

USA Masters Landover Indoor Track & Field Media Selections

March 22-24 2013

Video From Event (thanks to PVA and LOC):

Interviewer: Two-Time Track Olympian Lacey O'Neal; producer/editor Joel Harris

Day 1A: <http://www.usatf.org/assoc/pva/2013/MasterDayOneA.flv> (STARTS at 4:26-- earlier is another meet)

Day 1B: <http://www.usatf.org/assoc/pva/2013/MasterDayOneB.flv>

Day 1C: <http://www.usatf.org/assoc/pva/2013/MasterDayOneC.flv>

Day 2: <http://www.usatf.org/assoc/pva/2013/MasterDayTwo.flv>

Day 3: <http://www.usatf.org/assoc/pva/2013/Masterthree.flv>

(*Note: the tapes move from events to interviews so not all events are shown – sorry—producer's decisions based on limited personnel and camera. Overall huge contribution).

The Washington Post

The National Masters Indoor Track and Field Championship Coming to Landover

The Washington Post

March 22, 2013

By Lenny Bernstein

The National Masters Indoor Track and Field Championships begins at 8 a.m. Friday in Landover with 1,043 entrants, a U.S. record for any indoor masters meet, organizers said.

The field at Prince George's Sports and Learning Complex includes 10 former Olympians and 30 former world champions. Masters track and field athletes must be at least 30 years old.

Link to original: http://www.washingtonpost.com/sports/2013/03/22/47558ecc-9197-11e2-9abd-e4c5c9dc5e90_story.html

The Washington Post

The Potomac Valley Track Club wins team title at the USA National Masters Track Championships

The Washington Post

March 22, 2013

The Potomac Valley Track Club won the team title at the USA National Masters Track Championships at Prince George's Sports and Learning Complex in Landover. The team earned its first national title over a field of more than 70 teams.

Bruce McBarnette, 55, of Sterling set an age-group world record with a high jump of 6 feet 2 inches. Oscar Peyton, 60, of Accokeek set a world record in the 60-meter dash with a time of 7.52 seconds. The meet drew 1,044 participants from 47 states and 14 countries.

Link to original: http://www.washingtonpost.com/sports/buffalo-bills-interested-in-redskins-fred-davis/2013/03/25/baa9e798-94b6-11e2-b6f0-a5150a247b6a_story.html



Trotto Wins Golds at Masters Meet

The Maui News

March 29, 2013

Mary Trotto of Kihei took gold medals in USA Track and Field's National Masters Indoor Championships as the lone competitor in the women's 65 division pentathlon, 3,000 meters, long jump, triple jump and shot put from Friday through Sunday in Landover, Md.

Trotto scored 1,417 points in the pentathlon, had a time of 19 minutes, 18.50 seconds in the 3,000, a long jump of 2.09 meters, a triple jump of 4.40 meters and a shot put distance of 6.23 meters.

She was second among two competitors in the pole vault (1.05 meters), tied for second among three high jumpers (0.9 meters), was third out of four in the 60 meters (12.34 seconds) and fourth out of four in the 200 (45.98 seconds).



Belding pole vault coach wins national championship in USATF Masters event

MLive.com

March 28, 2013

By Jeff Chaney

BELDING, MI – John Large came up huge at the USATF Masters Indoor Track and Field Championships last weekend.

The Belding High School pole vault coach won the 65 to 69-year-old age group in the event he coaches with a vault of 3.45 meters or 11 feet, 3 ¾ inches at the meet that was held in Landover, Md. from March 21-24. Large's age group jumped on Sunday.

“It felt great,” said the 65-year-old Large. “I didn’t jump that well, but I jumped good enough to win. I just feel real fortunate to come back strong.”

Come back strong is exactly what Large has done.

The former Greenville High School pole vaulter gave up the sport for 41 years, but returned to the pit in 2007. Things were going well until last year at Cornerstone University, where Large landed head first into the standards and suffered a dislocated shoulder.

After three months of recovery time, Large got back on the pole and won three masters meets in Wisconsin, Indiana and Michigan leading into the national meet in Maryland.

“Actually, my head came out the worse in all of that,” Large said. “But I started to jump again after three months.”

