

Kathy Martin

How she set an American 60-64 record in the marathon. BY MIKE TYMN

Kathy Martin's 60-64 American record of 3:10:27 at October's Chicago Marathon was part of a much bigger year, including championships from 1500m and the steeplechase to 8K cross country and 10,000m, plus an age-group half marathon mark of 1:22:25.

The Chicago race was only her third marathon and the first since she ran two at age 40. "I've never cared for the long training runs and so stuck with the shorter distances," she says. "But a friend suggested that the stars were aligned and that I might be able to break the record, so I decided to give it a try."

Martin has learned to pace herself throughout years that usually include 30-35 races and a competitive career of more than three decades. "Karla Del Grande [Canadian sprint champ] told me the first time I was running at worlds that it was all about energy management, and that advice has always stayed with me," Martin says.

June 13-June 26

MON: 60 minutes

TUES: 5 x 1 mile @ 6:12 average with 2:00 rest

WED: 10 miles

THURS: 60:00, including 8 x (1:00 fast/2:00 slow)

FRI: 6 miles

SAT: 7.5 miles, including 8 x (1:00 fast/2:00 slow)

SUN: 14 miles, including 6 x 1 mile untimed with 2:00 easy between

MON: Rest

TUES: 12.5 miles

WED: 4 x 1 mile @ 6:20 average with 2:00 rest

THURS: 5 miles, including 6 x (1:00 fast/1:00 slow)

FRI: 7 miles

SAT: 6 x 1 mile @ 6:09 average with 2:00 rest

SUN: 12 miles, including 6 x (1:00 fast/2:00 slow)

"You can't go all out in every race if you are running the number of events and wide range of distances I do."

Martin's distinction between going all out and running to win is a fine one. "I still run hard in the local races," she says. "I just don't rest up for them, like I do for the championship races or record attempts."

During July, Martin competed in five events at the World Masters Athletic Championships in Sacramento, winning the 55-59 championships in the 8K cross country race (32:52), the 10,000m (39:56) and the 2,000m steeplechase (8:22), while finishing second in the 5,000m (19:58) and third at 800m (2:39).

To enable such a wide racing agenda, Martin's training was appropriately varied. Below to the left is what she did beginning June 13 in preparation for the world games, which began July 7.

Since the USA Masters Outdoor Track and Field Championships began just a week after

August 8-August 21

MON: 5 miles

TUES: 60:00

WED: 2 x 3 miles @ tempo pace (6:30 to 6:40/mile) with 5:00 jog between

THURS: Rest

FRI: 5 x .8-mile gradual uphill (get a ride down, so rest is only 3:00)

SAT: 12 miles (6 miles flat, 6 miles rolling hills)

SUN: 60:00 on trails, including 4 x 4:00 @ 5K pace with 4:00 jog between

MON: 5 x 2 miles @ 7:00/mile, mile jog between

TUES: 60:00, including 8 x 90 seconds fast

WED: Rest

THURS: 8 x 1000m @ 6:08 pace with 3:00 jog between

FRI: 60:00, including 10 x .25 mile @ 88 seconds

SAT: 10K easy

SUN: 18 miles

BORN: Sept. 30, 1951

LIVES: Northport, NY

PERSONAL BESTS

SINCE AGE 40

800m: 2:26.69

MILE: 5:14

3,000m: 10:19.3

5K: 17:23

8K: 28:57

10K: 36:31

HALF MARATHON: 1:22:24

STATS

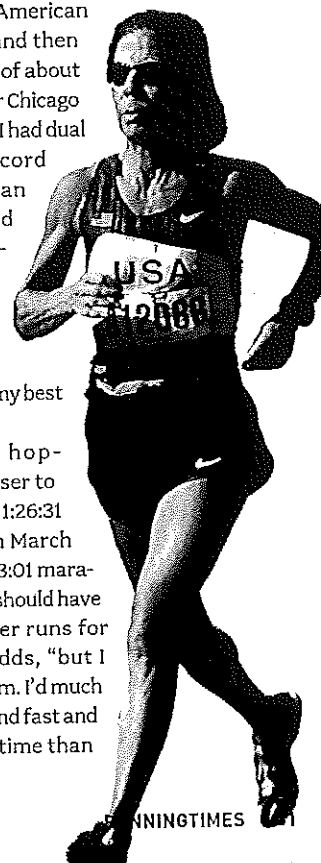
the end of the world meet, Martin balanced rest with a couple of high-quality workouts between the two events. At nationals, she won the 1500m (5:14), 5,000m (19:25), 10,000m (41:39) and the 2,000m steeplechase (8:18).

