

USA TRACK & FIELD NEWS



USATF Annual Meeting in Columbus, OH

During the USATF Annual Meeting in Columbus, Ohio, November 29-December 2, the Masters Track & Field (MTF) Committee met and considered a wide range of topics. Highlights of those discussions can be found [here](#).

Registration Deadline for the WMA Indoor Championships in Torun, Poland - January 29

Registration for the [2019 WMA Indoor Championships in Torun, Poland](#) will close at the end of January. The meet will take place March 24-30 in the Polish city that was the birthplace of renowned astronomer Copernicus. The deadline is January 29, 2019. To register for the meet, which includes track & field events, race walks, and long distance running events (including a half marathon), click [here](#).

Team USATF Information for 2019 WMA Indoor Championships

The Team USATF room block is at the Copernicus Hotel, a four-star hotel in the center of Torun and a designated meet hotel. The Team USATF rate, which varies by type of room and length of stay, includes free internet access and breakfast, is quoted in Polish zlotys (current exchange rate approximately \$1=3.79zł). For more information, [click here](#).

Torun is a 2 ½ hour train ride from Warsaw (about \$30 roundtrip).

Click [here](#) to access the Team USATF information sheet for Torun.

Registration Open for 2019 USATF Indoor Masters Track & Field Championships in Winston-Salem, NC

Registration is now open for the 2019 USATF Masters Indoor Track & Field Championships at the JDL Fast Track facility in Winston-Salem, NC, site of the 2014 championships. Full information and links to the registration page are all available on the [meet website](#). The on-time registration deadline is February 1, 2019.

2018 USATF Masters Club Cross Country Championships

Masters athletes competed at the 2018 USATF National Club Cross Country Championships at the Plantes Ferry Sports Complex in Spokane, WA on Saturday, December 8. Temperatures were frigid, but the running

was hot! Check out all the results at: <http://www.rtspt.com/events/usatf/clubxc18/>

2018 Masters Grand Prix Awards

Individual Winners:

40-44	David Angell Virginia	Vanessa Lordi Pacific
45-49	Philippe Rolly Potomac Valley	Sonja Friend-Uhl Georgia
50-54	Kent Lemme New England	Kris Huff Georgia
55-59	Nat Larson New England	Doreen McCoubrie Mid-Atlantic
60-64	Roger Sayre Colorado	Cynthia Williams Georgia
65-69	Kirk Larson Georgia	Suzanne Ray Oregon
70-74	Gene Dykes Mid-Atlantic	Carol Rhodes Georgia
75-79	Doug Goodhue Michigan	Madeline Bost New Jersey
80-84	Tami Graf Potomac Valley	

Club Winners included:

M40+ Garden State Track Club-New Balance New Jersey

M50+ Greater Springfield Harriers New England

M60+ Atlanta Track Club Georgia

M70+ Ann Arbor Track Club Michigan

F40+ Atlanta Track Club Georgia

F50+ Athena Track Club Mid-Atlantic

F60+ Team Red Lizard Oregon

2019 Masters Grand Prix Schedule

Dec 08 Masters Club **Cross Country** Championships Spokane WA

2019

Feb 02	USATF Cross Country National Championships	Tallahassee FL
Mar 16	Shamrock Marathon/Towne Bank 8K	Virginia Beach VA
Apr 28	James Joyce Ramble 10K	Dedham MA
Aug 23	HAP Crim Fitness Festival of Races-Michigan Mile	Flint MI
Oct 26	Tulsa Federal Credit Union <i>Tulsa Run</i> 15K	Tulsa OK

The Masters LDR Committee welcomes Championship bids at all distances for 2020 and beyond. The Committee is especially interested in 5K, 8K, Half Marathon, and Marathon bids for 2020. Please contact Mary Rosado, Chair at mvrosadoesq@prodigy.net.

Phidippides Award

Please submit your application for a 2018 Phidippides Award once you have completed your races, tallied up your points, and organized your information. Remember that racers of all abilities can earn the Award; it is simply a question of completing enough races each year.