Aside from a body that recovers from injury well, Large says that one of the main reasons he is vaulting so well is because he is also sprinting in some of the meets he competes in.

“I won the 55-meter (dash) at the indoor meet in Michigan,” Large said. “The speed has really helped me out with the pole vault.”

Large says even though he knows he can land wrong at any time, just like he did at Cornerstone, he still can’t stay away from a pole vault pit, both as a competitor and coach.

“There is risk in anything you do,” Large said. “You don’t stop driving if you get into a car accident, and I know there are a lot more people getting injured in car accidents than there are in the pole vault. I’m fairly good at this, and I can still do it, so I will.”

Link to original: http://www.mlive.com/sports/grand-rapids/index.ssf/2013/03/belding_pole_vault_coach_wins.html

Sentinel-Standard.com

Serving Ionia County, Michigan

Rediscovering success: John Large savors victory on his comeback journey

Sentinel-Standard

April 28, 2013

By John Raffel

BELDING, Mich. -- At age 65, John Large has found success again with the pole vault.

Large, the Belding High School pole vault coach, won the 65- to 69-year-old age group in that event at 11-3 3/4 in the USATF Masters Indoor Track and Field Championships on March 24 in Landover, Md.

Large, who pole vaulted in Greenville, gave up the sport 41 years and came back in 2007.

He ran into a friend from high school days, Bob Banhagel from Ionia, who mentioned how much he enjoyed USA masters track competition and had actually won the pole vault in 2010. Banhagel, back in the 1960s, set the school record in the event, becoming one of the first vaulters in the state to clear 13 feet.

"He said, 'You've always worked out your whole life, you always run and lifted weights, and you don't do anything about it. Why don't you try pole vaulting?'" Large recalled

Large thought about it and decided to try it in the USATF masters division.

"I did my first meet. I thought I was in shape for it, but I really wasn't," he said. "My body wasn't ready for what I had to do."

He vaulted 9 feet at a Grand Haven meet and took first place.

"I trained and I trained and I trained. I did well the first year," he said. "I tell everybody it took me two years to get in shape, just to get in shape. I was always having injuries."

Last year at Cornerstone, he landed head first into the standards and dislocated his shoulder. He recovered after three months and then won three master meets in Wisconsin, Indiana and Michigan.

"Physically, I came back real quick," he said. "I did exactly what the doctors and therapists told me to do."

But he admits that he lost several months that he had to sit out because of injuries.

"I'm getting my confidence back now," he said.

He won the 55-meter dash in the Indiana masters and 60 meters in the Michigan championships and said the speed helps him in his vaulting.

"I do a lot of speed training," he said. "I'm enjoying it and I'm doing it really well. It's a double benefit that's going to help my jumping. If you have a bad day jumping, you can always focus your energies on something else. Somedays you're not going to jump well so you can go out and have a good day of sprinting."

Large had the Greenville record in the pole vault for about nine years.

"It wasn't very high, it was 11-10," he said. "My best jump is 12-2, and that's now. In high school, we didn't even have a track. I got all my track practice at the meet. I loved jumping in Ionia. It was the only track to have foam to land in. All the other teams in the conference, had sawdust or loam.

Basically, we landed in a mixture of dirt and sawdust."

That's why Large enjoys the modern-day landing pits and equipment he can use to go back to his pole vault days. He won the outdoor nationals. He was happy with how he was jumping, but then he sustained the shoulder injury.

"Now I'm trying to make a comeback," he said. "I was jumping way higher in practice than I had ever jumped before."

Large, a retired musician, is a volunteer coach at Belding.

"I took last year off because of my injury," he said. "This is my fifth year."

Belding coaches John Carlson and Joel Madsen contacted Large about helping out with Belding track.

"I'm doing the sprinters workouts with the track team to stay in shape, which I've never done before," Large said. "It's helping out a lot. It's a structured workout, not just me doing it on my own."

"He goes through the warm-ups with the team every day," Carlson said. "He's running the spring workouts at age 65. He worked out in our weight room all winter. He's a tireless worker."

Carlson also noted that Large has used Belding High School's new indoor track and notes that residents of the community are invited to utilize it.

Carlson has been impressed with Large's coaching skills.

"He's doing a great job," Carlson said. "He understands the mechanics of it well. He makes sure the (athletes) get the mechanics of it."