After a relatively light week following the track championships, Martin began preparing for both the USA Masters 5K Championships in Syracuse, N.Y., three days after her 60th birthday on Sept. 30, and the Chicago Marathon, while devoting 60 to 70 hours a week to her real estate business. "I try not to let running interfere with my work," she says. "I try to keep a balance between the two."

At the left is what her training for these potential conflicting goals looked like for the two weeks starting Aug. 8.

The 18-miler in the two-week sample was her longest run in preparation for Chicago. A 14-miler was scheduled for the following Sunday but canceled due to Hurricane Irene. She won the national 5K championship with an American record of 19:04, and then had an easy week of about 20 miles before her Chicago Marathon effort. "I had dual goals of a 5K record in Syracuse and an American record in Chicago," Martin says, "but we realized that the disparity in distances would not permit me to run my best time in either."

Martin was hoping for a time closer to 3:05 in Chicago. A 1:26:31 half marathon in March equated to a sub-3:01 marathon. "I probably should have done more longer runs for Chicago," she adds, "but I just don't like them. I'd much rather run hard and fast and hurt for a short time than go long." RT



M80-84

1. Geoffrey Etherington (82, MA)	20K Stratton Faxon	1:48:41
2. Jerry Johncock (83, MI)	15K Ridge Run	1:27:42
3. Dennis Branham (80, RI)	5K Rhody	25:40

Honorable Mention: Ken Blanchard, Robert Ealy, Joe Fernandez, Clarence Hartley, August Leone, Jack McMahon, Harry Poplman, Hugh Sweeney

M85-89

1. Lou Lodovico (87, PA)	5K Ides of March	27:18
2. Charles Dotson (88, NC)	10K Frostbite	1:11:20
3. Willis Moses (85, NY)	5K Bridge Run	33:00

Honorable Mention: Joe Barger, Harold Carey, Emery Jewell, Lou Peters, Edward Powers, Sr.

M90+

1. Bill Tribou (90, CT)	5K Shamrock	35:50
2. George Whitney (92, VT)	5K Run for All Ages	46:09
3. John Smart (92, IN)	5K Run for the Deaf	46:41

Honorable Mention: Bill Benson, Ed Burnham, Henry Sypniewski

WOMEN

W40-44

1. Nuta Olaru (40, ROM/CO)	10K Beach to Beacon	34:07
2. Chris Kimbrough (41, TX)	8K Fit to Run	28:17
3. Sheri Piers (40, ME)	Marathon Twin Cities	2:37:12

Honorable Mention: Alison Atkinson, Anzhelika Averkova, Verity Breen, Emily Bryans, Tatyana Byelovol, Sonja Friend-Uhl, Kathleen Jobes, Trina Painter, Zola Budd Pieterse, Midori Sperandeo, Lori Stich, Lucie Mays-Sulewski, Wendy Terris, Angie Turner

W45-49

1. Stephanie Herbst-Lucke (45, GA)	10K Peachtree	33:29
2. Colleen De Reuck (47, CO)	10K Peachtree	34:29
3. Ramilya Burangulova (49, RUS)	10K Peachtree	36:08

Honorable Mention: Tania Fischer, Alisa Harvey, Jen Hitchings, Lori Kingsley, Kirsten Leetch, Susan Loken, Lisa Lucas, Doreen McCoubrie, Yumi Ogita, Trina Painter, Laurel Park, Maria Servin, Flaya Sultanova, Lisbet Sunshine

W50-54

1. Joan Samuelson (54, ME)	Marathon Boston	2:51:29
2. Linda Somers Smith (50, CA)	10K Heritage Oaks	34:14
3. Carmen Ayala-Troncoso (52, TX)	5K Carlsbad	17:42

