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Motivation Plus at National Masters Championships in Boston

Not everybody that competed at the Indoor Masters World Championships in British Columbia ran slower at the US Indoor Championships in Boston three weeks later, but most had already peaked, with two notable exceptions. While sweeping her usual cadre of events (800-mile-3K) Northport RC (NY) ace **Kathryn Martin** actually bettered her 3000m time to win going away in 11:18.99.

As at Worlds, artist and Syracuse Charger **Colleen Steinbach** would place second to the Long Island flash in both the mile and 3000. Also bettering his M90 3000m pending world record (from three weeks ago) was the oldest competitor on the track, 92 year-old Texan Orville Rogers. With the 3000 contested on Friday evening, Rogers ran in the first event of the three-day affair that welcomed 850 athletes including 47 gold medalists from the World Championships.

Rogers just about collapsed at the finish line as he lowered his recent US record of 22:57.41 to 21:52.38. "That," said two-time Olympian Willie Banks, "is what keeps me rolling. That guy's 92 and I'm not sure I could run 3000 meters at any pace. It's motivating for me to see someone that age competing. That's why I can't understand it when so many people tell me, 'I can't do it, I'd be embarrassed.' How in the world can you be embarrassed when you're just out there to have fun?"

A headliner for the meet, Banks held the world record in the triple jump (58'11.5) for 10 years. At 54, he was set to compete in the high jump the following day. "It should be a good one, I'm going up against the American record holder," noted Banks (who'd place second with a jump of 6-feet .75 inches).

The W40 3000 looked like candidate for "Kick of the Meet" as New Mexico's Lisa Valle rocketed away from Colorado's Patti Murray to win in 10:07.10, but that distinction has to go to CT's **Chris Chisholm** in the M45 contest. The BAA's **John Noland** took this out and didn't drop back until there was 800 to go. At this juncture, Greater Springfield Harrier **Francis Burdett** had worked his way from back in the pack to take the lead. Leaders Kevin Forde (PA) and **Oscar Gonzalez** (CT) were gapped by Burdett but Chisholm hung tough. On the bell lap, the Hartford TC ace unleashed an unearthly kick (had to be sub-30) to win going away in 9:06.53. Forde just edged Burdett for second—9:11.42 to 9:11.95.

Plastow, NH's **Craig Fram** didn't need a kick to win the M50 3000. The Whirlaway ace had a 19-second cushion when he reached the finish line in 9:22.26. "I felt really strong," commented Fram. "I had a good race, it's surprising really." Why? "Because I didn't know whether I was going to run or not until two days ago. My training hadn't been going well."

Masterful musician Nolan Shaheed of the So Cal (CA) TC lapped several competitors en route to an M60 US record. The jazz specialist became the first in his division to crack 10 minutes indoors. Shaheed's time of 9:55.03 eclipsed the previous record of 10:01.96 set by Dan Conway in 1999. Shaheed had set the world record for the M60 mile before Worlds, where he was a breath away from the 1500m world record, so the US record was somewhat ho-hum. "I should be faster but I'm not in the best shape right now," he acknowledged.

Thinking he was in 10:30 shape but finishing fourth in 10:46.23, Delhi, NY's **Bob Giambalvo** was way behind Shaheed and, in a word, gassed. "That was really tough," admitted Giambalvo, who returned from hip surgery to start running again in 2008 and had set a M60 record of 24:08 recently in The 'Running of the Green 4M' in Green Island,



POSSESSED! Greater Springfield Harrier Francis Burdett leads the US Indoor M45 3000m for the moment, but Hartford Track Club ace Chris Chisholm is about to unleash an unearthly kick.

Photo by FitzFoto

NY. "I figured 6:02 pace, I've got a shot at 10:30, but it's so different from the roads. My lungs were burning and my legs wouldn't turn over."

Still, Bob admitted to having a ton of fun and that's really what the three-day competition was all about for athletes from 35 to 90+.

