

support in our local and national USATF organization and from BENGAY.”

Martin’s individual world records all came in the indoor mile, and all were set at the Armory Track & Field Center in New York. On January 15, she opened her year with 5:19.2; she improved to 5:17.8 on February 12; and topped it off with 5:13.93 on March 21. Among her American records was breaking the 5:00 milestone in the 1,500 meters, running 4:57.7 for an American record indoors on February 8.

Martin racked up nine U.S. titles on the track, roads, and in cross country and was named the world’s #1 female road runner in the 50-54 age group by Running Times magazine.

“Kathy exemplifies all masters athletes who push themselves to find new boundaries,” USATF Masters Track & Field Chair George Mathews said. “Her excellence inspires fellow competitors of all ages and abilities.”

“Kathy has excelled in the three major venues of our sport,” said USATF Masters Long Distance Running Chair Rev. Norm Green, “on the track, on the roads, in cross-country. We congratulate her on this award.”

GET INFORMED ... THEN SCHMOOZE!

Two key events Thursday will enable to expand your mind as well as your social circles.

First, stop by the USATF CANDIDATES’ FORUM, from 7:00-7:30 p.m., in Galleria II. As we all know from recent national elections, every vote counts in this election year. Hear what candidates for USATF elected positions have to say.

Then, head to the USATF WELCOME RECEPTION, from 7:30-11 p.m., in the Grand Ballroom I/Parlors. Relax and mingle with USATF administrators, volunteers, athletes and coaches at our annual reception. This is your chance to rub elbows, relax and generally have a gosh-darn good time. And best of all, it’s FREE!

FEELING SHEEPISH?

Our Communications staff would love to be at every meeting here in Portland, but genetic cloning hasn’t yet progressed far enough to enable three people to attend hundreds of meetings – and Dolly the Sheep hasn’t yet been hired. So, please help us out in our efforts to report the Annual Meeting goings-on by submitting your group’s latest news for use in USATF Today. Just stop by the Media Room (Cabinet Room on the third floor) with your news item by 3 p.m each day, and we will include it in the newsletter.

in early in the season, which has paid off in the end with me receiving great awards like this one.”

“The future of Team USA is bright with athletes such as Lashawn,” said USATF Youth Chair Bob Flint. “His accomplishments have proven the benefit of USATF’s Youth and Junior programs within the U.S. as well as on the world stage.”



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