



2008 YEAR IN REVIEW

Vol. 1, No. 9

December 2008

2008 National Master Indoor Track and Field Championships

Boston Reggie Lewis Track, once again was the host venue for USATF National Masters Indoor Championships. Overall the Striders fared pretty well. The club finished 14th overall out of plus 87 teams.

Myrle Mensey won national titles in the weight throws, super weight throws and the shot put. **Kathy** Bergen was impressive; winning 1st place in the 60 meters and the high jump. **Jeanne** Bowman showed consistency by placing 3rd in the 60 meters, 200 meters and the 400 meters. **Don Lies** was outstanding. He won the 400 meters, high jump, long jump and the triple jump, and took 3rd in the 60 meters. **Rodney** Johnson competing in against a crowded field in the M50 category was 19 overall in the 60 meters, 9th in the 200 meters 10th in 400 meters and contributed points for the team by placing 6th in the shot put.

Our Great Women Throwers

Did you know the Striders have a great group of woman throwers?



Myrle Mensey: Now age 59, Myrle just keeps getting better. She is the current American record holder in the 16 lb. weight throw having twice broken the Broke record of 44'2" set in 2005. Myrle's throws were

44'7" and 44'9". She also holds the American record in the 25 lb weight throw, having broken the previous record in both 2006 and 2007. Myrle improved her PR hammer and discus throws over her 2007 PR's by 10 feet and 4 1/2 feet, respectively. In both outdoor and indoor W55-59 USATF rankings, Myrle stands #1 in hammer, discus, 16lb weight, 25 lb weight, and shot put. Her 2008 world standings are also impressive; Outdoors she ranks #3 in the hammer (40,62m), #2 in the 16 lb weight (13.68m), and #6 in the discus (30.21). Indoors she ranks#1 in the 16 lb weight throw.

In a 96% age-graded performance, Myrle earned a bronze medal at the 2007 World Championships in Riccone Italy in the 16 LB weight throw.

As if Myrle Mensey's performances were not enough, how about **Linda Cohn!**

If you have not seen her throw you should make a point of doing so. She has a pending USA record in the javelin and performs impressively in the shot put



and discus throws. In addition to all that she is a good jumper. At the Nationals in Spokane she won the triple jump, edging out Kay Glynn. In the same meet she took second place in the long jump.

Allison Cowdell, W35 is a new member with a club connection

going back to high school where she was an outstanding discus thrower coached by Strider Mike Castaneda.



Allison stormed onto the national Masters T & F scene by winning the javelin while setting a new record. She also holds her own in the discus, shot puts and jumps.

And, then there is **Lorraine Tucker**, W60-64, Lorraine



shows up at a track meet when you least expected, but when she does, there is never a dull moment! If you don't see her, you will certainly hear her. But don't be fooled. Lorraine is a bona fide thrower, nationally ranked #1 in the Shot put, and discus throw, and #3 in the javelin.

Featuring Annelies Steekelenburg

Annelies Steekelenburg was born in April 1948 in Rotterdam, the Netherlands, and, as a 15-year-old, one Saturday afternoon she was cruising the city on her bicycle when she ran into a field where a track meet was happening. She had never even heard of track and field,



and it was as if she were struck by lightning. She found a passion that would never leave her.

Within a year she was chosen to run for the Dutch National Team in the 800 meters, then the longest running event for women.

In later years she traveled the world, settling in Malibu. While taking some classes at Santa Monica College, she met the great Tommy Smith (Mexico 1968 and now coach there) who invited her to compete for the college track team in the jumping events. There she was introduced to the Masters sport.

In 2004, still having the Dutch nationality she decided to go on a mission to break the national high jump record of her country in honor of her dad, who would not be around much longer. She broke it seven times.

Annelies Steekelenburg is currently ranked number 1 in the world in the High Jump. All of her twelve competition jumps in 2008 were higher than the number 2 ranked. This includes 3 national. She also holds the European record.

37th Annual Striders Meet of Champions

Was incredible! Despite the cool temperature, more than 180 athletes competing in over 500 events braved the chilly weather.