—Bob Fitzgerald

9th Annual US Masters Indoor Championships, Reggie Lewis Track & Athletic Center, Boston, MA, March 26-28

M40 3000: 1. Andy Duncan, MD, 8:49.71; 2. Sean Livingston, RI, 8:53.14; 3. Rene Sepulveda, CA, 8:54.52; 4. Bart Wasiolek, CT, 9:08.57; 5. Jason Cakouros, 9:09.06. **M45:** 1. Chris Chisholm, CT, 9:06.53; 2. Kevin Forde, PA, 9:11.42; 3. Francis Burdett, 9:11.95; 4. Oscar Gonzalez, CT, 9:14.71; 5. John Noland, 9:19.39. **M50:** 1. Craig Fram, NH, 9:22.26; 2. Ronald Shaiko, NH, 9:41.85; 3. Danny Aldridge, CA, 9:57.22; 4. Mark Cleary, CA, 10:48.06; 5. Stephen Peckiconis, 11:12.51. **M55:** 1. Stephen Chantry, VA, 9:53.40; 2. Sam Torres, OH, 10:01.52; 3. James Robinson, NY, 10:03.30; 4. Paul Pearson, TX, 10:30.34; 5. Brian Dodge, NY, 11:08.12. **M60:** 1. Nolan Shaheed, CA, 9:55.03 (US record: old record 10:01.96, Dan Conway, 1999); 2. Ken Hamilton, OH, 10:36.35; 3. Roger Price, NJ, 10:39.14; 4. Bob Giambalvo, NY, 10:46.23. **M65:** 1. Tom Jennings, PA, 11:28.79; 2. James Lombardi, PA, 11:30.41; 3. Joe Carter, GA, 11:44.37. **M70:** 1. Thom Weddle, MN, 12:35.47; 2. Bill Spencer, NH, 12:43.56; 4. Joe Cordero, NY, 14:02.06; 5. Jerry LeVasseur, ME, 15:00.67. **M75:** 1. Dennis Branham, RI, 14:11.96. **M90:** 1. Orville Rogers, TX, 21:52.38 (US record: old record 22:57.41, Rogers, 2010). **W40 3000:** 1. Lisa Valle, NM, 10:07.10; 2. Patti Murray, CO, 10:15.12; 3. Victoria Fiddick, SWE-NC, 10:31.01; 4. Mimi Fallon,

10:37.64; 5. Christine Reaser, ME, 11:02.34. **W45:** 1. Sheryl Miller, 10:54.46; 2. Sue Snyder, NY, 11:38.96; 3. Pam Linov, 11:49.46. **W50:** 1. Rebecca Marvil, TX, 11:24.98; 2. Lynda DeBoer, CAN, 11:30.26; 3. Suzanne Cordes, CA, 11:40.53; 4. Anne Hird, RI, 11:49.09. **W55:** 1. Kathryn Martin, NY, 11:18.99; 2. Terence Mullis, GA, 13:30.15; 3. Mary Diver, NY, 13:33.11. **W60:** 1. Joy Oakey, PA, 13:58.05; 2. Joan McMullan, MD, 14:16.48. **Mile M40:** 1. Charlie Kern, IL, 4:21.56; 2. Tom Nohilly, NY, 4:26.60; 3. Andy Duncan, MD, 4:26.74; 4. Bob McGinty, PA, 4:29.22; 5. Jason Cakouros, 4:39.02. **M45:** 1. John Hinton, NC, 4:31.65; 2. Dave Matheme, GA, 4:37.61; 4. Mike Esposito, NY, 4:44.75; 5. Tom FitzPatrick, NY, 4:45.80; 6. John Noland, 4:46.13; 7. Bill Newsham, NH, 4:47.39. **M50:** 1. Tom Cawley, NJ, 4:41.68; 2. Casey Carlstrom, NY, 4:44.82; 3. Mark Rybinski, NY, 4:58.01. **M55:** 1. Stephen Chantry, VA, 5:19.45; 3. Christine Reaser, CAN, 4:55.58; 3. James Robinson, NY, 4:58.51; 4. Kevin McMahon, VT, 4:58.58; 5. Tom Hartshorne, NY, 5:02.37; 7. Tim McMullen, NY, 5:09.24. **M60:** 1. Nolan Shaheed, CA, 5:16.40; 2. Ken Hamilton, CAN, 5:20.30; 3. Tim Wigger, KS, 5:21.00; 4. John Verocollone, 5:22.00. **M65:** 1. Paul Perry, IL, 5:21.13; 2. Tom Jennings, PA, 5:48.04. **M70:** 1. Sid Howard, NY, 6:09.90; 2. Thom Weddle, MN, 6:13.98; 3. Bill Spencer, NH, 6:28.97; 4. Wayne Peacock, RI, 6:54.96; 7. Joe Cordero, NY, 6:55.24; 8. Jerry LeVasseur, ME, 7:23.79. **M75:** 1. Dennis Branham, RI, 7:11.47; 2. Peter Hettrich, NY, 7:31.13. **M90:** 1. Orville Rogers, TX, 10:56.66. **Mile W40:** 1. Kim Sheffield, FL, 5:11.93; 2. Patti Murray, CO, 5:13.03; 3. Christine Reaser, ME, 5:47.71; 4. Sue Pearsall, NY, 5:52.38. **W45:** 1. Marisa Hanson, NY, 5:14.86; 2. Zofia Wieceiorkowska, CT, 5:19.45; 3. Sheryl Miller, IA, 5:36.39; 4. Estela Medina, NY, 6:11.89. **W50:** 1. Cheryl Bellaire, PA, 5:48.38; 2. Rita Quibell, CAN, 5:49.64; 6. Sue Stirrat, 5:55.47. **W55:** 1. Kathryn Martin, NY, 5:38.38; 2. Coreen Steinbach, NY, 6:06.90; 3. Mary Diver, NY, 6:48.58. **W60:** 1. Joy Oakey, PA, 7:15.88; 2. Mary Rosado, NY, 7:16.43.

