

MARTIN NAMED BENGAY MASTERS ATHLETE OF THE YEAR

Kathryn Martin of Northport, N.Y., who has rewritten masters long-distance-running record books while becoming a nationally known athlete has been named **BENGAY** Masters Athlete of the Year by USA Track & Field. Martin will receive her award December 3 at the 2004 Jesse Owens Awards and Xerox Hall of Fame Induction Ceremony.

For years one of the country's top masters runners, Martin in 2004 had an extraordinary year, by any measure. The member of the Northport Running Club and USATF Long Island Association broke seven individual American records and three world records in the women's 50-54 age group, adding a relay WR and AR to her resume as well.

"I am truly humbled at being selected as the inaugural BENGAY Masters Athlete of the year considering the caliber of masters athletes in this country," Martin said. "At the ripe age of 53, I honestly believe that we have no idea what masters athletes are capable of, and I love to push the envelope. As masters athletes we are fortunate to have the tremendous

Continued on page 4



PIXELRUN.COM

MERRITT NAMED VERIZON YOUTH ATHLETE OF THE YEAR



IAAF/GETTY IMAGES

Triple World Junior Championships gold medalist Lashawn Merritt of Portsmouth, Virginia, has been named the 2004 Verizon Youth Athlete of the Year by USA Track & Field. Merritt will be honored December 3 at the Jesse Owens Awards Dinner and Xerox Hall of Fame Induction Ceremony, held in conjunction with USATF's 2004 Annual Meeting in Portland, Oregon.



Merritt was a star throughout the summer of 2004 and in the Verizon Youth Series. The 17-year-old was named Verizon Outstanding Athlete of the Meet at the 2004 USA Junior Championships after he completed a double in the 200 (20.72) and 400 meters (46.80), where his wins set him up for success at the 2004 World Junior Championships in Grosseto, Italy. There, Merritt won gold in the men's 400m (45.25 seconds), 4x100m relay (38.66) and 4x400m relay (3:01.09), with the relays breaking world junior records.

"It is a great honor that I was chosen over so many outstanding youth athletes," said Merritt, who this fall entered East Carolina University. "I am proud of the hard work that I put

Continued on page 4