As customary the throwers were out in mass. We also had over 35 athletes contest the 3000 meters. This was the first year we used the Hy-tek meet manager. There were a few clichés but overall things went well.

Noteworthy:

Steve Robbins M65 set a world record of 25.20 in the 200 meter race and an American equaling 12.53 in the 100 meters.

Striders results:

100 meters

Jeanne Bowman 1st, Debbie Selby 2nd, Kathy Bergen 1st. Sam Flory 1^s, Jim Selby 2nd, Frank Kishi 3rd, Lee Gillespie 3rd, Patrick Lyons 2nd, Damien Leake 1st, Steve Melendez 4th, Rodney Johnson 5th, Stirley Jones 1st,

200 meters:

Jeanne Bowman 1st, Debbie Selby 2nd, Magdalena Kuehne 1st, Sam Flory 1st, Jim Selby 2nd, Frank Kishi 3rd, Lee Gillespie 3rd, Ron Muranaka 3rd, Ernie Stucki 2nd, Rodney Johnson 6th.

400 meters:

Debbie Selby 2nd, Rick Muth 2nd, Robert Richardson 1st.

800 meters:

Jim Selby 1st, Al Escobosa 1st, Eric Dixon 3rd.

1500 meters:

Harold Willis 2nd

3000 meters:

Gunnar Linde 1st

High Jump:

Kathy Bergen 1st, LaTanya Glass 1st, Don Leis 1st,

Triple Jump:

Allison Cowdell 1st, Magdalena Kuehne 1st, Don Leis 1st.

Shot Put:

LaTanya Glass 1st, Linda Cohn 1st, Lorraine Tucker 2nd, Annelies Steekelenburg 3rd, Magdalena Kuehne 1st, Johnnye Valien 1st. Arnie Gaynor 1st, Ernie Smith 4th

Discus Throw:

Allison Cowdell 1st, Linda Cohn 1st, Annelies Steekelenburg 1st Kathy Bergen 1st, Magdalena Kuehne 1st.

Hammer Throw & Weight Throw:

Arnie Gaynor 1st

Javelin Throw:

Linda Cohn 1st, Lorraine Tucker 1st, LaTanya Glass 2nd, Kathy Bergen 1st, Annelies Steekelenburg 3rd. Magdalena Kuehne 1st, Johnnye Valien 1st. Allison Cowdell 1st

Complete results can be found on the Striders Website www.scstriders.org.

The Wyoming Story

By Jeanne Bowman



While competing at the Senior Olympics in Pittsburgh in 2005 I met a great group of athletes from Wyoming. They brought some of their state medals to show off and encouraged everyone to come to Wyoming!

They were quite spectacular and definitely left an impression. In 2007 I ran into them again in Kentucky. They were once again the same enthusiastic group tooting the horn of their beloved state. So I always had in the back of my mind that some time I would have to run there.

As things would turn out this year, I wasn't able to go to the National's in Spokane and was looking for an alternative--somewhere out of state. And that's when Wyoming came to mind! Their Senior Olympics was being held in Sheridan, Wyoming. What a kick staying in an old historical western town on the Bozeman trail where Wild Bill Cody used to audition acts for his Wild West Show. I couldn't believe I was seeing bales of hay from the track the first day I went to do a practice run! But I do believe that cows grazing along side the fence of the track were even better!

About a week before I left, fellow Striders Rick Muth and Rodney Johnson decided to join me. We immediately became known as the "Californian's". We had brought our Strider's chairs and set them up together. That in it brought much attention! Rodney and I ran all the sprints and we were soon holding court from our chairs with many of the Wyoming athletes. In fact Rodney had people lining up for coaching! Rick ran the 400 and 800 meter.

Between the three of us, we won 10 gold medals. And yes, the medals were spectacular....a bouncing horse that actually could spin! I initially starting competing six years ago and my motto was stay fit, be healthy, and have fun. I love to compete and I train hard and I always want to win. But sometimes I think we all have to remember, we do this because this is who we are and what we like and it's got to stay fun.

