

SPOKANE USA MASTERS CHAMPIONSHIPS MEDIA

USA MASTERS TRACK & FIELD CHAMPIONSHIPS 8/7-10/08

I. TV

USA MASTERS TRACK & FIELD - SPOKANE WASHINGTON



1. AUG 7 2008 11:00PM PT **11pm News** **Nielsen Audience: 22,439** **Calculated Ad Equivalency: \$900**
KHQ-NBC, SPOKANE, WA **Calculated Publicity Value: \$2,700**
30-Second Ad Equivalency: \$450

[**11:26:30 PM**] **Preview Clip**, here in Spokane, the US **Masters Track and Field** Championships got underway today at Spokane Falls, the event will run through the weekend, featuring athletes from 30, to over 90, US **Track and Field** president says Spokane is the perfect spot for events like these.



2. AUG 7 2008 6:00PM PT **6pm News** **Nielsen Audience: 42,430** **Calculated Ad Equivalency: \$1,000**
KHQ-NBC, SPOKANE, WA **Calculated Publicity Value: \$3,000**
30-Second Ad Equivalency: \$500

[**05:59:18 PM**] **Preview Clip** first, more than a thousand athletes descend on Spokane for the **usa track and field** "masters" championships, with their dollars going right into the pockets of local merchants and hotels. Good evening, I'm Dan kleckner, I'm dana haynes, in for steph, khq local news reporter Tom durian is live with the details on just how much is pumped into the local economy. The Spokane regional sports commission considers it a good thing when one of their events ends up here in the news portion of our broadcast rather than in sports, that's because their goal is to bring events to the area that also bring in dollars to the economy. ... [**06:00:27 PM**] **Preview Clip** Since the 1950's Eric Sawyer and others from the **Spokane regional sports commission** have made it their work to bring events like the National **track and field** championships to the inland Northwest. For local businesses, especially hotels and restaurants, the three thousand people from this event bring in an estimated 1.6 million dollars, you meet up with each other.



3. AUG 7 2008 6:00PM PT **6pm News** **Nielsen Audience: 42,430** **Calculated Ad Equivalency: \$1,000**
KHQ-NBC, SPOKANE, WA **Calculated Publicity Value: \$3,000**
30-Second Ad Equivalency: \$500

[**06:21:04 PM**] **Preview Clip** here in Spokane, the US **Masters Track and Field** Championships got underway today at Spokane Falls, the event will run through the weekend, featuring athletes from 30, to over 90, US **Track and Field** president says Spokane is the perfect spot for events like these.



4. AUG 7 2008 6:00AM PT **Morning News** **Nielsen Audience: 30,815** **Calculated Ad Equivalency: \$1,900**
KHQ-NBC, SPOKANE, WA **Run Time: 3:48** **Calculated Publicity Value: \$5,700**
30-Second Ad Equivalency: \$250

[**06:36:58 AM**] **Preview Clip** at 7:30 the **usa track and field** National masters championships will kick off at **Spokane falls community college**, the event runs through Sunday featuring six olympians and 44 current world champions along with nearly a thousand other athletes, it's the 40th anniversary of the usa masters National championships. Our Olympics coverage continues, with just a day until the official start of the 2008 summer games the United States has announced who will lead their contingent into the opening ceremonies, Lopez lomong escaped his home country of sudan in 2001 fleeing from the horrible Civil War there, now he'll represent his adopted country by carrying the American flag at the ceremony after becoming a us citizen just 13 months ago. The us Olympic baseball team is in Beijing arriving at beijing's International Airport wading through the crowd on their way to the Olympic village, they have high hopes of bringing home a medal in the 2008 games with a roster filled with talented young players, the baseball competition begins on Wednesday of next week. ... [**06:39:45 AM**] **Preview Clip**



5. AUG 7 2008 11:00PM PT **11pm News** **Nielsen Audience: 20,117** **Calculated Ad Equivalency: \$640**
KREM-CBS, SPOKANE, WA **Calculated Publicity Value: \$1,920**
30-Second Ad Equivalency: \$320

[**11:25:06 PM**] **Preview Clip** &ceremonies for the Olympic games are tomorrow in Beijing, there are three former cougars competing for team usa one burst onto the international scene much earlier than expected, Tom Hudson has the story, &the TV not the &only place to find top notch **track and field** athletes this weekend you can go to **Spokane falls community college**, the **usa masters track and field** championships kicked off today and run through Sunday, there are

six former olympians competing and 41 current world champions, for event times log onto krem



6. AUG 7 2008 6:00PM PT 6pm News Nielsen Audience: 28,539 Calculated Ad Equivalency: \$840
KREM-CBS, SPOKANE, WA Calculated Publicity Value: \$2,520

30-Second Ad Equivalency: \$420

[**06:22:55 PM**] **Preview Clip** The Indians game gets underway in just a few minutes, at six thirty. &the Indians gave away 10-thousand dollars earlier this year didn't they? &the opening ceremonies for the Olympic games are tomorrow in Beijing, there are three former cougars competing for team usa one burst onto the international scene much earlier than expected, Tom Hudson has the story, &if your looking for top notch **track and field** action don't scan any further than **Spokane falls community college**, the **usa masters track and field** championships kicked off today and run through Sunday, there are six former olympians competing and 41 current world champions, for event times log onto krem. Com, &the Spokane chiefs found their new head coach, in all likelihood it's chiefs assistant hardy sauter he was named the number-1 candidate the minute the job came open, if it's not him it'll be a huge surprise, they'll make the official announcement tomorrow afternoon, &there was some bad blood last night between the Indians and the canadians, vancouver's pitcher Hector Garcia threw two pitches behind spokane's Matt west and plunked him with the third, both



7. AUG 7 2008 11:00PM PT 11pm News Nielsen Audience: 15,275 Calculated Ad Equivalency: \$300
KXLY-ABC, SPOKANE, WA Calculated Publicity Value: \$900

30-Second Ad Equivalency: \$150

[**11:05:08 PM**] **Preview Clip** Time now for first sports at 11ben kaplan is in for Dennis patchin tonight, and there are some pretty impressive athletes hanging around Spokane through the weekend. You never know, you could be driving down the street and a National or world champion might be in the car right next to you. It's the **usa track and field** National masters championships starting today at **Spokane falls community college**. Six former olympians and 41 current world champions are among the 1-thousand competitors ages 30 to 95. The event lasts four days, and no matter how old you are, winning a National championship always feels good.



8. AUG 7 2008 6:00PM PT 6pm News Nielsen Audience: 27,288 Calculated Ad Equivalency: \$450
KXLY-ABC, SPOKANE, WA Calculated Publicity Value: \$1,350

30-Second Ad Equivalency: \$225

[**06:22:53 PM**] **Preview Clip** First game of the four game set starts just after 7. Listen in on kxly 9-20 and the mighty 10-80 kvni. The Olympics start tomorrow, but some of the best **track and field** athletes across the country are competing in Spokane starting today. It's the **usa track and field** National masters championships. Six former olympians and 41 current world champions are among the 1-thousand competitors ages 30 to 95. The four day event takes place at **Spokane falls community college**. And no matter how old you are, winning a National championship always feels good.



9. AUG 7 2008 5:00PM PT 5pm News Nielsen Audience: 24,334 Calculated Ad Equivalency: \$400
KXLY-ABC, SPOKANE, WA Calculated Publicity Value: \$1,200

30-Second Ad Equivalency: \$200

[**05:02:33 PM**] **Preview Clip** The sun bared down today on some of the best and oldest athletes in the country who competed in Spokane today. More than one thousand runners, jumpers and throwers are sweating at **Spokane falls community college** for the us National **masters track and field** championships. Kxly 4's erik loney talks to the althetes about beating the heat and each other. Erik loney/kxly4 six former olympians and 46 current world champions are among the 1000 athletes competing in Spokane this weekend in 90 degree heat, but they say the only number that matters to them is how fast they run or how high they jump. ... **Preview Clip** Nats announcergruntthud landing in the world of **track and field**, these athletes prove you're only as old as you feel, nolan shaheed2440 I feel the same as I did when I was 27 nolan shaheed is 59 and won two masters world championships last year.



10. AUG 7 2008 5:00PM PT 5pm News Nielsen Audience: 24,334 Calculated Ad Equivalency: \$1,087
KXLY-ABC, SPOKANE, WA Run Time: 2:43 Calculated Publicity Value: \$3,261

30-Second Ad Equivalency: \$200

[**05:05:24 PM**] **Preview Clip** Sal allah/ 29:15 I can feel my self slowing but that's okay because I'm still slowing down slower than everyone else. Nats down the stretch they come in track as in life, you can't stop getting older, but you can choose to stay in the fast lane. Erik loney the masters National **track and field** meet continues here at **Spokane falls** through the weekend until Sunday. Erik loney kxly4 hd news. More than 3-thousand troops with the 81st brigade of the Washington National Guard are getting a break from the heat.



