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NATION'S BEST TO COMPETE AT USA MASTERS TRACK CHAMPIONSHIPS IN GRAND RAPIDS JULY 14-17, GRAND VALLEY STATE UNIVERSITY

1018 ATHLETES IN 2560 EVENTS INCLUDES 104 FROM MICHIGAN IN 187 EVENTS; MANY GRAND RAPIDS AREA STARS

(Grand Rapids, MI) – The nation's best will be competing at the USA Track & Field Masters Championships at Grand Valley State University in Allendale, MI, Thursday through Sunday, July 14-17. Forty current world champions and approximately 100 defending US champions are among 1018 athletes who will take part in 2560 events, including 104 participants from Michigan in 187 events, with many Grand Rapids area stars.

World and US records are expected in age groups from 35 to 95+ years old with athletes as old as 99. Hundreds of US athletes, including many who won or medaled at last year's world championships in France, are taking part at Grand Valley before competing on the US team at the World Masters Championships in Australia in October.

Media is welcome at Grand Rapids and spectators are free. Events begin at 8AM to late afternoon each day Thursday through Sunday. The full detailed event schedule may be found at HYPERLINK "<http://www.usatf.org/usatf/files/fb/fbf54296-c252-43c8-898b-fddd0aa5691b.pdf>" <http://www.usatf.org/usatf/files/fb/fbf54296-c252-43c8-898b-fddd0aa5691b.pdf>.

Overall meet information including entries by event may be found at HYPERLINK "<http://www.usatf.org/Events---Calendar/2016/USATF-Masters-Outdoor-Championships.aspx>" <http://www.usatf.org/Events---Calendar/2016/USATF-Masters-Outdoor-Championships.aspx>

The University address is 1 Campus Drive, Allendale MI 49401. In addition to the USATF Masters Games Committee, key organizers of the event are the USATF Michigan Association and the West Michigan Sports Commission.

In addition to the world and national champions, medalists, and record holders, athletes include at least four Olympians, an NFL star (Henry Ellard of the Rams, Redskins, and Patriots), and Hollywood stars including a jazz great who's played lead for Count Basie, Dizzie Gillespie, Stevie Wonder, Aretha Franklin, Marvin Gaye, and recently played on the Emmys and The Voice.

Below are notes on competitors from Peter Taylor, Meet Announcer; Mary Trotto, USATF Masters Awards Committee Chair; and Lou Andreadis, Meet Director:

Men and Women in Grand Rapids 2016

Local Favorites (Competitors Residing in Grand Rapids)—Notes from Peter Taylor, Meet Announcer

Ruben Henderson, Jr. Age 54. A sweet-striding middle distance man, Ruben likes to go to the front early and then see what develops. At nationals he will take a shot at medaling in, or even winning, four races, the 800, 1500, 5000, and 10,000. At 2014 outdoor nationals he took a third in the 10,000 with a very nice time of 37:20.41 (6:00.6 per mile).

Jeremy Kooyer. Age 45. Jeremy will confine his efforts to the pole vault, where he has an excellent chance of medaling and may even win.

Gerald Holliday. Age 44. Gerald will run only in the 100 dash, where he appears to be a bit of a longshot, given the strength of the field.

John Dood. Age 51. John likes to stretch it out a bit, which means he will compete in the 5000 and 10,000 runs in Grand Rapids.

Lisa Dood. Age 51. Like John, Lisa will line up in the 5000 and 10,000.

Local Stars List from Lou Andreadis, Meet Director

Kelly Lycan: Lawton, MI 57 years old (HJ,TJ, JA)

-Kelly is the head women's track coach at Western Michigan University (D1 college)

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Howard Booth: Gregory, MI 72 years old (PV, LJ, 300h, 80h)

- Howard is an assistant track coach at Eastern Michigan University (D1 College)

Daryl Stallworth: Traverse City, MI 45 years old (100m)

- Former All- American and school record holder at Saginow Valley State University (D2 college in MI)

Pat Garrett: Wyoming, MI 35 years old (200m, 400m)

- Former school record holder at Grand Valley State University (D2 College)

Jeanette Baas: Kalamazoo, MI 99 years old (100m)

- She is the oldest Michigan athlete competing

WORLD AND NATIONAL STARS AT GRAND RAPID JULY 14-17

By Peter Taylor, Meet Announcer

MEN

40-44

Antwon Dussett. Peoria, Illinois. Age 40. In recent years, Antwon has done an excellent job of passing for a college athlete while competing in masters. For example, at the 2011 worlds in Sacramento, California, running in the M35 (35-39) group, he won the 400 in a sizzling 47.34 and the 200 in a blazing 21.57. In 2013, at age 38, he won the 400 in the worlds in Brazil with a brilliant 47.37.

