USATF Masters Hall of Fame Adds 13 in Portland

Nine active and four old-timer masters athletes have been elected to the USA Track & Field Masters Hall of Fame. The actives are Don DeNoon, Betty Jarvis, Dale Lance, Milton Newton, Wendell Palmer, Emil Pawlik, Nolan Shaheed, Sue-Ellen Trapp, and Sal Vasquez.

The old-timers are Philip Conley, Michael Heffernan, Robert Hunt, and Rudolph Valentine.

The Hall now contains 36 women and 82 men, of whom 74 represent the discipline of track & field, 34 long distance running, and nine racewalking.

Don DeNoon, a 61-year-old racewalker from Clermont, Fla., currently holds three world and 14 U.S. records of the 21 he set. The overall WMA 20K racewalk champion twice after age-50, he won the M60 3000, 5000, and 10K this year and has been named Masters RW Age-Group Athlete of the Year six times.

Betty Jarvis, 89, Aberdeen, N.C., set 17 U.S. records and still holds eight of them. This thrower usually competes in several events per meet, most often winning them. She has won 43 national outdoor throwing titles since 1990. She has been Masters Field Age-Group Athlete of the Year nine times.

Dale Lance, 67, Inola, Okla., is a six-time decathlon champion. In 1996 he scored 7374 points in the 2nd International Masters Decathlon/Heptathlon Team Challenge – top among 79 participants. He currently competes not in a stadium, but, rather, against the debilitating effects of Parkinson's Disease.

Milton Newton, 71, Desert Hot Springs, Calif., set four world and two U.S. records in the 200/400 and high jump. In his 22-year career, he won 11 outdoor and 10 indoor championships and finished in the top three 15 times in WMA world championships. He invented the Newton starting blocks for physically impaired athletes.

Wendell Palmer, 72, Pampa, Texas, set one world and seven U.S. records on his way to a 16-year undefeated discus streak in national championships (1982-2003). He hosted and directed the national weight pentathlon in 2002.

Emil Pawlik, 65, Jackson, Miss., is a jumper who has become proficient in the combined-events. He now has six national decathlon championship titles and five national indoor heptathlon championship titles. He has taken 26 USA outdoor t&f championship titles, while finishing second or third an additional 22 times.

Nolan Shaheed, 55, Pasadena, Calif., set eight world and four U.S. records, still holding five worlds and one U.S. This middle-distance runner has been particularly effective indoors where he has taken 19 championships from 800 to 3000. Five LDR titles and 10 outdoor t&f titles add to his credentials for selection.

JERRY WOJCIK

Nolan Shaheed, 2004 Track Athlete of the Year, and newly elected member of the Masters Hall of Fame.

Sue-Ellen Trapp, 58, Fort Myers, Fla., still holds 25 U.S. records in ultra-distance running of the 32 she set. She won seven national open 24-hour championships between 1991 and 2001. The last at age 55 makes her the oldest open national champion. At 48-hours, she holds 1st ('97), 7th ('96), and 9th ('93) places in the all-time female world best rankings.

Sal Vasquez, 64, Sacramento, Calif., has been a frequent handicap winner of the Dipsea Trail race in Marin County, Calif., one of the oldest races in the U.S. He has 10 LDR championship titles in the 8K to 20K range and was Masters LDR Runner of the Year in his age-group six times.

Philip Conley, 70, Stewarts Point, Calif., was a javelin specialist, setting four U.S. records. He also competed in the jumps and pentathlon across a career that spanned 1978 to 1997. Between 1981 and 1983, he wrote monthly columns for the National Masters News.

Michael Heffernan, 64, Portland, Ore., had a one-mile to marathon range across a 20-year career that ended in 1998. A 4:28 mile at age 44 and a 2:24:55 marathon at age 46 stand out among his racing results. He won nine USA t&f championship titles, and eight USA LDR championship titles.

Robert Hunt, 84, Anaheim, Calif., excelled in the long and short hurdles, sprinted, and won three national decathlon titles. His career spanned 1978 to 1997. In that time, he placed 16 times in WMA World Championships and 46 times in USA t&f outdoor championships. He has earned Masters Track Age-Group Athlete of the Year four times.

Rudolph Valentine, 81, Bronx, N.Y., emphasized the middle-distances as a sprinter/hurdler between 1977 and 1990. He set three world and one U.S. records, placed six times in WMA world championships, 17 times in USA indoor t&f championships, and 17 times in USA outdoor t&f championships.