Large plans on being in the USATF Masters outdoor nationals Olathe, Kansas, in July "as long as I'm healthy. I have a bunch of meets coming up," he said.

Link to Original: <http://www.sentinel-standard.com/article/20130428/NEWS/130429476/-1/sports>

phillyBurbs.com

U.S. champ Coppens beating Father Time

PhillyBurbs.com

March 28, 2013

By Wayne Fish

When Lou Coppens is running down the neighborhood street pushing his 2-year-old grandson in his stroller, people must be thinking, what a nice man sharing time with his family.

Little do they know the 70-year-old Coppens is a national-class runner and, while he's enjoying these precious moments, his mind might wander off to places like Landover, Md., and be figuring out ways to whack the fastest "elder" speedsters in the United States.

That sort of planning resulted in not one, but two gold medals in last weekend's U.S. Track and Field Masters Indoor Championships at the aforementioned Maryland location.

On Friday, the Warminster native zipped around the track in the 3,000 meters and cruised to victory in 13:36.

A day later, he won the mile in 6:41.

Coppens said one of the reasons he won was his support group.

"I had many cheering me on," he said, "and that really helps. I feel fortunate because there were so many at this event."

It's been a brilliant 55-year career for Coppens, including many awards and great results.

The reasons are numerous for his longevity, but his passion for running might be the biggest of all.

“What keeps me going is always striving to do good,” he said. “Especially for family and friends. My wife is my best supporter.”

Coppens also is quite active in the Senior Olympics movement. He will be attending the National Senior Games meet this summer in Cleveland. He easily qualified in multiple events at the Pennsylvania Keystone Games last July.

At all the big meets, Lou is always smiling and chatting with other runners.

“The camaraderie among fellow runners is great,” Coppens said. “We all want to see each person do well.”

You don’t get to be a national champion just by running each day. It’s about a total commitment to a healthy lifestyle.

“I think clean living is also important,” he says. “I don’t smoke or drink. I go heavy on fruits and vegetables.”

There have been marathons when I’ve looked skyward and asked for assistance. Coppens does this on a more regular basis.

“I rely on God to get me through injuries,” Coppens said. “He always does.”

So when you see grandpa running down the street with that stroller, don’t be fooled. He’s actually on a 5 mile mission, and it’s not as innocent as it might appear.

Link to original: http://www.phillyburbs.com/blogs/u-s-champ-coppens-beating-father-time/article_abd8d1c8-5204-5e22-8cf5-3c1e4acced81.html



Leap of faith pays off in national title for local man

The Chronicle-Telegram

March 26, 2013

By Paul Heyse

A track athlete most of his life, 35-year-old Mike Lugar likely never experienced the range of emotions he felt at last weekend’s USA Masters Indoor Track and Field Championships in Landover, Md.

Lugar turned in a highly disappointing long jump performance Saturday night which left him kicking himself. The 1996 Amherst graduate jumped 19 feet, 10¾ inches as he struggled throughout the competition to find his steps, finishing second in the men’s 35-39 age category. The winner, Edward Wheeler, jumped 20-5.

Sixteen hours later, Lugar couldn’t have been much happier.

The Amherst track assistant cleared 1.95 meters (6-4¾) in the high jump on his third and final attempt to win the national championship for his age group at the Prince George Sports and Learning Complex.

“I really thought I was ready to go 22 feet for the long jump,” Lugar said. “I’d been over 21 feet this year and thought with my training that I could do it. I just couldn’t figure out the last couple of steps. It was very frustrating.

“I got no sleep Saturday night because I was so angry. I thought I should have done so much better. When I got to the track Sunday morning I was feeling a bit sore. I thought I’d clear 5-10 or 6-0. I’ll be done, I’ll be happy and just go home.”

A text message from training partner Amber Slavik made Lugar think twice about taking the easy road.

“She told me to forget about Saturday and show everyone who I am,” Lugar said. “The crowd was amazing. The bleachers were packed.”

Lugar cleared 1.70 meters (5-7), 1.75 meters (5-8³/₄) and 1.80 meters (5-10³/₄) on his initial attempts. He then cleared 1.85 meters (6-0¹/₂) and 1.90 meters (6-2³/₄) on his second attempts.