Dussett particularly enjoys the track in Albuquerque, New Mexico, where in 2011 he set the still-standing American indoor M35 record for the 200 at 21.67 seconds. This past winter he returned to the Land of Enchantment to run 22.39 in the 200 and 49.32 at indoor nationals, the latter an American record for M40. In Grand Rapids, Antwon will run his signature races, the 200 and 400 dashes.

45-49

Allen Woodard. Houston, Texas. Age 47. Allen will lead a bevy of strong sprinters in the M45 group. In 2015, at 46, Woodard ran the 400 outdoors in 49.69 seconds to set a world mark for his age group, a performance that earned him Athlete of the Week honors from the sport's governing body, USA Track & Field.

Already this year, however, Woodard has run a stunning 49.12 for the 400 distance; when approved, it will be a world record. Moreover, Allen recently anchored a 4 x 400 M45 team to a 3:22.31 time, which would break the existing world record. His unofficial split? 47.5 seconds. In Grand Rapids, Woodard will compete in the 200 and 400. His competition in the 400 will include **Lee Bridges**, the reigning world outdoor champion in the 400 (50.79 seconds), and **Karnell Vickers**, who ran 52.52 indoors in the 400 at nationals.

Don Drummond. Norcross, Georgia. Age 47. Last year, in France, Don administered a thorough spanking to an international field in the 110 hurdles, as he won the world M45 title in a brisk 15.27 seconds. The possessor of countless U.S. titles in the 110 hurdles, Don finished third in that event at both the 2011 and 2013 worlds before going gold in 2015.

Don is also a threat when there are no hurdles to clear, as he has taken the bronze in the 100 dash at the last two nationals (he ran 11.74 in 2015 and 11.71 in 2014). Look for Drummond in the 110 hurdles and the 100 dash in Grand Rapids.

55-59

Allan Tissenbaum. Pittsburgh, Pennsylvania. Age 56. In 2015, Dr. Tissenbaum, an orthopedic surgeon, put his surgical schedule on hold to travel to France for the world masters championships. The “good doctor” won the M55 100 final in a resounding 12.05 seconds, a very impressive time against a wind of 2.9 meters per second. Those who have tracked his career also know that in 2005 he took a short break from orthopedics to travel to Spain for the masters worlds. The result? Gold medals in the 100 (11.23 seconds) and the 200 (22.63).

In Grand Rapids, Dr. Tissenbaum will try to win both the 100 and 200, but the fields will be loaded with talent.

Paul Babits. Fort Wayne, Indiana. Age 55. How good is Paul Babits as a pole vaulter? Answer: It is possible that after *all* the vaulting has been completed in Grand Rapids he will have the *best mark of any of the contestants*, even though he is in M55. Currently, Paul holds the official *world* indoor marks for M45 at an astonishing 5.14 meters (16-10 ¼) and for M50 at 4.75 meters (15-7), and in April of this year he vaulted 4.52 meters (14-10) to set a pending world indoor mark for M55.

In Grand Rapids, Paul will confine himself to the pole vault.

Bruce McBarnette. Sterling, Virginia. Age 58. One of the greatest masters high jumpers ever and a member of the USATF Masters Hall of Fame, Bruce owns the world indoor mark in the high jump for men 55-59 at 1.88 meters (6 feet, 2 inches), which he set in 2013. Also in that year, Bruce went gold at the 2013 world outdoors by leaping 1.77 meters. He came back in 2014 to win the world indoor high jump in Budapest.

Bruce owns the American outdoor records in the high jump for both the 50-54 (1.94 meters, 6 feet, 4 ¼ inches) and 55-59 (1.84 meters, 6 feet, ½ inch) groups. At nationals he will do the triple jump as well as the high jump. Bruce in his “other life” is an actor who has appeared on “West Wing” and many TV shows and movies.