11. AUG 9 2008 10:00PM PT 10pm News

Nielsen Audience: 5,877 Calculated Ad Equivalency: \$150

KAYU-FOX, SPOKANE, WA

Calculated Publicity Value: \$450

30-Second Ad Equivalency: \$75

[**10:02:27 PM**] **Preview Clip** But some former olympians competing here in Spokane. Fox reporter paola chertzad introduces us to a three time olympian. At 68 years young **Ed burke** is competing here at the **masters track and field** championships at **Spokane falls**, a man who carried the us flag in opening ceremonies of the 1984 Olympics. Summer of 1984, the youtube video, little blurry, a packed Los Angeles memorial coliseum goes wild as 44 year old hammer thrower **Ed burke** proudly leads the us Olympic team, Peter jennings, carrying the flag will be **Ed burke** and when this tones down a bit it's a story worth telling, it may not tone down it's deffening in the the 1964 Olympics, and has 3 13:48:58;01 when you walk in give you 13:49:08;17 burke took 20th that year, 84 would be his last, after taking 7th place in 64 and 10th in 6 13:53:23;



12. AUG 9 2008 10:00PM PT 10pm News

Nielsen Audience: 5,877 Calculated Ad Equivalency: \$150

KAYU-FOX, SPOKANE, WA

Calculated Publicity Value: \$450

30-Second Ad Equivalency: \$75

[**10:04:43 PM**] **Preview Clip** More information, the masters tournament is bringing in big money to the Spokane economy. More than one-thousand athletes and family members will be in town for the tournament, pumping in about one-point-three million dollars to the economy. Former olympian **bud held** lives in California and is another one of the competitors here in town for the tournament. **Bud held** 14:03:32;06 masters are kinda fun, really good 14:03:50;13 has hosted the masters, and the Spokane regional sports back in the future.



13. AUG 9 2008 6:00PM PT 6pm News

Nielsen Audience: 16,839 Calculated Ad Equivalency: \$450

KHQ-NBC, SPOKANE, WA

Calculated Publicity Value: \$1,350

30-Second Ad Equivalency: \$225

[**05:59:54 PM**] **Preview Clip** 02 and while competition is underway in Beijing, former olympians compete right now in Spokane, tonight, where you can catch them in action, and one athlete's story. Khq local news at six starts right now, good evening and thanks for joining us, I'm Ana Cabrera a lot of you have been watching coverage of the 2008 summer games underway in Beijing, China, and for most athletes, just making it to the games is a dream come true, khq local news reporter paola chertzad introduces us to a three time olympian who's now competing right here in Spokane. At 68 years young **Ed burke** is competing here at the **masters track and field** championships at **Spokane falls**, a man who carried the us flag in opening ceremonies of the 1984 Olympics. Summer of 1984, the youtube video, a little blurry, a packed Los Angeles memorial coliseum goes wild as 44 year old hammer thrower **Ed burke** proudly leads the us Olympic team, Peter jennings, carrying the flag will be **Ed burke** and when this tones down a bit it's a story worth telling, it may not tone down it's deffening in the stadium, this man competed in the 1964 Olympics, and has made the team again this time 3 13:48:58;01 when you walk in the stadium, gift anyone could give you 13:49:08;17 burke took 20th that year, 84 would be his last, after taking 7th place in 64 and 10th in 68, all with his wife shirley as his coach. ... [**06:02:10 PM**] **Preview Clip** 18 and you can catch all the rest of action here at **Spokane falls**, until tomorrow afternoon, it all gets started at 7:30 am. Pc khq local news. The masters tournament is bringing in big money to the Spokane economy. The **Spokane regional sports commission** has been preparing for this tournament for about two years now, they say with more than one-thousand athletes and families coming in from across the world, we'll see about one-point-three million dollars pumped into the Spokane economy. 1 13:33:22;13 about 7500, it's a big deal 13:33:30;



14. AUG 9 2008 9:00AM PT Sat AM News

Nielsen Audience: 17,720 Calculated Ad Equivalency: \$400

KHQ-NBC, SPOKANE, WA

Calculated Publicity Value: \$1,200

30-Second Ad Equivalency: \$200

[**09:33:29 AM**] **Preview Clip** We will have khq local news at 6 o'clock, then, the eleven o'clock news will be pushed to midnight. On a sports note, we will not televise the shock game tonight, but there are still tickets available if you want to watch it live. Right here in Spokane we have some unique Olympic ties of our own this weekend, half a dozen former olympians are competing today in the **masters track and field** championships, paola chertzad joins us now with one of them.



15. AUG 9 2008 9:00AM PT Sat AM News

Nielsen Audience: 17,720 Calculated Ad Equivalency: \$400

KHQ-NBC, SPOKANE, WA

Calculated Publicity Value: \$1,200

30-Second Ad Equivalency: \$200

[**09:51:18 AM**] **Preview Clip** Coming up after the break, we're checking in with paola chertzad at the **track and field** championships one last time, we're about to leave you for more Olympic coverage, but this we're about to leave you for more Olympic coverage, but this morning paola chertzad has been following some sports news of our own here in Spokane,

she joins us with an athlete competing in multiple events today toss Ana for parrot avian rescue, they have an event this weekend



16. AUG 10 2008 6:00PM PT 6pm News

Nielsen Audience: 27,702 Calculated Ad Equivalency: \$1,527

KHQ-NBC, SPOKANE, WA

Run Time: 3:49 Calculated Publicity Value: \$4,581

30-Second Ad Equivalency: \$200

[**06:25:00 PM**] **Preview Clip** Several former olympians wrapped up competition at **Spokane falls** this afternoon, in the usa masters outdoor **track and field** championships. Nearly one thousand athletes, ranging from their 30's, up to 90 years old, competed in the event, which organizers say was a success. "Of masters nationals.

Report 2008/08/11 15:33:43.051
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Total Story
Count: 16

II. PRINT AND MISC



Thursday, August 7, 8:20-8:30AM
LIVE RADIO INTERVIEW by host Larry Weir with Kathy Martin following her winning opening event, meet director Marla Emde, and Bob.

THE SPOKESMAN-REVIEW

POINT OF HONOR

Javelin man: Lorenzen looks to master old hobby

John Blanchette
August 7, 2008

Like all the athletes bound for Spokane and the track meet for the ages – or is that aged? – this week, Gene Lorenzen inquired about the weather. No surprise. When you'll have 70- and 80-year-olds circling the track at Spokane Falls Community College upward of 25 times, the thermometer is likely to be of as much importance as the stopwatch. And yet Lorenzen was not displeased that the forecast calls for hot.

"Hot is great," he laughed. "I only have to run 60 feet."

And then rock back and fire as he did 30-odd years ago, when his javelin throwing at East Valley High School put him atop the national high school list and put him through college at Washington State.

Welcome to the 2008 USA Masters Track and Field Championships, which is sort of a "Jeopardy" answer in search of a question – Then-and-Now for 1,000, Alex.



Gene Lorenzen rediscovered the javelin many years after his successful days at East Valley High and Washington State University. (Dan Pelle/The Spokesman-Review)

That's how many competitors are expected for the 40th national masters beginning today, open to athletes age 35 to 100-plus in five-year increments. That means you'll see an Olympian from 56 years ago like one-time javelin world record holder Bud Held, as well as someone like Spokane's Ryan Weidman – who competed in this year's Olympic Trials.

Hammer thrower Ed Burke was in three Olympics – and carried the United States flag in 1984. Richard Cochran won a bronze medal in the discus in 1960. Sprinter Lorna Forde represented Barbados in two Games. And there are scads of remarkable athletes who never had the Olympic experience but are setting world records in their AARP years.

And then there are those like Gene Lorenzen who are serious, too – but not too serious.

He has been out of the masters mix for several years, but discovered upon taking it up again that being in a new age group – 50-54 – made him eligible to throw a smaller, lighter javelin.

"It's 700 grams instead of 800," he said. "But I've been wrestling with the technique. The other day, I threw 188 feet – and I also threw the regular javelin 188 feet. This one should go farther. Plus, I've got a slice.

"I have a slice in my golf swing and a slice in my javelin."

He's hoping the adrenaline boost of competing again in Spokane will push him beyond 200 feet again – the 4-minute mile for javelin throwers, and the grail that kept him going during his first fling with masters track.

"It was 1993 – I hadn't picked up a javelin in 10 years," recalled Lorenzen. "But I have a friend, Tyrone Nelson, who told me that the national meet that year was going to

Events through Sunday

The USA Masters Track and Field Championships run today through Sunday at Spokane Falls, beginning at 7:30 a.m. each day except Friday when events begin at 8.

be in Spokane. I didn't do much training, but I'd been working construction so I was pretty strong. ... My first throw, they called it flat, but it would have been a world record for the age group. My second throw went 227 feet, which was a U.S. record at the time."

He competed in a couple of more nationals before putting the javelin aside again, interrupted by real life.

After setting a school record (259-7) and twice becoming an All-American at WSU, Lorenzen moved to Dixon, Calif., just outside Sacramento, where his sister lived, with the intention of training to take a shot at the 1980 Olympic team – though, of course, there turned out not to be such a thing. Soon married and with a daughter, Ronika, Lorenzen worked at various jobs – truck driving, sales – before forming his own construction company, remodeling homes during the housing boom.

And then he became a restaurateur – in Mexico.

"You'd have to know me, I guess," he said. "I got married again about five years ago to this gal – we're not together anymore, but we're still friends. I'm an adventurous guy and she's just like me and we were both kind of burned out and this is what we hit on. So we pulled a Beverly Hillbillies – loaded up the truck and moved to Mexico."

Puerto Vallarta, that is, where they purchased Miguelito's about three blocks from the beach. Lorenzen enjoyed the slower pace of life and touring on his Harley, but after several years the economy lagged and tourism suffered. Lorenzen recently returned to Dixon and hooked on as a salesman with Insulfoam, a Styrofoam manufacturer.

And picked up the javelin again.

He remembers doing that for the first time in the 10th grade, when his English teacher at West Valley, Jim McLachlan, put one in Lorenzen's hand and watched him throw it 175 feet – when the school record was 172. Later, after transferring to EV, Lorenzen strung together five straight meets his senior year when he threw beyond 230 feet, topped by a nation-leading 236-5.

Now he may never put it down again.