His first two attempts at his winning height weren’t pretty.

“The announcer had the entire place going,” Lugar said. “The adrenaline rush was something. I’ve never had a competition like this before where the adrenaline took over like this. It was neat. I don’t know how I did it. I just did a lot of things right.”

And this was after he bruised his planting foot (left) in warm-ups.

“I took a lot of jumps (11),” Lugar said of the competition. “I usually don’t like to take more than seven. I was really beat up. Just the adrenaline and the crowd, it was nuts.”

Lugar now has two national high jump championships. He cleared 1.75 meters to win the 30-34 age category at Boston in 2008.

“I cleared 6-7 a couple years back,” said Lugar, who stands 6-foot-2 and weighs 170 pounds. “Today was higher than my best mark in high school (6-4). I’m stronger and faster than I’ve ever been in my entire life. You think that as you get older you’re supposed to regress, but I’m faster and stronger than ever. I watch my diet. I lost 15 pounds over the last four months when I decided that I was committed to this meet. I lost the weight because I decided to start eating right and practicing what I preach. I was in with both feet.”

Lugar formed the Lake Erie Jumps Club in 2009. He not only helps Amherst athletes, but those from 11 Lorain and Erie county high schools.

“Our high jumpers train together,” Lugar said. “I’m doing the exact same workouts the kids are doing. It’s not me coaching them. I don’t consider myself a coach. I consider myself an athlete. I’m just doing what they’re doing.”

Lugar was a standout in track at Amherst. He was a junior national All-American (top eight) in young men’s decathlon in 1996, finishing eighth in Houston. Lugar also finished 12th at junior nationals in the decathlon in 1995.

He was a 1996 Division I state qualifier in pole vault in high school and a regional qualifier in long jump. Lugar also won the 1996 Southwestern Conference titles for pole vault (14-10) and the 110 high hurdles (15.0).

He served in the U.S. Navy for three years from 1996-99 before returning to Lorain County. Lugar served as an assistant coach for Elyria High from 2000-03 before going back to Amherst in 2004 as a volunteer assistant in pole vault. Since 2007, he's been a full-time volunteer with Amherst varsity track team.

Lugar picked up training tips for the high jump by working with Lorain native Henry Patterson for five years. A 1993 Admiral King graduate, Patterson qualified to the Olympic Trials in the high jump three times between 1996 and 2004.

Link to original: <http://chronicle.northcoastnow.com/2013/03/26/leap-of-faith-pays-off-in-national-title-for-local-man/>

NEWS-RECORD.COM

A SERVICE OF NEWS & RECORD

Carl Cook wins silver, bronze at USA Masters indoor meet

News & Record

March 31, 2013

Greensboro's Carl Cook won two medals during the weekend at the USA Masters Indoor Track & Field Championships at Landover, Md.

Cook, 65, ran the mile on Saturday in five minutes and 48.78 seconds, taking second place in the men's 65 age division in the USA Track & Field event. Cook then finished third in the 800 meters (2:38.33) on Sunday.

Cook offered Running Shorts this recap of his weekend:

"I had a great time and a couple of observations about the runners.

"First, the 70-year-olds looked too young to be 70-year-olds, the 60-year-olds looked too young to be 60-year-olds, and the 50-year-olds looked too young to be 50-year-olds. My brother, Tom, who cheered me on in this event and I both noticed that and wondered if it's because running really keeps you young. That's what I would like to believe anyway. Continue Reading

"Secondly, I started running seriously again about age 61, and at 62 I got injured and thought I would not be able to do it anymore. But good doctors, good physical therapy and hard work got me back running, and I've gotten faster every year since then. Who says you can't get faster when you get older?

"So, back to Landover. On Saturday I ran the mile. In the first lane was the American 1,500 meters record-holder from the Southern California track team, Gary Patton. I was in the second lane and so very nervous. I jumped out to an early lead and took the inside lane.

"The announcer said, 'Dixon Cook takes a surprise early lead.' I kept the lead for seven laps, but in the last lap Gary Patton quickly passed me about halfway around. I tried to keep up with him but couldn't. I finished second, two seconds behind him, and got the silver metal. I ran the mile in 5:48 and scored six points for the Piedmont Pacers. I talked to the third-place person after the event and he told me, 'You came out of nowhere; no one was expecting you.'