60-64

Oscar Peyton. Accokeek, Maryland. Age 63. The 6-4 Peyton won both the 100 and 200 at the world outdoor masters championships in 2011. In 2013 he ran an amazing 7.52 seconds in the 60 indoors to set a world standard, and last year he ran an American outdoor record of 24.14 seconds in the 200. Both marks still stand. Oscar will compete in the 100 and 200 in Grand Rapids.

John Goldhammer. Claremont, California. Age 62. Mr. Goldhammer is an exquisite

hammer thrower with a very easy name to remember. In the 2015 worlds in France, John showed that he was more than just a name, as he flung the hammer 56.42 meters (185 – 1) to take the gold in M60. Versatility is also a strong suit for him, as outdoors he holds the American marks in the throws pentathlon for both M55 (4602 points) and M 60 (4836). The M60 superweight record is also John's (11.30, 37-1).

In Grand Rapids, Goldhammer will do the shot put, discus, hammer, and weight throw.

65-69

Bill Collins. Houston, Texas. Age 65. An All-American at Texas Christian University and later a member of the US national team, Bill has a remarkable string of records in the 200 dash indoors: In January 2016 he possessed the world mark for M50 (50-54) at 22.99, for M55 at 23.36, and for M60 at 24.32. On March 6 of this year, he added another jewel, as at age 65 he crossed the finish line in 24.94, the first 65+ man worldwide to go under 25 seconds indoors.

Outdoors, Bill has the listed world marks for M55 in both the 100 (11.44) and the 200 (23.36), although football great Willie Gault (not entered at nationals) has now bettered both of these records. In Grand Rapids, Bill will run the 100, 200, and 400.

Nolan Shaheed, entered in the 5000 and 1000, Pasadena CA, jazz great and 800M and 1500M world record holder, played lead trumpet for Count Basie, Stevie Wonder, Aretha Franklin, Diana Ross, and Marvin Gaye and recently played studio trumpet on the Emmy's, the Voice, and other top programs. He has broken many national and world records, is a many-time athlete of the year.

70-74

Gary Patton. Rock Rapids, Iowa. Age 70. Now that the youthful-looking Patton has finally made it to the M70 group, he should have a good chance at adding several new records to his resume. In fact, he just recently set one in California, running 1 mile in 5:35.03 for an American record. Five years ago, running at Sacramento worlds, Gary unleashed a 4:46.05 in the 1500 to win that event and set an American standard for M65 that has never been bettered. Gary also won the 800 in Sacramento, requiring just 2:21.25 to get the job done. In Grand Rapids, Patton will try a very difficult triple, the 800, 1500, and 5000.

75-79

Bob Lida. Wichita, Kansas. Age 79. Mr. Lida has had a magnificent career in masters sprinting. He runs young, employs a powerful style, and from a short distance away could

easily pass for an extremely fit man in his 50s. Outdoors, Lida holds the world marks in the 75-79 category for both the 100 (13.49) and 200 (27.73) dashes. Indoors, he has the world records in the same age group for the 60 (8.44) and 200 (27.64). For the year 2012, Bob was selected as the outstanding male masters T&F athlete in the world.

This Masters Hall of Famer is entered in the 100, 200, and 400 at nationals.

WOMEN in Grand Rapids

40-44

LaTrica Dendy. Bronx, NY. Age 43. LaTrica was runner-up in the 200 (25.70) at the 2013 world outdoors in Brazil, but she made her long trip worthwhile by nailing down the 400 in 57.00. Four years earlier, at the world outdoors in Finland, LaTrica had taken gold in the W35 (35-39) group in the 400 hurdles at 1:01.19 and the 400 dash in 55.35.

Indoors, LaTrica has the American record for 400 meters for the W35 group: 56.46 seconds. Outdoors in that age division she has the American records for the 400 (55.35) and 400 intermediate hurdles (1:01.19). Look for her to tear up the track in Grand Rapids, where she will be competing in the 200 and 400.

Anne Sluder. Pineville, North Carolina. Age 43. Anne set an American record in the pentathlon last year at nationals in Jacksonville, achieving a very nice 3746 points. A proficient hurdler and jumper, as pentathletes so frequently are, she also won the high jump at 1.55 meters (5-1) and the 80 hurdles in 13.24. Competing against the wind, she won the long jump with 4.95 meters (16-3), and she took down a silver in the 400 hurdles in 1:10.88.

