

**BLOOMINGTON NATIONAL MASTERS**  
**MEDIA COVERAGE 2012**

**THE NEW YORK TIMES**  
**April 2, 2012**

**After Late Start, Runner Is Speeding  
Through Records**

**By Barry Bearak**

The crowd, small but noisy, fixed eyes on Kathy Martin, the woman in last place. Early on, she was fifth in a pack of 11 runners, calmly moving in heavy traffic. She ran not only efficiently but also beautifully, her classic strides in perfect rhythm, a fluid parting of the empty air, almost balletic.

But the race was 3,000 meters long, nearly two miles — 15 laps on the indoor oval — and the other women, most in their 20s and 30s, were atop much younger legs.

A third of the way in, Martin began to fade, and though she continued her even stride, she was trailing toward the end, 25 yards behind anyone else.

Still, the crowd urged her on, and as she leaned into the final turn, people shifted their heads as if watching tennis, first looking at Martin, then back at the clock near the finish. The bright digital seconds seemed to flicker at hyperspeed, but with a strong kick, Martin completed the race in 11 minutes 16.5 seconds, a time 13 seconds faster than any 60-year-old woman had run before.

“Another world record for Kathy Martin!” the announcer cried out.

Life can bestow unexpected gifts, and sometime in her late 40s, Martin, a real estate agent living on Long Island, a busy working mother who had never been in a track meet, discovered a glorious secret hidden away in her body. Not only was she a good runner, she was also an outstanding one. In fact, she was one of the most remarkable female distance runners in the world.

This discovery of greatness in her legs came too late for the kind of dreams a younger woman might have: intercollegiate championships, Olympic glory, being the absolute fastest of the fast. As decades pass, maximum heart rate slows, aerobic capacity wanes, muscle mass tends to dwindle.

But Martin has been redefining what is possible for an older body, setting a string of formidable national and world records.

In competitions called masters races, athletes are reborn every five years, reclassified in age brackets like 40 to 44 or 45 to 49, each with its own set of top performances. Martin excels at every distance from 800 meters (about half a mile) to 50 kilometers (about 31 miles). While in her 50s, she broke American records in more than a dozen events.

Last September, Martin turned 60, entering prime time in the 60-to-64 age group, when she will almost certainly be faster than in a year or two or three. Setting records now is like eating a good meal while it is hot.

“I certainly don’t go crazy about setting records, but I like to challenge myself,” said Martin, a small dark-haired woman with a smile on her lips and hearing aids in her ears. “It’s you against the clock, you pushing the envelope.”

She lives in Northport, N.Y., in a house with Long Island Sound as a backyard, and sells property for Century 21, calling herself the Running Realtor on her business cards. Her Web site has a link to her one brush with celebrity status, [a Nike commercial](#) done a decade ago. Most of the ad shows only her behind with a voiceover that says, “See that, that’s 51 years old and can run a 5:08 mile.”

The center of Martin’s workday is a basement cubicle in a Century 21 office. She shuttles clients around in a white Lexus, and her conversations fill with talk of real estate: appraisals, inspections, termite reports, the sellers who are highly motivated and the others who are simply unrealistic.

But the early morning is all hers. Martin is outside by 7, launching into carefully conceived workouts, mixing long and short distances, covering flat surfaces and hills. Some days, she goes 12 miles, some days 5, running through the winding streets of Northport or along the trails and bluffs of Sunken Meadow State Park. She trains for speed on a high school track.

Chuck Gross, 68, a onetime runner now with bum knees, is her husband and her coach. He has the strong opinions; she has the strong legs.

“Chuck tells me what to do, and I do it,” Martin said. “I don’t want to read the running books and I don’t want to obsess about it.”

Theirs is a good partnership. Gross, a building contractor, delights in being the guiding hand in charge of his wife’s speedy feet. He is steward of the clock and the calendar, devising the daily workouts and setting the travel schedule. He signs up his wife for as many events as she can handle, maximizing her chances at titles and records.

Since her birthday, Martin has run in 13 highly competitive races, including the Chicago Marathon and a cross-country championship in Seattle. She has set nine American and two world records. Her pending record in the 3,000 meters was set in January at the Armory track in Upper Manhattan; a month later, competing at the same site, she broke the world indoor record in the 1,500 meters with a 5:12.2.

Last month, in a 50-kilometer race at Caumsett State Historic Park on Long Island, Martin not only set a national record, but her timed intervals at 20, 25 and 30 kilometers were records as well. Her 50-kilometer time of 3:58:37 was nearly an hour faster than the listed standard.

“Some of the American records are, shall we say, relatively soft, and she can poleax most of those,” Gross said. “The world marks are more difficult.”

Of course, 60 years old is not 30 years old, and it is tricky to rate the jaw-dropping feats of the young against the slower, if still astonishing, times of their older counterparts. Statisticians use an age-graded scale to compare performances using a percentage. Martin often scores in the high 90s.

Last November, in the Philadelphia half-marathon, she finished in 1:28:28, 44th out of 5,888 women. She easily won the 60-to-64 age bracket; only three of her peers were in the top 2,000. Her time was so fast she would have finished sixth among women 30 to 34. Her age grade was 99.3 percent.

This week, Martin is entered in the [world masters championships](#) in Jyvaskyla, Finland. It will be a chance to race against the European women who are her stiffest competition, and her final tuneup was supposed to be the national masters championships, which was two weeks ago at Indiana University in Bloomington.

She and Gross arrived two days early, checking into a hotel. They were anxious. Earlier in the week, Martin felt unusual discomfort around the back of her left knee. Acupuncture had helped, but she still had a troubling stiffness.

The morning was sunny on the meet’s first day. Martin went for a warm-up run outside the field house, circling the parking lot. There were tears in her eyes when she returned. The discomfort had escalated into pain.

More distressing yet, she said, “I felt something pop.”

### **The First Run**

The running career of Kathy Martin began on an impulse. One night 30 years ago, Gross went for his usual jog after dinner and Martin, without giving it much thought, put on her sneakers and followed him out the door. The temperature was mild. The air was breezy. And Martin was pathetic.

Ten minutes into the trot, she lay down exhausted in the middle of Clark Drive in East Northport.

“Get up or a car is going to hit you,” her husband said. And when she caught her breath, she answered, “I hope it does.”

The misery was ultimately redeeming. Martin, a 30-year-old nurse back then, assessed her cardiorespiratory future. On the plus side, she was trim, barely 100 pounds, and she did not smoke. But she was also woefully out of shape, one of those people always on her feet but never exercising. She wondered: If I cannot run a mile at 30, will I even be able to walk one at 60?

She resolved to get fit, each day running a bit farther, even if it was just the distance beyond another lamppost. Off she would go, step after step, sometimes celebrating the completion of her jog with a brownie or a hot fudge sundae.

Gross quickly assumed a supervisory role in Martin's conditioning. After a few months, he got her into in a local three-mile road race. At first, she resisted. "I can't run three miles," she said. He brushed aside her objections, saying, "If you can run two, you can run three."

Neither of them recalls how well she did in that first race, but the mere excitement of competing was addictive. Martin sensed she possessed untapped ability. She wanted to prove she could run even faster.

"I grew up on a farm in rural Ontario, and how would I ever have known I was a good athlete?" Martin said. "I went to a high school with less than 100 students. There was no money for girls' sports." When girls wanted to play hockey, she said, they had to borrow the boys' sweaty gloves and pads.

No one in her family had been much of an athlete. Everyone smoked, and her three brothers were "couch potatoes like you wouldn't believe," she said.

But now Martin easily slipped into the world of running. Workouts were a ritual start to each day. Throughout her 30s, she won her share of local road races. It was a busy decade. She became a real estate agent, she became a mother. During the final months of pregnancy, she would walk instead of run, still logging her five miles. She resumed training six weeks after childbirth.

But it was not until she was in her late 40s that someone persuaded her to enter a track meet. She competed as a master in events like the mile and the 3,000 meters. She recalled: "I did a few events, and they said, 'You know, you're just a few seconds from the world record.'

"I said: 'Really? There are records?'"

## **Overcoming Age**

Distance running is more popular than ever. Running USA, a nonprofit organization that promotes the sport, counted 13 million finishers in road races in 2010, up from 5.2 million in 1991 and 500,000 in 1976. Much of the rise comes from aging baby boomers, building their stamina like a retirement nest egg. In 2010, 45 percent of all finishers were 40 or older; in 1991, the percentage was 35 percent, in 1976 only 28 percent.

Recent medical research shows that many of the ravages of aging are not so much inevitable as voluntary. Muscles do not have to shrivel, joints do not have to stiffen. Earlier expectations of physical deterioration were based on studies of sedentary people. But there is a marked difference in durability between the fat and the fit, the layers and the players. People who continue to exercise intensively have a much slower rate of decline.

“We’re not destined to go from lean flank steak to rump roast, not if we invest in chronic, high-level exercise four to five times a week,” said Dr. Vonda Wright, the director of the Performance and Research Initiative for Masters Athletics at the University of Pittsburgh Medical Center.

Martin usually works out seven days a week, not four or five. She runs and does plyometric exercises that emphasize strength and speed. She eats sensibly though not fanatically. She enjoys a good steak and an occasional glass of wine. She takes a multivitamin every day along with supplements of zinc, magnesium, calcium, vitamin D and omega-3.

Her face looks young for 60, and her legs have the muscle tone of an athlete half her age. Her body seems as finely tuned as a Formula One racecar. She routinely visits a chiropractor, a massage therapist, a strength coach and a physical therapist. She refers to these healers as Team Martin, and she believes they keep her aligned, stretched, kneaded, restored and stimulated.

One afternoon last month, Jon DiFlorio, the strength coach, had Martin doing deep knee bends as she held 88 pounds of weights in her hands.