Applications for a 2018 Phidippides Award must be submitted by January 31, 2019 to Paul Carlin. Paul's contact information listed below:

Paul Carlin
Masters LDR Coordinator
email: therunningprof@gmail.com
blog: www.runningprof.com
twitter: @runningprof1
phone: 317 372 0267

Details are at:

<http://www.usatf.org/Resources-for---/Masters/LDR/Phidippides-Award.aspx>

If you are ready to go, the online application can be found at:

<http://usatf.wufoo.com/forms/phidippides-award/>

2018-2019 USATF Masters Race Walk Grand Prix Series

The USATF Masters Grand Prix Series goes from November 1, 2018 through October 31, 2019. Monetary awards will be presented to the top three women and top three men racewalkers. The top three teams will also be recognized. The following national races are included in the series.

2018

Dec	29	5000m Indoor	Rochester NY
2019			
Jan	26	50K Racewalk	Santee, CA
Mar	10	20K Racewalk	TBA
Mar	1-3	1500/3000m Racewalk	Winston Salem, NC
May	12	15K Racewalk	TBA
June		5K Racewalk	TBA
July	11-14	5000m/10K Racewalk	Ames, IA
Sep	8	40K Racewalk	TBA
Oct	20	30K Racewalk	TBA
TBA		1- Hour Racewalk	TBA

The information will be updated after the Masters Racewalk Site Selection Committee Meeting Annual Meeting in Columbus.

Information on any other regional or local racewalks will be added to the Masters Racewalk website as it becomes available. Please send information to Jo Burrows (jnburrows11@gmail.com) or Dave Talcott (dwtalcott@gmail.com)

To score in the USATF Masters Racewalk Grand Prix, athletes must be 35 or older. Points will be awarded to the top ten based on the current age grading tables for men and women (10 for first, 9 for second, 8 for third, 7, 6, 5, 4, 3, 2, 1). A bonus of two points will be awarded to any individual who breaks the American record for his/her 5-year age group at the race distance and five points if a world age group record is broken.

Questions regarding the USATF Masters Racewalk Grand Prix should be directed to Dave Talcott at dwtalcott@gmail.com.

2018 Masters Long Distance Running Awards

Overall Masters Road Runners of the Year: Bernard Lagat Jeannie Rice

Age Division Road Runners of the Year:

40-44	Bernard Lagat	Roberta Groner
45-49	Kevin Castille	Perry Shoemaker
50-54	Andy Gardiner	Fiona Bayly

55-59	Nat Larson	Jenny Hitchings
60-64	Roger Sayre	Joan Samuelson
65-69	Tom Bernhard	Jeannie Rice
70-74	Gene Dykes	Jeannie Rice
75-79	Doug Goodhue	Sandra Folzer
80-84	William Riley	Libby James
85-89		Ginette Bedard
90-94	Jerry Johncock	-

Paul Spangler Award: Jerry Johncock Ginette Bedard

Masters LDR Hall of Fame:

Active Runners Jeannie Rice Tracy Lokken

Legends Don Lein Herb Lorenz

The Otto Essig Award:

Meritorious service to Masters Long Distance Running was presented to **Martin Hanley**, Race Director of the *James Joyce Ramble*, host of the USATF Masters 10K Championship each year since 2013

Upcoming Events

Southeast Region Masters Indoor Championships

January 20, 2019 - Winston-Salem, North Carolina

The 2019 USATF Southeast Region Masters Indoor Track & Field Championships will take place on Sunday, January 20, 2019 at JDL Fast Track in Winston-Salem, North Carolina - the same track where the 2019 USATF Masters Indoor National Championships will be held.

Click [here](#) for a link to the on-line entry portal, and click [here](#) for a link to the mail-in entry form and meet information (including schedule) or go to the Schedule tab on the [JDL Fast Track website](#).

