



## 50 YEARS OF STRIDER'S PRIDE

### 2006 INDOOR CHAMPIONSHIPS

**S**triders take 3<sup>rd</sup> at the 2006 Indoor Championship. It was cold in Boston, but the Southern California Striders warmed up the Reggie Lewis Stadium with their sizzling performance.

Johnnye Valien won the LJ, TJ, on her way to a world record in the triple jump. Kathy Bergen won the 60 meters, 200 meters and set a world record in the high jump. Stan Whitley won both the 60 meters and 200 meters. Brenda Matthews won the long jump, and took second place in the 60 meters, 200 meters and the shot put. Donald Lies 3<sup>rd</sup> 800 m & 2<sup>nd</sup> triple jump. Jeanne Bowman 4<sup>th</sup>SP, 6<sup>th</sup> 200m

NOTES: Kathy Bergen has 2 pending world records in 60m 9.27 & high jump 1.31 Johnnye Valien has a pending world record in the Triple jump. Johnny also has a pending US Record in the high jump.

### 21<sup>ST</sup> ANNUAL MEET OF CHAMPIONS

#### Three masters world records set at Striders Meet of Champions

The annual Southern California Striders Meet of Champions at Long Beach State University featured near perfect weather conditions over the weekend as two men and one woman set world age-group records.

Records were set by Willie Gault in the M45 200, Bud Held in the M75 pole vault and Kathy Bergen in the W65 high jump.

Gault ran an impressive 100 meters in 10.80 seconds with a maximum-legal wind of 2.0 meters per second out of Lane 1. His performance nearly equaled the 10.79 he ran at Occidental College the previous week.

Two hours later, Gault flew out of Lane 3 in the 200m, and became the oldest man to break 22 seconds. Gault clocked 21.91 seconds (+1.3 mps) to lower his own M45 world record of 22.08 from February, which improved upon the listed M45 WR of 22.13 by Kevin Morning in 2002.

Bud Held, 78, raised his own M75 world record in the pole vault, clearing 2.97 meters/9 feet, 9 inches, bettering his own 2.96/9-8.50 set at the Decatur masters nationals in 2004. Held cleared on his second attempt and had the bar raised to 3.05m/10-0, but missed three times.

Not to be outdone, Kathy Bergen, a champion sprinter over the years, has begun competition in the high jump and cleared 1.35m/4 feet, 5 inches, on her second try to better the listed W65 world record of 1.34m/4-4.75 by Holland's Rietje Dijkman in 2004.

### STRIDER NATIONS

**E**RIC Dixon would like to include on our website a short biography of the proud members of the Southern California Striders. He needs the following information:

- Name
- Competing age group,
- Events,

- How long you been doing what you do,
- Your proudest moment
- A picture.

Please send the information to Eric Dixon, 10 Key Largo, Aliso Viejo, CA 92656

## Non Profit Status

### INSPIRATIONAL CORNER

#### Contact Us

**PRESIDENT** Brenda Matthews 714-779-3416  
[marklane@sbcglobal.net](mailto:marklane@sbcglobal.net)

**VICE PRESIDENT** Eric Dixon 949-831-1336  
[chernooe@cox.net](mailto:chernooe@cox.net)

**NEWSLETTER EDITOR** Colleen Barney  
949-646-8909 [Esttaxes@aol.com](mailto:Esttaxes@aol.com)

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

#### FEATURE TRACK MEETS

**08/03/06** USATF Masters Outdoor Track and Field Championships, Charlotte, NC Gordon Edwards  
[gedwards@carolina.it.com](mailto:gedwards@carolina.it.com).

09/24/2006 San Diego Senior Olympic Games, Site TBD  
[www.sdseniorgames.org](http://www.sdseniorgames.org)

9/28 thru 10/01/2006 Nevada Senior Olympics,  
[www.nevadaseniorolympics.com](http://www.nevadaseniorolympics.com)

10/09-21-2006 Huntsman World Senior Games, St George, Utah  
[www.seniorgames.net](http://www.seniorgames.net)