“Most people her age are happy to focus on antiaging; they just want to keep playing [golf](#) or tennis into their 70s or 80s,” he said. “That’s not Kathy’s agenda. Kathy is an elite athlete. She’s focused on world records.”

Dr. Rick Statler, Martin’s chiropractor the past 25 years, said: “The key with Kathy is to keep her pelvis balanced. Like most runners, her tendency is to drift out of alignment. Running is hard. The body absorbs thousands upon thousands of impacts. It’s like a plane. It has to fly perfectly level.”

Several records eclipsed by Martin once belonged to another masters legend, Shirley Matson, now 71 and living in San Diego. She too did not begin until she was 30. She recalled: “My boyfriend was a runner. I asked him how you do it, and he told me, ‘Start walking, and when you feel like it, break into a jog.’ ”

Over the decades, Matson sustained repeated injuries, among them plantar fasciitis and sciatica. She eventually concluded her body had been out of alignment for years, setting off a chain reaction of woes along her right side.

She quit competing in 2005. “I had run 50,000 miles over 35 years and I decided that was it,” she said. “I hadn’t taken out the extended warranty.”

## **Masters Champions**

Masters eligibility begins at 35 for track and field events and at 40 for distance running. Younger athletes may be more exciting, but the older ones may be more exceptional, triumphing against the years as well as the minutes and seconds. That would be them over there asking for masters candy, slang for Advil. White hair does not make them want to win any less.

In Bloomington, at the national indoor championships, 15 world records fell during the three-day meet, even with Martin sitting out. The oldest athlete to set a record was the rail-thin 92-year-old Ralph Maxwell, a retired North Dakota judge who bettered his own standard in the pentathlon. He said he came to track and field at 74, “reacting with shame and disgust at the flabby, flaccid body” he saw in the mirror.

In 2010, Maxwell was named the [Master Male Athlete of the Year](#) by USA Track and Field, the sport’s national governing body. There are not many competitors in their 80s and 90s, and each time Maxwell tried a new event, more success accrued. “I’d never hurdled until I was 88, and the first time I did it, I set a world record,” he said.

Men more commonly have a long history in sport. Bill Collins, 61, set a world mark of 7.58 seconds in the 60 meters in Bloomington. The record was especially noteworthy because he was staging a comeback after a nerve disorder rendered his legs temporarily useless last year. But Collins was a champion sprinter since high school and has been a top runner ever since. The stories of many of the older women are much like Kathy Martin’s, their athletic ability coming as a revelation when they were in their 30s, 40s or 50s. Among the eye-popping performances in Bloomington was the 200 meters run by Kathy Bergen, 72, whose time, 31.86, eclipsed her own world record.

Bergen did not begin competing until she was 54. Her husband had decided to enter a masters meet, and she wondered if there was something she could try. She recalled, “I asked him what I could do, and he said running; everyone can run.”

This was an intriguing notion. She had memories of being fast as a girl. But she grew up in Brooklyn long before Title IX opened playing fields and gyms to women. The speed in her legs went untested and ignored.

“I would so love to know what I could have done as a kid,” she said after setting her record. “But back then, there weren’t any women doing the men’s stuff.”

## **Pain Management**

Back in New York, the members of Team Martin anxiously flexed and poked and squeezed their star’s troublesome left leg. The world masters championships begin Tuesday. Would Martin heal in time?

The Running Realtor feared she had a torn meniscus, a rip in the cartilage that provides structure to the knee. But the consensus was that Martin was simply out of alignment. That 50-kilometer race March 4 probably was too much of a strain. Trained hands now needed to soothe her muscles and manipulate everything back into its proper place.

Within the next two weeks, Martin experimented with some slow running: first two miles, then five. She did quarter-mile intervals. She tried different shoes. She altered her stride. She ran with the family dog. Each day, the leg seemed to feel better. Eventually, she was pain free, and yet the knee still felt slightly unstable.

“I’m optimistic,” she said before boarding a plane for Finland. “If it turns out I can’t run, it’ll be disappointing, but I have to keep it in perspective. It’s not a heart attack. It’s not a diagnosis of anything terminal.”

She has years of running ahead of her and new age brackets to conquer. Older may necessarily mean slower, but it did not mean sluggish. That evening jog 30 years ago with her husband had changed her life, and now the vitality of running was an essential part of it.

“I hope I do this until the day I die,” she said. “I want to be all used up, just a wisp of dust left.”

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Link to original: <http://www.nytimes.com/2012/04/02/sports/runner-kathy-martin-60-is-speeding-through-records.html?sq=masters%20track&st=cse&scp=7&pagewanted=print>

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## **Jeanne Daprano, 75**

The New York Times—April 2, 2012

By Barry Bearak

Daprano grew up on a farm in Iowa, played a little basketball in high school and later moved to Long Beach, Calif., where she taught third grade for nearly 40 years. She jogged in the sand to keep fit but did not enter a masters track meet until her late 40s. Now she is quite a serious competitor, coupling her running workouts with weight lifting, lunges, squats and time on the rowing machine. “I don’t do it for longevity,” said Daprano, who resides in Atlanta. “I do it to be the best at being alive right now.” Five years ago, she became the first woman to run a seven-minute mile (6:47.91) after 70. And last month, running in the 75-79 age bracket, she set world records in the 400 meters (1:21.28), the 800 (3:18.48) and the mile (7:13.51). Though pleased with her performances, she insisted: “The only record I want is to be in the Book of Life for eternity.”

Link to original: <http://www.nytimes.com/2012/04/02/sports/track-and-field-masters-jeanne-daprano-75.html?pagewanted=print>

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## **Nolan Shaheed, 62**

The New York Times—April 2, 2012

By Barry Bearak

As a high school student in Pasadena, Calif., Shaheed ran track and played the trumpet until his parents decided he should focus on music. It was a prudent choice. Shaheed went on to a fine career playing the horn with many of the greats, among them Duke Ellington, Aretha Franklin, Stevie Wonder and Natalie Cole. But he also kept up with the running, working out on his own. It was good for his wind. “Air to a trumpet player is like gas to a car,” he said. He sometimes bet his bandmates he could beat them in the mile, running the distance himself while six or seven of them used a relay. “I took a lot of their money,” he boasted. Shaheed has been running masters events for three decades. In 2010, he became the first 60-year-old to break five minutes in the indoor mile (4:57.06). In February, he broke the world indoor record for the 60-64 age group with a 4:35.07 in the 1,500 meters.

Link to original: [http://www.nytimes.com/2012/04/02/sports/track-and-field-masters-nolan-shaheed-62.html?\\_r=1&sq=masters%20track&st=cse&scp=1&pagewanted=print](http://www.nytimes.com/2012/04/02/sports/track-and-field-masters-nolan-shaheed-62.html?_r=1&sq=masters%20track&st=cse&scp=1&pagewanted=print)

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## **Bob Lida, 75**

**The New York Times—April 2, 2012**

**By Barry Bearak**

Lida was the Big Eight champion in the indoor 440-yard dash in 1959. Then a problem with his sciatic nerve forced him to quit track; he thought he was washed up at 22 and turned his attention to a career in advertising. At 40, he decided to start sprinting again. This time, it was a pulled hamstring that spoiled things, so he restricted himself to slower road races. But there is something special about the full-throttle locomotion of the sprints. And at 60, he returned to the dashes, and though his knees lock up every now and again, he is back to being the champion he was at Kansas. In January, he set two indoor world records in the 75-79 age bracket, running the 60 meters in 8.49 seconds and the 200 in 27.03. He credits recent advice from an observant track coach. “It turns out all these years I’ve been overstriding,” Lida said.

Link to original: <http://www.nytimes.com/2012/04/02/sports/track-and-field-masters-bob-lida-75.html?sq=masters%20track&st=cse&scp=4&pagewanted=print>

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## **Paul and Brenda Babits, 51**

**The New York Times – April 2, 2012**

**By Barry Bearak**

Most pole-vaulters do not stick with the sport after their youthful heyday. The spirit may be willing, but the humility is weak. “They don’t want to jump at heights three or four feet less than they used to,” Paul Babits said. He is different. An athlete who twice qualified for the United States Olympic trials, he not only has kept up with the sport, he has also turned it into a business, coaching vaulters at a custom-built facility in Fort Wayne, Ind. Among his students was his previously nonathletic wife, Brenda, a graphic artist. “She couldn’t even run around the block,”

Paul said. Brenda, pole-vaulting now for five years, has a best of 8 ½ feet. “The feeling you get flying over the bar, nothing is better than that,” she said.

Link to original: <http://www.nytimes.com/2012/04/02/sports/track-and-field-masters-paul-and-brenda-babits-51.html?scp=5&sq=masters%20track&st=cse>

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## **Philippa Raschker, 65**

**The New York Times – April 2, 2012**

**By Barry Bearak**

Raschker had her bone density tested seven years ago, and “they told me I was still like a 20-year-old,” she said. Surely, her powers of recuperation are extraordinary. Though Phil, as she is widely known, has had three knee operations and recently sustained an ankle injury, she broke the world indoor record in the pentathlon in her new age group, 65-69, last month. The sprints and the hurdles are her best events. She has won more than 70 gold medals in masters world championships and is the best-known competitor in masters track. Raschker has twice been a finalist for the Sullivan Award, which honors America’s top amateur athlete, losing out in 2003 to Michael Phelps and in 2007 to Tim Tebow. These days, she trains only two or three times a week, as she is busy working as an accountant in Marietta, Ga., and traveling to Germany to care for her ailing mother.

Link to original: <http://www.nytimes.com/2012/04/02/sports/track-and-field-masters-philippa-raschker-65.html>

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## **Phil McConkey, 55**

**New York Times – April 2, 2012**

**By Barry Bearak**

McConkey recalls the butterflies he felt competing in sports in the second grade, and he certainly remembers them from the 1986 [Super Bowl](#) season when he caught passes and returned kicks for the Giants. He missed that sensation of excitement, and, with his hair now gray, he wanted to feel it once again. “When you’re younger, you live to compete, and now, at this age, you compete to live,” said McConkey, who works in financial services in San Diego. “You can’t just get off the couch and compete in masters track; you’ve got to work out.” Last month, he ran at the indoor national championships in Bloomington, Ind. “I couldn’t sleep, too nervous,” he said. He went home with two third-place finishes in the 55-59 age group, running the 60 meters in 7.79 seconds and the 200 in 25.98.