"In the 800 meters, Gary Patton was in Lane 1 and I was in Lane 5. All of our times were pretty similar, so I was expecting a crush in the first turn. I started out well and after the turn Gary was first and I was third. In the second lap I was passed by the runner who finished third in the mile the day before. I remember thinking, 'I am

NOT going to finish fourth.' I started closing the gap and with about a half lap to go, we were in a close pack of four runners and I didn't know what to do about it. Then Gary took off, and the second runner took off behind him, and I fell in behind the third runner. Starting the last turn, it felt like the pace was slowing down, so I passed the runner in front of me on the curve and coming out of the curve I sprinted to the finish line. I finished third in 2:38.

"So, I got a silver medal, a bronze medal, and 10 points for the Piedmont Pacers.

"In our age group, at least, all of us were very friendly and supportive of each other before each race and wished each other luck. During the race, we were fighting hard and doing our best to beat each other. After the race we were very friendly and supportive of each other again. This is what track and field events should be like.

"I'm very happy with the way things turned out and very glad I went. It was a spectacular facility, and the people were very helpful and well-trained."

Link to original: <http://www.news-record.com/blogs/963965-87/carl-cook-wins-silver-bronze>

LosGatosPatch

Los Gatos Olympian Sets World Record at Track And Field Masters Nationals

Los Gatos Patch

March 22, 2013

By Sheila Sanchez

Who says seniors aren't strong?

Los Gatos resident Edward A. Burke, 73, this morning capped an athletics career spanning six decades and three Olympic Games separated by 20 years, by setting an American record in the men's 70-74-year-old 35 pound, "superweight" throw to open the 2013 USA Masters Indoor Track & Field Championships at Prince George's Sports & Learning Complex in Landover, MD.

The meet continues through Sunday with 10 Olympians and 30 world champions among 1,044 entrants, a record for any U.S. indoor masters track meet.

Upon making the USA Olympic team in 1984 at age 44 and competing in the hammer throw, Burke was selected to be the USA team flag bearer at the games in Los Angeles, championship officials said in a press release.

Burke was the first ever U.S. Olympian to participate in Olympic Games 20 years apart, after finishing seventh place in the 1964 games in Tokyo, according to the release.

He also won the 1968 USA Olympic Trials hammer throw while nursing a shoulder injury and then represented the USA finishing 12th place in the Mexico City Games, the release stated.

Burke's throw of the 35-pound weight was 37 feet, 11½ inches (11.57 meters), eclipsing the previous world indoor record of 34 feet, 9 inches (10.61 meters) set in 2006 by Robert Ward in Boston, Massachusetts, said meet officials.

Earlier Friday morning, Burke just missed the world record in the 16-pound weight throw.

Last summer, Burke smashed the world record in the outdoor 16-pound weight throw.

Also setting world records during the first morning of competition were Orville Rogers, 95, of Dallas, TX with a time of 2:24 in the 400 meters and Anthony Palazzo, 85 of Providence, Rhode Island with an American record and world best in the 25-pound superweight throw with 20 feet 1¾ inches.

The championship has attracted a record number of 1,044 masters athletes ages 30-95 from 47 states and 14 countries and continues through Sunday afternoon at Prince George's Sports & Learning Complex, the release said.

Link to original: <http://losgatos.patch.com/articles/los-gatos-olympian-gets-world-ecord-at-masters-nationals>



2013 USA Masters Indoor Track & Field Championships

March 22-24, 2013

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

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

FOR RELEASE: March 8, 2013

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

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

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

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

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

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

LOCAL STARS

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

Other local stars entered include:

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

OLYMPIANS COMING TO THE MEET INCLUDE:

- **Edward A Burke, Los Gatos, CA The 1984 US OLYMPIC FLAGBEARER** is entered in in the weight throw (16 lbs) and superweight (35 lbs). He smashed the WR in the weight throw last summer and is aiming for the WR for the WR in the Indoor at the meet.
- **Rob Muzzio** of Clifton, VA, 5th in the decathlon in the 1992 Barcelona Olympics, now 45 and coach at his old high school, Robinson in Fairfax, VA, is competing in the M45 shot put and pole vault as a member of the Potomac Valley Track Club. (Also in “Local Stars” above)
- **Chris Williams** of Colton, California, competed for Jamaica in the 2000, 2004, and 2008 Olympics, winning a **bronze medal in 2000** in the 4 x 400. As a 40-year-old last year at the US masters nationals in Lisle, Illinois, Chris ran unthinkable times of 10.48 in the 100 (against a slight headwind) and 21.00 in the 200 (the latter would win many collegiate races today). Chris is entered in the 60 and 200 at Landover.
- **Chris Faulknor** of Los Angeles, California, ran in the 1988 Olympics for Jamaica in the 4 x 100 relay. Chris, who competed for Abilene Christian University in Texas, is entered in all three sprints at Landover (60, 200, and 400) in the M50 division.
- **Karl Smith** of Alexandria, Virginia, is entered in the 60, 200, and 60 hurdles at Landover (M50 group). A standout at the University of Texas as a collegian, Karl represented Jamaica in the 1984 Olympics in the 400 hurdles and the 4 x 400 relay.
- **Elliott Denman** of West Long Branch, New Jersey, represented the US in the Melbourne Olympics (1956) in the 50,000-meter racewalk. A graduate of New York University, he is a nationally known sports journalist who will compete at Landover in the 3000 racewalk and the weight throw (M75 division).
- **Jim Barrineau** of Burke, Virginia, was a collegiate star at the University of Georgia in Athens. In the Montreal Olympics (1976), Jim was one of three high jumpers (Dwight Stones was another) to represent the US. Jim, who has won countless national masters titles, will compete in M55 in Landover.
- **Ann Marie Flynn** of Westport, Connecticut, will be competing in the shot put, weight throw, and superweight at Landover (W75 division). Ann Marie represented the US in the 1956 Melbourne Olympics in the high jump.
- **Bibiana Martina Olama Mangué** of Arlington, Virginia, represented **Equatorial Guinea** in the 2012 London Olympics, racing LoLo Jones and Phylcia George in the 100m hurdles

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Charts by Mary Trotto, Chair, Masters Awards Committee:

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

Lisa Ryan	W40	60, mile, 3000m, SH, LJ, TJ, SP, WT, SWT
1AR Monica Kendall	W55	SP, WT
1AR Jennifer Stephens	W40	WT, SWT

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

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

Hometown of Athletes listed above:

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

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

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

FOR IMMEDIATE RELEASE: March 22, 2013

CONTACTS: Bob Weiner, USA Track & Field National Masters Media Chair 202-306-1200,
weinerpublic@comcast.net; Eric Braschwitz, member, National Masters Media Committee 919-349-0694

**USA 1984 Olympic Flagbearer and 3-Time Olympian (1964, 1968 and 1984) Ed Burke Sets Record to
Open USA Masters Indoor Track & Field Championships at Prince George's Sports & Learning
Complex in Landover, Maryland; Meet Continues Through Sunday with Ten Olympians, 30 World
Champions Among Record 1044 Entrants**

LANDOVER, Md.-- Edward A. Burke , 73, Los Gatos, CA, this morning capped an athletics career spanning 6 decades and 3 Olympic Games separated by 20 years, by setting an American record in the Men's 70-74 year

old 35 pound ("Superweight") Throw to open the 2013 USA Masters Indoor Track & Field Championships at Prince George's Sports & Learning Complex in Landover, MD. The meet continues through Sunday with ten Olympians and 30 World Champions among 1044 entrants, a record for any U.S. indoor masters track meet.

PHOTO

1984 Olympic Flagbearer, 3X Olympian, Ed Burke , Los Gatos, CA sets M70 Superweight world record in Landover, MD at USA Masters Track & Field Championships; Photo by Bob Pates , USATF – Link to Photo <[PHOTO: www.weinerpublic.com/20130322.jpg](http://www.weinerpublic.com/20130322.jpg) >

Upon making the USA Olympic team in 1984 at age 44 and competing in the Hammer Throw, Ed Burke was selected to be the USA team flagbearer at the games in Los Angeles. Burke was the first ever U.S. Olympian to participate in Olympic Games 20 years apart, after finishing 7th place in the 1964 games in Tokyo. He also won the 1968 USA Olympic Trials Hammer Throw while nursing a shoulder injury and then represented the USA finishing 12th place in the Mexico City Games.