Honorable Mention: Meghan Arbogast, Nina Caron, Cindy Conant, Laura Cooper, Barbara Buggins, Monica Joyce, Regina Joyce, Deedee Loughran, Jane Lundy, Suzanne Myette, Wendy Pratt, Nancy Smith, Karen Steele, Nancy Stewart

W55-59

1. (tie) Christine Kennedy (56, CA)	Marathon Boston	2:56:17
2. (tie) Kathryn Martin (59, NY)	10K New York Mini	40:03
3. Miriam Zderic (56, WA)	Marathon Twin Cities	3:03:25

Honorable Mention: Victoria Crisp, Linda Jennings, Julie Matteson, Suzanne Ray, Janet Rosen, Nancy Stewart, Sharon Vos

W60-64

1. Kathryn Martin (60, NY)	5K Syracuse Festival of Races	19:04
2. Sabra Harvey (62, TX)	8K Fit to Run	32:41
3. Nancy Rollins (64, IL)	5K Run for the Roses	20:34

Honorable Mention: Barbara Broad, Karen Durante, Joan Gerold, Jay Hampton, Sylvie Kimche, Terry Mohr, Alyn Park, JoAnne Rowland, Marilyn Stapleton, Coreen Steinbach, Edie Stephenson, Mimi Sturgell, Catherine Wides

W65-69

1. Rae Baymiller (67, NY)	Half Marathon Hilton Head	1:33:43
2. Jan Holmquist (67, MA)	5K Syracuse Festival of Races	22:10
3. Marie-Louise Michelsohn (69, NY)	5K Elizabeth McNamee	22:16

Honorable Mention: Sharon Dolan, Judy Fisher, Susan Gustafson, Jane Hutchison, Patricia Kunselman, Dee Nelson, Donna Presley, Hansi Rigney, Cheryl Vail, Elfrieda Wyner

W70-74

1. Libby James (74, CO)	5K Sharin' O' The Green	23:44
2. Margie Stoll (70, TN)	5K Franklin	23:57
3. Jeanne DaPrano (74, GA)	5K Women's 5K	25:24

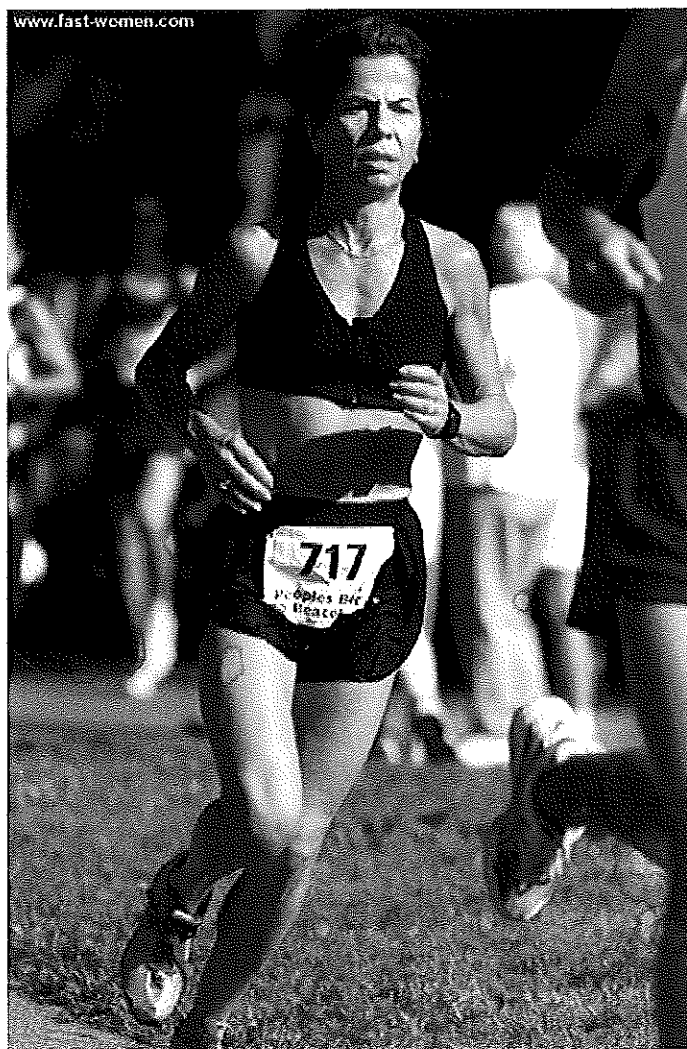
Honorable Mention: Imme Dyson, Susie Kluttz, Dorothy Little, Helde Moebius, Barbara Miller, Ellen Nitz, Carrie Parsi, Sylvia Quinn, Doris Schertz, Anna Thornhill, Zofia Turosz