Fittingly enough, Anne also holds the American record in the pentathlon for the W40 group indoors, with 3531 points. At Grand Rapids you can see this fine multi-eventer in the pentathlon (on opening day) and also in the 80 hurdles, 400 hurdles, high jump, and long jump. Who knows, she might win them all.

45-49

Emmanuelle McGowan. Sugar Hill, Georgia. Age 48. Born in France but now an American citizen, Emma journeyed to her native country last year to compete at the world masters in all three sprints. She won the 100 and took a silver in the 200 and 400, identifying her as one of America's best. At Albuquerque indoor nationals this past March she again differentiated herself from her competition, as she won the 400 (1:00.41), the 60 (8.00), and the 200 (25.64), all by impressive margins. Emma will compete in the 100, 200, and 400 at Grand Rapids and will be the logical choice in each one.

50-54

Marisa Sutera-Strange. Pleasant Valley, New York. Age 53. Marisa was an All-American in the intermediate hurdles at Ithaca College in New York, but now she favors the longer distances. How well has she done? Well, in March 2015 she broke the W50 American indoor record in the 3000 meters by running a startling 10:12.98 (5:28.8 per mile). The previous record holder? None other than 1984 Olympic marathon champion Joan Benoit Samuelson.

At Grand Rapids, Marisa will run try for the difficult 1500, 5000, and 10,000 triple. Don't bet against her. Last year at outdoor nationals she won both the 1500 (4:51.86) and 5000 (17:59.13) in brilliant fashion, the 4:51.86 is now the American record.

55-59

Carol Finsrud. Lockhart, Texas. Age 59. Carol last competed in the US Olympic Trials in 2000, and she remains a formidable thrower. Her performances in the discus have been remarkable, as she owns, almost unbelievably, the *official* outdoor American marks in that event for five consecutive age groups: W35, W40, W45, W50, and W55, although the W35 mark has been surpassed but not ratified.

Carol's W40 record in the discus is a truly spectacular 52.44 meters (172 feet). Outdoors, Carol also has the W55 American marks in the 16-pound weight throw (14.40 meters, 47-3) and the superweight (25 pounds) at 10.17 meters (33-4). Underscoring her versatility, she also owns the American record in the throws pentathlon for W55 (4170 points).

In Grand Rapids, Carol, a member of the USATF Masters Hall of Fame, will be competing in the discus, shot put, hammer, weight throw, and javelin.

Joy Upshaw. Lafayette, California. Age 55. A member of the USATF Masters Hall of Fame, Joy has few peers, if any, in the U.S. as a combination sprinter-long jumper-hurdler. Outdoors she has both the W45 and W50 American records in the 80 hurdles (12.07 and an amazing 12.19, respectively), and she holds down the W45 standard in the long jump with 5.37 meters (17-7 ½).

Joy has been quite active this year in hunting down W55 American records, having already broken three of all-time great Philippa (Phil) Raschker's marks. Joy has run the 100 in 13.22 (Phil ran 13.30), the 80 hurdles in 13.04 (Raschker, 13.19), and the 200 dash in 27.54 (Raschker, 27.78). In Grand Rapids, Joy will show off her impeccable form in the 100, 200, 80 hurdles, 300 hurdles, long jump, and triple jump.

60-64

Kathy Martin. Northport, Long Island, New York. Age 64. Kathy is known for her tremendous range, and that will be clearly revealed in Grand Rapids, where she will compete in the 800, 1500, 5000, and 10,000 as well as the 2000 steeplechase. Each time she goes to the line she will be favored to win the gold.

Kathy owns the world indoor record in the mile for women 55-59 at 5 minutes, 19.87 seconds, and she was the first 60+ woman in the history of the world to break 6 minutes in the mile indoors. At a later meet she ran 5:47.25, and that remains the world mark for W60. In addition, Kathy has the world indoor mark for W55 in the 3000 at 10:35.76, a stunning 5:41.05 per mile.