2008 National Masters Outdoor Track and Field Championships

Spokane Falls Community College, Spokane Washington was the site of 2008 National Masters

Outdoor Track and Field Championships. The weather was good up until the last day, when the weather turned cold.

Eleven Striders traveled to the Championships scoring an impressive 207 points. Good enough for 4th place in the team competition. The third place team Florida Athletics scored 285, which the Striders easily would have overcome if our San Diego Striders could officially be recognized at the nationals as members of the Southern California Striders Track Club.

National titles were earned by:

- Brenda Matthews in 100 meters.
- Linda Cohn in the Javelin Throw & shot put.
- Allison Cowdell in the Javelin Throw & Discus throw
- Magdalena Kuehne – Discus Throw, Long jump, and triple jump
- Stan Whitley – 100 and 200 meters
- Doug Tomlinson – Javelin Throw
- Barney Phillips – High Jump, & shot put
- Jim Selby – 400, 300 LH, 2000 steeple chase
- Debbie Selby – 2000 steeple chase
- Johnnye Valien – High Jump, Long jump, triple jump, shot put, and javelin throw.
- Robert Richardson – Triple jump

Just think what we could do if more Striders competed at the Nationals. Get your finances in order for 2009 Nationals Outdoor Championships in Wisconsin.

Barney Philips, Ernie Stucki, Jim Selby, Debbie Selby, Ken Stone, Chris Stone, and Ernie Smith were among the Striders who worn their uniform with pride.

Congratulations! On a job well done

2008 ANNUAL AWARDS BANQUET

On Saturday, November 22 Striders and guests again gathered at the Foxfire Restaurant in Anaheim Hills for our annual awards banquet. Participation was excellent, evidence that our club is thriving and headed in the right direction under President Brenda Matthew's leadership

The original scheduled guest speaker, former high-jumper Ed Caruthers, was ultimately unable to attend; lucky for us long-time Olympian sprinter Inger Miller graciously found time to replace Ed and entertained us

with a variety of "stories" from an extensive repertoire. Ms Miller's achievements are too numerous to begin to even summarize, but are all very interesting. Incredibly, given the fact that she is the daughter of the late world-class Jamaican sprinter Lennox Miller, she came rather late (high school) to track and field, and had it not been for Pasadena Muir coach Jim Brownfield, her talents may have never seen the light of day. Coach Brownfield was also with us and appropriately, he introduced Ms Miller.

Striders receiving recognition for outstanding performances during 2008 were:

Annelies Steekelenburg, Striders Female Athlete of the Year, the world's # ranked high jumper in her age group

Arnold Gaynor, Striders Male Athlete of the Year, age group ranked #2 in the world in both shot put and discus, and #4 in the hammer throw.

Myrle Mensey, Robert Watanabe Award Winner. Many of her performances are detailed elsewhere in this newsletter. Through her dedication and hard work Myrle inspires us all in our efforts to excel.



We thank all who attended and look forward to seeing you again next year.

Special Thanks to Annual Awards Banquet Committee members; Jeanne Bowman, Stan Whitley, Rick Muth, Rodney Johnson, Hugh Cobb, and Brenda Matthews

Medical Advice

By Dr. Vasili Gatsinaris

Shin splints are one of the most common running injuries that sprinters and long distance runners can experience. There are many causes of shin splints from tight muscles, to over training to improper shoes.

As a runner, it is important to find the cause of the problem so you can treat the problem and then train properly. One of the primary culprits is an increase in training or distance running. This in turn causes inflammation to the muscles of the lower leg and starts the whole pain process. The shin splint pain is located to the front of the shin bone and is quite often described as sharp pain especially with running.

In order to effectively treat the muscles, one must find the actual problem of the lower leg. There are many muscles of the lower limb that can be affected, from the tibialis anterior muscles on the front part of the shin, to the extensor muscles that move the toes, to the side muscles on the foot and lastly to the muscles of the back of the foot.

The interesting part of shin splints is that although you feel the pain to the front part of the foot, the majority of the problems deal with the muscles of the back part of the foot.

