

Striders Shine at the 2025 USATF Masters Outdoor National Championships

The Striders proved once again that although we may be small in number, we are huge in performance! Competing in the USATF Masters Outdoor National Championships in Huntsville, Alabama, our team produced a couple of World records, a few American records, and lots of gold medal performances.

Kathy Bergen dominated the W85 division, delivering several impressive performances and setting new world records in the 100 meters and high jump. Bergen obliterated the American record in the 100-meter dash and set a new World Record with a time of 17.97 seconds. In the high jump, she cleared 1.01 meters, setting another world record. She crushed the competition in the 200 meters, grabbing gold in 44.81 seconds and finishing a staggering 32 seconds ahead of the next runner. In the discus, she won a silver medal with a strong throw of 15.55 meters. Bergen capped off her unforgettable meet by helping the W70 4x100 Club Relay Team race to gold in 1:17.02.

Ron Stevens was golden in the M70 division, collecting four gold medals and setting a new American record in the 300 long hurdles with his time of 48.10 seconds. He edged out teammate Damien Leake in the 100 meters (12.93), blazed his way to first in the 200 meters (27.37), and won the 80 short hurdles in 13.47 seconds. He rounded out his medal collection with a silver in the 400 meters at 1:09.24 seconds.

Donna Beard was a one-woman throwing powerhouse, hauling in four gold medals and one silver. She dominated the W60 throwing events, winning the W60 discus (31.12), javelin (33.30), hammer (46.19), and weight throw (15.29). She took second in the shot put with a distance of 11.21 meters. Beard continues to expand her events beyond throws, placing fifth in the high jump with a height of 1.05 meters and running the 100 meters in 16.65 seconds for sixth place.

Joy Flynn swept the W85 jumps, winning gold in the long jump (2.80), triple jump (5.85), and high jump (1.01). Flynn also took home silver in the 100 meters with a time of 19.52 seconds.

Brenda Steele Matthews raced her way to three gold medals by winning the W75 100 meters with a time of 18.35 seconds, the 80 short hurdles in 30.47 seconds, and the 200 meters with a time of 41.51 seconds. She added a silver to her collection with her leap of 2.41 meters in the long jump.

Karen Maxwell showed her speed and agility by winning three golds in the W65 division. She won the W65 80 short hurdles (15.04), the 300 long hurdles (59.45 seconds), and 200 meters (33.34).

Debby von Winckelmann brought home a trio of medals in the W65 category, leaping to gold in the triple jump (7.16m) and high jump (1.20m), and bronze in the long jump (3.21m). She also placed 7th in the shot put with 7.65 meters.

Bert Bergen won double gold in the M85 division, winning long jump with a leap of 2.22 and the triple jump with a distance of 5.05 meters.

Kristin Terpening delivered a stellar showing in the W65 throws, winning gold in the discus (25.96m), silver in the shot put (9.44m) and javelin (26.58m), and adding fifth place finishes in both the hammer (31.02m) and weight throw (11.20m).

Damien Leake won gold in the M70 long jump with a leap of 4.56 meters and placed second in the 100 meters with a time of 13.02 seconds.

Carol Rhodes won the W75 pole vault with a height of 1.30 meters.

Cara Black took second in the W67 100 meters with a time of 15.94 seconds. She also won silver in the 200 meters with a time of 34.11 seconds.

Max Siu won medals in the M70 jumps, winning gold in the triple jump (9.38), silver in high jump (1.40), and bronze in the long jump (4.36). He took eighth in the 80 short hurdles with a time of 25.87.

Linn Dunton showed a strong performance in the W65 throws, with fourth place finishes in the shot put (8.21), discus (22.36), and javelin (24.22). She rounded out her performance with a seventh place finish in the hammer with a distance of 28.46 meters.

Carole Jackson showed her all-around athletic abilities in the W70 division with fourth place finishes in the shot put (6.12), discus (11.92), hammer (21.33), and weight throw (8.60). She took sixth in the 100 meters (18.77) and 200 meters (41.44).

Tina Bowman took third in the W70 javelin with a throw of 19.33, fifth in the 200 meters (40.11), and seventh in the 100 meters (18.87).

Suzette Lee was solid in the throws, taking fourth in the W60 hammer (27.06) and weight throw (11.10).

Jeff McDermott took 11th in the M65 200 meters with a time of 32.56.

The W70 4x100 relay team of Kathy Bergen, Joy Flynn, Tina Bowman, and Brenda Steele-Matthews dominated the track, winning gold with a time of 1:17.02.

The W60 4x100 meter relay team of Donna Beard, Cara Black, Carole Jackson, and Karen Maxwell took silver with a time of 1:07.83

The Strider women proved to be a formidable force, taking first place in the team standings! In the overall team standings, the Striders soared to 4th place, an impressive finish for our amazing athletes!