



Kathy Martin named BENGAY 2004 Masters Athlete of the Year

Thursday, November 18, 2004 – INDIANAPOLIS - Kathryn Martin of Northport, N.Y., who has rewritten masters long-distance-running record books while becoming a nationally known athlete, on Thursday was named **2004 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, held in conjunction with the USATF Annual Meeting in Portland, Ore.

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 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.

The star of a Nike television commercial, 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."

Kathy Martin: National 8K Cross Country Champion

Kathy Martin (W50) from the Northport RC placed first in age group competitions held at Franklin Field, Ma. The National Masters 8K Cross Country Championships took place on 11/07/04. Kathy placed first with a time of 31:15. For Kathy this makes the second Cross Country Championship she has won. She is the 5K Cross Country National Champion and now she adds the 8K distance. During the National USATF Convention in Portland, Oregon, in December, Kathy completed the hat trick by becoming the 6K National X-C Champion in a time of 26:52 - a full 2 minutes plus over the second place finisher.