Now, most people are aware of the calf muscles, which are the outermost group of muscles to the foot. There is a layer of muscles behind the calves that are called the soleus and even another layer deeper that are called the deep flexors of the foot. All of these muscles are responsible for bringing your feet in a downward position, which is important during the toe off phase in running. This is where as an athlete you generate the power to propel you forward. If the muscles are not functioning properly, then it is almost inevitable that you will experience shin splints.

Treatment for shin splints may be quite simple. Stretching the calf muscles and the muscles underneath the calves are definitely important. The best way to stretch these muscles is to find a step. While standing on the step, place the front part of the affected foot at the edge of the step and hang off the step. To get the deeper layers of the foot, while hanging off the step, bend the knee and you will feel the stretch to the Achilles tendon and lower foot region. If the stretches don't help the situation, it might be advisable to seek a therapist who practices in treating these types of injuries. One of the most effective treatments in the sporting world is ART (Active Release Technique). ART is a medically patented muscle, ligament and tendon treatment system that removes scar tissue and treats affected muscles.

Dr. Vasili Gatsinaris is a native of Southern California who graduated with a degree in Biology from the University of California Irvine. He received his

doctorate degree from Los Angeles Chiropractic College. Gatsinaris is a certified Active Release Technique (ART) provider, is Active Isolated Stretching certified, and a Fenzian practitioner-one of 40 certified in the United States and one of three in Southern California. Dr. Gatsinaris is the Founder of Next Level Wellness Center (www.nextlevelwellnesscenter.com) in Irvine and a member of the Striders Medical Staff.

Dr. Juan Bustamante



Juan, kneeling in front, is shown with his age group's 100-meter field from what was likely his last race -- at the John Ward Masters Games in April 2008 at Santa Ana College. Tony Craddock, standing second from left, provided this photo.

A mainstay of the Southern California masters circuit died at age 65. Juan lost his battle with cancer and passed away on Friday, November 28, 2008. Juan Bustamante had been a Strider for at least 25 years. Juan expressed his excitement that the SC Striders track club was still active. Juan will be missed!

Inspirational Corner

The most significant decision I can make on a day-to-day basis is my choice of attitude. It is more important than what happened yesterday; more important than my successes, my failures, and my pain; more important than what people think about me or my situation.

Attitude is the thing that can keep me going or make me quit.

Attitude can fuel my fire or destroy my hope.

When my attitude is right, no mountain is too high,
no valley too deep and no challenge too great that
I can't face it with the strength inside of me.

2009 FEATURE TRACK MEETS

February 7 Palm Desert International Sports Festival,
Palm Desert, Sara Juarez 760 – 1941

February 15 USATF Masters West region Track &
Field Indoor Championships, Northern Arizona
University, Flagstaff, AZ

March 8 SoCal Indoor...Outdoor Meet, Mater Dei HS,
Santa Ana, CA Andrew Hecker, www.trackinfo.org

March 27-29

USA Masters Indoor Track & Field Championships,
Landover, MD

April 11, 16, 17 & 18, Mt Sac Relays, Walnut, CA
<http://www.mtsacrelys.com>

May TBD Strider's Meet of Championships, Norwalk,
CA, Brenda Matthews, 714-779-3416
marklane1212@sbcglobal.net

June 26-28 Western States Masters International
Invitation, Sacramento, CA, Mary Woo 707-469-8486
wooclan@pacbell.net

June TBD, SCA Championships

June TBD, Western Regional Championships

July 9-12, USA Masters Outdoor Track & Field
Championships, Oshkosh, WI

July 28 thru August 8 World Masters Athletics
Championships, Lahti, Finland,

July 31 thru August 15, Summer National Senior
Games, Bay Area,

COACHES CORNER

Sprint Coach, Youth & Masters (Orange
County), Steve Kaczynski, 949-454-8780

**Jump/Middle Distance Coach, Youth &
Masters** (Orange County) Charles Lee,
714-815-4269

Sprint Coach, Youth & Masters, (LA County)
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OPEN BOARD POSITIONS

The Striders are looking for someone who is
interested in serving on the board as the:

- Membership Chairperson
- Newsletter Editor
- Reporter at Large

Please contact Brenda Matthews for additional
information,

Website <http://www.scstriders.org>