"I think the world record for 100-year-olds is like 7 feet," he joked. "Now, the javelin itself is 8 feet. So that's going to be me, baby. I'm going to try to get out there 9 feet. I want to clear the end line."

Link to original: http://www.spokesmanreview.com/tools/story_pf.asp?ID=255847

THE SPOKESMAN-REVIEW

A notable life story

Shaheed leaves imprint in music, track

John Blanchette

August 9, 2008



Nolan Shaheed of Pasadena, Calif., not only breaks records on the track, he's laid down some with many legends in the music industry. (Brian Plonka The Spokesman-Review)

When he's running through the streets of his hometown of Pasadena, it's not entirely clear whether it's the music in his head moving Nolan Shaheed along or the movement that's bringing out the music. He only knows this: About two miles into a 12-miler, a musical thought blossoms. Somewhere between four and six miles, the notes begin arranging

themselves.

"And by the time I get home," he said, "I'll have the whole thing orchestrated in my head. I just have to write it down. That's why I never run with a Walkman. You don't even realize how fast you're going because you've got all this great music in your head."

This is not the only way that distance running has furthered the musical life of Nolan Shaheed, who has been around the world more than a few times thanks to both his trumpet and his training shoes – the latter bringing him to Spokane this weekend for the USA Masters Track and Field Championships at Spokane Falls.

It's the closest thing to Beijing this year for the 30-to-90-something track set, and go ahead and make jokes about drug testing for Geritol if you must. But there are some remarkable physical feats occurring out there relative to age, and what may be lost with the passing years in horsepower is made up in life stories fully formed.

Which in Shaheed's case can be boiled down to this:

He makes records and breaks records.

Now 59, Shaheed holds five world and 10 American records indoors and out in the 50-54 and 55-59 age groups, from 800 meters through 3,000.

He ran a 4:25 mile at age 52, and 1:58.65 for 800 two years earlier. He won the 55-59 title in the 5,000 here on Thursday – though his notion of picking up the AR in that wilted after eight laps in the heat. The 800 and 1,500 await over the next two days.

But the rhythms that push him around the track are wildly different than those which have driven a musical career that began with a stint in Duke Ellington's orchestra, included long service as Marvin Gaye's musical director and touring work with Stevie Wonder, Diana Ross, Natalie Cole, Phil Collins and Anita Baker, among others.

In between – and in the 20-some years since he retreated back to studio work – Shaheed has contributed to hundreds of records as one of L.A.'s most in-demand session players. But the latest of those, titled "Lamentation from the Middle Passage," is the first with his own quintet, which includes a "full of fire" saxophonist named Zane Musa "who keeps me young," Shaheed said.

"Playing jazz in nightclubs with them is still the most fun – and the most challenging."

Still, he wouldn't trade his years on road.

He was barely 23 when Ellington made him "an offer I couldn't refuse" and 25 when he joined up with Gaye, a collaboration that peaked with the stunning "Live at the London Palladium" album that sold more than 2 million copies. Shortly after, Gaye took himself off the road, suffering from stage fright and more sordid demons, but Shaheed – then known as Nolan Smith – wasn't without work for long. Soon came another offer that couldn't be refused – from Count Basie.

"But about two years later, Marvin called and wanted me back – and it took me weeks to get up the courage to tell Basie," Shaheed said. "How do you tell Count Basie you don't want to play in his band anymore?"

"It's like telling God, 'I've had enough of heaven.' "

That included soaking up the stories of longtime Basie players like saxophonist Charles "Poopsie" Fowlkes – "guys I had idolized," Shaheed said, "and then learned to respect."

Shaheed took up the trumpet at 12 after hearing Louis Armstrong on the radio and immediately found his calling – though he fancied himself a runner then, too.

At Muir High School in Pasadena, Calif., he was briefly on one of the best prep track teams – one that included pole vaulter Paul Hegler and long jumper Jerry Proctor, both national record holders at the time.

"But my grades started to drop and my parents told me I couldn't run track," he recalled, "and it broke my heart."

Broke something else, too. A year later, Shaheed remembers seeking out his trumpet teacher because he was having trouble hitting his high notes. The teacher's prognosis: His student needed to start running again to help his wind.

And he's never stopped.

He draws great satisfaction from the definitive accomplishments of the track – "not records for records' sake," he said, "but knowing that if you set a world record, you've done something that no one else in the world has done, at your age. And that's a great honor.

"I can't say I'm the best trumpet player who ever lived, or the best bandleader – there's no such thing."

But did his parents let him return to the team at Muir?

"Never did," he laughed. "Probably the reason I'm doing this now – for unfinished business."

And for the music still in his head, waiting for him to run it out.

Link to original: http://www.spokesmanreview.com/tools/story_pf.asp?ID=256187

THE SPOKESMAN-REVIEW

MASTERS TRACK

Burke tops Mathews in hammer throw

August 10, 2008

Three-time Olympian Ed Burke and former USATF Masters Committee Chair George Mathews of Hayden Lake staged a battle royale in the men's age 65 hammer throw at the 2008 USA Masters Outdoor Track and Field Championships on Saturday at Spokane Falls Community College.

Burke held off Mathews, who had won three straight U.S. Masters hammer throw titles, with a throw of 174 feet. Mathews best toss was 166 feet, 1 inch.

"I was lucky to throw farther than George, who is a wonderful competitor," Burke said. "When they call your name, your heart jumps in your throat just like you're at the Olympic Games. This is a lot of fun."

Joy Upshaw-Margerum and Franklin "Bud" Held each set a record.

Upshaw-Margerum, of Los Altos Hills, Calif., set a new American long jump standard in the women's 45-49 age group. She leaped 17 feet, 7 1/2 inches – a little more than three feet better than runner-up Caryl Senn-Griffiths (Massapequa Park, N.Y.)

Upshaw-Margerum is the sister of 2008 Team USA Olympic Games long jumper Grace Upshaw.

Held, who set an M80 masters world record in the pole vault on Thursday and hails from Del Mar, Calif., notched an American record in the hammer with a toss of 112 feet.

Spokane's Ryan Weidman won the M35 javelin with a throw of 222-01.

Bob Ward of Dallas set an American mark in the men's M75 hammer throw at 150 feet.

Allison Cowdell of Tustin, Calif., equaled the American record in the women's 35 javelin throw with a toss of 131-7.

Renee Henderson of Merchantville, N.J., set an American mark in the W40 100-meter dash at 12.31 seconds.

Houston's Bill Collins clocked an 11.90 to win the M55 100-meter title. He won the 400 on Friday and will go after the 200 title today.

World record holder Val Barnwell won the M50 100 in 11.38.

Mary Thane of Missoula won the W45 800 in 2:25.81, and Kathy Martin won the W55 10,000 in 41:13.60 and the 800 in 2:38.56.

Link to original: http://www.spokesmanreview.com/tools/story_pf.asp?ID=256243

THE SPOKESMAN-REVIEW

Masters records rewritten Marks bested on final day of Championships

August 11, 2008

Ralph Maxwell and Stephen Robbins set world records Sunday at the USA Masters Outdoor Track and Field Championships at Spokane Falls Community College.

Maxwell, an 88-year-old from Alamo, Texas, won the men's 85 age division 300-meter hurdles. He turned in a time of 1 minute, 21.44 seconds, shattering France's Henri Maynard's previous world record of 1:27.09 set on Sept. 9, 2007.

Robbins, an 11-time world masters sprint champion who lives in Cleveland Heights, Ohio, as of a week ago when he moved from Seattle, won the men's 65 200-meter race. He covered the distance in 25.36 seconds to beat the old record of 25.46 seconds set by German Guido Muller in 2005.

Earlier this year, Robbins posted a pending world record time of 25.20 seconds. He set the listed men's 65 100-meter world record (12.37 seconds) earlier this month in Eugene, Ore.

Audrey Lary of Frederick, Md., posted an American record in the women's 70-74 age group when she won the triple jump with a length of 27 feet.

Shirley Dockstader of Mill Valley, Calif., set the women's 75 American record in winning the 10-kilometer race walk in 1 hour, 11 minutes, 17 seconds, and Caryl Senn Griffiths of Massapequa, N.Y. posted an American women's 45 record with her 400-meter hurdles victory in 1:09.34.

Having already won national championships in the men's 55 100- and 400-meter races, Bill Collins (Houston, Tex.) completed a sweep in sprints by winning the 200-meter run with a time of 23.99 seconds. Collins has won the triple seven times in world championship competition, and owns 27 World Outdoor individual titles.

Nolan Shaheed, who captured the men's 5,000-meter title on Thursday, won the 1,500-meter race in 4:44.38.

Shaheed is the reigning world 1,500- and 5,000-meter champion in the men's 55 age group. Next July, Shaheed turns sixty.

"I look forward to winning in my new group," he said. "The benefit of masters track is that competitors look forward to getting older every five years in order to be at the young point of their next age group."

Locals who fared well on Sunday included: Spokane's Susan Osborn (women's 35 1,500 winner in 5:21.18), Hayden Lake's George Mathews (men's 65 shot put runner-up, threw 42 feet, 6 1/4 inches) and Coeur d'Alene's Linda Lanker (women's 50 300 long hurdles runner-up in 58.49 seconds).

In the men's 35 hammer throw, Greenacres resident Aaron Linerud won with a throw of 166 feet and Spokane's Ryan Weidman was second (152-06).

Link to original: <http://www.spokesmanreview.com/sports/story.asp?ID=256333>

Seattle Post-Intelligencer

Games give track its moment to shine

By [BOB CONDOR](#)

SPECIAL TO THE P-I

THERE WERE MORE than 1,100 people in Spokane this past weekend ready to take a run at any suggestion that "track and field is a dying sport" and it only matters every four years during the you-know-what at you-know-where.