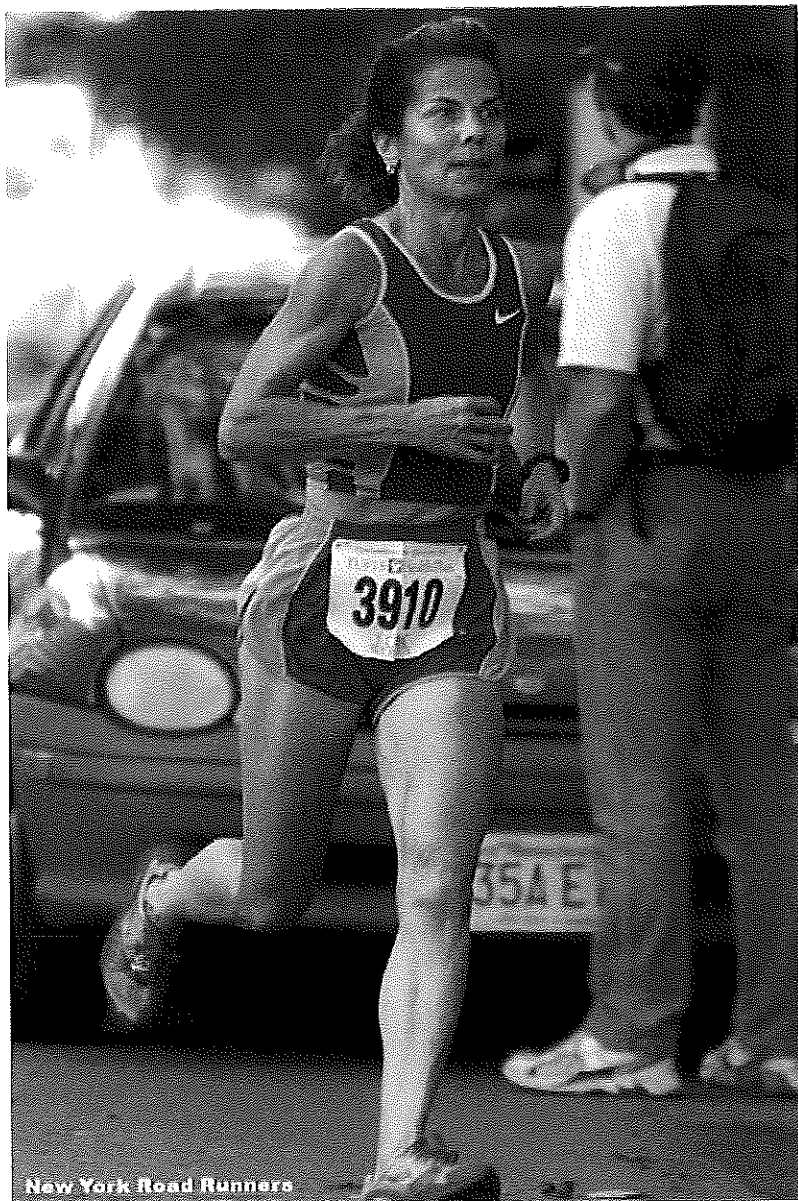
W75-79

1. Libby James (75, CO)	5K El Grito	23:30
2. Ginette Bedard (77, NY)	4 Miles Japan Run	33:56
3. Anne Garrett (77, CA)	5K Carlsbad	25:59

Honorable Mention: Vonda Lee Adorno, Valera Jones, Marilyn Olsen, Myra Rhodes, Anny Stockman, Yoshiko Takahashi

