USATF Masters Hall of Fame Adds 14 in Albuquerque

Nine active and five old-timer masters athletes and administrators have been elected to the USATF Masters Hall of Fame. The actives are Carolyn Cappetta, Rex Harvey, Mel Larsen, Ed Lukens, Leonore McDaniels, Phil Mulkey, Joan Ottaway, Stan Whitley, and Jerry Wojcik.

The old-timers are Bill Andberg, Ernie Billups, Norm Bright (deceased), Anne Clarke (deceased), and Bill Fitzgerald.

The Hall now contains 20 women and 39 men, of whom 34 represent the discipline of T&F, 22 LDR, and three racewalking.

Carolyn Cappetta, 65, Carlisle, Mass., is a sprinter and middle-distance athlete who still holds two world records and three U.S. records of the 12 she set. Cappetta has also completed 15 marathons, including 3rd place masters finishes at the Boston Marathon in 1983 (age 47) and 1984. Her recent focus has been indoor track.

Rex Harvey, 54, Mentor, Ohio, is an outstanding multi-event athlete with 11 U.S. National Decathlon and eight National Pentathlon Championship titles to his credit. He still holds the M45 decathlon world record. For much of the past decade, Harvey has exercised his administrative skills, serving in 1992-98 as president for the North and Central American and Caribbean region of WAVA, as the regional representative to the WAVA Council, and more recently as WAVA's Information Technology Coordinator and Webmaster.

Mel Larsen, a 76-year-old hurdler-jumper from Ames, Iowa, has taken first eight times indoor and seven times outdoor in the long jump at national championships. He also has taken first place 12 times in the past six WAVA championships. He still holds five world and two U.S. records of the 12 he set. The 60m indoor hurdles for M70 and the 80m outdoor hurdles for M75 world records exceed 100% on the age-graded tables.

Ed Lukens, 79, Skaneateles, N.Y., currently holds four world and six U.S. records. His major emphasis has been indoor jumps and hurdles. Lukens has taken first in the triple jump at WAVA championships in 1995, '97, and '99. He has had 31 first-place finishes in U.S. Indoor Championships since 1983.

Leonore McDaniels, 72, Virginia Beach, Va., is a heptathlete who dominates her age group in jumps and hurdles. She still holds 12 world and nine U.S. records of the 48 she has set. Nine WAVA titles, 24 U.S. Indoor Championship titles, 38 U.S. Outdoor Championship titles, five multi-event national titles, and 10 consecutive years as the Masters Field Age-Group Athlete of the Year testify to McDaniels' dominance in her sport.

Phil Mulkey, 67, Marietta, Ga., has had an outstanding decathlon career, winning his age-group national title seven times in eight years, while adding six national indoor pentathlon titles since 1989. Mulkey has six firsts

MARDI REED

Carolyn Cappetta, 65, Carlisle, Mass., one of the nine active and five old-timer masters athletes and administrators added to the USATF Masters Hall of Fame at the USATF annual meeting in Albuquerque.

at WAVA championships, 39 U.S. indoor championships, and 27 U.S. outdoor championships beyond the multi-event titles already mentioned. His 8546-point M60 decathlon in 1993 was the outstanding single t&f performance of the year.

Joan Ottaway, 56, Murphys, Calif., has excelled on both the roads and the track and is a three-time (and only) age-graded winner of the Indy Life Circuit. She currently holds nine U.S. records at distances from 1500 to 10,000. Ottaway has won seven events in three WAVA championships, while taking three second places in a fourth championship. She has 17 LDR titles from 5K to the marathon since 1989. She won the Dipsea Race (a handicapped trail event) in 1987 and was fourth in both 1990 and '92.

Stan Whitley, 55, Alta Loma, Calif., is a very successful sprinter whose age-graded records are extremely tough. He still holds one world and six U.S. records, five of which exceed 97% on the age-graded tables. From 60m indoors to 400 outdoors, Whitley has dominated his age-group in the past 15 years. He has earned 12 indoor and 29 outdoor titles since 1986, frequently sweeping the 100, 200, and 400 in the same championships.