The folks in Spokane? Competitors in the USA Track & Field Masters Outdoor Championships. Tell them track is minor, that field events are even lower on the American sports org chart, and they will set personal bests and even some world records in the five Masters age groups that begin at age 30.

"I went out to the track to get registered and saw the range of people, all ages and types," said Laurie Chadwick, 46, an English teacher and assistant track coach at Mead High School in Spokane who competed in the pole vault and javelin over the weekend. "I thought, wow, this is going to be exciting."

Of course, not all eligible Masters-age athletes showed up in Eastern Washington. Sprint swimmer Dara Torres, 41, for instance, is looking to win the 50 freestyle in Beijing. Bernard Lagat, 33, is there to win gold and defend his world championships in both the 1,500 meters and 5,000 meters.

Admit it, while Torres and Michael Phelps create some riveting moments in the pool during the opening week, and maybe the American female gymnasts do the same, the Summer Games don't quite feel Olympic until track and field starts Friday. No, track can't maintain high-beam wattage every year – that status is reserved for the NFL, NCAA March Madness, Tiger Woods and let's say Major League Baseball given fantasy leagues – but it marks full wattage in Beijing or London 2012.

"What I love about track and field is it is so individual, even the relays," said David Maraniss, author of the new book "Rome 1960: The Olympics That Changed the World" (Simon & Schuster, \$26.95). "Everything is man versus man, woman versus woman. It's raw competition and simple — running, jumping, throwing."

"Rome 1960" covers one of track's glory periods, including such legends as Wilma Rudolph leading the emergence of women track stars and Rafer Johnson dominating the decathlon. Other eras you can pencil into that group: The mid-1930s (Jesse Owens in Berlin, many pinnacle moments at the Millrose Games), the late 1960s (Jim Ryun reviving the mystique of the mile run) and the early 1970s (the 1972 U.S. Olympic Track and Field Trials in Eugene, Ore., is considered by a significant number of track historians as the single greatest track meet of all

time, and Seattle hosted the previous summer's AAU championships to big crowds at the University of Washington).

Nonetheless, there is no denying – well, after all the tainted athletes finish their denials – that track and field has been coughing up innocence and believability for the past 10 years or so. Marion Jones, Justin Gatlin and Tim Montgomery are just three superstars gone lights out with steroids.

Forget "pure" or the long-lost "amateur." Most track fans – the competitors in Spokane, the tens of thousands who cheered in Eugene during a spirited and heady 2008 U.S. Olympic Trials, everyone in Seattle who remembers Ken Shannon or Stan Hiserman coaching back-to-back for five decades of UW glory, that skinny kid in the household who plans to try out for cross country this fall, those of us who regret not participating in track rather than all team sports all the time – would settle for believable.

Doug Logan, chief executive of the U.S. Track and Field federation, made it vehemently clear last week in a pre-Olympic speech that the sport has one option: to clean up use of performance-enhancing drugs or risk falling completely off the fan radar.

For her part, Laurie Chadwick correctly surmised that most of us in this state will put aside the doping scandals long enough to cheer for Lagat, the Washington State star, and Brad Walker, the UW pole vaulter who grew up in Spokane. There will no doubt be plenty of other track and field stories to grab our attention and even our hearts.

"The Olympics bring out the personal stories and some of the best ones aren't the medal athletes but the ones who just get there against the odds," Chadwick said.

But Chadwick is a realist – and as a high school coach gets e-mails from other coaches and officials asking for ideas about "how do we get more people interested in our sport?"

"You don't get those personal stories or the media coverage [in the non-Olympic years]," she noted. "I think one reason why track struggles is there is no specific team to follow. In team sports, people can latch onto the team, so if the individuals come and go, you can still follow that team."

Bob Weiner, 60, a public relations executive and Masters All-American in the steeplechase, said track and field's biggest obstacle may in fact be its biggest attraction.

"There is nothing like the Olympics, not even the world championships," said Weiner, who has staffed four Olympics and worked in a federal government anti-doping post. "It's a mystique that defines a career ... as an Olympian in track and field, the federation always refers to you as Olympian, never ex-Olympian. World records might come and go, but Olympic medals last forever."

Fair enough. Track interest might come and go, too (geometrically if anyone exits these games with a positive doping test), but, hey, a thrilling track meet can last 10 days with memory or two

that you will never forget. We might clear our schedules to enjoy it while we can. London is a long way off.

Link to original: http://seattlepi.nwsourc.com/olympics/374566_condor12.html

THE SPOKESMAN-REVIEW

It's not your grandpa's aging

[Doug Clark](#)

The Spokesman-Review

August 10, 2008

Today I will tackle the subject of aging in America. That is, just as soon as I locate my reading spectacles.

Ah, that's better.

Now, what was I saying?

Oh yes. Getting older no longer carries the stigma that it did when I was growing up in the '60s.

We baby boomers didn't trust anyone older than 30 back then.

And 40?

"Look at the old fossil, man."

These days it's much more cool to be old. Just turn on the television if you don't believe me.

Every other commercial features slim-and-trim seniors who – aided by the pulse of a classic rock song – lustily extol the wonders of the latest fruity fiber-rich regularity drink or male enhancement pill.

The real world offers plenty of evidence, too.

Take the news item headlined "Two men arrested after handgun tussle" that appeared in Friday's Northwest section of the newspaper.

The story is about a 73-year-old Athol man who "bit" his 75-year-old gun-toting neighbor during a scuffle that was apparently over the older man's four-wheeler.

Besides avoiding Athol like the plague, this story sends an even bigger message: This is not the way septuagenarians used to behave.

The most activity my grandfather ever engaged in was after a glass of wine or two.

He would then drop his upper dentures to make them look like fangs. Then, holding his hands in front of his body like paws, he would perform a lurching, growling bit of choreography he called "The Bear Dance."

After which he would collapse in his padded rocking chair and take a nap.

My grandfather wouldn't have bit anyone in a million years. He would have been way too afraid of losing his false teeth.

Today's oldsters have better dentistry and much more energy.

This weekend, for example, the USA Masters Track and Field Championships are being held at Spokane Falls Community College.

I realize the Olympics are being televised. But why waste your time on hard-bodied young athletes when you can go out and can watch real live 70- and 80-year-olds competing in the sweltering summer heat in such grueling events as the prune toss and the hop, skip and jitterbug?

Oh, please. I kid because I care.

Other than the understandable need for more ointment, these elders are very fine athletes. Most of them could kick my butt. And that's just the 80-year-olds.

And there is absolutely no truth to the ugly rumor that the USA Masters starter gun has been replaced by The Clapper.

Getting older hasn't slowed me down any.

I may be bald and paunchy, but I can still work the TV remote like a nimble teenager.

Some things do trouble me about getting on.

One is that Gene Simmons of Kiss rock band fame will be a featured speaker at next month's national AARP convention.

I don't care how famous Simmons is. I want to go take a shower every time I see him dangle his creepy eel-long tongue out of his mouth.

Another aging drawback made the front page this week.

A national study revealed that the older you get the less you drink. And by the time you hit 80, you're likely to not drink at all.

How sad.

It's no wonder you don't see the Bear Dance anymore.

Link to original: <http://www.spokesmanreview.com/local/story.asp?ID=256210>

[USA Masters Track & Field Championships underway in Spokane](#)

[KREM.com Spokane](#) - 0 KB- Found: 2008-08-08, 01:35 GMT

SPOKANE -- The television isn't the only place you kind find some of the world's best athletes this weekend. Six Olympians and 41 current world champions are among the 1,000 competitors at the 2008 USA **Masters Track** and Field Championships at Spokane Falls Community College.

USA Masters Track & Field Championships underway in Spokane

05:06 PM PDT on Thursday, August 7, 2008

KREM.com

SPOKANE -- The television isn't the only place you kind find some of the world's best athletes this weekend.



KREM 2 Sports

The USA Masters Track and Field Championships started Thursday morning at Spokane Falls Community College.

Six Olympians and 41 current world champions are among the 1,000 competitors at the 2008 USA Masters Track and Field Championships at Spokane Falls Community College.

Events kicked off Thursday morning and run through Sunday.

All athletes are 30 to 95 years old and are fighting for a spot at this year's world championships.

Here are a list of event times:

Friday: 8am-5:30pm, Saturday: 7:30am-3:30pm, Sunday: 8am-2pm

[Oxnard athletes win Masters titles](#)

[Ventura County Star](#) - 0 KB- Found: 2008-08-10, 09:06 GMT

Two Oxnard residents combined to capture three individual titles Friday at the USA **Masters Track** and Field Championships in Spokane, Wash.

[Questions/Answers](#)

[Inland Valley Daily Bulletin](#) - 0 KB- Found: 2008-08-12, 20:23 GMT

Questions and answers on Daily Bulletin stories from readers like you. Big crowds were missing, as were the television cameras. And so were the multi-million dollar endorsement deals at the 2008 USA **Masters Outdoor Track & Field** Championships at Spokane Falls Community College in Spokane, Wash.

[More WRs On Final Day Of USATF Masters Champs](#)

[Track & Field News](#) - 0 KB- Found: 2008-08-11, 16:55 GMT

SPOKANE, Wash. - Ralph Maxwell and Stephen Robbins each set **masters** world records Sunday at the 2008 USA **Masters Outdoor Track & Field** Championships at Spokane Falls Community College in Spokane, Wash.

[Age not a factor for these athletes](#)

[KXLY-TV Spokane](#) - 0 KB- Found: 2008-08-08, 01:25 GMT

Some of the best and oldest athletes were in Spokane today for the U-S National **Masters Track** and Field Championships.