Always On An Up Note

Whether with his feet or trumpet, Nolan Shaheed maintains a beat few can match. After NER's photo faux pas with fellow competitor Harry Nolan last issue, we ran into both principals at the US Indoor Masters

Championships at the Reggie Lewis facility in Boston. Although based in California, both had already seen the issue and were grinning broadly at its mention. "That was funny. Believe me, I've seen the photo," chuckled Shaheed shortly after setting the US M60 3000m record of 9:55.33. In January, Shaheed had run a mile in 4:57.06 to add the M60 world record to his previous M50 and M55 world records. Off the track, he's played with many of the musical greats of our time.

Sitting in the upper reaches of the stands at 'The Reggie,' we got to kibitz with one of the most talented, humorous and versatile practitioners of our sport. —Bob Fitzgerald

NER: Anyone in your family come from a musical or athletic background

NS: Yes, my father has the athletic background. He was born and raised in Texas and when he was in college he vaulted 13-6 and that's with a bamboo pole. I think the world record at that time was about 14-6, so he was very good. He was also a championship tennis player and a hurdler, so he was very athletic and very good.

It wasn't until I got into high school that I could actually beat him running, and it was very close then, so my dad was the athlete of the family.

My sister is a fantastic piano player. She plays gospel and was raised on European classical piano. Now she basically does gospel and stuff. She's a very talented musician. I have a brother that used to play the flute. I think he only played it to get the chicks, though (laughing)

NER: (laughing) The flute, how'd that work, not guitar or drums...

