

# AROUND the TRACK

By Gary Snyder  
USATF Masters Chair

## Changing Direction?

Hi Everybody,

As I look forward to the USATF 2012 Annual Meeting in December and the end of my six years as the elected chair of Masters Track & Field it provides an opportunity to assess where we are and suggest a future direction.

I believe we need to begin a gradual shift away from records and medals to increased participation and membership. Only one person can set a record and place first but we need to strive to 'fill all lanes'. We need to reallocate the expense budgets from such lines as records administration, National Masters News funding, Invitational Program, Marketing and Media and increase the budgets for

local activity at the Association level. I realize a number of Associations are unable to support masters activity due to geographic issues but others with weak masters programs could blossom with additional funding.

I would propose a four-year plan that will focus on both USATF and National Senior Games members as well as our current Forever Fast campaign.

We need to increase local activity by providing opportunities that people can drive to. Travel and lodging is a high barrier to overcome and limits the number of entries when air travel is required. Our numbers at National meets has not increased in years.

We need to identify existing meets/events with a high number of participants, which could be Regional, Association, NSG State, all comers or even a clinic. These should

all be 'drivable'. I would look to the existing Region Coordinators to lead this effort with increased support at the national level from the Nation Office Grassroots Division and the Masters Track & Field Committee. For these events we should develop a long-term plan for each one to include interim attendance goals, a budget and an implementation schedule.

I'll begin sharing my ideas with the MTF Committee during our meeting in conjunction with the outdoor meet this summer.

See you on the track,

Gary Snyder

## TRACK & FIELD Highlights

### Sub 4 Outdoors, Whiteman Second To Break Magic Barrier

Music City Distance Carnival

Nashville, Tennessee  
June 2, 2012

**Anthony Whiteman**, 40, is a two time British Olympian who announced that he was going to be the first masters runner to run a mile in less than four minutes outdoors. He certainly had the pedigree to do it. His lifetime bests included 1:45.81 for 800 meters, 3:32.34 for 1500 and 3:51.34 for the mile. Whiteman showed he still had requisite speed by smashing the M40 world 800 mark with a 1:48.28 on May 20th in Loughborough, England. Saturday night, June 2nd, he ran in the open mile at the Music City Distance Carnival in Nashville, Tennessee. Whiteman's 3:58.79 not only broke the four-minute barrier, but also won the race with open runner **Tony Jordanek** second in 4:00.44. Whiteman's mark is the second fastest mile ever run by a masters runner as world champion and Olympian for Ireland's **Eamon Coughlan** ran 3:58.15 indoors in 1994. Whiteman's time betters the outdoor world mark of 4:01.62 by Russia's **Vyacheslav Shavunin** set in 2010.

Whiteman posted on his blog about his race: "Well after a couple of years building up to it I finally had my chance to have a crack at a sub four minute mile. I had chosen the USA to be my country of choice as they have more interest in the mile than the 1500 meters we have back

in the UK. The weather was also a major factor, still, warm evenings being my goal, and I was promised exactly that in Nashville. A visit to St Louis to watch a mile there had concerned me as the race was run in British conditions, cold, rainy and a stiff breeze. Only the winner went sub4 and he was a 3.37 guy. So after staying the night at the meet director's in-laws (yes so random but they made us so welcome!!) I headed back to Nashville hoping the weather would be better.

Luckily it was a perfect night and after sitting off the early pace I got on the leaders shoulder at 500 meters to go and had to decide whether to sit in or go right past, worried I might slip off sub4 tempo I went past and pushed on. A quick glance at the clocks trackside kept me informed and by the last 200 metres it was just a case of going as hard as I could, the crowd were on both side making a lot of noise as I came down the home straight. I watched the clock hit 3.58 as I crossed the line knowing I would be well under 4 I could then celebrate achieving my goal. Not quite an outright world best as Eamonn Coughlan ran a bit faster and my time at 1500 meters was 1/100 second slower than the world best held by Shabunin, so some unfinished business for the future!!!"