Age not a factor for these athletes

Posted: Aug 7, 2008 07:11 PM EST

Updated: Aug 7, 2008 08:29 PM EST

SPOKANE -- Some of the best and oldest athletes were in Spokane today for the U-S National Masters Track and Field Championships.

More than 1,000 runners, jumpers and throwers broke a sweat at Spokane Falls Community College. Among the athletes Thursday were six former Olympians and 46 current world champions.



Nolan Shaheed is 59-years-old and among the world champions, "The only time I don't feel the same is when I look at my watch after a race and I say I must be a little older" he says. Shaheed won two Masters World Championship titles last year.

Athletes ranging in age from 30 to 95 years old are competing against each other and the competition will continue through the weekend.

Link to original: <http://www.kxly.com/global/story.asp?s=8808395>

Link to videos:

http://www.kxly.com/global/video/popup/pop_playerLaunch.asp?vt1=v&clipFormat=flv&clipId1=2780658&at1=Sport&h1=US Masters Track championships start at SFCC

http://www.kxly.com/global/video/popup/pop_playerLaunch.asp?vt1=v&clipFormat=flv&clipId1=2779814&at1=News&h1=Age not a factor for these athletes



Claremont, CA



COURIER photo/Gabriel Fenoy

At the age of 41, Claremont resident Richard Holmes is still actively competing at the national level in track and field. Mr. Holmes recently returned from the USA Masters Track and Field Championships where he finished first in his age group in the 110-meter high hurdles.

Seizing the Dream: Claremonter carries out his passion on the track

There are plenty of reasons that athletes sometimes do not pursue their dreams in the sport they love. For Claremont resident Richard Holmes, such a reason does not exist.

At 41-years-old, the track & field hurdler showed that he has become better with age, winning the 110-meter short hurdles at last weekend's USA Masters Track and Field Championships, becoming the national champion among men ages 40-44.

Mr. Holmes crossed the finish line at 14.73 seconds, finishing more than a full second ahead of 2nd place Johnny Watson from Bakersfield, who completed the race with a time of 16.41. The Claremont hurdler also placed 3rd in the 400-meter hurdles.

“The first thing I thought when I crossed the finish line [in the 110 hurdles] was ‘finally,’” the national champ said. “My goal was to win that meet. Because of all the injuries that I had this year, there was doubt about being able to do that. I was thinking that if I could just have a 6-week period where I was injury free, then I could win it.”

There were challenges Mr. Holmes faced in preparation for last weekend’s races in Spokane, Washington, and the road the champion hurdler has traveled throughout his 41 years has been just as tough. Mr. Holmes grew up in the northern California city of Citrus Heights, where he and his siblings experienced divorce forcing him to reside at a foster home and other group homes for a time.

Yet Mr. Holmes found a niche in athletics. At San Juan High School, he participated in both track & field and basketball, with the latter being his original dream. But the lack of playing time on the basketball court, among other reasons, led the Claremonter to pursue track & field as his new passion.

“Like a lot of black kids, I wanted to be a pro basketball player,” he said. “But I also ran track to help keep me in shape. My junior year, I wasn’t getting much playing time, but I was excelling in track so I focused on that. My goal was to be ranked in the Top 10 in California.” *(story continues below)*



Photo special to the COURIER

Track and field sensation Richard Holmes clears a hurdle during a recent meet held at Cerritos College.

Specializing in hurdles, Mr. Holmes fulfilled his goal by recording the 7th fastest time in the state finals and was also league champ during his senior season. While the hurdler is quick to admit that he sometimes isn’t the fastest athlete on the track, what gives him the edge is his approach to clearing each and every hurdle.

"I've just had a knack for jumping and it came very natural for me," Mr. Holmes explained. "I don't consider myself a fast guy, but I rely on my technique. I'm a good technician."

Tonie Campbell, a 3-time Olympian as well as friend and coach to Mr. Holmes, believes that the hurdler's commitment and dedication to the sport is also part of what gives the Claremonter the advantage when he competes.

"He is an incredible individual," Mr. Campbell explained. "He was not rich on talent, but he was destined to be superb. He has proven that perseverance is what takes you a long way."

After graduating from San Juan High School, Mr. Holmes attended American River College in Sacramento where he ran into academic difficulties while running track at the community college. It eventually led to his suspension from the team. His resilience turned his fortunes around and Mr. Holmes not only improved his grade point average, but also earned a scholarship landing him at Fresno State University, a place where he had a significant impact on the track & field program.

"He was highly motivated and a great team leader," said recently retired Fresno State track & field coach Bob Fraley. "He probably brought more leadership to the team than athletic ability. He brought tremendous drive as well and his enthusiasm spilled over to everybody. He's the type of person you want to have around whether you're his teammate or a coach."

Mr. Holmes' tenure at Fresno State University is commemorated on his left shoulder in the form of a tattoo that features a bulldog leaping over a hurdle. According to the national champion, the school provided a good experience that helped to transition him into professional competition.

"I am a Bulldog at heart," he said. "I love Fresno State. They took a chance on me and I appreciate them. They told me that I was going to graduate and I did."



COURIER photo/Gabriel Fenoy
Richard Holmes holds three medals he won at last weekend's USA Masters

Track and Field Championships in Spokane, Washington. Mr. Holmes medaled in the 400-meter hurdles, 4x100-meter hurdles and the 110-meter high hurdles, which he took the gold in.

Relocating to southern California in 1991, Mr. Holmes tried his hand at writing and acting, even interning at Walt Disney Studios. He was featured in commercials and also played a track & field athlete in the movie **Higher Learning**. Meanwhile, Mr. Holmes still continued to train in hopes of qualifying for the 1992 Olympics.

The hurdler qualified for the B standard in the 110-meter high hurdles of the 1992 Olympics and was training to give the 1996 Olympics a shot when he fractured his hip at the Mt. SAC Relays that same year. Struggling to get his trail leg over the hurdle due to the pain, Mr. Holmes decided to move on from the sport, embracing married life with his wife Sabrina and taking on a sales career.

"I did not lift a weight for 4 years," Mr. Holmes recalled.

But once his wife was pregnant with Arianna—the couple's now 9-year-old daughter—the Claremonter decided to start training again in order for his daughter to have the chance to see him compete. He also went to see a sports orthopedist that showed him how to work through the pain and eventually found himself in better shape than he was in before he suffered his injury.

"While a lot of us are finished with running track, he's still going," Mr. Campbell said. "He's had a lot of ups and downs, trials and tribulations but he continues to go through with it and pursue his dream."

Mr. Holmes plans to continue training and racing all the way up to the 2011 World Masters championship meet in Sacramento. Being that Sacramento is the national champion's hometown, Mr. Holmes believes that the event will be a fitting one to conclude his career.

Coach Fraley views Mr. Holmes' story as one that is not only inspiring, but also one that makes him a role model for today's generation.

"He really keeps himself at a high level of fitness," the retired coach said. "He's a role model for a lot of people. We live in a culture where a lot of people are out of shape, but he still finds the time to stay in shape."

Having been a Claremont resident since 2000, the track athlete does not plan on relocating elsewhere and prefers staying in the city for the remainder of his life. For Mr. Holmes, the challenges he has endured in his life doesn't stop him from being thankful for each day he lives.

"Coming from where I've been and despite everything that I've gone through, I've lived a blessed life," Mr. Holmes said. "I have a great wife and an incredible daughter. Life is tough but you live and you learn."

[Record Hurdles For Upshaw-Margerum At USATF Masters](#)

[Track & Field News](#) - 0 KB- Found: 2008-08-10, 11:10 GMT

SPOKANE, Wash. - Joy Upshaw-Margerum took center stage with an American record in the women's hurdles Friday at the 2008 USA **Masters** Outdoor **Track** & Field Championships at Spokane Falls Community College in Spokane, Wash. The event will continue through Sunday.

[Record Hurdles For Upshaw-Margerum At USATF Masters](#)

[Track & Field News](#) - 0 KB- Found: 2008-08-10, 11:10 GMT

SPOKANE, Wash. - Joy Upshaw-Margerum took center stage with an American record in the women's hurdles

Friday at the 2008 USA **Masters** Outdoor **Track & Field** Championships at Spokane Falls Community College in Spokane, Wash. The event will continue through Sunday.

[More Records On Saturday At USATF **Masters** Champs](#)

[Track & Field News](#) - 0 KB- Found: 2008-08-10, 11:10 GMT

SPOKANE, Wash. - Joy Upshaw-Margerum and Franklin "Bud" Held continued their record setting ways Saturday at the 2008 USA **Masters** Outdoor **Track & Field** Championships at Spokane Falls Community College in Spokane, Wash. The event will end on Sunday.

[Doug Clark: It's not your grandpa's aging](#)

[The Spokesman-Review](#) - 0 KB- Found: 2008-08-10, 05:26 GMT

Today I will tackle the subject of aging in America. That is, just as soon as I locate my reading spectacles. Ah, that's better. Now, what was I saying?

[Olympian Bud Held sets world record at 2008 USA **Masters** Outdoor Championships](#)

[USA Track & Field](#) - 0 KB- Found: 2008-08-08, 03:02 GMT

SPOKANE, Wash. - Although he was a 1952 Olympian as a javelin thrower, Franklin "Bud" Held set an age-group world record in the pole vault Thursday at the 2008 USA **Masters** Outdoor **Track & Field** Championships at Spokane Falls Community College in Spokane, Wash. The event will continue through Sunday.