If you have questions about this event, please contact the Meet Director Ali Bahr at ali.bahr28032@gmail.com or Craig Longhurst at craig@jdlcastlecorp.com.

East Region Masters Indoor Track & Field Championships

January 27, 2019 - Providence, Rhode Island

The 2019 USATF East Region Masters Indoor Track & Field Championships will take place on Sunday, January 27, 2019 at the Providence Career and Technical Academy in Providence, Rhode Island. The on-time entry deadline for the meet is 11:59 pm EST on Wednesday, January 23, 2019. On site entries will be accepted until 10:30 am on the day of the meet with a \$10 per athlete late fee. Click [here](#) for a link to the on-line entry portal, and click [here](#) for a link to the mail-in entry form and meet information (including schedule). If you have questions, please contact the USATF New England Office at office@usatfne.org or call 617-566-7600.

2019 Masters Cross Country Championships

USATF Club Cross Country in December 2018 was the first event on the 2018- 2019 Masters Grand Prix circuit. The theme continues; the second event is the USATF Cross Country Championships at Apalachee Regional Park in Tallahassee, FL on February 2, 2019.

Masters Entry Form is at: <https://www.usatf.org/Products---Services/Event-Registration-Form.aspx?e=115287>

Athlete Information may be accessed at: <http://www.usatf.org/Events---Calendar/2019/USATF-Cross-Country-Championships/Athlete-Info.aspx>

Masters Exhibition at Indoor Nationals to Feature

60m Races for M60-69 and W60-69

The Masters exhibition events at the 2019 USATF Indoor Championships at the Ocean Breeze Complex on Staten Island in New York City will be 60m dashes for M60-69 and W60-69. Qualifying standards are 8.40 for Men 60+ and 11.30 for Women 60+.

The races will be held on Sunday, February 24, one week before the Masters Indoor Championships in North Carolina. Click [here to enter](#) and here for [Status of Entries](#).

For further information about the Masters Exhibition Events program [click here](#), or contact the Masters Exhibition Events Subcommittee Chair Linda Carty at lcarty@fiu.edu.

Plan Ahead

Mark your calendars for the following future events:

[2019 National Masters Indoor Combined Events Championships](#)

Carthage College

Kenosha, Wisconsin

January 26-27, 2019

[USATF Mid America Region Masters Indoor Track & Field Championships](#)

University of Colorado, Colorado Springs

Colorado Springs, Colorado

February 10, 2019

[USATF Southwest Region Masters Indoor Track & Field Championships](#)

University of Houston

Houston, Texas

February 10, 2019

[USATF Midwest Region Masters Indoor Track & Field Championships](#)

Indiana University - Purdue University, Fort Wayne

Fort Wayne, Indiana

February 16, 2019

[2019 USATF Masters Indoor Track & Field Championships](#)

JDL Fast Track

Winston-Salem, North Carolina

March 1-3, 2019

[2019 WMA Indoor Championships](#)

Torun, Poland

March 24-30, 2019

[2019 National Masters Outdoor Combined Events Championships](#)

Carroll College

Waukesha, Wisconsin

Early June 2019 (tentative)

2019 USATF Masters Outdoor Track & Field Championships

Iowa State University

Ames, Iowa

July 11-14, 2019

[2019 NCCWMA Championships](#)

Toronto, Ontario, Canada

July 18-21, 2019

2019 National Masters Throws Championships

Benedictine University

Lisle, Illinois

August 3-4, 2019

2020 USATF Masters Indoor Track & Field Championships

Louisiana State University

Baton Rouge, Louisiana

March 13-15, 2020

2020 USATF Masters Outdoor Track & Field Championships

North Carolina A&T University

Greensboro, North Carolina

July 9-12, 2020

[2020 WMA Outdoor Championships](#)

Toronto, Ontario, Canada

July 20-August 1, 2020

2021 WMA Indoor Championships

Edmonton, Alberta, Canada

April 1-7, 2021

2022 WMA Outdoor Championships

Gothenburg, Sweden

August 17-27, 2022