

USA TRACK & FIELD NEWS



USATF Masters Indoor Championships in Winston-Salem Draw Third-Most Entries in History of the Meet

The 2019 USATF Masters Indoor Championships will take place March 1-3, at JDL Fast Track in Winston-Salem, North Carolina with the third-largest field in the history of the meet. With 1,026 entries, the 2019 championships rank behind only the 2013 and 2018 meets in Landover, Maryland.

Among the 1,026 athletes entered are 22 members of the Masters Track & Field Hall of Fame, 24 world record holders, 55 American indoor record holders, eight World indoor champions from 2017 in Daegu, 20 World outdoor champions from 2018 in Malaga, and 153 returning champions from last year in Landover.

In addition to a full schedule of events on the track and in the field, there will be a party and meeting for athletes after competition on Saturday at the Foothills Tasting Room, located at 3800 Kimwell Drive, only ¼ mile from JDL Fast Track.

219 Athletes to Represent Team USATF at the WMA Indoor Championships in Torun, Poland

Team USATF Masters' roster stands at 219 athletes for the WMA Indoor Championships March 24-30 in Torun, Poland. This is the largest U.S. contingent ever at a World Indoor Championships in Europe - slightly more than 50% larger than the 142 in Budapest in 2015. Athletes will all be eligible for prize money for medals through the World #1 Program. More details about Team USATF Torun will be in the March Newsletter.

USATF Masters 8 km Championships

The first road race, and third event, of the 2019 Masters Grand Prix circuit is the USATF Masters 8 km Championships at Virginia Beach on Saturday, March 16, 2019, hosted by the Shamrock Marathon's Towne Bank 8K. This is a flat, fast course with hotels conveniently situated for runners to easily access the race and awards ceremony. A large party tent on the beach is the setting for the post-race celebration with complimentary Yuengling Beer and Murphy's Irish Stew.

Entry Form:

<https://www.usatf.org/Products---Services/Event-Registration-Form.aspx?e=115519>

Entry Information:

<http://www.usatf.org/Events---Calendar/2019/USATF-Masters-8-km-Championships/Entry-Info.aspx>

Athlete Information:

<http://www.usatf.org/Events---Calendar/2019/USATF-Masters-8-km-Championships/Athlete-Info.aspx>

USATF Cross Country Championships Results

Masters athletes competed at the 2019 USATF Cross Country Championships at the Apalachee Regional Park in Tallahassee, FL on Saturday, February 2, 2019. Overall Race Winners: Women **Marisa Sutera Strange**; Men **Jacques Sallberg**. Age-Grading Champions-Women **Sabra Harvey**; Men **Nat Larson**. Individual Champions: Women 40-44 **Jill Braley**; 45-49 **Nancy Thomas**; 50-54 **Amy Fakterowitz**; 55-59 **Marisa Sutera Strange**; 60-64 **Susan 'Lynn' Cooke**; 65-69 **Sabra Harvey**; 70-74 **Sharon Gerl**; 75-79 **Catherine Radle**; Men 40-44; **Jacques Sallberg** 45-49; **John Gardiner** 50-54; **Christian Cushing-Murray** 55-59; **Nat Larson** 60-64; **Joe Sheeran** 65-69; **Chuck Smead** 70-74; **Lloyd Hansen** 75-79 **Ed Bligh**.

Team Champions: Women 40+ Impala Racing; 50+ Athena Track Club; 60+ Team Red Lizard; 70+ Atlanta Track Club; Men 40+ Cal Coast Track Club; 50+ Atlanta Track Club; 60+ Atlanta Track Club; 70+ Atlanta Track Club. Complete results may be viewed at: <http://www.usatf.org/Events---Calendar/2019/USATF-Cross-Country-Championships/Results.aspx>

USATF Masters 10 km Championships

The fourth event on the 2019 USATF Masters Grand Prix circuit is the **USATF Masters 10 km Championships at Dedham, MA on Sunday, April 28, 2019**. This race, hosted by the James Joyce Ramble is their seventh consecutive Masters National Championship. Unique for the presence of costumed actors reading from James Joyce's Ulysses along the race course, it has become a post-Boston Marathon spring tradition in New England. Although it is described as a 'rolling hills' course, three current American Records have been set at this course, including one last year, when the first two runners in Men's 70-74 cracked the record. Come see if another will fall this year, and stay around to enjoy the food, liquid refreshments, Awards Ceremony, and live band!

