



2022



(action pic by Stone Family: 2014 Shuttle Hurdle Relay event)

Focus outside of competing: Statistics, History, and Research (Athletics: Track and Field).

**Athlete:**

- Athletics (Track and Field) 1973 to 1982, and 2002 to Present; starting competing in Masters in 2002
- Hurdles: over 30 years of hurdling (1974 to 1982 and 2002 to Present)
- Varsity Letter: Freshman year in college (track and field) and senior year in high school (basketball and track and field)
- Basketball: competed one year in junior high school, and four years in high school
- Football: competed one year in Pop Warner football (during junior high school)

**Records:**

- Masters American Records in the Shuttle Hurdle Relay: M45 and M60 Club
- Held junior high school (that I attend) triple jump school record for one day

**Unofficial Records:**

- Unofficial records for the 42" 110 Meter High Hurdles for ages 57 and 60
- One of only four American athletes to compete in 42" 110 Meter Hurdle Race over the age 60

**Awards:**

- David Pain Award (USATF Masters Distinguished Services Award) in 2016
- Best Student Athlete: Senior Year on High School Basketball team
- MVP of the Smudge Pot Bowl: Pop Warner Football (tight end and defensive end) (during junior high school)

**Author:**

- Written Five sports statistics books: <https://shr1.org/>
- Written several short articles for National Masters News

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**Volunteer Positions:**

- Chair (Task Force Manager) of the Masters Track and Field History sub-committee: Dec. 2007 to Present
- Assisted with setting up hurdles at SCA Masters and West Region Masters meets for over 15 year each
- Assisted with Masters Track and Field HOF research
- Assist with compiling Masters Meet Records (SCA, West Region, and Striders MOC) since 2007
- Assisted organizing Shuttle Hurdle Relay teams for the Masters National Outdoor Championship: 2007 to present
- Shuttle Hurdle Relay: Assisted getting the Masters Shuttle Hurdle Relay recognized as an official event at the USA Masters T&F National Outdoor Championship (Dec 2010 USATF Convention) and get the event eligible for Masters American Records (Dec 2010 USATF Convention).

**Website Designer:**

- SHR1 <https://shr1.org/>
- Masters History <https://mastershistory.org>
- Shuttle Hurdle Relay <https://shuttlehurdlerelay.com/>
- woodhurdles <http://woodhurdles.com/>

**Additional Athletics:**

- Best Ranking (USA Masters Yearly Ranking):  
Outdoor Sprint Hurdles (HH = High Hurdles) # 13 (twice) and # 14  
Outdoor LH = Long Hurdles # 3, # 4 and # 8  
Indoor Pent # 4 and # 9  
Indoor Triple Jump # 12
- Best Placing at USA Masters T&F National Outdoor Championship: HH # 3 (2016); LH # 2 (2013)
- Best Placing at USA Masters T&F National Indoor Championship: Indoor Pent # 4 [2008]
- Best Placing at USA Masters T&F National Outdoor & Indoor Championship: First in Many Relays
- Shuttle Hurdle Relay – story-1 ([External Link](#)) and story-2 ([External Link](#)) and story-3 ([External Link](#))
- Shuttle Hurdle Relay – story-4 ([External Link](#)) and story-5 ([SHR: NMN July 2006, PDF: pg. 4 of 24](#))

**Additional Non-Athletics:**

- Career: Over 34 Years Estimator (Construction, Water & Waste Water Equipment, and Pressure Vessels)
- University: Bachelor and Masters Degrees
- Small Group Bible Study: Have led small group Bible studies for over 12 years