Link to original: <http://www.nytimes.com/2012/04/02/sports/track-and-field-masters-phil-mcconkey-55.html>

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**\*\*\*\* The New York Times VIDEO**

**4/2/12 \*\*\*\***

## **Master Runner**

By Erik Olsen and Barry Bearak

**LINK to VIDEO:**

**<http://video.nytimes.com/video/2012/04/01/sports/10000001453933/kathy-martin-master-runner.html>**

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**The Herald Times**

**Bloomington, Indiana**

March 17, 2012

**FRONT PAGE**

# **Hundreds of athletes visit Bloomington for track meet; USA MASTERS INDOOR TRACK AND FIELD CHAMPIONSHIPS RUN TODAY THROUGH SUNDAY AT IU FIELDHOUSE**

**By Kasey Husk**

One set of Bloomington's elite athletes might be across the country this weekend, but hundreds more will be flocking to the city for a national track and field championship starting Friday.

Hundreds of track and field competitors ages 35 to 94 — among them at least 100 reigning champions, Olympians and one former NFL player — will participate in the USA Masters Indoor Track and Field Championships, which start Friday morning and run through Sunday. Organizers say the event will give spectators the chance to see some of the finest adult athletes in the country and will help spread the message of “lifelong fitness” to those who attend.

“If they want to see the best, most fit adult athletes in the world competing and breaking records, they will come to the meet,” said Bob Weiner, USATF national masters media committee chairman.

Meanwhile, the event — which Bloomington is hosting this year for the first time — is also expected to boost the city's economy during a usually slow time of the year.

The championships begin at 9 a.m. Friday with pentathlon events, followed by individual track and field events from 1 to 6:15 p.m. Friday, from 9 a.m. to 6:25 p.m. Saturday and from 9 a.m. to 1:20 p.m. Sunday. All events will be held at Indiana University's Harry Gladstein Fieldhouse and are free and open to the public.

About 1,000 people are expected to come to Bloomington this weekend in conjunction with the championship meet, including athletes, officials, trainers and spectators, said Eric Marvin, director of sports development for Hoosier Sports Corp., a division of Visit Bloomington. All told, those visitors are expected to spend \$180,000 to \$300,000 while filling up hotels and restaurants during a time of the year that is often fairly slow, he said.

“Then we know, obviously, that's going to trickle down through the economy and the impact (will be) significantly larger than the direct spending,” Marvin said.

The event is the second of three track and field events the city will be hosting this year, Marvin said. The city held the smaller USA Track and Field Indoor Combined Events Championships earlier this month, and in June it will play host to the USA Junior Outdoor Track and Field Championships, an event expected to be even larger than this weekend's championships.

About 800 athletes will compete this weekend, Weiner said. Among those are some relatively new to the sport — like Bloomington resident Greg Simmons, competing for the first time — while others are the reigning champions in their individual age brackets. Many are honing their skills in preparation for the world championships in Finland in two weeks, he said.

Among the most noteworthy athletes are Philippa Raschker — a two-time finalist for the James E. Sullivan Memorial Award, a prestigious honor given to athletes including Tim Tebow, LeBron James and Michael Phelps — and Phil McConkey, a wide receiver for the 1987 Super Bowl champion New York Giants, Weiner said. Nolan Shaheed, a distance runner, is a world-class jazz musician who played trumpet for such artists as Dizzy Gillespie, Aretha Franklin and Marvin Gaye.

The oldest competitors are three men in the 90-94 age bracket and one woman in the 85-89 group.

Weiner said watching the meet can inspire people to pursue their own physical fitness for life.

Spectators can also cheer on their own hometown heroes this weekend. At least eight Bloomington residents, including Simmons, will compete in various events.

Simmons is a two-time champion in power-lifting, and he will be competing in another masters weight-lifting event in Georgia in two weeks. Having this event in Bloomington, however, inspired him to try out a new competition: a 60-meter sprint. The 46-year-old, an adjunct professor at IU's School of Health, Physical Education and Recreation and a personal trainer at the Iron Pit Gym Fitness Center, has been training three times a week and working with a coach to refine his technique.

“We (he and other friends from the Iron Pit) are always looking for some kind of physical challenge, and since it was close, we figured, ‘What the heck?’” Simmons said.

Link to original: <http://weinerpublic.com/20120316.html>

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## PHOTO GALLERY:

# **The Herald Times Photo Gallery, USA National Masters Track & Field Championships, Bloomington IN March 16-18, 2012**

<http://www.heraldtimesonline.com/gallery/gallassets/0ce9727dd59d42b1.jpg>

Left to right, Charles Bartholomew, Albert Williams, Richard McKisson and Kenneth Shooter compete in the men's 70 age class 60 meter run during the USA National Masters Track & Field Championships Saturday at Gladstein Fieldhouse. Jeremy Hogan | Herald-Times (March 27, 2012)

<http://www.heraldtimesonline.com/gallery/gallassets/9565c7b5f2a7571a.jpg>

Roger Assink, center, competes in the M65 60m during the USA National Masters Track & Field Championships Saturday at Gladstein Fieldhouse. Jeremy Hogan | Herald-Times (March 27, 2012)

<http://www.heraldtimesonline.com/gallery/gallassets/284437378bf9b3ae.jpg>

Phil McConkey competes in the M55 60m during the USA National Masters Track & Field Championships Saturday at Gladstein Fieldhouse. Jeremy Hogan | Herald-Times (March 27, 2012)

<http://www.heraldtimesonline.com/gallery/gallassets/868b72629756e118.jpg>

Left to right, Roger Malone, Gregory Simmons and Eric Merriweather, compete in the M45 60m during the USA National Masters Track & Field Championships Saturday at Gladstein Fieldhouse. Jeremy Hogan | Herald-Times (March 27, 2012)

<http://www.heraldtimesonline.com/gallery/gallassets/c0a338a28f6e50f5.jpg>

Kimberly Touya competes in the W30-49 Long Jump during the USA National Masters Track & Field Championships Saturday at Gladstein Fieldhouse. Jeremy Hogan | Herald-Times (March 27, 2012)

<http://www.heraldtimesonline.com/gallery/gallassets/b43987d1c0ddaefb.jpg>

Tracey Battle competes in the W30-49 Long Jump during the USA National Masters Track & Field Championships Saturday at Gladstein Fieldhouse. Jeremy Hogan | Herald-Times (March 27, 2012)

<http://www.heraldtimesonline.com/gallery/gallassets/8a4851ba9e9bab0c.jpg>

Tom Langenfeld clears the bar in the M70-94 High Jump during the USA National Masters Track & Field Championships Saturday at Gladstein Fieldhouse. Jeremy Hogan | Herald-Times (March 27, 2012)

<http://www.heraldtimesonline.com/gallery/gallassets/4b189d6dfe2045f4.jpg>

Phil Raschker, second from left, competes in the W50 60m Prelims during the USA National Masters Track & Field Championships Saturday at Gladstein Fieldhouse. Jeremy Hogan | Herald-Times (March 27, 2012)

<http://www.heraldtimesonline.com/gallery/galleries/1dee5609f77f3caa.jpg>

Left to right, Orville Rogers, John Means and Ralph Maxwell compete in the M90 60m during the USA National Masters Track & Field Championships Saturday at Gladstein Fieldhouse. Jeremy Hogan | Herald-Times (March 27, 2012)

<http://www.heraldtimesonline.com/gallery/galleries/70534ebd59c7cfd8.jpg>

Richard Soller and William Daprano compete in the M85 60m during the USA National Masters Track & Field Championships Saturday at Gladstein Fieldhouse. Jeremy Hogan | Herald-Times (March 27, 2012)

<http://www.heraldtimesonline.com/gallery/galleries/1873908c16afe474.jpg>

William Daprano falls during M85 60m at the USA National Masters Track & Field Championships Saturday at Gladstein Fieldhouse. Jeremy Hogan | Herald-Times (March 27, 2012)

<http://www.heraldtimesonline.com/gallery/galleries/5f47ef5c92dc144e.jpg>

WWII veteran Sam Madia competes in the M85 60m during the USA National Masters Track & Field Championships Saturday at Gladstein Fieldhouse. Jeremy Hogan | Herald-Times (March 27, 2012)

<http://www.heraldtimesonline.com/gallery/galleries/2c5bddd3b9847dd5.jpg>

Sam Madia, left, helps William Daprano after he fell during M85 60m at the USA National Masters Track & Field Championships Saturday at Gladstein Fieldhouse. Jeremy Hogan | Herald-Times (March 27, 2012)

<http://www.heraldtimesonline.com/gallery/galleries/d2f08ddc16ee0fe4.jpg>

Bill Collins, second from left, breaks a record in the M60 60m during the USA National Masters Track & Field Championships Saturday at Gladstein Fieldhouse. Jeremy Hogan | Herald-Times (March 27, 2012)

<http://www.heraldtimesonline.com/gallery/galleries/bee90204b7b36209.jpg>

Bill Collins celebrates after breaking a record in the M60 60m during the USA National Masters Track & Field Championships Saturday at Gladstein Fieldhouse. Jeremy Hogan | Herald-Times (March 27, 2012)

<http://www.heraldtimesonline.com/gallery/galleries/b7baf76d91b627db.jpg>

Jeanne Daprano smashes the world record in the W60-79 1 Mile during the USA National Masters Track & Field Championships Saturday at Gladstein Fieldhouse. Jeremy Hogan | Herald-Times (March 27, 2012)