Jerry Wojcik, 70, Eugene, Ore., has placed frequently in the weight categories across the past decade. However, his election was based primarily on his administrative role as Senior Editor of *National Masters News*, a role he has filled since 1982. Wojcik has coordinated USATF Masters T&F rankings since 1988, has contributed "The Weight Room" column to *National Masters News* since 1994, and probably has written more than one-half of every issue of NMN for more than a decade.

Bill Andberg, 89, Anoka, Minn., had a 17-year career as a distance runner and still holds the M70 1-hour U.S. record of 13,909m after 19 years. Andberg set 22 U.S. records from 800 to 30K for M60 through M70.

Ernie Billups, 63, Chicago, Ill., was the leading middle distance runner of his era. He set five world and 10 U.S. records from 800 to 30K. He took three firsts in WAVA championships, 10 firsts in U.S. track & field championships, and five indoor championships, all for distances between 800 and 2 miles. He added 15K and 25K road championship titles to his resume.

Norm Bright, Seattle, Wash., died at the age of 86, following a career that spanned 1970 to 1984. He still holds two U.S. distance records of the 15 he set. He won five LDR championships in the early 1980s and the 800 and 1500 at the WAVA championships of 1977. In 1970, at age 60, he was first across the finish line at the Dipsea Race, having previously set the course record that stood for 33 years.

Anne Clarke, Carol Stream, Ill., died last March at the age of 90. A long distance runner, Anne dominated her age group for 14 of the past 15 years and was named Masters LDR Runner of the Year from 1985 through 1999 (exclusive of 1987). She still holds eight U.S. records of the 20 she set for

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ELECTEES TO THE USATF MASTERS HALL OF FAME

Name	Discipline	Category	Gender	Status
Andberg, Bill	LDR	Athlete	Male	Old-Timer '00
Anderson, Herb	T&F	Athlete	Male	Old-Timer '98
Anderson, Ruth	LDR	Athlete/Admin.	Female	Elected '96
Baker, Thane	T&F	Athlete	Male	Old-Timer '99
Benham, Ed	LDR	Athlete	Male	Elected '97
Billups, Ernie	LDR	Athlete	Male	Old-Timer '00
Boal, Bob	LDR	Administrator	Male	Elected '98
Bowermaster, Mary	T&F	Athlete	Female	Elected '99
Bright, Norm	LDR	Athlete	Male	Old-Timer '00
Bulkley, Dan	T&F	Athlete	Male	Elected '99
Cappetta, Carolyn	T&F	Athlete	Female	Elected '00
Carter, Ross	T&F	Athlete	Male	Elected '98
Chapson, Harold	T&F	Athlete	Male	Old-Timer '98
Clarke, Anne	LDR	Athlete	Female	Old-Timer '00
Clarke, Polly	T&F	Athlete	Female	Old-Timer '98
Corbitt, Ted	Ultra	Athlete	Male	Old-Timer '99
D'Elia, Toshi	LDR	Athlete	Female	Elected '96
Davies, Clive	LDR	Athlete	Male	Old-Timer '98
Donley, Jerry	T&F	Athlete/Admin.	Male	Elected '99
Fitzgerald, Bill	T&F	Athlete	Male	Old-Timer '00
Gorman, Miki	LDR	Athlete	Female	Elected '96
Green, Max	RW	Athlete	Male	Elected '98
Green, Norman	LDR	Athlete	Male	Elected '96
Greenwood, Jack	T&F	Athlete	Male	Elected '97
Grissom, Joanne	T&F	Athlete	Female	Elected '99
Harvey, Rex	T&F	Athlete/Admin.	Male	Elected '00
Higdon, Hal	LDR	Athlete/Admin.	Male	Elected '99
Hills, Claude	T&F	Athlete	Male	Elected '99
Irvine, Marion	LDR	Athlete	Female	Elected '98
Jordan, Payton	T&F	Athlete	Male	Elected '96
Klein, Helen	Ultra	Athlete	Female	Elected '99
LaVeck, Bev	RW/T&F	Athlete/Admin.	Female	Elected '96
Larsen, Mel	T&F	Athlete	Male	Elected '00
Lukens, Edd	T&F	Athlete	Male	Elected '00
Matson, Shirley	LDR	Athlete	Female	Elected '98
McDaniels, Leonore	T&F	Athlete	Female	Elected '00
Mehl, Pearl	T&F	Athlete	Female	Elected '99
Mendyka, Edith	T&F	Athlete	Female	Old-Timer '99
Miller, Christel	T&F	Athlete/Admin.	Female	Elected '97
Miller, Gary	T&F	Athlete	Male	Elected '99
Mimm, Bob	RW	Athlete	Male	Elected '98
Morcom, Boo	T&F	Athlete	Male	Elected '97
Mulkey, Phil	T&F	Athlete	Male	Elected '00
Mundle, Pete	T&F	Athlete/Admin.	Male	Elected '98
O'Neil, Jim	LDR/T&F	Athlete	Male	Elected '98
Obera, Irene	T&F	Athlete	Female	Elected '96
Oerter, Al	T&F	Athlete	Male	Old-Timer '99
Ottaway, Joan	LDR/T&F	Athlete	Female	Elected '00
Pain, David	T&F	Administrator	Male	Elected '97
Peterson, Pat	T&F	Athlete	Female	Elected '98
Raschker, Phil	T&F	Athlete	Female	Elected '97
Ratelle, Alex	LDR	Athlete	Male	Old-Timer '99
Sheahan, Al	T&F	Administrator	Male	Elected '98
Sheehen, George	LDR	Administrator	Male	Old-Timer '98
Spangler, Paul	Old-Timer	Athlete	Male	Elected '97
Stuart, Larry	T&F	Athlete	Male	Elected '99
Utes, Warren	LDR	Athlete	Male	Elected '99
Whitley, Stan	T&F	Athlete	Male	Elected '00
Wojcik, Jerry	T&F	Athlete/Admin.	Male	Elected '00