Outdoors, Kathy's records go as long as the 50,000 meters (31.07 miles), where she holds the W60 American road record of 3 hrs, 58 minutes, 30 seconds. On the track, she has a variety of records in both flat racing and the steeplechase. She holds the world mark for W60 of 5:42.65 in the mile. Kathy is a member of the USATF Masters Hall of Fame.

65-69

Myrle Mensey: St. Louis, Missouri. Age 67. Myrle is one of those elite performers who gives fellow competitors and spectators alike the feeling that they are watching a true artist.

The USATF masters track and field athlete of the year for 2013 and a member of the Masters Hall of Fame, Myrle will spread her energy over five different events in Grand Rapids: the shot put, the discus, the javelin, the hammer, and the weight throw. Why not win all five? After all, she has the American W65 record in the hammer at a stupendous 39.61 meters (129-11) and in the 12-pound weight throw at 16.81 meters (55-2). Winning the other three throws could well be in the cards.

Sabra Harvey. Houston, Texas. Age 67. Sabra did not get started in running until she was in her early 50s, but she has turned out to be a standout on both the road and track. Currently, Sabra holds the American record in the 800 for both W60 (2:34.66) and W65 (2:42.14), and she has the 1500 marks in both age groups as well, with her W65 time of 5:29.85 standing as the world record. Sabra also has the American record in the 5000 of 20:25.64 for W65. In Grand Rapids the hard-working Sabra will line up for the 800, 1500, and 5000 runs.

75-79

Kathy Bergen. La Canada, California. Age 76. When you were the first 70+ woman ever

to break 15 seconds at 100 meters you are certainly entitled to some media attention. Befitting a woman who was born in the last month of 1939, Kathy had no high school, college, or open experience in track and field, but she caught people's attention in 1995 with a record-breaking performance in the 60 at indoor nationals, and the rest is history, including election to the USATF Masters Hall of Fame.

Outdoors, Kathy has the world record for the 100 in the W70 age group with a scorching 14.76 and for W75 with a pulsating 15.31. That would be enough for superstardom, but Kathy also owns the world marks in those age groups for the 200 dash at 31.39 and 33.79, respectively. She then goes beyond that level by having the world mark in the high jump for W70 at 1.30 meters (4-3 ¼) and for W75 at 1.22 (4-0), sharing the latter with Rietje Dijkman of The Netherlands.

In Grand Rapids, Kathy will compete on the track in the 100 and 200 and will show off her high jumping skills as well. In a further testament to her versatility, she will also compete in the discus and javelin. Amazingly enough, she already has the W75 mark in the discus at 22.38 meters (73-5).

80-84

Florence Meiler. Shelburne, Vermont. Age 82. Florence "Flo" Meiler is a renaissance woman in track and field despite being a late arriver. At Lyon, France, in 2015, Flo set a world W80 record in the heptathlon by ringing up 5730 points for her gold medal. Currently, Flo has the world outdoor mark in W80 for the pentathlon as well (4319).

Individually on the outdoor track, Flo has the world W80 mark in the 2000 steeplechase at 15:43.23, and she has the American W75 record in the 80 hurdles at 18.63 seconds.

Flo is nothing if not brave, as she holds the world outdoor records in the pole vault for both W75 (2.03 meters [6-7 ¾]) and W80 (1.83 [6-0]).

Her willingness to try the weight events has also been rewarding, as she already has the American W80 records in the hammer (22.30 [73-2]), discus (18.36 [60-3]), and weight throw (9.09 [29-10]).

In Grand Rapids, Flo will certainly get her money's worth, as she has entered 13 individual events as well as the pentathlon. On the track she will do the 100 dash, 80 hurdles, 200 hurdles, and 2000 steeplechase, and she will compete in all four jumps (high jump, long jump, pole vault, and triple jump). Finally, she will put the shot and throw the discus, hammer, weight, and javelin. If she does well in the triple jump she can exceed her own American mark of 5.91 meters (19-4 ¾).

Four Olympians

Paul Osland. Toronto, Ontario, Canada. Age 52. Paul represented Canada in the 1988 Olympics in Seoul and continues to be a standout in the middle distances. He will run the 800 and 1500 in Grand Rapids.