Burke's throw of the 35 pound weight was 37 feet, 11 1/2 inches (11.57 meters), eclipsing the previous world indoor record of 34 feet, 9 inches (10.61 meters) set in 2006 by Robert Ward in Boston, Massachusetts. Earlier in the morning, Burke just missed the world record in the 16 pound Weight Throw. Last summer, Burke smashed the world record in the outdoor 16 pound Weight Throw.

Also setting world records during the first morning of competition were Orville Rogers , 95, of Dallas, Texas with a time of 2:24 in the 400 meters and Anthony Palazzo , 85 of Providence, Rhode Island with an American record and world best in the 25 pound Superweight Throw with 20 feet 1 3/4 inches.

The 2013 USA Masters Indoor Track & Field Championships has attracted a record number of 1,044 masters athletes ages 30-95 from 47 states and 14 countries and continues through Sunday afternoon at Prince George's Sports & Learning Complex. Events go from 8AM-6PM Friday and Saturday and 8AM-2PM Sunday.

Spectators are welcome and are free.

CONTACTS: Bob Weiner , USA Track & Field National Masters Media Chair 202-306-1200, 202-329-1700, weinerpublic@comcast.net; Eric Braschwitz , member, National Masters Media Committee 919-349-0694.

SOURCE Robert Weiner Associates and USATF National Masters Media Committee

FOR IMMEDIATE RELEASE: March 23, 2013

CONTACTS: Bob Weiner, USA Track & Field National Masters Media Chair 202-306-1200, weinerpublic@comcast.net; Eric Braschwitz, member, National Masters Media Committee 919-349-0694

WORLD RECORDS CONTINUE AT PGS LC ON SATURDAY, LED BY OSCAR PEYTON, 60 METER DASH & BRUCE McBARNETTE, HIGH JUMP

LANDOVER, Md., March 23, 2013 – Oscar Peyton, 60, of Accokeek, Maryland, broke the World Record Saturday morning for the 60 Meter Dash with a time of 7.52 seconds at the Prince George's Sports & Learning Complex. During the afternoon session, Bruce McBarnette, 55, Sterling, Virginia, set a new High Jump indoor world record of 6' 2" (1.88 meters). In addition to Peyton's historic run, the 2013 USA Masters Indoor Track & Field Championships has seen 15 world and American records during the meet including the following today and late yesterday:

- Masters Track and Field Treasurer and world masters official Carroll DeWeese called it the "fastest oldest race ever" with three records in the M95, 90, and 85 all at once: The men's 3,000 Meter race for

those 70 and over saw 3 records in the same heat with Hugh Campbell, 88, Wilmington, Delaware finishing in 15:48.61 (world record), Roy Englert, 90, Springfield, Virginia with a 20:02.36 (American record) and Orville Rogers, 95, Dallas, Texas in 30:19.33 (world record).

- Rogers also set world records in the Mile Run - 14:39.91, 400 Meters – 2:24.51 and 60 Meter Dash – 14.82 seconds.
- Charles Allie, 65, Pittsburgh, Pennsylvania set an American record in the 400 Meters on Friday afternoon with a time of 58.81 seconds and on Saturday morning with 7.90 seconds in the 60 Meter Dash.
- Babatunde Ridley, 35, Marina, California, set 2 American records about an hour apart in the 60 Meter Dash with 6.89 seconds in his qualifying heat and then improving to 6.86 in the final.
- Philip Brusca, 85, Maryland Heights, Missouri, broke the American record in the 3KG Shot Put with a toss of 32 feet, 2 ½ inches (9.82 meters).

In addition, three women's and two men's relay teams set American records.

The 2013 USA Masters Indoor Track & Field Championships has attracted a record number of 1,044 masters athletes ages 30-95 from 47 states and 14 countries and continues through Sunday afternoon at Prince George's Sports & Learning Complex. Events go 8AM-2PM Sunday.

Spectators are welcome and are free.