### Daprano Smashes 1500 Mark

Southeastern Masters Championships

May 11 & 12, 2012  
Raleigh, North Carolina

The Annual Bob Boal Track Meet,



## 5<sup>TH</sup> ANNUAL PRIDE MEET

JULY 22, 2012 CHABOT COLLEGE, HAYWARD, CA

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which serves as the Southeastern Masters Championships, is a top notch masters meet that not only offers a great meet to run in, but also has significant award money for a wide range of events as well as for team performance. Headlining this year's meet was Jeanne Daprano, W75, who smashed the American record for the 1500 meter run. Daprano ran 6:41.88 to beat the 7:31.56 by Mary Harada at the USA Masters Championships in Sacramento, California, in 2010. Daprano also came close to her own world and American mark in the 400 running 1:23.76. That is just off her 2011 record of 1:22:59. Daprano's 1500 was the best age graded track performance of the meet and earned a \$500 prize.

Capturing the team championship for women and men was the Atlanta Track Club scoring 224 points for the women and 188 for the men. Taking second in the women's competition was the Potomac Valley Track Club with 84 points and third was the Carolina's Track and Field Club with 72. The men's competition went down to the last events with the Carolina Track Club taking second just one point back with 187. Third was the Philadelphia Masters with 96.

In the sprints, M55 runner Oscar Peyton followed up his fast Penn Relays running with a fine double. Peyton took the 100 in 11.96, just .02 off his season leading mark and then ran a season leading 24.71 in the 200 earning him the Ervin Mitchell Trophy for the best age graded men's 100 and 200 meter runs. In M60 Robert Bowen won the 100 in 12.89 and then ran a season leader in the 200 with a 26.41. Ty Brown, M65, took four events, running a season leader in the 100 meter hurdles, 15.92 and winning the 100 meter dash in 13.30, 200 in 28.13 and the long jump with a 4.29 (14' 1").

Getting the sprinters triple was M70 winner, Tom Johnson, who won the 100 in 14.29, 200 in 31.72 and the 400 in 1:11.90. Winning all three for the women was W40 runner Toccata Murphy who ran 13.30, 26.83 and 1:02.34 and indoor 400 champions Maryline Roux, W45, 14.38, 28.95 and 1:05.19. Loretta Woodward, W55, took both the 100 and 200 in 14.75 and 30.36. Jane Barnes, W60, won the 100 in a fine 14.92 and the 200 in 32.44. Murphy's 400 run earned \$100 for the women's Timothy Dicken's Award, the top age graded 400 by a woman. Winning the 400/200 double was Marcus Shute, M45, running 53.96 in the 400, followed by a second place finish to Benjamin Cureton in the 100, 11.90 to 12.30 and then a 24.37 200 win. Shute's 400 mark warned the Timothy Dickens Award and \$100 for the top age graded 400 for men.

In the distances, Charlie Rose, M75, ran 2:50.52 in the 800 to earn \$150 and the Watson Award for the top age graded 800 for men. Robert Scott, M55, won the 1500 in 4:43.80, earning the Maxwell Hamlyn Award and \$100. In the 3000 Margie Stoll, W70, clocked 14:41.77 and ran 24:41.22 in the 5k. Stoll's 3k was the top age graded 3k mark at earning the Tom Hare Award. In the 10k Morris Carter led M45 in 37:48.19, Sam Benedict took M65 in 46:31.71 and Fay Bradley led M70 in 47:38.32. Benedict also took the 2k steeplechase in 9:14.74 and the 5k in 21:34, while Bradley doubled in the 5k running 23:02.36 to earn Southeastern Masters Distance Award for the top age graded 5k/10k men's performance and \$150.