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ELECTEES TO THE USATF MASTERS HALL OF FAME

Name	Discipline	Category	Gender	Status
Adams, Louise	T&F	Athlete	Female	Elected '01
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
Boas, Konrad	T&F	Athlete	Male	Old-Timer '03
Bowermaster, Mary	T&F	Athlete	Female	Elected '99
Braceland, George	LDR/T&F	Athlete	Male	Old-Timer '01
Bradley, Fay	LDR/Admin	Athlete	Male	Elected '03
Bright, Norm	LDR	Athlete	Male	Old-Timer '00
Brobston, Bill	LDR/T&F	Athlete	Male	Old-Timer '02
Brown, Harry	T&F	Athlete	Male	Elected '03
Bulkley, Dan	T&F	Athlete	Male	Elected '99
Cappetta, Carolyn	T&F	Athlete	Female	Elected '00
Carter, Ross	T&F	Athlete	Male	Elected '98
Caselli, Jaclyn	T&F	Athlete	Female	Old-Timer '03
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
Colbert, Larry	T&F	Athlete	Male	Elected '02
Collins, Bill	T&F	Athlete	Male	Elected '03
Conley, Philip	T&F	Athlete	Male	Old-Timer '04
Corbitt, Ted	Ultra	Athlete	Male	Old-Timer '99
Crane, Buell	T&F	Athlete	Male	Old-Timer '02
D'Elia, Toshiko	LDR	Athlete	Female	Elected '96
Daprano, Jeanne	T&F	Athlete	Female	Elected '03
Davidson, Gerry	LDR/T&F	Athlete	Female	Elected '03
Davies, Clive	LDR	Athlete	Male	Old-Timer '98
Deacon, Bud	T&F	Athlete	Male	Old-Timer '01
DeNoon, Don	RW	Athlete	Male	Elected '04
Donley, Jerry	T&F	Athlete/Admin.	Male	Elected '99
Druckrey, Stan	T&F	Athlete	Male	Elected '01
Eberle, Ruth	RW	Athlete	Female	Old-Timer '03
Fine, Robert	RW	Athlete/Admin.	Male	Elected '02
Fitzgerald, Bill	T&F	Athlete	Male	Old-Timer '00
Gage, Tom	T&F	Athlete	Male	Elected '01
Gist, Burl	T&F	Athlete	Male	Elected '01
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
Hatton, Ray	LDR/T&F	Athlete	Male	Old-Timer '01
Healy, Dudley	LDR/T&F/Ad.	Athlete	Male	Elected '03
Heffernan, Michael	LDR/T&F	Athlete	Male	Old-Timer '04
Higdon, Hal	LDR	Athlete/Admin.	Male	Elected '99
Hilliard, Vanessa	T&F	Athlete	Female	Elected '01
Hills, Claude	T&F	Athlete	Male	Elected '99
Hinton, Margaret	T&F	Athlete	Female	Elected '03
Holland, Bernice	T&F	Athlete	Female	Elected '01
Hosack, Everett	T&F	Athlete	Male	Elected '02
Hunt, Robert	T&F	Athlete	Male	Old-Timer '04
Irvine, Marion	LDR	Athlete	Female	Elected '98
Jackson, Dave	T&F	Athlete	Male	Old-Timer '02
Jarvis, Betty	T&F	Athlete	Female	Elected '04
Johnston, Carol	T&F	Athlete	Male	Elected '03
Jordan, Payton	T&F	Athlete	Male	Elected '96
Keston, John	LDR/T&F	Athlete	Male	Elected '01
Kiddy, Sandra	Ultra	Athlete	Female	Old-Timer '02
Klein, Helen	Ultra	Athlete	Female	Elected '99
Lance, Dale	T&F	Athlete	Male	Elected '04
LaVeck, Bev	RW/T&F	Athlete/Admin.	Female	Elected '96
Larsen, Mel	T&F	Athlete	Male	Elected '00
Law, Jim	T&F	Athlete	Male	Old-Timer '01
Lukens, Ed	T&F	Athlete	Male	Elected '00
Matson, Shirley	LDR	Athlete	Female	Elected '98
McDaniels, Leonore	T&F	Athlete	Female	Elected '00
McDermott, Tom	T&F	Athlete	Male	Old-Timer '02
Mehl, Pearl	T&F	Athlete	Female	Elected '99
Mendyka, Edith	T&F	Athlete	Female	Old-Timer '99
Messenger, Archie	T&F	Athlete	Male	Elected '01
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
Newton, Milton	T&F	Athlete	Male	Elected '04
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
Olson, Len	T&F	Athlete/Admin.	Male	Elected '02
Ottaway, Joan	LDR/T&F	Athlete	Female	Elected '00
Pain, David	T&F	Administrator	Male	Elected '97
Palmer, Wendell	T&F	Athlete/Admin.	Male	Elected '04
Patsalis, Tom	T&F	Athlete	Male	Old-Timer '03
Pawlik, Emil	T&F	Athlete	Male	Elected '04
Peterson, Pat	T&F	Athlete	Female	Elected '98
Pirrung, Roy	LDR	Athlete	Male	Elected '01
Raschker, Phil	T&F	Athlete	Female	Elected '97
Ratelle, Alex	LDR	Athlete	Male	Old-Timer '99
Richardson, Elton	RW	Athlete	Female	Elected '03
Romansky, Dave	RW	Athlete	Male	Elected '02
Shaheed, Nolan	LDR/T&F	Athlete	Male	Elected '04
Sheahen, Al	T&F	Administrator	Male	Elected '98
Sheehan, George	LDR	Administrator	Male	Old-Timer '98
Sisley, Becky	T&F	Athlete/Admin.	Female	Elected '01
Spangler, Paul	LDR/T&F	Athlete	Male	Elected '97
Stookey, James	T&F	Athlete	Male	Elected '02
Stuart, Larry	T&F	Athlete	Male	Elected '99
Sutton, James	T&F	Athlete	Male	Elected '02
Trapp, Sue-Ellen	LDR	Athlete	Female	Elected '04
Trent, Marcie	LDR	Athlete	Female	Old-Timer '01
Utes, Warren	LDR	Athlete	Male	Elected '99
Valentine, Rudolph	T&F	Athlete	Male	Old-Timer '04
Valien, Johnnye	T&F	Athlete	Female	Elected '02
Vasquez, Sal	LDR	Athlete	Male	Elected '04
Vernon, Jim	T&F	Athlete	Male	Old-Timer '02
Vosburgh, Betty	T&F	Athlete	Female	Elected '02
Wallace, Gordon	RW	Athlete	Male	Old-Timer '03
Weinbel, Ken	T&F	Athlete/Admin.	Male	Elected '02
Whitley, Stan	T&F	Athlete	Male	Elected '00
Wojcik, Jerry	T&F	Athlete/Admin.	Male	Elected '00

