

Cross Country Masters Harriers of the Year

This award was established to honor the outstanding Masters Male and Female Cross Country Runners.

<u>Year</u>	<u>Male Winner</u>	<u>Female Winner</u>
2020	Joe Sheeran	Marisa Sutera Strange
2019	Nat Larson	Marisa Sutera Strange
2018	Rick Becker and Nat Larson	Sabra Harvey
2017	John Barbour and Nat Larson	Marisa Sutera Strange
2016	Rick Becker	Kathryn Martin
2015	Peter Magill	Kathryn Martin
2014	Simon Gutierrez	Kathryn Martin
2013	Peter Magill and Ray Pugsley	Carmen Ayala-Troncoso
2012	Matt Ebner	Kathryn Martin
2011	Peter Magill	Kathryn Martin
2010	Rick Becker	Carmen Ayala-Troncoso
2009	Simon Gutierrez	Carmen Ayala-Troncoso
2008	Peter Magill	Kathryn Martin
2007	Peter Magill	Kathryn Martin
2006	David O'Keeffe	Kathryn Martin
2005	David O'Keeffe	Carmen Ayala-Troncoso
2004	Tom Dalton	Kathryn Martin
2003	Tom Dalton and Robert Winn	Kathryn Martin and Shirley Matson
2002	Tom Dalton	Kathryn Martin
2001	Tom Dalton	Carolyn Smith-Hanna and Joan Ottaway
2000	Tom Dalton	Carolyn Smith-Hanna

Masters Harriers of the Year Award contact:

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Otto Essig Award

Otto Essig (1906-2005)

Otto Essig was a long distance running participant and for many years a financial contributor to USATF Masters Long Distance Running. His "over and above" financial support enabled Masters LDR to engage in special projects on behalf of our sport. He is immortalized in the most prestigious award given annually by Masters LDR - the Otto Essig Award for meritorious service to Masters Long Distance Running. The award was first given in 1977 to two recipients - Otto Essig and Ruth Anderson. Masters LDR will be reminded of Otto's generosity and involvement each year at the annual meeting when committee members nominate and vote on recipients of the award in his name.

2020

2019 Doug Goodhue

2018 Martin Hanley

2017 Colleen Magnussen, Mike Neir & Przemyslaw Nowicki

2016 Marian Lein

2015 Paul Carlin & Lloyd Hansen

2014 Madeline Bost

2013 Tom Bernhard

2012 Bill Quinlisk

2011 Norman Green

2010 Lee Ann Meyer

2009 David Katz & David Oja

2008 Mary Rosado

2007 Don & Marian Lein

2006 Don Lein

2005 Twin Cities Marathon

2004 Alan Jones

2003 George Regan

2002 Jerry Crockett

2001 Jerry Crockett

2000 George Kleeman

1999 John R. Kelley

1998 Indy Life Insurance

1997 Ryan Lamppa

1996 Basil & Linda Honikman

1995 John Boyle

1994 Jerry Crockett

1993 Charles DesJardins

1992 Kirk Randall

1991 Bill Shrader

1990	Rev. Norman Green
1989	George Vernosky
1988	Phil Benson
1987	Charles DesJardins
1986	Ken Young & Jennifer Hesketh-Young
1985	Bob Boal & Nate & Evelyn White
1984	Jack Moran & Carole Langenbach
1983	Tony Diamond
1982	Dick Kendall & Maryanne McBrayer
1981	Bill Shrader
1980	Bob Fine
1979	Tony Diamond
1978	Ed Barron & Pat Bessel
1977	Otto Essig & Ruth Anderson

Paul Spangler Award

The Paul Spangler Award recognizes the Female and Male Athlete who set an example for us all by continuing to compete at a high level in long distance road races well into their later years. The oldest female and male divisional Road Runners of the Year are honored with this annual award. The award is presented annually by the Masters Long Distance Running Sports Committee.

Year	Male Winner	Female Winner
2020		
2019	Nathaniel Finestone	Betty Lindberg
2018	Jerry Johncock	Ginette Bedard
2017	Roy Englert	Ella Jane Custer
2016	Willis Moses	Ella Jane Custer
2015	Jerry Johncock	Harriette Thompson
2014	Bill Benson	Harriette Thompson
2013	Bill Tribou	Harriett Thompson
2012	Albert Booth	Rita Pekara
2011	Bill Tribou	Evelyn Tripp
2010	Henry Sypniewski	Evelyn Tripp
2009	Henry Sefnewsky	Evelyn Tripp
2008	Abraham Weintraub	Kathryn West
2007	Edmund Devine	Kathryn West
2006	Vernon Schaefer	Kathryn West
2005	Abraham Weintraub	Evelyn Cockerham
2004	Max Springer	Edith Allen
2003	Ernest VanLeeuwen	Edith Allen
2002	Abraham Weintraub	Edith Allen

2001	Abraham Weintraub	Edith Allen
2000	Abraham Weintraub	Hedy Marque
1999	James Ramsey	Anne Clarke

1994 - Dr. Paul E. Spangler, the senior ambassador of masters running, died of heart failure during a seven-mile run near his home in San Luis Obispo, Calif., March 29, 11 days after his 95th birthday. "He died the way he wanted to go before losing his independence," said Betty Nolen of Belmont, Calif., one of his four surviving children. "You have to rejoice that he touched so many lives." Spangler, who graduated from the University of Oregon in 1919, set several world and American age-group distance running records after taking up running in 1966. He was a charter member of the Fifty-Plus Fitness Association at Stanford and two years ago he received the national Athlete Award for Courage in Sports in Chicago. "He wanted us to host the World Veterans Games when he was 100" said Barbara Kousky, chairman of the USA Track and Field Committee. "We looked forward to seeing him in August at the nationals. He will be sorely missed. We'll definitely do something to honor him (during the meet)." Kousky said Spangler was a popular spokesman for the masters movement and was the oldest and most photographed participant in the 10th World Veterans Games in Miyazaki, Japan, last October. "He got to meet privately with the prince and princess (of Japan) while he was there," Kousky said. "He was extremely sharp. It was always a highlight to hear him speak." Spangler was born March 18, 1899, in Mittineague, Mass. The son of a Congregational minister, his family moved to Eugene, Ore., in the early 1900s and he delivered The Register newspaper in Eugene in 1913. His schooling at the University of Oregon was interrupted for service in the Navy during World War I. In 1923, he graduated magna cum laude from Harvard Medical School. He studied flying at the Portland Flying Club, and his family claims he became the first doctor to have a pilot's license. He was a surgeon at the Navy hospital in Pearl Harbor on Dec. 7, 1941. He retired from the Navy in 1959 and worked on Project Hope, taking a peacetime hospital ship on its first mission to Southeast Asia. Running and barbershop singing became his joys in later life. He founded the Society for the Preservation and Encouragement of Barbershop Singing in America, and took pride in breaking three hours, in qualifying for the Boston Marathon in 1979. His two wives died, leaving him four children. He had 14 grandchildren and 28 great-grandchildren.