

## Northport woman keeps running for records

By Jordan Gibbons

**Kathy** Martin decided to join her husband for a run 30 years ago. After the first mile, she had to sit down.

That's when she told herself that if she can't run a mile, she won't be able to walk when she's 60.

"I truly believe nobody knows what talent lies in each of us," Martin said. "If my husband hadn't sparked it inside, it could've laid dormant."

Now 60, the Northport woman has been named USA Track and Field Masters Age Group Athlete of the Year in five of the past six years for breaking records in the 800 meter, 1,500 meter, one mile and 3,000 meter indoor race in the 50-54 and 55-59 age groups, according to USATF records.

Martin and her husband, Charles Gross, turn nearly every competition into a vacation, traveling across the country and internationally to countries like Italy, France and Canada.

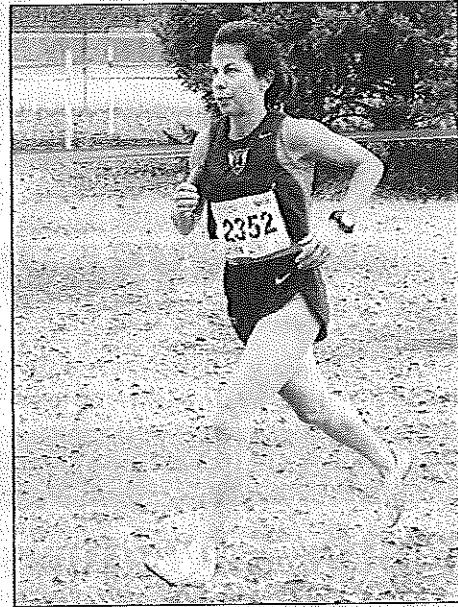


Photo credit: Thom Weddie

*Kathy Martin running in Kamloops, British Columbia during the World Masters Championships in 2010.*

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