

## Striders shine at Hawaiian Nationals

Sunshine, warm winds, rainbows... most people think “vacation” right? To the hundreds of track competitors that headed to Honolulu this August, it was more than just a wonderful vacation; it was the 2005 USATF National Masters Championships. And for the Striders, it was time to shine.



A few Striders in Hawaii

Although technically ranked 9<sup>th</sup> in the team standings, actual Striders members racked up a total of 298 points over the course of the meet --- enough for a clear 3<sup>rd</sup> place finish. The discrepancy is due to the number of Striders runners who ran “unattached” for a variety of reasons.

Individual, we would like to recognize the following 2005 National Champion Striders.

### *2005 National Masters Champions*

Brenda Matthews W55 – 100M, 200M, LJ, Discus, 4 x100 relay.

Kathy Bergen W65 – 100M 200M, HJ

Johnnye Valien W80 – 100M, 200M, LJ, HJ, PV, SP, Javelin

Lynn Naftel W60 – 400M

Gerry Davidson W80 – 400M, 800M, 1500M  
Kathy Jager W60 – SP, 4 x 100M relay  
Lorraine Tucker W55 - SP  
Doug Smith M65 – 100M, 4X100M relay  
Jim Selby M75 – 800M, 2000M Steeplechase, 4 x 400M relay  
Derek Boosey M60 – TJ  
Arnie Gaynor M75- SP, Discus

The following individuals also took home medals from the National Championships:

### *2005 National Masters Medalists*

Kathy Jager W60 – 100M, 200M, Discus

Lynn Naftel W60 – 100M, 200M, 800M

Brenda Matthews W55 – SP

Lorraine Tucker W55- Javelin

Johnnye Valien W80 – 4 x 100M relay

Eric Dixon M45 – 100M

Doug Smith M65 – 200M

Rodney Brown M75 – 200M, 400M

Paul Bambrook M75 – LJ, TJ, HJ

Raymond Fitzhugh M70 – TJ, PV

Doug Tomlinson M70 – Hammer

Jim Selby M70 – 4 x 100M relay

Most importantly, we want to recognize those Striders who inspire us to continue running because of their love of and dedication to the sport of track and field. Obviously, in competition the people who cross the line first get the most attention... the most “press”, but without all of the members of this club, Masters Track and Field would not be the same.

### **2005 National Masters Champion Competitors**

Debbie Selby W45 – 100M, 200M, 400M, 4 x 400 relay

Loraine Tucker W55 – 100M

Francis Kishi M70 – 100M, 200M

Larry Armstrong M60 – 100M, HJ

Paul Bambrook M75 – 100M

Eric Dixon M35 – 200M

Donald Leis M&) – 400M, LJ, TJ, HJ

Raymond Fitzhugh M&) – HJ

Doug Tomlinson M70 – SP, Discus, Javelin

**S**pecial note also needs to be made of the Striders who set records in spite of, what often been called, “gale force winds”.

### **2005 National Masters Record Breakers**

Kathy Bergen set a meet record in the W65 High Jump, clearing 1.30m/4-3.25. Her record beat the old record set in 1993 of 1.26M/4-1.75.

Brenda Matthews and Kathy Jager were part of the meet record setting W50-59 4 x 100M relay team. With blistering time of 55.91 and joined by Nadine O’Connor and Rita Hanscom, these speedsters beat the old meet record of 57.81 set in 1992.

## **Remembering Our Roots**

Yesterday, I (Colleen Barney W35) got an email from Ron Silver, son of Dr. Harry Silver. He saw an ad that showed me wearing the Strider’s uniform. Not knowing much of the old Strider’s history, part way through our conversation I asked him in what events his father competed – he laughed and said “fundraisings”. It seems that back in 1955, Dr. Silver was so impressed with what the Striders were doing that he gave them \$100 (quite a bit of money back then). In addition, being a general practitioner, Dr. Silver had the ability to refer patients to specialists in town, but he would only do so if they agreed to work with Striders members for free or contributed to the Striders! What an inspiration! If anyone else has stories from “back in the past”, please contribute them to Brenda Matthews for use in future newsletters.

## **Meets**

**D**o you know of any meets over the winter season? Please share the information with us. We are

happy to publish any upcoming masters and all-comers meets. A full 2006 meet list will be printed in our next newsletter.

## **SAVE THE DATE**

**T**hursday, December 29 is our annual awards banquet. The banquet will be held again this year at the Foxfire Restaurant in Anaheim Hills. Look for your special invitation.

## **New Members**

**T**he most common thing we hear from other Striders is that they love the camaraderie. We want to take advantage of each of your engaging personalities and put it to use for the club. When you meet someone new during a training session, or reacquaint yourself with someone at a meet, tell them about the Striders. We are always looking for good people as new members.

## **Inspirational Corner**

“I press on toward the goal to win the prize”:  
Philippians 3:14.

### **FINISHING THE RACE**

**I** believe what separate the great athletes – Michael Jordan, Tiger Woods, Lance Armstrong, and Kobe Bryant from everybody else is one simple thing. The ability to finish strong. No matter the score, be it a great deficit, great lead, or a tight race, the great athletes save their best for when it means the most.

This is what we need in our mindsets. An ability to forget the past. And strain toward what is ahead.

A great coach once said, “Don’t let the last decision, good or bad, effect your next great decision.” To win the race we have to finish the race!

*Sports Spectrum, Jon Kitnr, Quarterback, Cincinnati Bengals*

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