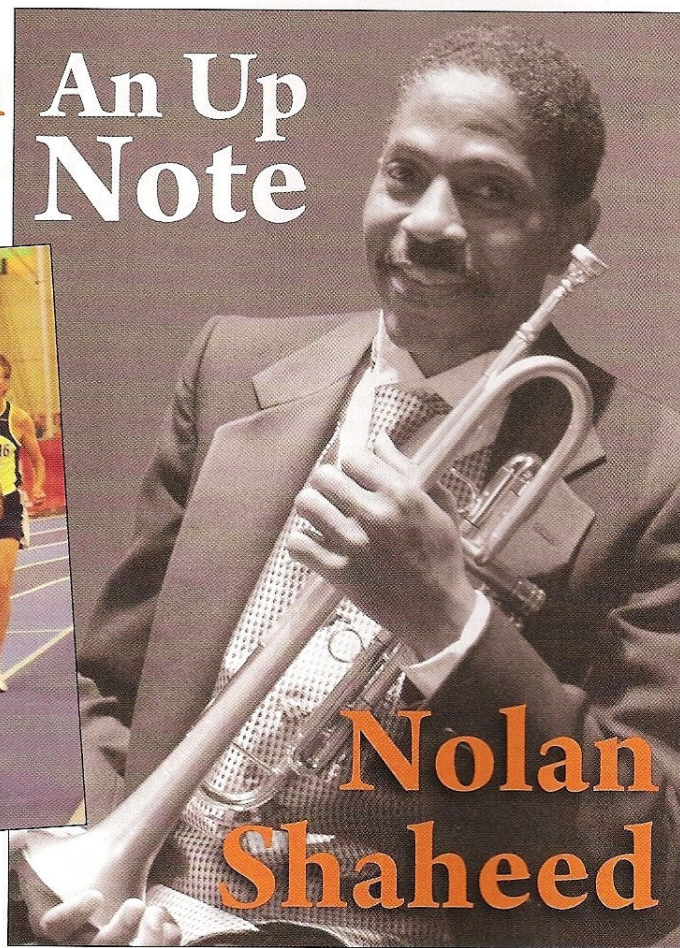
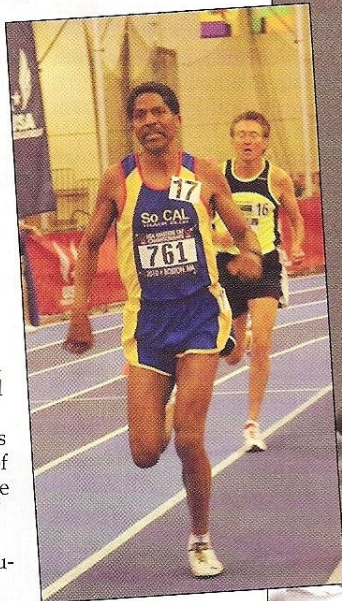
NS: The flute is cool because you don't have anything to lug around and you can still attract the attention of the ladies

NER: It sounds like there was a lot of music in the family but it didn't come from your parents per se

NS: No, but one thing about my parents, they never discouraged me. I used to practice eight hours a day in high school and they never once said, "That's enough," or "You're getting on my nerves," or "You're playing too loud." They always encouraged me to practice and play and that was very good. It made me what I am today

NER: You ran for Muir High School (CA) which, looking at the names on the team, was a real powerhouse

NS: It was considered one of the best high school track teams of all time



Nolan Shaheed

NER: So it had to be disappointing when your parents grounded you from the track team (grades), but your trumpet coach is something of a hero in all this, isn't he

NS: Bob Rithauler, my trumpet teacher, is one of the greatest men I ever met, outside of my dad. He's the most influential person I've ever met in my life. He really knew how to guide me on the right path. It was his revelation that the better I ran, the better my trumpet playing was

NER: Do you think that had to do with focus, or your respiratory system, working your lungs and your breathing

NS: It was more physical than anything else. One thing I've had more than anything else in my life has been a proficiency for discipline. I can go out and practice for eight hours a day while most people would get bored after practicing three or four. I can go out and run 12 miles a day, where most people might be bored after three or four

NER: Can you do your workouts by yourself or do you need teammates

NS: Always by myself

NER: Where'd you head after Muir

NS: After Muir I went into the army, then to City College and I finished up at University of Texas

NER: You didn't run at the University of Texas, did you

NS: No I didn't

NER: So then after college did you get right into your musical career

The Artist as a Young Man (above) and lapping a runner en route to the US M60 3000m record during the US Masters Indoor Championships at the Reggie Lewis Track & Athletic Facility in Boston this past March.

Photo by FitzFoto

NS: Yah, yah, yah

NER: Do you remember what your first gig was, or let me put it this way, do you remember what your first paying gig was

NS: My first paying gig was with a woman named Phoebe Snow

NER: Phoebe Snow, yah, she's great

NS: Right, remember Phoebe Snow. Actually, my first paying gig was a gig I did with Aretha Franklin. After that it was Phoebe Snow, then a few other people. Then my first real big gig was with Marvin Gaye. I did that for a few years. After that it was another big gig with Count Basie. That was another genre, jazz.

