

The 100+ temperature wasn't the only thing sizzling in Sacramento at the USATF Masters Outdoor Nationals. Congratulations to our Striders for placing 2nd overall out of 141 teams! Our men placed 6th, and our women placed 1st! Ten Striders broke and/or set American Records! In addition, Damien was honored at the USATF Men's Athlete and Sprint Athlete of the Year. Many of our athletes overcame injuries and adversity to compete at this meet. We are proud of all of you!

The following are excerpts from the [USATF write-up](#) about nationals on their website. Our Striders are highlighted in red.

*The SC Striders Track Club delivered two broken American records in the W70 division. **Linda Cohn, Kathy Bergen, Jeanne Bowman, and Tina Bowman** ran an electric 1:12.24 in the 4x100, besting the American record by nearly six seconds. **Joy Flynn, Brenda Steele Matthews, Carole Jackson, and Rita Hanscom** were the other quartet that delivered a striking performance three seconds below the American record.*

*In the next division, **Ron Stevens** (SC Striders Track Club) showed off his agility, clocking 49.04 in the 300 hurdles and setting a new M70 American record.*

*An American record fell in the M70 4x80 shuttle hurdle relay as a non-club team of **Max Siu, Larry Vollmer, Russell Jacquet-Acea, and Ernie Snodgrass** clocked a 1:02.10 to improve on the existing American record of 1:02.79.*

Congratulations to **Karen Maxwell** on being part of the Women's 55 Outdoor Shuttle Hurdle Relay team that broke the American and World Records at Nationals.

Congratulations to one of our newest members, **Donna Beard**, who smashed the women's 60-64 Throws Pentathlon World Record with a score of 4377. The previous record was 4167.

Go Striders!