CONTACTS: Bob Weiner, USA Track & Field National Masters Media Chair 202-306-1200, 202-329-1700, weinerpublic@comcast.net; Eric Braschwitz, member, National Masters Media Committee 919-349-0694.

FOR IMMEDIATE RELEASE: March 24, 2013

CONTACTS: Bob Weiner, USA Track & Field National Masters Media Chair 202-306-1200, weinerpublic@comcast.net; Eric Braschwitz, member, National Masters Media Committee 919-349-0694

MASTERS WRAP UP USA INDOOR TRACK & FIELD CHAMPIONSHIPS AT PGSLC WITH WORLD AND AMERICAN RECORDS

LANDOVER, Md., March 24, 2013 – On the final day of competition, masters athletes set more than 10 world and American records at the Prince George's Sports & Learning Complex. Over the three day event, the 2013 USA Masters Indoor Track & Field Championships has seen more than 25 world and American records including the following today and late yesterday:

- Charles Allie, 65, Pittsburgh, Pennsylvania, set a world record in the 200 Meters Sunday afternoon with a time of 25.41 seconds.
- Orville Rogers, 95, Dallas, Texas, continued his assault on world marks for men 95-99 with his 5th and 6th world records during the meet, running 6:53.84 for 800 Meters and 57.88 seconds for 200 Meters. Since his opening day's 3000 meter mark of 30:19.33, Rogers also set world records in the Mile Run - 14:39.91, 400 Meters – 2:24.51 and 60 Meter Dash – 14.82 seconds.
- Gary Hunter, 57, Fort Wayne, Indiana, set an American record in the Pole Vault, clearing 14 feet 1 ¾ inches (4.31 meters).

- Two American records were set in the Women's 800 Meter Run. Barbara Broad, 62, Pepper Pike, Ohio, established an American record with a time of 2:41.61 and Lorraine Jasper, 51, Birchrunville, Pennsylvania likewise set a record for the 50-54 age group with 2:26.09.
- Gloria Krug, 81, New Oxford, Pennsylvania, broke two American records Sunday morning, first in the 16 pound Superweight Throw with a toss of 18 feet, 8 3/8 inches (5.70 meters) and then in the 8.8 pound (4KG) Weight Throw with a heave of 22 feet 6 7/8 inches (6.88 meters).
- On Friday afternoon, an American record was set in the Women's Pentathlon by Erika Pierce, 41, Charlottesville, Virginia with a total score of 3241 points.

In addition, women's and men's relay teams kept the crowds yelling throughout the afternoon to close out the meet.

The 2013 USA Masters Indoor Track & Field Championships attracted an all-time American indoor record number of 1,044 masters athletes ages 30-95 from 47 states and 14 countries at the Prince George's Sports & Learning Complex. The Potomac Valley Track Club won the team title among 70 clubs from around the nation. In addition to today's developments, meet highlights included:

- Bruce McBarnette's Babe-Ruth homer prediction-like announcement before the meet that he would get a world record 6'2" M55 high jump and then electrifying the crowd when he cleared it.
- 3-Time Olympian and 1984 Flagbearer Ed Burke, 73, Los Gatos, CA opened the meet at 8AM Friday with network television news cameras covering by setting an American record in the 35 pound ("Superweight") throw of 37 feet, 11 1/2 inches (11.57 meters).
- The 85, 90, and 95 age group men in the same 3000 meter heat all set records—two world and an American; Masters Track & Field Meet records coordinator Carroll DeWeese called it "the fastest oldest race ever."
- Oscar Peyton of Accokeek, MD, 60, wowed the crowd with a dominant win and new world record of 7.52 in the M60 60 Meter dash.
- Masters Track & Field is also a story of healing and recovery: Sullivan Award two-time finalist Phil Raschker, 66 of Marietta GA, won the pole vault despite injury and said she came to the meet to demonstrate support for the MTF mission. She is recuperating for upcoming world and national championships. Another all-time great, Bill Collins of Houston, TX, 62, continues his recovery from Guillain-Barre syndrome yet still won the M60-64 400 Meter dash with a time of 58.13 seconds.

CONTACTS: Bob Weiner, USA Track & Field National Masters Media Chair 202-306-1200, 202-329-1700, weinerpublic@comcast.net; Eric Braschwitz, member, National Masters Media Committee 919-349-0694.