PAGLIANO'S PODIATRIC POINTERS

The Foot Beat

by JOHN W. PAGLIANO D.P.M.

Lower Calf Muscle Pain

Q A friend of mine, age 62, has been a weightlifter for years, but has not lifted for the past three because he suffers pain in the lower calf muscles, which feel hard and knotty just above the Achilles. He experiences pain whenever he walks. Massaging results in only temporary relief.

A It sounds like your friend has some scar tissue formation where the Achilles tendon enters the calf muscle. This is a very susceptible area to tearing and development of secondary scar formation. This is most common in weightlifters and throwers. It also could be due to some type of vascular problem, but this seems less likely.

I suggest that he try to stretch the area on a daily basis, both with the knee flexed and the knee bent. This will stretch the gastrosoleus complex, and perhaps "loosen" some of the scar tissue formation.

He should also apply moist heat daily to the area for at least 20 minutes. This will bring blood to the area and help stretch the tendon.

A product called Mineral Ice, which can be massaged into the calf area, may also give some relief. Obviously, tissue massage is good for this condition.

If physical therapy facilities are available, I would recommend stretching with the use of ultrasound. This is very effective in reducing scar tissue formation in this area.

Give this a try and let me know what type of results you get. ☐

(Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or Achilles question, write to Dr. John Pagliano, The Foot Beat, NMN, Box 50098, Eugene, OR 97405. He can also be reached by e-mail at TheFoot Beat@aol.com.)

32nd Annual

LONGEST DAY

Marathon
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10K
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5K Race Walk
Relays

Saturday, April 21, 2001
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Kurt Osborne—Co-chair
First National Bank of Brookings
P.O. Box 5057, Brookings, S.D. 57006

Jack Youngberg—Co-chair and Director
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ALL PROFITS AND PLEDGES TO EASTER SEAL SOCIETY.

Marilla "Sunbonnet Sue" Salisbury

By JACK WILLIAMS, *Staff Writer The San Diego Union-Tribune*

Marilla Salisbury's trademark sunbonnet fit like a crown, symbolizing both her reign in age-group track events and her victory over two constant foes: arthritis and Parkinson's disease.

