

Hello,

It has been a fun two weeks competing with many of my fellow Striders at the National Senior Games in Pittsburgh and then in Greensboro, North Carolina, in the USATF Masters Outdoor Nationals. Our men's and women's teams combined to place 7th! out of 135 teams.

The women's team placed 6th out of 67 teams. Unfortunately, Jeanne and Damien strained leg muscles and could not compete in their events. However, Jeanne was determined to run the 4x400 relay since the team had a shot at the gold. She was joined by Tina Bowman, Joy Flynn, and Linda Cohn. Somehow Jeanne managed to run with a strained quad. Linda took about 20 steps as the anchor and felt her quad pulling! She gutted out the finish for the gold medal. Not only did they win, but they smashed the National Record with a time of 1:18. The previous record was 1:34. Quite an impressive feat considering everything. What could they have done with healthy legs? As you know, Linda is the world record holder in the javelin and never runs a 400-meters.

😊 Congratulations to all of you who represented our team so well. We are very proud of you. Thank you to Jeanne for setting up the team hotel and dinner. We had a great time.

