



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, WASHINGTON;**

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 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, ½ 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.