<http://www.heraldtimesonline.com/gallery/galleries/e3635a4183c27295.jpg>

Jeanne Daprano gives the thumbs up after smashing the world record in the W60-79 1 Mile during the USA National Masters Track & Field Championships Saturday at Gladstein Fieldhouse. Jeremy Hogan | Herald-Times (March 27, 2012)

<http://www.heraldtimesonline.com/gallery/galleries/d6859e7b457ee8fe.jpg>

Doug Ballard competes in the weight throw during the USA National Masters Track & Field Championships Saturday at Gladstein Fieldhouse. Jeremy Hogan | Herald-Times (March 27, 2012)

<http://www.heraldtimesonline.com/gallery/galleries/c321d6a3b77719b1.jpg>

Bob Woolford competes in the 1 mile race during the USA National Masters Track & Field Championships Saturday at Gladstein Fieldhouse. Jeremy Hogan | Herald-Times (March 27, 2012)

<http://www.heraldtimesonline.com/gallery/galleries/ef48b55fa40fd3d6.jpg>

Pat Dunigan competes in the 1 mile race during the USA National Masters Track & Field Championships Saturday at Gladstein Fieldhouse. Jeremy Hogan | Herald-Times (March 27, 2012)

<http://www.heraldtimesonline.com/gallery/galleries/60b0303526e3665e.jpg>

Tim Ryder runs the mile in the men's 40 age group during the USA National Masters Track & Field Championships Saturday at Gladstein Fieldhouse. Jeremy Hogan | Herald-Times (March 27, 2012)

<http://www.heraldtimesonline.com/gallery/galleries/55e9dbf793e6eb43.jpg>

Tim Ryder runs the mile in the men's 40 age group during the USA National Masters Track & Field Championships Saturday at Gladstein Fieldhouse. Jeremy Hogan | Herald-Times (March 27, 2012)

<http://www.heraldtimesonline.com/gallery/galleries/7bab7681fb626b36.jpg>

Oscar Judd runs the mile in the men's 30-39 age group during the USA National Masters Track & Field Championships Saturday at Gladstein Fieldhouse. Jeremy Hogan | Herald-Times (March 27, 2012)

<http://www.heraldtimesonline.com/gallery/galleries/bccff187f8ae09fb.jpg>

James Frontino, foreground, stretches before running in the 4X200 relay during the USA National Masters Track & Field Championships Saturday at Gladstein Fieldhouse. Distance runner Lisa Butler, background, relaxes with husband Jerry Butler. Jeremy Hogan | Herald-Times (March 27, 2012)

<http://www.heraldtimesonline.com/gallery/galleries/0c5634688d5afca0.jpg>

Orville Rogers hands the baton to Ralph Maxwell during men's 30-89 age group 4X200 meter relay during the USA National Masters Track & Field Championships Saturday at Gladstein Fieldhouse. Both athletes are in their 90s. Jeremy Hogan | Herald-Times (March 27, 2012)

<http://www.heraldtimesonline.com/gallery/galleries/31fb1d9a0ab28bcc.jpg>

Doug Ballard competes in the super weight throw during the USA National Masters Track & Field Championships Saturday at Gladstein Fieldhouse. The weight is 56 pounds. Jeremy Hogan | Herald-Times (March 27, 2012)

<http://www.heraldtimesonline.com/gallery/gallassets/97a4d9272f3207c1.jpg>

Doug Ballard competes in the M45 Shot Put during the USA National Masters Track & Field Championships at Gladstein Fieldhouse. Jeremy Hogan | Herald-Times (March 16, 2012)

<http://www.heraldtimesonline.com/gallery/gallassets/7490f2cfff0d082.jpg>

WWII D-Day Invasion Veteran Sam Madia runs in the M85-94 400 Meter Run during the USA National Masters Track & Field Championships at Gladstein Fieldhouse. Madia said he was in the 2nd Armored Division and when his legs were injured by shrapnel the medics patched up his wounds, he got a change of uniform, and he continued in the war. Jeremy Hogan | Herald-Times (March 16, 2012)

<http://www.heraldtimesonline.com/gallery/gallassets/784bd06d0f440e4f.jpg>

WWII Veteran Jack Means, who is 91-years-old, competes in the M85-94 400m during the USA National Masters Track & Field Championships at Gladstein Fieldhouse. Means said he was with the Army Air Corps 407th Bomb Group in the China Burma India Theater where he spent time in Burma and India. Jeremy Hogan | Herald-Times (March 16, 2012)

<http://www.heraldtimesonline.com/gallery/gallassets/068c486249f599e6.jpg>

Debbie Lee competes in the W50-59 3000 meter race during the USA National Masters Track & Field Championships at Gladstein Fieldhouse. Jeremy Hogan | Herald-Times (March 16, 2012)

<http://www.heraldtimesonline.com/gallery/gallassets/49a44d331141da49.jpg>

Lisa Ryan competes in the W30-54 3000m run during the USA National Masters Track & Field Championships at Gladstein Fieldhouse. Jeremy Hogan | Herald-Times (March 16, 2012)

<http://www.heraldtimesonline.com/gallery/gallassets/32b1a10a1fb710f3.jpg>

Stephanie Timmer competes in the W30-54 3000m run during the USA National Masters Track & Field Championships at Gladstein Fieldhouse. Jeremy Hogan | Herald-Times (March 16, 2012)

<http://www.heraldtimesonline.com/gallery/gallassets/afdc077e718c5b75.jpg>

A competitor prepares during the USA National Masters Track & Field Championships at Gladstein Fieldhouse. Jeremy Hogan | Herald-Times (March 16, 2012)

<http://www.heraldtimesonline.com/gallery/gallassets/2fff50705b087857.jpg>

Jazz musician Nolan Shaheed celebrates breaking the American record in the M55-64 3000m run during the USA National Masters Track & Field Championships at Gladstein Fieldhouse. Jeremy Hogan | Herald-Times (March 16, 2012)

<http://www.heraldtimesonline.com/gallery/gallassets/51475595f7d6e36e.jpg>

Chris Ricketts stretches before the M30 400m run during the USA National Masters Track & Field Championships at Gladstein Fieldhouse. Jeremy Hogan | Herald-Times (March 16, 2012)

<http://www.heraldtimesonline.com/gallery/gallassets/832abd2791b20ae1.jpg>

Eric Prince, right, rests after competing in the M40 400m run during the USA National Masters Track & Field Championships at Gladstein Fieldhouse. Jeremy Hogan | Herald-Times (March 16, 2012)

<http://www.heraldtimesonline.com/gallery/gallassets/911f80a15b53d86b.jpg>

Sheryl Miller, left, congratulates Debbie Lee who had just finished running the W55-79 3000m run during the USA National Masters Track & Field Championships at Gladstein Fieldhouse. Jeremy Hogan | Herald-Times (March 16, 2012)

<http://www.heraldtimesonline.com/gallery/gallassets/6b1fdeb8ab5947ee.jpg>

Lisa Ryan, right, and Sheryl Miller compete in the W30-54 3000m run during the USA National Masters Track & Field Championships at Gladstein Fieldhouse. Jeremy Hogan | Herald-Times (March 16, 2012)

<http://www.heraldtimesonline.com/gallery/gallassets/fbf93c3efb1f1c53.jpg>

Oscar Judd, left, and Tim Ryder compete in the M30-44 3000 Meter run during the USA National Masters Track & Field Championships at Gladstein Fieldhouse. Jeremy Hogan | Herald-Times (March 16, 2012)

**Direct link to galleries (must find Masters Track link in drop down menu):**

<http://www.heraldtimesonline.com/gallery/s/1911>

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# **The Herald Times – Bloomington, IN**

## **March 18, 2012**

### **USA Masters Track & Field: Athleticism knows no age limit**

#### **By Dawn Hewitt**

Jeanne Daprano is lean and strong, and holds numerous world records for indoor running events in the age 70 to 74 category.

Now that she's 75, she's in a different class, and on Saturday she smashed the previous world record for 1 mile on an indoor track. It had been 8 minutes 21.5 seconds, but Daprano ran it in 7:13 at the USA Masters Indoor Track & Field Championships in Indiana University's Gladstein Fieldhouse.

Daprano was a bit disappointed in her time: She aimed for 7:03, which would have bettered the world record she holds in the younger age category by a second.

Competitors got in her way.

“It’s a historic event,” said Robert Weiner, media coordinator for the event. “She’s the first woman ever to break 8 (minutes) in the (age) 75 category.”

“The Lord’s been really good to my body,” Daprano said. “It’s never been happier.”

Daprano, who lives in Atlanta, said she played basketball in her small Iowa high school — her graduating class had only 16 students — and in college. But it wasn’t until she was in her 40s that she decided to get back in shape, and took up running. It wasn’t long before she was competing in track and field events.

At 75, she doesn’t run every day, and she rarely runs long distances. Instead, she works on her core strength and endurance, lifting weights, spinning (stationary biking) and rowing. She runs for practice on grass, not pavement.

She expects her body to keep improving “as I fuel it right and rest it right and do cross-training.”

Her husband, Bill Daprano, 85, also competed Saturday. The two met at an international track meet a dozen years ago when they were both widows. But they don’t work out together since he runs short sprints and competes in field events.

The indoor mile wasn’t the first world record Jeanne Daprano broke this weekend. She ran the 400 meter in 82.21 seconds. The previous record for women between 75 and 80 was 87.58 seconds.

Not all super athletes

Not all participants are super athletes like Daprano.

“I’m not a champion at this stuff; I just want to get all the experience I can,” said Alan Smith, 80, of Indialantic, Fla. He’ll turn 81 next month.

He ran 400 meters on Friday, 60 meters and 1 mile on Saturday, and planned to run 800- and 200-meter races today.

He doesn’t consider himself a lifelong athlete, although he was a competitive swimmer during his college days.