[Questions/Answers](#)

[Inland Valley Daily Bulletin](#) - 0 KB- Found: 2008-08-12, 09:00 GMT

Questions and answers on Daily Bulletin stories from readers like you. Big crowds were missing, as were the television cameras. And so were the multi-million dollar endorsement deals at the 2008 USA **Masters** Outdoor **Track & Field** Championships at Spokane Falls Community College in Spokane, Wash.

[Maxwell, Robbins post world records on final day of USA **Masters** Champs](#)

[USA Track & Field](#) - 0 KB- Found: 2008-08-10, 23:47 GMT

SPOKANE, Wash. - Ralph Maxwell and Stephen Robbins each set **masters** world records Sunday at the 2008 USA **Masters** Outdoor **Track & Field** Championships at Spokane Falls Community College in Spokane, Wash.

[Held, Upshaw-Margerum set records USA Outdoor **Masters** Championships](#)

[USA Track & Field](#) - 0 KB- Found: 2008-08-10, 00:32 GMT

SPOKANE, Wash. - Joy Upshaw-Margerum and Franklin "Bud" Held continued their record setting ways Saturday at the 2008 USA **Masters** Outdoor **Track & Field** Championships at Spokane Falls Community College in Spokane, Wash. The event will end on Sunday.

[Questions/Answers](#)

[Inland Valley Daily Bulletin](#) - 0 KB- Found: 2008-08-12, 09:00 GMT

Questions and answers on Daily Bulletin stories from readers like you. Big crowds were missing, as were the television cameras. And so were the multi-million dollar endorsement deals at the 2008 USA **Masters** Outdoor **Track & Field** Championships at Spokane Falls Community College in Spokane, Wash.

[Athletics: Maxwell, Robbins post world records on final day of USA **Masters** Champs](#)

[RunnersWeb.com](#) - 0 KB- Found: 2008-08-11, 00:10 GMT

SPOKANE, Wash. - Ralph Maxwell and Stephen Robbins each set **masters** world records Sunday at the 2008 USA **Masters** Outdoor **Track & Field** Championships at Spokane Falls Community College in Spokane, Wash.

[Athletics: Held, Upshaw-Margerum set records USA Outdoor Masters Championships](#)

[RunnersWeb.com](#) - 0 KB- Found: 2008-08-10, 00:40 GMT

SPOKANE, Wash. - Joy Upshaw-Margerum and Franklin "Bud" Held continued their record setting ways Saturday at the 2008 USA **Masters** Outdoor **Track** & Field Championships at Spokane Falls Community College in Spokane, Wash. The event will end on Sunday.

[Athletics: Upshaw-Margerum posts record-setting performance at 2008 USA Masters Outdoor Championships](#)

[RunnersWeb.com](#) - 0 KB- Found: 2008-08-09, 15:55 GMT

SPOKANE, Wash. - Joy Upshaw-Margerum took center stage with an American record in the women's hurdles Friday at the 2008 USA **Masters** Outdoor **Track** & Field Championships at Spokane Falls Community College in Spokane, Wash. The event will continue through Sunday.

[Upshaw-Margerum posts record-setting performance at 2008 USA Masters Outdoor Championships](#)

[USA Track & Field](#) - 0 KB- Found: 2008-08-09, 04:47 GMT

SPOKANE, Wash. - Joy Upshaw-Margerum took center stage with an American record in the women's hurdles Friday at the 2008 USA **Masters** Outdoor **Track** & Field Championships at Spokane Falls Community College in Spokane, Wash. The event will continue through Sunday.

[Lary, 74, sets triple jump record](#)

Frederick News Post (subscription), MD - Aug 16, 2008

Well, Lary took off in the triple jump last week at the USA **Masters** Outdoor Championships in **Spokane**, Wash. When she landed, she had set a US Women's 70 age ...

[Bellingham man runs with the country's best](#)

Bellingham Herald, WA - Aug 15, 2008

James, 50, placed second in the 400 meters in his age group at the US **Track** & Field **Masters** Outdoor National Championships in **Spokane**. ...

[Claremont resident gets high on hurdling](#)

San Bernardino Sun, CA - Aug 13, 2008

... used his running talents to win the men's 40- to 44-year-old 110-meter short hurdles in the USA **Masters Track** and Field Championships in **Spokane**, Wash. ...

[Speed, Kloch place at track and field nationals](#)

Ventura County Star, CA - Aug 13, 2008

Johnny Speed of Oxnard placed third in the 200-meter dash in the men's 40-44 age division of the US **Masters** Outdoor **Track** and Field Championships in **Spokane** ...



Los Altos Town Crier

Upshaw-Margerum masters the Masters

By Pete Borello

Wednesday, August 13, 2008



Joy Upshaw-Margerum, left, pictured with sister and Olympian Grace Upshaw, won five gold medals at the USA Outdoor Masters last weekend.

Setting two American age-group records and winning four individual gold medals at the USA Outdoor Masters Track & Field Championships was great, yet nothing was sweeter to Joy Upshaw-Margerum than her performance anchoring the victorious 4×100-meter relay team.

The Los Altos Hills resident, who is closing in on her 48th birthday, came from behind to beat a 35-year-old – handily.

“It was so exciting,” she said. “It was really fun.”

Upshaw-Margerum rallied her team of 45- to 49-year-olds to the gold with a surge in the last 35 meters of Sunday’s race in Spokane, Wash. She went from 10 meters behind to finish 10 meters ahead of the woman anchoring the 35-39 team that took second.

The race capped a wonderful weekend for Upshaw-Margerum. She not only grabbed golds in the 100 dash, 200 dash, long jump and 80 hurdles – setting U.S. standards in the last two – but also was

honored as Masters Female Athlete of the Year at a banquet Saturday night.

And to think, Upshaw-Margerum nearly didn’t make the trip to Washington for the annual meet of athletes 35 and over.

“I wasn’t sure I was going to go to this meet. So much of my focus has been on Sunny and Grace,” said Upshaw-Margerum, the mother of Gunn High track standout Sunny Margerum and sister of U.S. Olympic long jumper Grace Upshaw, both of whom she helps train. “But my family and friends rallied me – they encouraged me to go.”

But Upshaw-Margerum didn’t expect to dominate her division.

“I was surprised I did so well,” she said. “I’ve been working out, but not as consistently as usual.”

After winning her qualifying heat in the 100 dash, Upshaw-Margerum captured the 80 hurdles final Friday. She finished in 12.07 seconds, eclipsing the American record she set last summer at the World Masters in Italy (12.12).

Upshaw-Margerum set another record Saturday, leaping 17 feet, 7 1/2 inches to win the long jump.

“I was jumping up and down – I was so excited,” she said. “I couldn’t believe it.”

Before the day was over, she would win the 100 dash final (13.17) and take first in her heat of the 200 trials.

“It was a long day at the office,” Upshaw-Margerum said.

She came back Sunday to win the 200 final in one of her best times of the year (26.54) before leading the relay team to the sweetest of her victories.

Link to original:

<http://www.losaltosonline.com/2008/08/13/upshaw-margerum-masters-the-masters/>



FOR IMMEDIATE RELEASE: Monday, August 4, 2008

Contacts: USATF Masters Media Chair: Bob Weiner 301-283-0821 or 202-329-1700;

Spokane Regional Sports Commission Public Affairs: Suzanne Boyce 509-742-9396

**SIX OLYMPIANS, 44 CURRENT WORLD CHAMPIONS, AMONG 1000
AT USA TRACK & FIELD NATIONAL MASTERS CHAMPIONSHIPS
AUG. 7-10 AT SPOKANE FALLS COMMUNITY COLLEGE, WA;**

EVENTS THURS. 7:30AM-3:30PM, FRI. 8-5:30, SAT. 7:30-3:30, and SUN. 8-2

**WORLD'S BEST AT 40TH ANNIVERSARY, NATIONAL CHAMPIONSHIP 30-
95, INCLUDES OVER 20 SPOKANE AREA STARS**

(Spokane, WA) – Spokane and Eastern Washington will not have to watch the Olympics on television to see many of the world's best athletes. **Six Olympians** and **44 current world champions** are among the 1000 competitors at the 2008 USA Track & Field Masters Outdoor Championships at **Spokane Falls Community College August 7-10**. Athletes ages 30 to 95 will provide an extraordinary demonstration of speed, power, skill, and endurance, showing that age is no barrier to lifetime fitness and competition, in the national masters track and field championships. The public and the media are invited.

The meet runs **Thurs. 7:30AM-3:30 PM, Fri. 8-5:30, Sat. 7:30AM-3:30 PM, and Sun. 8AM-1:45PM**, with events on a fast-paced schedule throughout the day. The College's address is: 3410 West Fort George Wright Drive, Spokane, WA 99224.

Spokane will be hosting the 40th anniversary of the USA Masters national championship, first held in San Diego in 1968. David Pain, 86, the pioneer of masters track in North America and the organizer of the 1968 event, will be a special guest in Spokane. He and wife Linda will travel from San Diego and will be saluted at the Athletes Banquet at the Northern Quest Casino on Saturday, August 9. Also incorporated in the schedule is the opening ceremony with an Air Force fly-over (11AM Thurs.) and also two races to determine the fastest kids in Spokane. The meet was previously held in Spokane in 1992 and 1996.

Meet Director Marla Emde, Director of Events for the Spokane Regional Sports Commission, said, "We are very excited to host the 40th Anniversary USA Masters Track and Field Championships. Spokane has a storied tradition of track and field and running events. The National Masters, with top competitors of all ages, will be great for both watching and participating."

At least 23 local Spokane area participants are competing, including several potential stars (list below).