In the high jump, soon to be 40 Anne Sluder, took W35 with a 1.63 jump, Mark Williamson took M50 with a 1.75 and James Sauers, who will son be 65, took M60 with a 1.60, a 93.02% age graded score. Sluder also won the 100 meter hurdles in 16.82, 400 hurdles in 1:08.01 and the long jump at 5.30. W40 long jump leader, Tracey Battle won the long jump with 4.69 and the triple with a mark of 9.66. Horizontal jumper Linda Lowery, W60, had a very busy meet. Lowery was second in the 100 running 16.33, she high jumped 1.12, long jumped 3.61, triple jumped 7.98 and threw the discus 20.37. Best pole vault performance was by Grady Whitsit who went 3.05 (10'), an 80.26% score. The M60 triple jump was very competitive with two men clearing 10 meters. First was Ben Rockwell who went 10.19 (33' 5 1/4"), followed by Bruce Patterson who went 10.01 (32' 10").

In the shot put, Gerald Vaughn, M75, threw 12.06 (39' 6 3/4"), the top age graded throw at 80.99%. In M55, Chuck Bauer passed 13 meters with a 13.07 (42' 10 1/2") and M60 thrower Edward Hearn reached 13.27 (43' 6 1/2"). Hearn also got a big javelin throw with a 48.39 (159' 9") mark and Bauer won the discus throwing 44.30 ((145' 4"). Glen Johnson took the M70 shot and discus throwing 12.86 (42' 2 1/4") in the shot and 38.18 (125' 3") in the discus. Carol Young, W70, got four season leading throws. She went 20.00 (65' 7 1/4"), 27.00 in the hammer (88' 7"), 12.25 (40' 2 1/4") in the weight and 7.60 (24' 11 1/4") in the super weight. Young also scored 3783 points in the



**Ernie Smith, M75, puts the shot 8.76 (28' 9"), his personal season best at the Southern California Strider's Meet of Champions. Photo by Laurence Martinez of Dave Peeters Photography at [www.davepeetersphoto.com](http://www.davepeetersphoto.com)**

Throws Pentathlon, another season leading mark and won the javelin throwing 18.49 (60' 8").

## Michelson Breaks 10k Mark

PAUSATF Masters Track & Field Championships

San Mateo, California  
May 27, 2012

**Marie-Louise Michelson**, W70, loves San Mateo, California and with good reason. In 2009 she set the American record for 10k on the track for W65 with a 44:47:59. This past Sunday she returned to College Of San Mateo track to go after the W70 10k record. Running in downright cold and breezy conditions, Michelson ran 46:38.50 to better the world mark of 47:09.94 by Finland's **Rita Rasimus** set in 2011. Her run betters the American mark of 48:11.29 by **June Machala** in 2003. In the M40 10k **Norman Lawrence** ran 36:23.10 and **Robert Qualls** took M60 in 42:41.10.

The M35 throws saw some big numbers put on the board. In the hammer, **Travis Nutter**, M35, got a big season leader with a 69.27 (227' 7") throw. Winning M70 with his second best mark this year was **Ed Burke** with 54.46 (178' 8") and **Nick White** took M40 with a 50.8 (166' 8"). In the discus, **Suzu Powell-Roos**, W35, threw a nation leading 60.77 (199' 4"). For men **Jarred Rome**, M35, went 59.26 (190' 5"), **Ralph Fruguglietti**, M55 threw 51.78. (169' 10") and **Cameron Bolles**, M45, threw 51.65 (169' 5"). **Ken Kirschenman**, M60, took the discus throwing 47.36 (155' 4") and won the shot put with a 13.50 (In the women's shot put **Gerri Baldwin**, W45, threw 8.98 (29' 5 1/2") and then went 33.35 (109' 5") in the discus and 27.96 (91' 9") in the hammer, also season leading marks. In the W50 discus **Linda Ogee** got a season leading throw of 32.71 (107' 4") and **Shirley Dieterich**, W85, led her age group in the discus with a 11.68 (38' 4").

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