In his 40s, “it dawned on me that I’m not immortal.” So he started running and entered 5K races, and, nearly 40 years later, looks more like he’s in his 50s than his 80s.

Local opportunities

Masters competitions don't require qualifications to participate, so several local athletes took a shot at the competition.

"You've just got to be willing to get out there and do it and enter on time," said Greg Simmons, who ran in the age 45-50 60-meter race Saturday morning. "Just show up and do it."

"The main reason Greg and I decided to compete in this was because it's in our backyard," said Doug Ballard, co-owner of the Iron Pit Gym in Bloomington.

Ballard threw the shotput and other heavy objects, competing in nine events throughout the weekend.

On Saturday morning, he threw 35 pounds 11.89 meters to earn fourth place in his 45-49 age group.

"Competition was tough," he said. "This is the best nationals for this sport."

Ballard plans to compete in the World Highland Games Championships in May in Greenville, N.C.

Link to original: <http://www.heraldtimesonline.com/stories/2012/03/18/news.athleticism-knows-no-age-limit.sto>

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# **The Herald Times**

## **March 17, 2012**

### **6 world records fall at Masters**

Six world records fell on the opening day of competition in USA Masters Indoor Track & Field Championships Friday at the Gladstein Fieldhouse.

Phil Raschker and Christa Bortignon each set a pair of world records in the pentathlon.

Raschker, in the W65 age group, ran a record 10.72 in the 60-meters and scored a record 4,670 total points, while Bortignon, in the W75, ran a 13.39 in the 60 hurdles and scored 4,494 points.

Raschker said she didn't know how many world records she currently owns.

"It's not that many," she said. "I think maybe 10. It's time to start stacking up again."

Raschker will compete in nine events this weekend. "I just don't like to sit down," she said.

Also setting world standards were Robert Lida with a 1:03.90 in the M75 400 and Ralph Maxwell in the M90 pentathlon with a score of 4,030.

Four American records also fell Friday night: Jeanne Daprano in the W70 400 in 1:21.28, Danelle Readinger in the W35 pentathlon with 2,446 points; Max Green in the M80 3,000-meter race walk in 20:02.76; and Nolan Shaheed in the M60 3,000 in a time of 9:48.84.

More than 800 athletes age 30 to 95 are competing this weekend in preparation for the World Masters Championships next month in Jyvaskyla, Finland.

Link to original: <http://www.heraldtimesonline.com/stories/2012/03/17/sports.6-world-records-fall-at-masters.sto>

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# **The Herald Times**

## **March 18, 2012**

### **Collins has a record return to Masters**

Bill Collins set a pair of world records, while Jeanne Daprano notched her second world record is as many days at the USA Masters Indoor Track & Field Championships Saturday at the Gladstein Fieldhouse.

Collins raced to new world marks in the M60 60 meters in 7.58 and anchored the Houston Elite M60 4x200 relay, which finished in 1:41.53.

World records aside, just competing is a feat for Collins. A little under a year ago, Collins contracted Guillain — Barré syndrome, which attacks the nervous system and can lead to paralyzation.

“Ten months ago I couldn’t even walk,” he said. “It’s just so great being back among my masters family. This is truly a blessing.”

Daprano, who set a world record in the 400 Friday night, broke the W75 world record in the mile in 7:13.51.

The Athena Track Club also set a world record in the W50 4x800 relay in 10:38.97.

Four American records also were set: Donelle Dunning in the M35 60m (6.95); Bob Lida in the M75 60m (8.67); Antonio Palachios in the M45 long jump (22-5½) and Ann Carter in the W70 60m hurdles (12.10).

The meet concludes today and is free to the public. More than 800 athletes 30 to 95 years old are competing in the meet in preparation for the World Masters Championships next month in Jyvaskyla, Finland.

Link to original: <http://www.heraldtimesonline.com/stories/2012/03/18/sports.masters-track-and-field.sto>

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## **Indianapolis Star**

**March, 15 2012**

**By David Woods**

The national masters indoor championships will be Friday through Sunday at IU's Gladstein Fieldhouse.

Link to original: <http://www.indystar.com/article/20120315/SPORTS/203150379/Indy-Grand-Prix-feature-Phelps>

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## **Cape Ann Beacon** – March 21, 2012

### **Essex's Pierce racks up gold medals at U.S. Masters Track and Field Nationals**

**By Dom Nicastro/Wicked Local Gloucester**

Essex — Roger Pierce just keeps on running. And winning.

Pierce, 67, captured four gold medals and a bronze at the 2012 USA Masters National Indoor Track and Field Championships in Bloomington, Ind., March 16-18. Pierce said he has had three-gold days numerous times, but never four in one competition.

The masters sprinter and reigning 400-meter world champion won the 400 final by nearly two seconds with a time of 62.86

In his second day of competition, Pierce finished third in the 60-meter dash with a time of 8.29, only 0.1 of a second behind the former world champion in this event, California's Stan Whitley

(8.19). Pierce said he had an “absolutely incredible start” out of the blocks, and led for more than 50 meters, only to be nipped at the finish by Whitley and Utah’s Richard Parker. Less than 2 feet separated the first three at the tape.

“Physically, I am feeling very good and I only deal with a few health issues like back pain,” Pierce said.

“I had a fairly serious foot inflammation injury that lasted from October through January of this year which eventually necessitated a cortisone shot in February. I began training cautiously from that point up until the championships last weekend.”

Also at nationals, Pierce anchored his 4x200-meter men’s relay team to victory to pick up his second gold medal of the championship.

On the final competition day, Pierce easily qualified for the 200-meter final by winning his semifinal heat by more than two seconds. Later that afternoon, thanks to an excellent start, he was able to blast out to the lead at the halfway point and pull away to a victory in 27.36.

In his final race of the competition, Pierce anchored a 4x400 relay to a first-place finish.

Pierce is a multiple world and national record holder and champion in many sprint events over the past 27 years as a master’s competitor, but he had missed the entire indoor 2012 track season with a foot injury. He was only able to return to the track to train less than six weeks ago.

For the past year, he was able to maintain a consistent weight and resistance equipment routine, which he feels helped sustain his strength for the sprint events despite battling lingering injuries for most of that time.

“The competition was fierce in the 60 and 200,” Pierce said. “Aside from the two relays, which were not heavily contested, my 200 final on the last day of the meet was a barnburner, with almost all the guys from the 60 final making the 200 final with me.

“Once again, I blasted out in an attempt to take an early lead and hold on, and that is exactly how it played out,” he added. “It was a euphoric moment for me because of the injuries I had overcome and I felt redemption, after having to deal with so many injuries over the past year.”

Outside of competing, Pierce is coaching sprints for Gordon College this year and will continue to train for the summer season and probably compete in the Outdoor USA Nationals in August in Illinois.

His musical career has taken a few turns in the past few years, and he is working on some solo gigs at some clubs and bars in the local area. In addition, he has formed a Kingston Trio tribute group that played at the One World Coffee House in Essex, last December, and was so popular that they plan on doing more shows at various venues in 2012.

Link to Original: [http://www.wickedlocal.com/manchester/newsnow/x586822182/Essex-s-Pierce-racks-up-gold-medals-at-U-S-Masters-Track-and-Field-Nationals?zc\\_p=1#axzz1qzxRi6Dr](http://www.wickedlocal.com/manchester/newsnow/x586822182/Essex-s-Pierce-racks-up-gold-medals-at-U-S-Masters-Track-and-Field-Nationals?zc_p=1#axzz1qzxRi6Dr)

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## **Vancouver Sun**

### **Bortignon strikes gold**

March 23, 2012

West Vancouver track star Christa Bortignon won six gold medals and one silver at the 2012 USA Masters Indoor Championships in Bloomington, Indiana, on the weekend. In the 75-plus age category, Bortignon set five world records and eight Canadian records while competing in 60 metre hurdles, 200-metre sprint, 800-metres, long jump, triple jump, high jump, pentathlon and shot put (her one silver medal).

Link to

original: <http://www.vancouversun.com/sports/Bortignon+strikes+gold/6328657/story.html>

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## **Federal Way Mirror** – March 22, 2012

### **Federal Way trio win gold at USA Masters Indoor Track and Field Championships**

By Casey Olson

Mike Waller just keeps adding gold medals to his already-packed trophy case.

The Federal Way 53-year-old won the men's 200-meter title at the USA Masters Indoor Track and Field Championships last weekend at the Harry Gladstein Fieldhouse in Bloomington, Ind. Waller's win came in the 50- to 59-year-old category.

Waller was one of more than 100 World Indoor and Outdoor Master champions among the 800 athletes ages 35 to 95 in Indiana. The meet served as a tune-up for the World Masters Indoor Championships, which are slated for April 3-8 in Finland.

Waller ran a 25.00 time in the final of the 200 meters to outdistance second-place Scott Ganowski (25.18). The top-five finishers in the race were all within .68 of Waller.

Waller also finished up in fourth place in the 60-meter dash in a time of 7.74. Kenneth Eaton won the event in 7.40.

The gold medal adds to Waller's long list of accomplishments of track accomplishments. He snagged four indoor gold medals at the 2010 World Masters Indoor Championships in the 60 meters, 200 meters, 400 meters and 4x200 relay.

The four indoor gold medals come on the heels of Waller accomplishing the same feat at the 2009 World Masters Games. The World Masters Games, which were held in Australia, are held every four years for athletes 30 years old and up. The Games, an Olympic-style competition that included 28 different sports and 30,000 participants.

In Australia, Waller won outdoor gold in the 100- and 200-meter races and the 4x100 and 4x400 relay teams.

He also had three first-place finishes at the 2009 United States Masters Outdoor Track and Field Championships. Waller won the 100, 200 and 400 at the event.

Waller is currently working as an assistant track coach at Pacific Lutheran University. He is in charge of sprints, hurdles and relays for the Lutes. Waller's coaching background also includes six seasons as an assistant at Decatur High School (1999-2004) and six years at the Federal Way Track Club (1995-2000) as the head sprint coach. Waller is also a pastor at Christ Life Center Church in Tacoma.