For full schedule and entry list, see:

<http://www.usatf.org/events/2008/USAMastersOutdoorTFChampionships/> ;

Schedule: <http://www.usatf.org/events/2008/USAMastersOutdoorTFChampionships/schedule.asp>

Among the stars at the meet are *Steve Robbins*, a Seattle resident, who ran for the University of Arizona in the early 1960's and has won eleven world championships in the masters sprints. Entered in the 65-69 group, earlier this year he ran an unthinkable 25.20 in the 200 for a world mark. Steve will be very hard to beat in the 100 and 200. *Nolan Shaheed* (Pasadena, California) was the musical director for Marvin Gaye and played lead trumpet with the Count Basie Orchestra. On the track, he won the 1500 and 5000 in the worlds last year and was named USA Track & Field's Male Masters Athlete of the Year. *Carmen Ayala-Troncoso* (Austin, TX) represented the United States in the World Cross-Country Championships in both 1994 and 2000, and participated in the US Olympic Trials at age 41 (5000-meter run). She will make her national masters track debut in the outdoor championships in Spokane in the 800 and 1500 events in the 45-49 age group and should be fun to watch. Carmen is the American record holder for the 5000 in both the 40-44 and 45-49 divisions.

Olympians and current World Champions coming to Spokane include (list prepared by Ken Stone, Media Committee member and editor, www.masterstrack.com):

- **Six Olympians** are entered at Spokane:

W45 Patricia "Trish" Porter (1988 high jump) entered in high jump

W55 Lorna Forde (1972, 1976 for Barbados in 100, 400 and 4x4 relay) entered in 200, 400

M65 Ed Burke (1964, 1968 and 1984 in hammer throw) entered in hammer

M65 Gary Stenlund (1968 in javelin) entered in javelin

M70 Richard Cochran (1960 bronze in discus) entered in discus

M80 Franklin "Bud" Held (1952 in javelin) entered in pole vault, discus, hammer

- **23 World Masters Indoor Championships 2008 Gold Medalists**

from March in Clermont-Ferrand, France are entered (with events scheduled in Spokane):

M35 Don Drummond 100, 110H, 400H
W35 Lisa Daley 100, 200, 400
M40 Getulio "Tony" Echeandia 400, 400H
W40 Renee Henderson 100, 200
M45 David Ashford 110H
M50 Val Barnwell 100, 200
M50 Marty Krulee 100, 200
M50 Bruce McBarnette high jump
W50 Rita Hanscom 100, 200, 80H, 300H, high jump, pole vault, long jump, javelin
M55 Jim Broun 100H, 400H, long jump
M55 Bill Collins 100, 200, 400
M55 Nolan Shaheed 800, 1500, 5K
W55 Kathy Martin 800, 1500, 5K, 10K, 2K steeplechase
M60 Charles Allie 100, 200, 400
M60 Stan Whitley 100, 200
M60 John Altendorf pole vault
M65 George Mathews hammer throw, shot put
W65 Marie-Louise Michelsohn 100, 200, 400, 800, 1500, 5K, 10K, 2K steeplechase
M70 Bob Lida 100, 200, 400
M70 Mack Stewart 200, 400, 800
W70 Jeanne Daprano 400, 800, 1500
W70 Christel Donley high jump, shot put, javelin
M75 Bob Fine 400, 5K walk, 10K walk

- **21 World Masters 2007 Outdoor Championships Gold Medalists**

from September in Riccione, Italy, are entered (with events scheduled in Spokane):

M35 Chris Grant 100H, 400H
M40 Getulio "Tony" Echeandia 400, 400H
M40 Trevor Richards pole vault
W45 Joy Upshaw-Margerum LJ, 100, 200, 80H
M45 David Ashford 110H
M50 Ralph Fruguglietti discus
M50 Marty Krulee 100, 200
M55 Bill Collins 100, 200, 400
M55 Nolan Shaheed 800, 1500, 5K
M55 Thad Wilson 100H, 400H, long jump
M60 Larry Barnum 200, 400, 800
M60 Stan Whitley 100, 200
M60 Charles Allie 100, 200, 400
M65 Emil Pawlik 100H, high jump, long jump, discus
M65 Bob Cahners shot put, discus, hammer throw
W65 Marie-Louise Michelsohn 100, 200, 400, 800, 1500, 5K, 10K, 2K steeplechase
W65 Nadine O'Connor high jump, pole vault, shot put, discus, javelin
M70 Bob Lida 100, 200, 400
W70 Christel Donley high jump, shot put, javelin
M80 Franklin "Bud" Held pole vault, discus, hammer throw
M80 Bill Melville 100, 200

*Media is invited for coverage and athlete interviews. For more information or interview requests, please call **Bob Weiner**, USATF Masters Media Chair, at 202-329-1700 (cell), 301-283-0821 (office), or locate Bob trackside; and **Suzanne Boyce** of Spokane Regional Sports Commission at 509-742-9396.*

Some Notables at Spokane

(list by Pete Taylor, Media Committee member and Meet Announcer):

1. Carmen Ayala-Troncoso. Ayala-Troncoso, who represented the United States in the World Cross-Country Championships in both 1994 and 2000, and who participated in the US Olympic Trials at age 41 (5000-meter run), will make her national masters track debut in the outdoor championships in Spokane, Washington, next month. Ayala-Troncoso is entered in the 800 and 1500 events in the 45-49 age group and should be fun to watch. Carmen is the American recordholder for the 5000 in both the 40-44 and 45-49 divisions.
2. Patricia Porter. A 1988 Olympian, Patricia "Trish" Porter (nee King) will be the favorite in the women's high jump next month in Spokane (masters outdoors). Trish, who holds the world mark for women aged 40-44 of 1.76 meters (5 feet, 9 ¼ inches) will be jumping with the 45-49 group. Trish now lives in New Mexico but competed for the University of Oregon.
3. Karen Steen. Karen, a standout at Pacific Lutheran University (Tacoma, Washington) some years ago as an intermediate hurdler, is entered in the 2000-meter steeplechase in the national masters at Spokane. In 2005, Karen set a world mark for the 40-44 group in this event (7:05.06, or 5:42 per mile over barriers and water jumps).
4. Steve Robbins. Steve Robbins, a Seattle resident, ran for the University of Arizona in the early 1960s and, more recently, has won eleven world championships in the masters sprints. Entered in the 65-69 group, earlier this year he ran an unthinkable 25.20 in the 200 for a world mark. Steve will be very hard to beat in the 100 and 200.
5. Ed Burke. Ed carried the U.S. flag into the Los Angeles Coliseum during the 1984 Olympic Games. That year marked his third Olympics, and 24 years later he can still spin the hammer a long way. In fact, he owns the world mark for men 65-69 in the hammer (182 feet, 10 inches), and the Californian should be untouchable at Spokane.
6. Lorna Forde. In the 1970s Lorna Forde simply "owned" the world-famous Penn Relays. The former Long Island University star competed in two Olympics for her native Barbados and has been enshrined in the Penn Relays "Wall of Fame." Watch for her in the sprints at Spokane (55-59 group).
7. Sal Allah. Saladin "Sal" Allah is without a peer when it comes to combining style and power, and no one has been able to better the 1:54.18 he ran in the 800 three years ago at age 45. Sal pulled off the difficult 400:800 double last year (in Maine) and the year before (in Charlotte, NC), and look for him to do it again this year. Sal, who resides in New Jersey, could no doubt run for all of that state's colleges or universities right now.

8. Bill Collins. Bill ran 11.44 in the 100 at the Penn Relays this year, a world mark for men 55-59 (Bill is 57). Unlike many masters standouts, Bill was a huge star as a collegian (All-American at Texas Christian University in Fort Worth, TX) and as an open performer (ran on the world record US team in the 4 x 100 in 1977 at Dusseldorf – 38.03 seconds). Bill will be favored to win the 100, 200, and 400 at Spokane, and don't bet against him, as he has emerged as the greatest male masters sprinter in US history, even surpassing the legendary Payton Jordan.

9. Carol Finsrud. Carol Finsrud, who competed for the University of Texas and threw in the Olympic Trials as recently as 2000, is one of the finest throwers the US masters program has ever produced. Carol holds the American masters records in the discus for 35-39, 40-44, 45-49, and 50-54, with the last record a world mark of 149-10 that she achieved in Italy last summer. Watch for Carol (she lives in Lockhart, TX) to tear things up in Spokane.

10. Donna Schultz. From Portland, Oregon, Donna will be looking to "touch the sky" in the pole vault for women aged 50-54. Donna is the world indoor record holder in this age group (3.11 meters/10' 2.44") and may go higher at Spokane.

11. Jeanne Daprano. "The Versatile One" can do it all, and this Georgian will show her stuff once again at Spokane. The world record holder in the mile for women aged 70-74 (6:47.91), Jeanne won the 400 and 800 at last year's worlds and should go to the front in any race she enters.

12. Nolan Shaheed. The best musician in the field, Nolan (Pasadena, California) was the musical director for Marvin Gaye and played lead trumpet with the Count Basie Orchestra. On the track, he won the 1500 and 5000 in the worlds last year and was named USA Track & Field Male Masters Athlete of the Year. He will be tough to beat although Horace Grant will give him all he wants in the 800.

13. Paul Babits. This Fort Wayne (Indiana) sensation could probably beat 98% of collegiate pole vaulters -- very impressive for a man who competes in the 45-49 age group. This winter Paul pole vaulted an amazing 16' 10.36" (world indoor record).

14. Val Barnwell. The reigning world outdoor champion in the 100 (2007, Riccione, Italy) scorched a 7.18 in the 60 meters in winning the 2008 world indoors (and establishing a world mark). Excellent for high school, good for college, but Val (Brooklyn, NY) is in the 50-54 age group!

