 2) Rod Jett. Rod is a resident of Sacramento and the former American Record holder for the M40 60-meter hurdles. Off the track, Rod is a force in his community. He coached the Jesuit High School boys' track and field team to first place at the CIF track and Field Championships this past spring.
- 3) Amanda Scotti. A resident of Folsom, Amanda won national age-group titles at the 2009 USA Track and Field National Masters Outdoor Championships in Oshkosh for the 100 and 200. She also won gold medals in the same events in the 2009 National Senior Games in Palo Alto.
- 4) Randell "Randy" Sturgeon. A native of Sacramento, Randy will be going for gold in M55 3000m steeplechase, triple jump, and pentathlon. He is also the publisher of National Masters News. "I am very excited about having the meet in my hometown as I consider it a great opportunity to introduce more people to masters track and field and what the USATF has to offer in such a great event," Randy told us.
- 5) Frank Condon. From Chico, California, Frank broke Earl Fee's world indoor record in the mile for men 65-69 at the 2008 Masters Indoor World Championships in France. (Frank ran 5:11.43). Some more marks may be in store for Frank at Sacramento.
- 6) Randy Wilson. Randy, a resident of Sacramento, will compete in the M50 shot put, discus throw, hammer throw, and javelin throw.