Waller competed for one season at Utah State University, one season at Spokane Community College and two seasons at Whitworth College in both football and track. At SCC, he anchored the school's 4x100 relay team that won the NWAACC championship. At Whitworth, he was a two-time NAIA national qualifier in the indoor 55-meter dash and the 4x100 relay.

Waller wasn't the only Federal Way athlete at the USA Masters Indoor Track and Field Championships in Indiana. Will Leslie and Gail Kuhnly both brought home gold medals last weekend.

The 66-year-old Leslie teamed up with Joe Johnston, Bruce Mintz and Roger Pierce to win the men's 60-69 4x200 relay gold medal. Leslie's team ran an impressive time of 1:59.09 to easily outdistance the second-place team (2:08.88).

On the women's side, Kuhnly also brought home gold. The 50-year-old Kuhnly ran the third leg in the 50-59 4x400 relay team that also included Lois Allen, Susan Loyd and Lulu Hammond. The team ran a winning time of 5:29.68.

Link to original: <http://www.federalwaymirror.com/sports/143712056.html>

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# THE LEXINGTON NEWS GAZETTE

Story completed April 7, 2012

By Christine Luby

When Roger Crockett picked up track and field again at age 50, he had no idea how addicted he would become.

Now a 64-year-old professor of German at Washington and Lee University, he says he is one of only 93 long jumpers and 46 triple jumpers in the nation, still officially competing over the age of 60. "By the time you get up to my age," Crockett said, "the numbers thin out with field events like jumping. You're lucky if you still have the joints."

At an age where most people are receiving AARP subscriptions, joining Medicare, and worrying about the impact of health care reform, there are a few, like Crockett, who refuse to sit around and get old. Instead they are taking responsibility for their health through sports like track and field. "It's a good lifestyle," Crockett says.

Crockett is a masters competitor, which USA Track and Field defines as any participant over the age of 35. In March, he placed second in his age bracket for the long jump at the Masters Indoor National Championships in Bloomington, Ind.

He began running in high school and ran on and off throughout his life. When Crockett turned 50, W&L Track and Field Coach John Tucker urged him to compete in the Virginia Indoor Masters Meet.

"I trained my best 800 meter still thinking that I was a runner," Crockett said. "My daughter, who was in high school, was a sprinter and a jumper. I'd been watching her long jump and triple jump. Just for the fun of it I also entered the long jump. That was really what got me started."

He picked up triple jump the following year and then entered nationals to see how he ranked among other athletes his age. He won two bronze medals. "I was hooked," he said.

He now competes for the Potomac Valley Track Club in Washington, DC. The club has members of all ages, but boasts some significant masters runners as well.

PVTC Secretary Jay Wind is one of them. At 62, he runs about 100 races a year and has completed 143 marathons.

Wind picked up running in high school as a way to get from place to place after school. "Running was totally natural," he said. "One day I started running and it felt good so I kept on doing it."

In college, he met Loren Seagrave, who was dating a mutual friend. Seagrave would later turn out to be a top speed coach, training elite athletes from all over the world. “I didn’t realize it at the time but I had the best coach in the country,” Wind said.

Wind credits his accomplishments to the hard work he puts in to the sport. He trains Monday through Friday, and spends his weekends running 5k and 10k races.

His advice for people who want to start running is to, “put on your shoes and go out the door. Pick a distance that you can easily complete on your first run which might be up to the mailbox and back.”

He says new runners should gradually extend both their distance and effort. They should also not expect instant success.

“I’ve been at it for 33 years,” Wind said. “It’s not like I woke up one day and ran 143 marathons.”

Wind says above all it is important to keep up with strength training. “We lose 2% of our strength each year,” Wind said. “We constantly have to fight the tendency to lose strength to age. I’m in the gym two or three days a week. Sometimes younger guys look at me and say how can you lift that much? The answer is you got to keep doing it, don’t stop.”

A perfect example of that “don’t stop” philosophy is Fajud Singh, a 100-year-old distance runner who set a Guinness world record last October after he completed a full-distance marathon. “I asked Singh what’s the best way to be running when you’re 100,” Wind said, “and he said be running at 99.”

Wind says the same principal applies to all runners, himself included. “Now that I’m 62, and I’ve gone through injury cycles and recovery cycles I want to keep running well,” he said. “The best way to be running well when I’m 63 is to be running well when I’m 62.”

National Masters Track and Field Media Chair, Robert Weiner, 64, says like Singh, many people today live longer because of their dedication to fitness. “When I was a kid, the lifespan was 56,” he said. “Now it’s 76. People now know that their sports are lifetime fitness. It gives you an incredibly higher quality of life.”

Weiner also says it’s never too late to start. Masters competitors come from all different backgrounds, some having started in 8th grade, and others in their 50s. Competitors range from businessmen, to congressmen, to ex-Olympic athletes.

Many of them pick up track and field events to keep in shape and fight aging. “People run because it keeps you from getting older sooner or because it makes it more fun to get older,” Wind said. “There’s nothing quite like being able to run your competition into the ground when your competition is half your age.”

Crockett also keeps training to slow down the clock. "I really want to fight the age curve," he said. "There's an old expression, 'we don't stop playing because we get old we get old because we stop playing.' I'm trying to not stop playing so I don't get old."

When asked if he plans to quit anytime soon, Crockett said, "I'm not going to set a target date. I'm not wearying of it. It's pure enjoyment."

In fact, it is the enjoyment of the sport, and not just the physical fitness which motivates him to keep competing. "Try it and let yourself get hooked," Crockett says. "Do it only if you enjoy it. There are no Wheaties boxes for us, there are no endorsements, there is no ESPN coverage. It's purely for the love of the sport."

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# NORTHWEST INDIANA TIMES

## Platis gives it her best shot at indoor championships

By: John Burbridge

The stretch of unseasonable warm weather last month gave people more than enough reason to get outdoors.

For Mary Lou Platis, it provided a rare opportunity to get ready for the indoors.

"I finally got a chance to throw outside with this nice weather," the Schererville woman said of her preparation for the USA Masters Track and Field Indoor Championships, which were held March 16-18 at Indiana University's Harry Gladstein Indoor Track Facility.

Platis competed in the shot put -- not exactly the type of event you can practice in your house, glass or not.

"But there is plenty of room in the backyard, and that helped a lot," Platis said.

With a throw of 23-feet, five-inches, Platis won the women's 65-69 division.

It was Platis' third Masters national title. She had previously won a gold medal in the discus in 1991, and won the National Indoor Pentathlon in 1995.

Platis has also had success throwing the javelin, but says finding a coach to teach proper technique has always been wanting.

Though Platis has had to deal with tendinitis around the shoulder area on occasion, she continually bounces back with water-movement therapy at Fitness Pointe in Munster.

"I haven't had any major injuries, like a torn rotator cuff or anything like that," she said. "I feel like I can keep on doing this for a long time."

And she feels that she can keep on winning.

One factor that may bode well for Platis is more stringent performance-enhancing drug testing among senior athletes.

"It goes on, even at my age," Platis said. "When people start breaking records while showing incredible improvement from one year to the next, it raises suspicions. And now, more people are being tested and getting caught."

Link to original: [http://www.nwitimes.com/sports/recreation/platis-gives-it-her-best-shot-at-indoor-championships/article\\_40683e63-d44d-5a99-a1a9-66e906af4c4d.html#ixzz1rfMVyw7E](http://www.nwitimes.com/sports/recreation/platis-gives-it-her-best-shot-at-indoor-championships/article_40683e63-d44d-5a99-a1a9-66e906af4c4d.html#ixzz1rfMVyw7E)

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**USA NATIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS, BLOOMINGTON  
IN MARCH 16-18, INDIANA UNIVERSITY TO INCLUDE WORLD CHAMPIONS,  
OLYMPIANS, SUPER BOWL STAR AMONG 800+**

*ATHLETES WILL BE AT THEIR BEST, SHARPENING FOR WORLD CHAMPIONSHIPS IN FINLAND  
APRIL 3-8; ATHLETES 35-90+ TO COMPETE*

***STANDOUTS EXPECTED TO ASSAULT RECORDS INCLUDE PHILIPPA RASCHKER,  
W65, 2-TIME SULLIVAN FINALIST (ONLY MASTER EVER IN SULLIVAN FINALS  
JOINED OPEN STARS TIM TEBOW, APOLO OHNO, LEBRON JAMES, AND MICHAEL  
PHELPS); WORLD CLASS JAZZ MUSICIAN NOLAN SHAHEED, M60, PLAYED LEAD  
FOR DIZZIE GILLESPIE, STEVIE WONDER, ARETHA FRANKLIN, MARVIN GAYE, IS  
WORLD CHAMPION DISTANCE RUNNER; KATHY MARTIN, WORLD CHAMPION  
DISTANCE PHENOM READY TO ATTACK W60+ AGE GROUP RECORDS;  
INDIANAPOLIS' OWN ROBERT THOMAS, M45, WORLD CHAMPION IN 200 AND 400  
METERS; and FORT WAYNE'S PAUL BABITS, M50, WORLD POLE VAULT RECORD  
HOLDER***

***1987 GIANTS' SUPER BOWL CHAMPION WIDE RECEIVER  
PHIL McCONKEY, M55, SET TO COMPETE IN SPRINTS;  
Says "Same butterflies now in my stomach as in the Super Bowl" \*\*\****

***TRACK FINALS FRIDAY 1PM-6:30, SATURDAY 9AM-6:30, SUNDAY 10:15AM-1:20,  
Harry Gladstein Fieldhouse, N. Fee Lane and E. 17<sup>th</sup> St., Bloomington 47408; MEDIA,  
SPECTATORS WELCOME AND FREE***

(Bloomington, IN) – Over 100 reigning indoor and outdoor world masters champions and Olympians are among over 800 athletes 35 to 95+ years old in the USA Track and Field Masters Championships in Bloomington, Indiana, Friday through Sunday, March 16-18. Media are invited to cover trackside and interview athletes following their competitions. Individual event finals take place FRIDAY 1PM-6:30, SATURDAY 9AM-6:30, and SUNDAY 10:15AM-1:20, at the Harry Gladstein Fieldhouse, N. Fee Lane & E. 17<sup>th</sup> St., Bloomington 47408; MEDIA and SPECTATORS welcome; admission is free.