It was her declining health, in fact, along with a desire to avoid becoming an "old whiner," as she put it, that set her on a world-record course for seniors in running and racewalking.

By the time she stopped competing at 85, she had a house full of medals, marking nearly 15 years in the senior spotlight.

"Sunbonnet Sue," as she was known in racing circles, died Sunday at Grossmont Hospital at age 93. She was a resident of San Diego.

Suffering from circulation problems and hardening arteries in recent months, she had undergone a leg amputation about a month ago, said daughter Beverly Garrett.

Salisbury, a former junior high school math instructor and real estate agent, took up walking at age 70. There were days, she recalled, when her arthritis was so severe that she couldn't tie her shoes or turn her neck.

"I just figured it was due to old age," she told *The San Diego Union-Tribune* in 1992. "I never went to the doctors."

At age 72, she finished her first 10K at San Juan Capistrano, beating all women 60 and over. "From then on, I was hooked on the sport," she said.

Benefiting from a shortage of women in her age division, Salisbury went on to win medals in more than 500 national and international racing events on six continents. In 1987, she won seven gold medals as an 80-year-old in the World Veterans Games in Melbourne, Australia, in distances from 800m to 10K (walk and run).

During a competitive career that spanned more than a decade, she posted a best in the 10K of 74 minutes and recorded American bests in the 5K walk in her age division at 83 and at 84.

Her most memorable event, though, was less than a mile. In 1984, she was selected to take part in the Olympic Torch Relay, a prelude to the Summer Olympics in Los Angeles.

A native of Washington state, she graduated in 1935 from Pasadena College, the Nazarene school that later moved to Point Loma. She worked as a missionary in Guatemala, then married her first husband, Fred Pope, in 1942 in the Panama Canal Zone.

From 1952 until about 1970, Salisbury taught math at Horace Mann Junior High School in San Diego. At age 60, she earned a master's degree in health education at SDSU, where her thesis was on smoking and lung disease.

"I think her interest in health was kind of the spark for the whole thing," Garrett said of her mother's competitive career. "Later, she set goals; she wanted to break world records."

Divorced in 1962 from her first husband, she married Earl Salisbury in 1974. Through her encouragement, he competed in senior events, including the discus, shot put and javelin.

"He was kind of the wind beneath her wings, always there supporting her," said Stella Grubert, 53, who sometimes trained with her. "He framed and mounted hundreds of her medals, so many you couldn't count, in their home." The medals, Salisbury acknowledged, helped keep her going.

"Receiving medals is an elixir that makes my life a never-ending adventure of excitement," she said after the 1992 Senior Olympics in Palm Springs.

"There's no excuse for not exercising. I've even seen the blind run, and if they can do it, anyone can."

Survivors include her husband, a daughter, a son, a sister, five grandchildren, and five great-grandchildren.

Donations are suggested to the education department at College Avenue Baptist Church, San Diego, Calif. ☐

– Reprinted From The San Diego Tribune

Hall of Fame

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distances from 5K to the marathon.

Bill Fitzgerald, 75, of Palos Verdes, Calif., excelled in the middle distances, beginning in 1972. His M50 800 and one-mile records still stand after 25 years. All 10 of his world and U.S. records exceeded 90% on the age-graded tables.

Norm Green announced the results of this year's balloting on behalf of Ruth Anderson, Bob Fine, Dudley Healy, Len Olson, and Louise Mead Tricard of the Masters Hall of Fame Committee, supplemented by Jerry Crockett, Al Sheahen, Ken Weinbel, and Evelyn White on the Old-Timers Committee. The announcement was the highlight of the joint meeting of Masters T&F and Masters LDR held Dec. 1 at the annual USATF convention in Albuquerque.

Green reported that 165 ballots had been distrubuted to listed members of the two masters committees plus previous Hall of Fame honorees. Ninety-one returned ballots, casting 818 votes. Each person elected received a majority of the votes cast. ☐

– Norman Green, Jr.