MUT and XC Runners Honored

Ann Heaslett, 40, Madison, Wisc., and William Emerson, 40, Portland, Ore., were voted the 2004 Ultrarunners of the Year by the USATF Mountain, Ultra, Trail (MUT) Running Council. Heaslett won overall the HUFF 50K (4:15:48) in December 2003 and the Ice Age 50 Mile (7:30:00) in May, and ran two sub-8:40 100Ks in 2004.

Emerson ran 21 ultras, setting open course records in six of them and masters course records in nine, including the course record in the HURT 100K, Hawaii, Jan. 17, with a 13:26:00, and the masters record (3:58:00) a week later on the 24th in the Hilo to Volcano 50K, Hawaii. He finished no less than sixth in any race.

The North Texas Trail Runners were honored as Contributor of the Year for their support of the Ultrarunners Supporting Ultrarunners (USU) fund. Since its inception eight years ago, the club has donated over $10,000 to the USATF 100K team, and last year donated $1200 raised from the Rockledge Rumble and Cross Timbers trail runs to support the 2004 USATF 100K team that competed at the World Cup 100K in The Netherlands.

The USATF ultrarunners of the year are voted for by MUT members from nominees who run exemplary performances at USATF National Ultra Championships, World Cup venues, and other significant races between Nov. 1, 2003, and Oct. 31, 2004, and who are current USATF members.

Anita Ortiz, 40, Eagle, Colo., and Andy Ames, 41, Boulder, Colo., were selected Masters Mountain Runners of the Year. Ortiz was the top American (11th) in the 2004 World Mountain Running Team championships, and won her fourth Pikes Peak Ascent in 2004 with a masters record. Ames was the only master on the Teva U.S. Mountain Running Team in 2004. He was the top master at the Mt. Washington Hill Climb and the Teva Vail Hill Climb.

Dalton, Martin Top XC Runners

Kathy Martin, 53, Northport, N.Y., and Tom Dalton, 46, Schenectady, N.Y., were named Masters Cross-Country Athletes of the Year. This is Martin's third XC Award, having won it in 2002 and 2003 as co-winner with Shirley Matson. Dalton has won the XC award every year since it was instituted in 2000, sharing it with Robert Winn in 2003.