Athletes will be at their best with many sharpening for the upcoming world championships in Jyvaskyla, Finland two weeks later, April 3-8. Athletes' ages range from 35-94 in Bloomington.

Standouts expected to assault records include:

- **Philippa Raschker**, Marietta, GA, W65 -- new age group for her -- 2-time Sullivan Finalist for America's top athlete (only master athlete ever in Sullivan Finals, who joined open stars Tim Tebow, Apolo Ohno, LeBron James, and Michael Phelps), has won ten golds at a single world championship;
- World class jazz musician **Nolan Shaheed**, Pasadena, CA, M60, has played lead for Dizzie Gillespie, Stevie Wonder, Aretha Franklin, Marvin Gaye, and is a world champion distance runner -- he already set records in the mile and 3000 meters this season. Nolan equates his feelings from music to his joy of running.
- **Kathy Martin**, Northport, NY, world champion distance phenom, former Bengay Athlete of the Year, ready to attack W60+ age group records in her new age group, an articulate and enthusiastic ambassador of the mission of lifetime fitness and health through the training and competition of masters track;
- Indianapolis' own **Robert Thomas**, M45, world champion in 200 and 400 meters;
- **Paul Babits** of Fort Wayne, Ind., M50, the world 45-49 indoor world record holder in the pole vault at 16 ft. 10.4 in. and 50-54 at 15 ft. 6.2 in., and wife **Brenda Babits** W50 who took 3<sup>rd</sup> at the 2011 outdoor worlds in the pole vault – what a husband-wife pole vault team!
- Giants' 1987 **Super Bowl Champion wide receiver Phil McConkey**, M55, La Jolla, CA, a San Diego Senior Games champion, set to compete in his first-ever National Masters Championship, in the 60 and 200 meters and a potential winner though not his prime motivation... He told us, "I now like to compete to live. I never thought I'd get the butterflies churning again in the pit of my stomach but it's the same feeling now as in the Super Bowl. I got hooked, the sensations are like the fountain of youth, it keeps you going." (*Media*: Phil's 1<sup>st</sup> event, 60m Trial, is 9:25AM Sat.)

**OLYMPIANS ENTERED** include **Jim Barrineau**, (1976 Olympian, entered in Bloomington in M55 high jump), from Burke, Virginia, Potomac Valley Track Club; **Chris Faulknor** (1984 and 1988 for Jamaica, entered in M45 60, 200, and 400); **Lorna Forde** (1972 and 1976 Olympian for Barbados, entered in W55 200 and 400).

McConkey, Raschker, Shaheed, Martin, Thomas, the Babits, as well as all the athletes are willing to speak with media.

## **Oldest athletes entered:**

**MEN: Ralph Maxwell, Alamo, TX, 90-94; Orville Rogers, Dallas, TX, 90-94; John Means, Richmond Heights, OH, 90-94**

**WOMEN: Patricia Peterson, Albany, NY, 85-89; Christel Donley, Denver, CO, 75-79; Christa Bortignon, West Vancouver, BC, 75-79**

*For onsite media interviews or information contact Bob Weiner, National Masters Track Media Chair, cells 202-306-1200 or 202-329-1700 [weinerpublic@comcast.net](mailto:weinerpublic@comcast.net) also Richard Mann 301-283-0821.*

## **Detailed event schedule and athlete listings:**

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

Detail on Stars to watch and INDIANA athletes entered:

## **The following list is from Peter Taylor, Meet Announcer:**

### **MEN:**

Among the top men scheduled to compete in Bloomington next week are the following:

M35 (35-39)

**Antwon Dussett Peoria, Illinois** Antwon, who ran for Grambling State University in Louisiana as a collegian, where he was an Olympic Trials qualifier, won the 200 and 400 at the 2011 outdoor worlds in astonishing times — 21.57 for the 200 and 47.34 for the 400 — that suggest he is still running in college meets, not in the 35-39 masters group. Watch him fly in the sprints in Bloomington.

M45 (45-49)

**Khalid Mulazim Cleveland, Ohio** Khalid is the world outdoor record holder in the 400 for men 45-49: a sensational 50.18 seconds. He is also the reigning world outdoor champ in both the 200 and 400. For Bloomington he is entered in the 60, 200, 400, and 800.

M60 (60-64)

**Christoph Schmid Wooster, Ohio** The 2009 male masters racewalker of the year in the United States, Christoph holds the American indoor record for men 60-64 in the 3000 racewalk at 14 minutes, 20.64 seconds, a pace of 7 minutes, 41.7 seconds per mile while walking. If you can, watch him walk the 3000 meters in Bloomington.

M60 (60-64)

**Nolan Shaheed Pasadena, California** Nolan won the 1500 at the world outdoor championships in 2011 and followed that with a pending world indoor record for the 60-64 mile this past January at Cornell University, a mind-boggling 4 minutes, 50.95 seconds at age 62.

**Thad Wilson Oxnard, California** The reigning world champion in both the 100-meter and 300-meter hurdles, Thad is owner of a world mark that is hard to even imagine: 14.37 seconds in the 100-meter *hurdles* for men in the 60-64 age group. Yes, he ran 14.37 for 100 meters while running over 10 hurdles, and he is in his 60s. Difficult to believe.

M75 (75-79)

**Bob Lida Wichita, Kansas**, is the talk of masters track and field after he ran 27.03 seconds (a pending world indoor record for men 75-79) in the 200 dash and 8.49 seconds (also a pending world indoor record) in the 60 dash earlier this year. Bob was a standout at Kansas University in his collegiate years. How remarkable is Bob's time of 27.09? The official world indoor mark in the M75 200 is 28.98 seconds by the great Wolfgang Reuter of Germany, a full 1.95 seconds slower than Bob's time.

## WOMEN:

Among the top women scheduled to compete in Bloomington next week are the following:

W30 (30-34)

**Brandi Bernert Denver, Colorado** An electrifying sprinter, Brandi is still the indoor record holder for Colorado State University in the 200 (24.17). At Albuquerque masters nationals last winter she uncorked a 24.84 in the 200, not far from her collegiate record. Watch her fly in the sprints in Bloomington.

W35 (35-39)

**Maurelhena Walles Brooklyn, New York** A member of the world indoor record team in the 4 x 400 for women aged 35-39 (set in 2010), Maurelhena finished 3<sup>rd</sup> in the 400 dash at the 2011 outdoor worlds.

W40 (40-44)

**Charmaine Roberts Beltsville, Maryland** Charmaine won the 400 at the world outdoor masters championships in 2009 and was second in the world 400 in 2011. At Bloomington she will run the 400 and 800.

**Lisa Ryan Sioux City, Iowa** Lisa, a TV weatherperson in Sioux City, is the reigning world champion in the 2000-meter steeplechase in her age group and holds the world mark in that event (6 minutes, 49.58 seconds). At Bloomington she is entered in the 400, 800, mile, and 3000.

W45 (45-49)

**Renee Henderson Merchantville, New Jersey** Renee is entered in the 60, 200, and 400 at Bloomington and should do very well, as she is the American indoor record holder for her age group in each event (7.89 seconds, 25.47 seconds, and 1:00.59).

W50 (50-54)

**Oneithea "Neni" Lewis Oakland Gardens, New York** Neni, who is considered the greatest woman thrower in US masters history, is entered in the shot put, weight throw, and superweight.

**Joy Upshaw Lafayette, California** In 2011, Joy ran 26.24 seconds in the 200 dash and long jumped 5.45 meters (17 feet, 10.6 inches) at indoor nationals to break the world W50 marks in both events.

W55 (55-59)

**Carol Finsrud Lockhart, Texas** Carol, who last competed in the Olympic Trials in 2000, is entered in all three throws. Carol won the discus in the 2011 world championships.

**Lorna Forde New York, New York** A 1972 and 1976 Olympian for Barbados, Lorna is a former bronze medalist in the Pan American Games 400-meter dash. Lorna is entered in the 200 and 400 dashes.

**Rita Hanscom San Diego, California** Rita was World Masters Athletics "Athlete of the Year" in 2009. The versatile Hanscom is entered in the 60, 200, and 400 dashes, the 60 hurdles, and the high jump, pole vault, and long jump. She will also do the pentathlon (five events).

**Ruth Welding** **Elk Grove Village, Illinois** Ruth is entered in all three throws at Bloomington and should do very well, as she won the hammer and weight throw at 2011 worlds.

W60 (60-64)

**Kathy Martin** **Northport, New York** Kathy was the first Bengay Masters Track and Field Athlete of the Year in the US. As the holder of the world indoor record in the mile for women 55-59 (5 minutes, 19.87 seconds), Kathy is expected to become the first 60+ woman in history to break 6 minutes in the mile indoors when she runs in Bloomington. Kathy is also entered in the 800 and 3000.

**Myrle Mensey** **St. Louis, Missouri** Myrle is the American record holder both outdoors and indoors in the weight throw and superweight for women in her age group. Expect her to achieve excellent results in all three throws in Bloomington.

W65 (65-69)

**Phil Raschker** **Marietta, Georgia** Phil, a former Sullivan Award finalist, is considered the best woman in the history of masters track and field in the United States and holds over 100 records. In Bloomington she will compete in the 60, 200, and 400 dashes, the 60 hurdles, the high jump, pole vault, long jump, triple jump, and pentathlon.