After that it just started snowballing. After Count Basie, I went back with Marvin for awhile, then I went with Natalie Cole for a year or two, and then Stevie Wonder for about four years, then Diana Ross for about four years. After Diana Ross I wanted to commit suicide, she's a terrible person

NER: (Guffawing) Ha! Finally someone tells the truth

NS: (Laughing) I know. Then I went with a woman named Anita Baker who was worse than Diana Ross. So after that I basically retired from all that road stuff

NER: With Lionel Hampton, Count Basie, what

age were you when you were touring with them

NS: In my 20s

NER: Do you think you would have toured longer if there were anti-smoking laws back then (laughing). I mean I'm looking at a healthy guy who runs, watches his diet, and you know that wherever you played there was a blue cloud of nicotine

NS: That was the worst, particularly in Europe. I remember playing with a guy named Eddie Harris on a European tour, and man, these clubs were kinda small and the bandstand was way in the back of the club. There was no window or door back there and the smoke would just billow up. My eyes would water so much and I couldn't breathe. It was very difficult to play the trumpet.

I was very fortunate to play with a lot of big name people, so we did stadiums and we did jazz festivals, and not a lot of clubs. That was my saving grace.

Go Mark! Go Mark Cleary! (The M50 3000 is taking place on the track below us)

NER: SoCal

NS: Yah, yah, SoCal! So fortunately, I got to play a lot of big venues

NER: Do you find the camaraderie between musicians and runners somewhat the same, kind of like an insular club

NS: Yah, yah, it's funny—the people that know me as a runner usually don't know I play music, and vice versa; the musicians I play with usually don't know I run. Each runner is a club in themselves so it makes it really cool.

NER: Meet directors know you play, though. I mean, how many times do you get hit up to play the national anthem. That can get tiring, can't it

NS: Yah, yah. I try not to do it. Before you run you don't want to be thinking about playing music. It's like being a comedian and someone invites you over to dinner and then says, 'Could you tell a few jokes and entertain us'

NER: I read somewhere that you used to challenge your band mates to a mile run. Maybe they didn't know you ran, either

NS: Right

NER: So you'd get four of them to run 400 meters, you'd run the mile, take their money, sounds good

NS: It's a sucker's bet. A lot of them were like, 'Hey, in high school, man, I ran a 48 second quarter.' Yah, but that was like 10 years ago. Now they're lucky to run an 80 second quarter. At that time I could run, easily, four consecutive 70-second quarters. So it was a sucker's bet. I always tried to win by just a little so they'd think if they really tried, the next time they could get me.

NER: The outdoor (M60) world records, the 1500 (4:27.65), mile (4:54.07), 3000 (9:29.47), they're all stiff but is your best shot at the mile

NS: You know, I think the mile is very easy

NER: You did 4:57 indoors. These records have all stood for awhile. There's a reason for that

NS: You always have to respect a world record, even if you think you can change it. My ankle has been bothering me now for about a year and a half. It's very, very painful, so I'm not

...it's funny—the people that know me as a runner usually don't know I play music, and vice versa; the musicians I play with usually don't know I run.

nearly as fast as I should be. That's why you have to respect a world record, because who's to say the fellow who set the world record didn't have the same problem, or another problem

NER: Right, right, good way to think about it

NS: So you've got to respect the world record, and I do

NER: I have to ask one last question that our nutritional columnist will be very interested in—your diet, how long have you been on the one meal after five o'clock routine

NS: Oh wow, at least 30 years.

NER: Will you do a big meal or does it depend

NS: I'll do an above average size meal. I follow good nutrition. I get my carbohydrates, my protein, my good fats, I eat some grains and, you know, it's a good meal

NER: And so it works for you. What do you weigh in at

NS: I'm 5'9 and weigh 126, the same as high school. **NER**

Willie Banks at US Masters Indoors

The world record holder in the triple jump for a decade, Banks was long jumping and lending his support to the meet. "It's motivating for me to see people in the upper ages compete. It's all about just having fun."