Howard Lindsay. New York, NY. Age 52. Howard was a three-time Olympian for Antigua and Barbuda. He ran the 4 x 400 in the 1984 Olympics (Los Angeles); the 200, 4 x 100, and 4 x 400 in the 1988 Olympics (Seoul); and the 4 x 400 in the 1996 Olympics (Atlanta). A standout collegiately, Howard was inducted into the University of Maryland Eastern Shore Hall of Fame in 2004. In Grand Rapids he will compete in the 100 hurdles and the long jump.

Ena Guevara Weinstein. Baldwin, Georgia. Age 57. Ena has competed in two Olympics, both times for Peru and on each occasion in the marathon. In 1984 she finished 35th in the Los Angeles Olympics, and in 1992 she finished 34th (Barcelona). At Grand Rapids, Ena will show a different side of her athletic self, as she will do the 100, 200, 400, and 1500.

Karl Smith. Silver Spring, Maryland. Age 56. Karl, a collegiate star at the University of Texas, ran the 400 hurdles and the 4 x 400 relay for Jamaica in the 1984 Olympics in Los Angeles. Smith has been an outstanding masters hurdler, as demonstrated by his shockingly fast world records in the M45 (men 45-49) group: 8.18 seconds in the 60 hurdles indoors and 14.41 seconds in the 110 hurdles outdoors. These marks have held up for 10 years despite the plethora of excellent hurdlers both in the U.S. and around the world.

In Grand Rapids, Karl will compete in the 100 hurdles and the 200 dash.

A Star from the National Football League

Henry Ellard. San Antonio, Texas. Age 54. Ellard played 16 years in the National Football League, suiting up for the Los Angeles Rams, the Washington Redskins, and, briefly, for the New England Patriots, catching a total of 814 passes during the regular season.

Last year, Henry competed in Jacksonville nationals as a 54-year-old (the top of the M50 age group) and won his specialty, the triple jump, with a fine effort of 12.81 meters (42- 0 ½). He also finished fifth in the high jump (1.60, 5-3) and third in the long jump (5.84, 19-2). This year he will again compete as a 54-year-old (he will turn 55 just 4 days after the meet ends). Look for him in the triple jump and long jump.

A California Sprinter out of Hollywood

Damien Leake. Van Nuys, California. Age 63. Mr. Leake, who has appeared in such movies as *Apocalypse Now* and *Serpico* as well as on television, is extremely fast when running in a straight line, should that be required by the directors. How do we know? In the last three years he has been the American indoor champion in the M60 group, running terrific times of 7.60 in 2014, 7.71 in 2015, and 7.88 this year (he was the only one in the M60 race to break 8 seconds in Albuquerque).

In Grand Rapids, Mr. Leake will compete in the 100 and 200 meters as well as the long jump.

Big Stars from Canada

In part because of its proximity to Canada, this year's US masters nationals is benefiting from an influx of Canadian standouts.

Earl Fee. Mississauga, Ontario, Canada. Age 87. The man known as "The Great Earl Fee" is arguably the greatest male runner in the history of masters track and field; just look at his achievements in the 800 run, for example. Earl has the outdoor *world* record in four of the five age groups from M65 through M85, an achievement that defies belief, given the popularity of the 800 and the many outstanding athletes it has attracted around the globe.

Earl's M65 (65-69) world mark in the 800 is 2:14.33, an astonishing record that has held up for 21 years. His M70 record is a startling 2:20.52, and his M80 mark is a stunning 2:48.95. Yes, The Great Earl got under 2:50 in the 800 at age 80. His M85 record is 3:09.10, and there is little doubt that in 3 years Earl will go after the M90 record.

At Grand Rapids, Earl will be contesting the 200, 400, and 800 runs, the 200 hurdles, and a relatively new event for him, the high jump.

Karla Del Grande. Toronto, Ontario, Canada. Age 63. How fast is Karla? In the W60 group (women 60-64) she holds the world outdoor records in the 100 (13.63 seconds) and 200 (28.11), the former set at age 61 in the 2014 US masters championships. Indoors, Karla has the world marks for this age group in the 60 dash (8.56) and the 200 (a scorching 28.11). She will grace the Grand Rapids track in all three sprints, the 100, 200, and 400.

Wendy Alexis. Ottawa, Ontario, Canada. Age 61. A good friend of Karla Del Grande, Wendy Alexis will press Karla in the 100 and try to give her trouble in the 200. Wendy finished third (Karla was first) in both the 100 and 200 at the 2015 world outdoor masters

championships in Lyon, France.