The award is based on age-graded performances from December 2003 through November 2004 and did not include the USA 10K XC Championships in Portland on Dec. 4, which will be used for the 2005 award.

Martin ran an 18:23 in the 5K XC Championships, Saratoga Springs, N.Y. Her time was an A-G 92.2%. Sarah Kramer, 44, was second in the age-grading with an 86.0% 18:10. In the 8K XC Championships in Boston, Martin ran an A-G 88.8% 31:15, with Carmen Ayala-Troncoso, 44, second in an 88.1% 29:17.

Dalton ran an A-G 92.7% 15:12 in the 5K XC, and a 90.7% 25:25 in the 8K XC. Brian Pope, 41, had a second-place 91.1% 14:54 performance in the 5K XC, and John Barbour, 50, was second to Dalton in the 8K XC with an 89.6% 26:32.

Martin and Dalton did not run in the 10K XC, Greensboro, N.C., Dec. 7, 2003, nor the 6K XC, Indianapolis, Feb. 7. The best age-graded performances in those races did not exceed theirs in the 5K and 8K XC.

Retiring Cross-Country Representative Carol Langenbach, SeaTac, Wash., was honored with the Cross-Country Council Award. ❑

– from USATF MUT, and Bill Quinlisk, XC Representative

JERRY WOJCIK

Kris Erickson, 40, Wasatch Athletics, USA Masters Club Championships, Portland, Ore., Dec. 4.

JERRY WOJCIK

Regina Joyce (l), second W45 (25:58), Club Northwest, battles an open runner to the finish, USA Masters Club Championships, Portland, Ore., Dec. 4.

USATF Hall of Fame Honorees

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Norm Green announced the results of this year's balloting on behalf of Jerry Donley, Bev LaVeck, Mel Larsen, Shirley Matson, and Joan Ottaway of the Masters Hall of Fame Committee, supplemented by Ruth Anderson, Jerry Crockett, George Mathews, and Len Olson on the Old-Timers Committee.

The announcement was the highlight of the joint meeting of Masters T&F and Masters LDR held Dec. 3 at the USATF annual meeting in Portland, Ore.

Green reported that 183 ballots had been distributed to listed members of the two masters committees plus previous Hall of Fame honorees. One-hundred-and-thirty returned ballots, casting 1196 votes.

Each person elected received a majority of the votes cast. ❑

– Norm Green

Betty Jarvis, 85, Class of 2004 USATF Masters Hall of Fame.

Book Review

RUN Right Now

After some 50 years of running and nearly 40 years of writing about running, Joe Henderson should be showing signs of burnout. But his new book, *RUN Right Now: What a Half-Century on the Run Has Taught* (Barnes & Noble Books, New York, 2004, 338 pages, $12.95), suggests that Joe is as fresh as ever, and just as passionate as he was when he authored *Long, Slow Distance* back in 1969.

You'd think that with a subject as simple as running, this book would just be rehashing the things Henderson has said in one of his more than two-dozen other books. He wrote *Running, A to Z* back in 1983 and *Running 101* in 2000.

He's told us how to be fit, how to train, how to run our best race, how to win, and how to run for a lifetime. He's detailed the training programs of top competitors and supplied us with all kinds of running philosophy over the years. What else could he possibly say?

But somehow, Henderson keeps coming up with new ideas and fresh ways of presenting old ideas. The book is divided into three parts: running routines, running races, and running long. In the first part, there are 11 chapters, ranging from teaching and learning through scheduling and moving to fueling and heating.

"If there's a single word that defines good running style, it's prancing," Henderson offers in the chapter on moving. "Not running like a drum major at halftime during a football game, but running as if you're proud of yourself."

As someone who used to do a lot of barefoot running on synthetic tracks and infields, I found Henderson's treatment of this topic, under dressing, very informative and interesting, something that should be read by those who have never considered barefoot running.

The section on races has 13 chapters, ranging from winning and training on through miling and marathoning to fun-racing. In the chapter on miling, Henderson provides some interesting food for thought as to why today's high school milers are not doing as well as those of yesteryear.

The third section has 11 chapters, ranging from easing through aging to enjoying. Henderson has many thought-provoking stories to tell about his experiences and the experiences of runners he has encountered along the way, all recorded in his daily journal. The "chapter notes" (appendix) of the book has a number of race conversion tables that can be very helpful to runners of all abilities.

Whether novice runner or seasoned veteran, the reader should benefit from this book.

Besides offering much advice, the little stories in the book make it an entertaining read. ❑

– Mike Tymn