15. Kathy Martin. The first-ever Bengay Masters Track and Field Athlete of the Year (2004), Kathy holds a slew of records and should dominate in Spokane. One of her best marks is the American standard for the mile in the 50-54 group (5:15.55). Kathy, from Northport, NY, will compete in 55-59 at Spokane.

16. Bob Lida. This Kansan runs like a young thoroughbred, turning in winning times of 13.26 (100), 26.80 (200), and 1:01.00 (400) at the worlds last year in Italy. Good marks for anyone, but Bob is in the 70-74 age group.

17. Oneithea Lewis. This strongwoman usually has little trouble in collecting gold, and this year should be no exception. Oneithea, who competes for the Shore AC of New Jersey, is the American record holder in the shot for 45-49 (44' 5 1/2"), but her world hammer record for that age group of an unthinkable 184 feet, 5 inches is even more impressive.

18. Bruce McBarnette. This Virginian, a Princeton graduate with a lifetime best of 7 feet, 1 inch in the high jump, will have an excellent shot of bettering the existing American record of 1.88 meters/6 feet, 2 inches for men 50-54 established many years ago by Herm Wyatt. Bruce jumped 6 feet, 6 $\frac{3}{4}$ inches just 2 years ago to establish the current American mark for men 45-49.

19. Charles Allie. This Hampton Institute graduate now lives in Pittsburgh and has won multiple world titles in the sprints. Among his greatest efforts was the 52.24 he ran in the 400 several years ago to establish a world mark for men 55-59. Look for Charles to be in front when the M60-64 sprints are decided in Spokane.

20. David Ashford. David's unspeakably fast world mark of 13.73 in the 110 hurdles (set in 2003) remains the standard for men 40-44. Mr. Ashford (from Wheeling, Illinois) is now in the 45-49 group and will be extraordinarily difficult to deny in the hurdles at Spokane.

21. Kay Glynn. If you missed her on David Letterman you can still catch her in Spokane. The acrobatic Kay (from Hastings, Iowa) will be in a variety of events (55-59 group) and will do well in each one. She has already broken the legendary Phil Raschker's world pole vault record of 10 feet for this age group and should garner plenty of gold during the nationals.

22. Frank Condon. From Chico, California, Condon broke Earl Fee's world indoor record in the mile for men 65-69 this past March in Boston (Frank ran 5:11.43). Some more marks may be in store for Frank at Spokane.

23. Nadine O'Connor. Nadine, who was the silver medalist in the 100 at the 2007 worlds, will forego the sprints at Spokane but will be in the pole vault. Nadine recently vaulted 10 feet, $\frac{1}{2}$ inch for a pending world mark in the 65-69 group (she is from Del Mar, California).

24. Orville Rogers. Orville, of Dallas, Texas, obliterated the existing world indoor mark in the mile this past March in Boston. His time was 9:56.58, and his age group was (and is) 90-94. Look for him to do great things in Spokane.

LOCAL SPOKANE-AREA PARTICIPANTS

Several local athletes will be giving the former Olympians tough competition, including a current world record holder, award winning college, high school, and club coaches, and even a former coach of a current USA Track and Field Olympic Team member...Brad Walker.

The following twenty-two area athletes have excelled and in many cases traveled across the globe to compete. Now they will showcase their skills at home. Below are just a few examples of our local athletes competing in the USA Master's Track and Field Championships:

Ken Bell (Spokane) (Age Group 55-59) Ken is a veteran of USATF Masters events and will be competing in the 800m and 1500m.

Lauriea Blume-Michels. (Spokane) (Age Group 40-44) Lauriea Blume-Michels has competed in several USATF Masters events including her recent success at the Inland Northwest Masters Classic. Lauriea will be participating in the 10000m, 100m, 1500m, 2000m, Steeplechase, 200m, 400m, and the 5000m. She is also a member of the Bloomsday Road Runners Club.

Truvor Bodnar. (Spokane) (Age Group 65-69) Truvor will be competing in the 500m.

L Calvin Brown. (Spokane) (70-74) L. Calvin Brown is a regular in the USATF Masters competition world. In 2003, Calvin earned 2nd Place in his age group in Eugene, OR in the 10000m run with an impressive time of 1:02:49. He will be participating in the 10,000m Race Walk, and the 5,000m Race Walk. Currently Calvin is the oldest competitor from Spokane.

Laurie Chadwick. (Spokane) (Age Group 45-49) Laurie will be competing in Pole Vault & Javelin, but she has a long history of sports and coaching. Laurie Chadwick is in her 19th year coaching (6th at Mead H.S.). She is a USATF Certified Level 1 & 2 Coach, a past Assistant Coach at Gonzaga University Cross Country & currently at Mead High School. Overall her athletes hold 12 school records & three state champions. Besides track and field she is also a gymnastics coach and was awarded the National Gymnastics Coach of the Year in 2002. Laurie first tried pole vaulting at age 35 and is currently the Inland Northwest age group record holder.

Janet Collar. (Spokane)(Age Group 35-39) During the 2007 Bloomsday, Janet Collar won the Washington State Road Running Championships for her age group. She has competed in previous USATF National Masters Outdoor Track & Field Championships, and recently won the 34th Annual Pelluer Invitational at Eastern WA University. Janet will participate in the 800m.

William (Bill) Green. (Spokane) (Age Group 60-64) Bill is a local Pediatrician who will be competing in his first USATF Masters Track & Field Championship. Locally, Bill has competed in every Bloomsday Road Race, minus two, since 1979. Bloomsday is the world's largest timed 12K road race with over 45,000 participants annually. Bill will be competing in the 5000m.

Zach Hill. (Spokane)(Age Group 30-34) Zach Hill will be running the 400m and the 800m.

Reg Hulbert. (Spokane)(Age Group 55-59) Reg Hulbert will be competing against former Olympians, while his protégé Brad Walker will be competing in Beijing as the world's best Pole Vault. Reg was Brad Walkers' first Pole Vault Coach at University High School in Spokane Valley, WA 1997-1999. Reg will be showing off his own skills while participating in the Pole Vault.

Linda Lanker. (Coeur d'Alene, ID)(Age Group 50-54) Linda currently holds nine Inland Northwest Masters track and field records in the sprints and the hurdles and won Masters Athlete of the Year in 2000. Linda is also the assistant head coach for the Men's Track and Field Team for the Community Colleges of Spokane. Linda will be participating in the 100m dash and the 300m hurdles (30in).

Aaron Linerud. (Greenacres, WA)(Age Group 35-39) Aaron Linerud, is a part of the Pacific Lutheran University all time top 25 for track and Field. Aaron is also a member of the Bigfoot track club and is participating in the 2kg Discus Throw, the 16lb Hammer Throw, and the 800g Javelin Throw.

George Mathews. (Hayden Lake, ID)(Age Group 65-69) George Mathews is a recent gold medal winner at the American 2008 World Masters Indoor Championships for the Hammer Throw and Shot Put, which was held in Clermont-Ferrand, France this past March. He is currently a USATF Pacific Northwest Assoc. Masters Track and Field Chairman, and has been involved in organization of several Masters Clubs and events throughout his career. George will be participating in the Hammer Throw and the Shot put.

Karen Miller. (Spokane)(Age Group 45-49) Karen is ready to defend her Spokane title! In 1996, the last time this event was hosted in Spokane, Karen finished 2nd overall in her age group (35-39) in the shot put. This time she is going for gold! Karen will participate in the Discus Throw, the Long Jump, and the Shot put.

Samuel Darle Miller. (Airway Heights)(Age Group 75-79) Samuel will be competing for gold in several events including the 100m, 200m, 400m, 800m, Long Jump and Javelin.

Susan Osborn. (Spokane)(Age Group 35-39) Susan is a member of the Bloomsday Road Runner Club and was selected to compete in the US Cross Country National Championships in 2005. She will be showing her running prowess in the 1500m.

Gary Peterson. (Spokane)(Age Group 65-69) Gary Peterson will participate in the Discus throw and shot put.

Rick Riley. (Spokane) (Age Group 60-64) Rick Riley can boast that he still holds the Greater Spokane League record from Ferris High School in the 1500m with a time of 4:06:9. He did this in 1966! Rick will be go for more records in the 1500m.

Chip Roe. (Deer Park)(Age Group 45-49) Chip is participating in the 3000m Steeplechase.

Marc Syverson. (Hayden Lake, ID) (Age Group 35-39) Marc Syverson currently holds a top 10 athlete designation at Westmont College in the triple jump and decathlon. Marc will be competing in the High Jump, the Javelin Throw, and the Triple Jump.

Rich Tucker. (Spokane) (60-64) July 25-26, Rich, many times National 800m Champion, won 1st Place in the 800m at the WA State Senior Games with a time of 2.33.3. This time beat his 2006 1st place finish at the same games where he raced the 800m in an impressive 2.39.1. Rich will be competing in 400m and 800m.

Alan Wardsworth. (Spokane Valley) (Age Group 45-49) Alan and his wife Liz (see below) have been competing in several Masters Track and Field events together. Alan will be going for the gold in the high jump.

Liz Wardswort. (Spokane Valley)(Age Group 45-49) Liz Wardswort is currently one of the coaches for the Greater Spokane Track Club for jumping events. Liz will be competing in the Discus Throw, Hammer Throw, Javelin Throw, and Shot Put.

Ryan Weidman. (Spokane) (Age Group 35-39) Ryan is currently an assistant coach at Spokane Falls Community College. He is also a member of the Big Foot Track Club. Ryan will be competing in the Hammer and Javelin.