Paul Osland. Toronto, Ontario, Canada. Age 52. A 1988 Olympian, as noted elsewhere, Paul will compete in the 800 and 1500 in Grand Rapids.

Michael Sherar. Toronto, Ontario, Canada. Age 52. Sherar will run the 400 and 800 in Grand Rapids. Last year at the world championships in Lyon, Mike finished third in the 800 (M50) in a very impressive 2:04.91. In the 2009 worlds in Finland he did even better, as he won the M45 gold in the 800 in 2:01.37 and finished second in the 400 (51.26).

OLDEST ATHLETES COMPETING with Many Decades of Life Experience

Jeanette Baas. Kalamazoo, Michigan. Age 99. Jeanette served in the US Army WAVES (Women Accepted for Volunteer Emergency Service) during World II. At nationals, Jeanette will compete in the 100 dash only.

Rev. Champion Goldy. Haddonfield, New Jersey. Age 99. Rev. Goldy will turn 100 in January of next year, but before he becomes a centenarian he has some work to do in Grand Rapids. Specifically, he will line up for the 100-meter dash and will participate in a variety of throwing events, including the shot put, discus, javelin, and weight throw.

Dixon Hemphill. Fairfax Station, Virginia. Age 91. Out of Middlebury College in Vermont, Dixon has been invited to many reunions at the college, but right now he is focused on stretching his boundaries athletically. At nationals he will go to the line in the 100, 200, 400, 800, and 1500, and he will hurl the discus and throw the javelin as well.

George Roudebush, Chardon, Ohio. Age 91. Mr. Roudebush's resume includes serving under General George S. Patton in World War II (Gen. Patton competed in the 1912 Olympics in Stockholm). George enjoys competing in a lot of events, and at Grand Rapids you can look for him in the 100, 80 hurdles, 2000 steeplechase, high jump, long jump, triple jump, shot put, discus, hammer throw, weight throw, and javelin.

ATHLETES WHO WON ATHLETE OF THE YEAR HONORS IN 2015, WHO ARE COMPETING AT The MASTERS OUTDOOR CHAMPIONSHIPS, GRAND RAPIDS, MI JULY 14-17TH 2016

By Mary Trotto, USATF Masters Awards Committee Chair

Name	Hometown	Sex	Age	EVENT AT NATIONALS/ CURRENT RECORD HOLD IN EVENT	
Charles Allie	Pittsburgh	PA	male	68	200m
Anthony Bailey	Alpharetta	GA	male	56	Triple Jump; the current American Record holder
Kathy Bergen	La Canada	CA	W	76	OVERALL 2015 ATHLETE OF THE YEAR, 100m, 200, HIGH JUMP, DISCUS, JAV.