W70 (70-74)

**Kathy Bergen** **La Canada, California** In 2010, Kathy ran the 100-meter dash in an unthinkable 14.76 seconds to become the first 70+ woman worldwide to break 15 seconds in that event. Kathy is entered in the 60, 200, and high jump.

**Carol Young** **Marietta, Georgia** Carol holds the American indoor records in the weight throw and superweight for the 65-69 and 70-74 age groups and should do very well in the shot put, weight throw, and superweight at Bloomington.

W75 (75-79)

**Christa Bortignon** **West Vancouver, British Columbia, Canada** This Canadian sensation recently broke five world records in a single meet. An outstanding sprinter and jumper, she is entered in the 60, 200, and 400 dashes, the 60 hurdles, the high jump, long jump, and triple jump, and the shot put and will also do the pentathlon.

**Jeanne Daprano** **Fayetteville, Georgia** Winner of many world titles, in 2007 Jeanne became the first 70+ woman in history to break 7 minutes in the mile (6 minutes, 47.91 seconds). At Bloomington she will be in the 200, 400, 800, and mile.

W85 (85-89)

**Pat Peterson** **Albany, New York** This Masters Hall of Famer is the reigning world outdoor champion in the 100, 200, and 400 and should win those events in Bloomington.

## **\*\*\* INDIANA STARS ENTERED (from Peter Taylor, meet announcer) \*\*\***

### **Hoosiers Descending on Bloomington**

Quite a few Indiana residents will be participating in the indoor masters nationals in Bloomington (March 16-18). Some of these athletes are listed below.

#### **Age Group: Women 35-39**

**Latashia Key** **Indianapolis** **800, mile**

**Latashia finished 2<sup>nd</sup> in the 3,000-meter run at the 2010 world indoor championships.**

**Danelle Readinger** **Terre Haute** **200, 400, 60 hurdles, high jump, pentathlon**

**Danelle won the 200 dash at outdoor nationals last year.**

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#### **Age Group: Men 35-39**

**Name** **City** **Events Entered**

**Brendon Falconer** **Newburgh** **60 hurdles, long jump, triple jump**

**Brendon long jumped a marvelous 6.66 meters (21 feet, 10.25 inches) last year at indoor nationals.**

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Age Group: Men 40-44

David Buysse Carmel mile

David was sixth in the 1500 in the outdoor nationals last year.

Anthony Heath Indianapolis pole vault

Anthony won the pole vault at outdoor nationals last year.

George Joachim Fort Wayne 60, 200, 400, long jump, triple jump

George won both the long jump and the triple jump at the 2011 indoor nationals.

Matthew McCubbins South Bend high jump

Matthew was 5<sup>th</sup> in the high jump in the 2011 outdoor national championships.

Tim Ryder Bloomington mile, 3000

Tim was 3<sup>rd</sup> in the 5000 run at outdoor nationals last year.

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Age Group: Men 45-49

Chet Clodfelter Roachdale pole vault

Chet took a silver medal in the pole vault at outdoor nationals last year.

Antonio Palacios Bloomington long jump, triple jump

Antonio has a pending American indoor record in the long jump of 6.85 meters, a sensational 22 feet, 5 ¾ inches.

Kurt Schernekau Indianapolis high jump

Kurt won the high jump at indoor nationals last year.

Robert Thomas Indianapolis 200, 400

Robert won the 200 dash at the 2010 indoor worlds and the 400 dash at the 2009 outdoor worlds

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Age Group: Women 45-49

Karen Rieger, MD Indianapolis pole vault

Dr. Karen Rieger finished 4<sup>th</sup> in the pole vault in the 2011 outdoor worlds. Dr. Rieger specializes in thoracic surgery at Indiana University Medical Center.

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Age Group: Men 50-54

Paul Babits Fort Wayne pole vault

Paul is the world indoor record holder in the pole vault for 45 to 49 (5.14 meters/16 feet, 10.4 inches) and 50 to 54 (4.73 meters/15 feet, 6.2 inches).

Charlie Mosbrucker Indianapolis 800, mile, 3000

Charlie finished 7<sup>th</sup> in the 5000 at outdoor nationals last year.

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Age Group: Women 50-54

Brenda Babits Fort Wayne pole vault

Brenda took 3<sup>rd</sup> at the 2011 outdoor worlds in the pole vault.

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Age Group: Men 55-59

Thomas Bunner Fort Wayne pole vault, 200 dash

Thomas won the pole vault for men 50-54 in the 2010 indoor national championships.

Damon Clements Crawfordsville 3000 racewalk

Damon won both the 5000 and 10,000 racewalks at outdoor nationals last year in the 50-54 group.

Gary Hunter Fort Wayne pole vault

Gary is the American indoor record holder in the pole vault for men 55 to 59 (4.30 meters/14 feet, 1 ¼ inches).

Jerry Orange Floyds Knobs 3000 run

Jerry ran 6<sup>th</sup> in the 5000 at outdoor nationals last year.

Tom Smith Fort Wayne 60, 200, 400

Tom won all three sprints (60, 200, 400) at the 2011 indoor nationals and won the 100 and 200 at outdoor nationals.

**Age Group: Men 60-64**

**Dick Kochert** Remington pole vault

Dick was second in the pole vault at outdoor nationals last year.

**Age Group: Women 60-64**

**Cathy Mayfield** Indianapolis 3000-meter racewalk

Cathy finished 9<sup>th</sup> in the 10,000-meter racewalk at the 2011 world outdoor championships.

**Age Group: Men 65-69**

**Max Walker** Greenwood 3000-meter racewalk

Max finished 3<sup>rd</sup> in the 5000 racewalk at nationals last year in the 60-64 group.

**Age Group: Men 70-74**

**Jerry Byrd** Warsaw 60 dash

Jerry finished 5<sup>th</sup> in both the 100 and 200 last year at outdoor nationals.

**Ray Everson** Men 75-79 Mooresville 3000-meter racewalk

Ray finished 3<sup>rd</sup> in the 2011 outdoor world championships in the 20,000-meter racewalk.

(More...)

**THE FOLLOWING LIST IS FROM MARY TROTTO, NATIONAL MASTERS ACTIVE ATHLETES CHAIR:**

All of the athletes below won the title of athlete of the year in their age groups from Masters Track and Field, USATF in 2011. The outstanding athletes of the year 2011 will be looking to win National Indoor championships.

Athletes who enter a new age group this year will be the ones to watch as they set their sights on breaking world and U.S. age records on their way to the winners circle. Two such outstanding ladies to look for are **Phil Raschker entering the new age group of 65 and Kathy Martin who just turned 60.**

Phil Raschker recently smashed the W65 Heptathlon record by scoring almost 2000 points more than the previous mark of 4446 points. Meanwhile Kathy Martin has recently set new ARs in the W60 5k, 10K, 20K, half marathon, marathon and 50K. Phil Rashker will be competing at Nationals in the 60m, 60mH, 200m, 400m, HJ, LJ, PV, TJ and Pentathlon, and could threaten every record. Similarly, Kathy Martin plans to run the 800m, mile, and 3000m, and with her efficient stride will be a record threat in each.

**Nolan Shaheed M60 was the Male Overall Athlete of the Year for 2011. Nolan will be running the 800m, Mile and 3000m to defend his title.**

**The other Athletes of the Year 2011 by age group are:**

<b>Women:</b>	AGE	Hometown	Events	Events Indoor Nationals
W35				
Dawn Kent	37	Wilmington, DE	Multi events	800,HJ,LJ,TJ,WT,SWT,PE

W40				
Lisa Daley	41	White Plains, NY	SPRINTS	200
Lisa Ryan	40	Sioux City IA	MD AND LD	200,400,800,MILE, 3K
W50				
Joy Upshaw	50	Lafayette, Ca	JPS,SPRINT	LJ, 60,200M, 60H
W55				
Rita Hanscom	58	San Diego, CA	multi	60-400, JUMPS
Ruth Welding	55	Elk Grove Vill., IL	throws	SHOT, WT
W60				
Kathy Martin	60	Northport, NY	MD AND LD	800, Mile, 3k,
Myrle Mensey	62	St. Louis, MO	throws	SHOT, WT
W65				
Phil Raschker	65	Marietta, GA	Multi events	60-400 & ALL JUMPS
W70				
Kathy Bergen	71	LA, CA	HJ & sprints	60M
Carol Young	72		throws	SHOT AND WT
W75				
Jeanne Daprano	75	Fayetteville GA	MD AND LD	800--3K
<b>Men:</b>	age	Home town	events	events
M35				
Antwon Dussett	35	Peoria, IL	SPRINTS	200,400
M40				
Eric Prince	41		SPRINTS	50,200,400
M45				
Christopher Bates	45	Portland, OR	PENT, HH	PENT, 60M HH
David Bickel	45		throws	SHOT, WT, SWT
Khalid Mulazim	45	Cleveland, OH	SPRS & MD	60,200,800
M50				
Paul Babits	50	Fort Wayne, IN	Pole vault	
Bruce McBarnette	52	Sterling, VA	High jump	
Mike Sullivan	50		SPRINTS	60,200,400
Mike Waller	51		SPRINTS	60,200,400
M55				
Gary Hunter	55	Fort Wayne, IN	Pole vault	
M60				
Charles Allie	61	Houston, TX	sprints	60,200,400
Bill Collins	60	Houston, TX	sprints	60,200,400
Nolan Shaheed	60	Pasadena, CA	MD & LD	800—3k
Thaddeus Wilson	60	Oxnard, CA	hurdles	60M HH
M65				
Gary Patton	66	Rock Rapids, Iowa	LD	800,M,3K
M75				

Robert Lida	75	WICHITA, KS	SPRINTS	60,200,400
M90				
Ralph Maxwell	90	Alamo, TX	Multi events	Pent, jumps and throws

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

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

*Source: USATF National Masters Media Committee*