*FIFTH AVE.
MILE RACE
5:02:00:00*









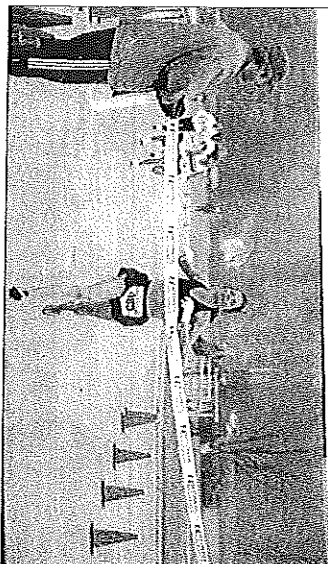
Thursday, November 25, 2004

Sports

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JOSE F. VILLAS
TRADER JOES
10K RUN FOR
INSPIRE



K-MART ON CRUISE CONTROL: Though lots of hard work and cross training (right), Kathy Martin has made a habit of winning road races, including the master's 10K at last year's 10K Run for Inspire on Long Island. The 53-year-old Northport resident will be honored as the Bengay Masters Athlete of the Year next week.

Richard Valdes (in photo) (right)

Master of her domain

There may not be a better runner in the 50-54 age group than Northport's own Kathy Martin, the 2004 Bengay Masters Athlete of the Year

By JASON STROMBERG

By the time most people are getting up for work, 53-year-old Northport resident Kathy Martin has already run a few miles. And by the time they get home from work, Martin, a real estate agent, and world-renowned master's champion, may very well have run more miles than the rest of us have driven to and from work.

"I see a lot of clients and customers from my real estate business in their cars (as she is running), and some of them say I run more than they drive," Martin said

with a laugh. "I usually go on Long Island, there is great support from the spectators."

Martin will be cheered by some of those spectators at the James Owen Awards and Xerox triathlon in Portland, Oregon, Sunday, Nov. 28.

Even at her age, Martin continues to put a great deal of training into her running. Every day, she says, "sometimes six miles, where she runs her record 1:00.16 for the physical

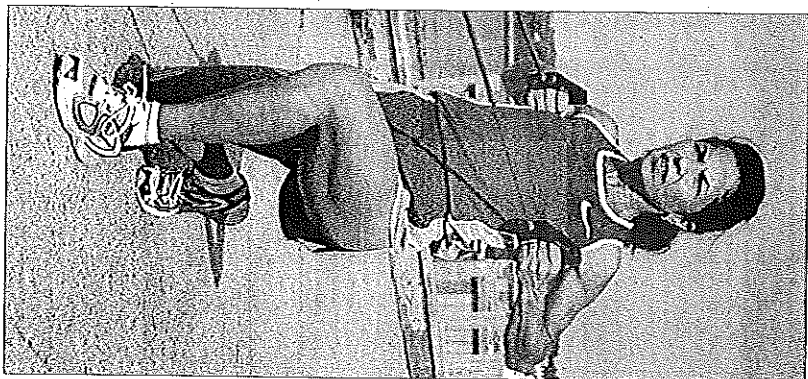
board, Charles Owen, and from there, she runs another 10 miles."

The game plan for Martin is as follows: "I tend to not take off as fast as others, but to run hard and run a good solid race in very important," she said.

"You run your own race, but the bottom line is you run every race the best you can."

Without any doubt, several national and international races, including the one at the Army Track & Field Center in New York, where she finished the mile in a time of 5:17.8. In the 1500m, Martin broke the 5:00-mile record by finishing with a 4:57. And in September at a 400m race, she broke her previous record of 1:17.45.

Some of Martin's favorite races are the Elizabeth MacLennan race, which takes place every Mother's Day. "It's



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Some of Martin's favorite races are the Elizabeth MacLennan race, which takes place every Mother's Day. "It's

a pretty fast course, and it gives you an idea of what type of shape you are in before the start of the season," she said.

Another one of her favorites is the 10K Run for Inspire in Portland, Maine. The MacLennan 10K National Championship race Paso Robles, California and the Greater Long Island Running Club's 10K spring road race are also some important races to Martin as well.


One of the major races in the USA is the Chicago Marathon, which takes place every October 4 in Portland, Oregon, where she will run either a 10K, 5K or 6K.



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 **By Jer Ard**
Jerry LeVasseur [+ Add Contact](#)

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