						current American Record holder – 100,200, High Jump, Discus
Justin Bishop	Blythewood	SC	male	35		5000m, 10000M,
						STEEPLECHASE, POLE VAULT, SHOT, DISCUS, HAMMER, JAV.
Lee Bridges	Homewood	IL	male	49		200m, 400
Kenton Brown	Austin	TX	male	71		100m, 200
Debra Cane	Boynton Beach	FL	female	40		80m Hurdles , 400M LONG
						HURDLES, STEEPLECHASE, DISCUS, JAV.
Lesley Chaplin	Atlanta	GA	female	58		200m, 400, 800, 1500
Linda Cohn	Northridge	CA	female	63		100m, LONG, TRIPLE JUMP,
						SHOT, DISCUS, HAMMER, WEIGHT, JAV current AR holder
						Javelin
Christel Donley	Colorado Spg.	CO	female	81		100m, HIGH, TRIPLE JUMP,
						HAMMER, Jav. Current American record holder High Jump
Jerry Donley	Colorado Spg.	CO	male	86		HIGH JUMP, POLE VAULT,
						SHOT
Antwon Dussett	Peoria	IL	male	40		200m, 400M
Carol Finsrud	Lockhart	TX	female	59		Shot Put, DISCUS, HAMMER,
						WEIGHT, JAV. Current American Record holder Discus
Vicki Fox	Centerport	NY	female	57		100m, 200, 400, 800, SHORT &
						LONG HURDLES, 2KSC, HIGH, LONG JUMP, SP, DT, JAV., PENT.
Sonja Friend-Uhl	Brentwood	TN	female	45		1500m
John Goldhammer	Claremont	CA	male	62		Shot Put, DISCUS, HAMMER,
						WEIGHT
Brian Hankerson	Hollywood	FL	male	56		Long Jump, TRIPLE, Current
						American Record holder in Long Jump
Rita Hanscom	San Diego	CA	female	62		100m, 200, SHORT HURDLES,
						POLE VAULT, HIGH, LONG JUMP, SHOT, DISCUS, PENT.
Laurence Hooker	Upr. Marlboro	MD	male	53		100m, 200M
Don Isett	Anna	TX	male	77		High Jump, POLE VAULT
						Current American Record holder in Pole Vault
Brenda Matthews	Anaheim	CA	female	67		100m, 200, SHORT HURDLES,
						LONG, TRIPLE JUMP
Bruce McBarnette	Sterling	VA	male	58		High Jump; TRIPLE JUMP;
						Current American Record holder High Jump
Sue McCarthy	South Portland	ME	female	53		100m, 200
Emmanuelle McGowan	Sugar Hill	GA	female	48		100m, 200, 400M
Flo Meiler	Shelburne	VT	female	82		100m, SHORT & LONG
						HURDLES, 2KSC, HJ, LJ, TJ, PV. DISCUS, HT, WT, JT, PENT; Current
						American Record holder in 2K
						Steeplechase, Pole Vault, Triple Jump, Hammer, Discus, Pent.
Myrle Mensey	Saint Louis	MO	female	67		Shot Put, DISCUS, HAMMER,
						WEIGHT, JAV; . Current American Record holder Hammer.
Tim Muller	Scottsdale	AZ	male	66		Shot Put, DISCUS, HAMMER,
						WEIGHT
Oscar Peyton	Accokeek	MD	male	63		100m, 200
John Poche	Lake Charles	LA	male	87		High Jump, SHOT, DISCUS,
						HAMMER, WEIGHT, JAV.
Derek Pye	Long Beach	CA	male	48		100m, SHORT HURDLES,
						LONG Current Record holder Short Hurdles
Mary Robinson	Gahanna	OH	female	74		100m, 200, 400, SHOT,
						DISCUS, WEIGHT, JAV.
Mary Roman	Norwalk	CT	female	80		Shot Put, HAMMER, DISCUS,
						WEIGHT, JAV. Current American Record holder Shot

Anne Sluder	Pineville	NC	female	43	80m Hurdles, LONG HURDLES, HIGH, LONG JUMP, PENT.
Daphne Sluys	Bellingham	WA	female	55	100m, 200, 400, SHORT & LONG HURDLES
Jeferson Souza	Miami	FL	male	41	110m Hurdles, PENT.
Marisa Sutera Strange	Pleasant Valley	NY	female	53	1500m, 5000M, 10000M
Allan Tissenbaum	Pittsburgh	PA	male	56	100m, 200
Allen Woodard	Houston	TX	male	47	200m, 400
William Yelverton	Murfreesboro	TN	male	56	200m, 400

Other record holding athletes competing in Grand Rapids, MI

name	hometown	age group	events at nationals
Robert Lida	Wichita, KS	M79	100m, 200, 400 Current American Record holder 100, 200, 400m
Kathryn Martin	Northport, NY	W64	800m, 1500, 5000. 10000, STEEPLECHASE Current American Record holder 10000m & Steeplechase
Nolan Shaheed	Pasadena, CA	M66	5000m, 10000;
Joy Upshaw	Lafayette, CA	W55	100m, 200, SHORT & LONG HURDLES, LONG, TRIPLE JUMP

RECENT INDUCTEES TO THE MASTERS HALL OF FAME:

Competing at the Masters Outdoor Championships in Grand Rapids, MI

name	hometown	age group	events at nationals
Phillip Brusca	Maryland Heights, MO	M89	Shot Put, DISCUS, HAMMER, WEIGHT, JAV.
George Mathews	Seattle WA	M72	Shot Put, HAMMER, WEIGHT

Source: USA Track & Field Masters Media Committee and Robert Weiner Associates