Entry Form:

<https://www.usatf.org/Products---Services/Event-Registration-Form.aspx?e=115931>

Road to Gold: An Atlanta 2020 Test Event

Other events of interest include Road to Gold: An Atlanta 2020 Test Event, which will take place on Saturday, March 2, 2019. It is an 8.2-mile run that covers the final loop of the course for the 2020 U.S. Olympic Trials - Marathon. An Olympic Hopeful Division will feature athletes with hopes of winning the gold medal at the 2020 Olympic Games. The open division gives every runner the unique opportunity to chase their "gold" on the same streets that will take six Americans to Tokyo. The website can be found here: <https://www.atlantatrackclub.org/2019RoadtoGold>

2019 Masters Grand Prix Schedule

2018			
Dec	8	Masters Club Cross Country Championships	Spokane, WA
2019			
Feb	2	USATF Cross Country National Championships	Tallahassee, FL
Mar	16	USATF Masters 8 km Championships <i>Shamrock Marathon/Towne Bank 8K</i>	Virginia Beach, VA
Apr	28	USATF Masters 10 km Championships <i>James Joyce Ramble</i>	Dedham, MA
Aug	17	USATF Masters 5 km Championships <i>Atlanta's Finest 5K</i>	Atlanta, GA
Aug	23	USATF Masters 1 Mile Championships <i>HAP Crim Festival of Races</i>	Flint, MI
Oct	12	USATF Masters 5 km Cross Country Championships	San Diego, CA
Oct	26	USATF Masters 15K Championships <i>Tulsa Federal Credit Union Run</i>	Tulsa, OK

Other Events of Interest to Masters LDR

Mar 1-3	USATF Masters Indoor Championships	Winston-Salem, NC
Mar 2	Olympic Marathon Trials Test-8.2 mile <i>Road to Gold</i>	Atlanta, GA
Mar 24-30	WMA Indoor Championships	Torun, Poland
Jul 11-14	USATF Masters Outdoor Championships	Ames, IA

Jul 18-21	NCCWMA Outdoor Championships	Toronto, Canada
Dec 14	USATF National Club Cross Country Championships	Bethlehem, PA

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.

2019 USATF Masters Grand Prix standings

Current 2019 USATF Masters Grand Prix standings after the first two events may be viewed at:

Individual:

<http://www.usatf.org/Resources-for---/Masters/LDR/Individual-Grand-Prix.aspx>

Club:

<http://www.usatf.org/MGPresults.aspx>

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.

2019

Mar	1-3	1500/3000m Racewalk	Winston Salem, NC
Mar	17	20K Racewalk	Tustin, CA
May	19	15K Racewalk	Riverside, CA
May	26	30K Racewalk	Hauppauge, NY
June	9	1-Hour Racewalk	Waukesha, WI
July	11-14	5000m/10K Racewalk	Ames, IA
Sep	1	40K Racewalk	Owego, NY
Sep	8 or 15	5K Racewalk	Chicago, IL

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.

Upcoming Events

[USATF 20 km Race Walk Championships](#)

Orange County Sheriff Training Academy

Tustin, California

March 17, 2019

Plan Ahead

Mark your calendars for the following future events:

[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 USATF East/Southeast Super Regional Masters Outdoor Championships

Howard Community College

Columbia, Maryland

June 1-2, 2019

2019 USATF Midwest Region Masters Outdoor Track & Field Championships

Olivet College

Olivet, Michigan

June 8, 2019

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

Carroll College

Waukesha, Wisconsin

June 8-9, 2019

2019 USATF West Region Masters Outdoor Track & Field Championships

West Los Angeles College

Culver City, California

June 15-16, 2019 (Location is firm; Dates are tentative)

2019 USATF Southwest Region Masters Outdoor Track & Field Championships

Hutto High School

Hutto, Texas

June 29-30, 2019

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

2019 USATF Northwest Region Masters Outdoor Track & Field Championships

West Seattle Stadium

Seattle, Washington

August 10, 2019

2019 USATF Mid America Region Masters Outdoor Track & Field Championships

Colorado State University

Fort Collins, Colorado

August 24-25, 2019 (Location is firm; Dates are tentative)

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 USATF Masters Indoor Track & Field Championships

The Armory

New York, New York

March 19-21, 2021

2021 WMA Indoor Championships**

Edmonton, Alberta, Canada

April 6-13, 2021

2021 USATF Masters Outdoor Track & Field Championships

Sacramento State University

Sacramento, California

Late July/Early August 2021

2022 WMA Outdoor Championships

Gothenburg, Sweden

August 17-27, 2022

**** Indicates WMA Championship**