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## **USATF Annual Meeting returns to Columbus**

The 2018 USATF Annual Meeting will take place November 28-December 2, 2018 at the Hyatt Regency Hotel in Columbus, Ohio. This is a "rules year," so rules changes will be discussed and voted upon, as will bids for hosting the 2021 USATF Masters Indoor and Outdoor Championships. Other significant issues affecting Masters track and field and Masters LDR will also be discussed in their respective committee meetings.

This year, USATF is bringing its Hall of Fame induction ceremony back to the USATF Annual Meeting for a **Night of Legends** gala. The 2018 celebration on December 1 will include a special tribute to the 1968 Olympic Team as well as the annual Jesse Owens and Jackie Joyner-Kersey Athletes of the Year. Click [here](#) for more information.

In addition, delegates to the Masters Track & Field Committee (MTF) will vote for a new representative on the USATF Board of Directors (shared with the Associations Committee as part of the "General Competition Division") and for a delegate to the World Masters Athletics General Assembly. Delegates to the MTF Committee include Masters representatives from each of the 57 Associations, the MTF officers, representatives from a variety of affiliated organizations and USATF committees, and 20 active athletes.

To become an active athlete delegate, you must apply. Qualifications include:

1. Be a U.S. citizen
2. Be a member in good standing of USATF
3. Register for the Annual Meeting
4. Have competed in a Masters meet in the last two calendar years (2017 or 2018)
5. Be present at the opening session of the MTF Committee on Friday, November 30.

If more than 20 active athletes submit applications, a selection process will occur at the beginning of the first MTF General Session on Friday morning, November 30, at the Annual Meeting.

For more details about the Annual Meeting itself, see the Annual Meeting website [here](#). If you have not already received the form by email from the current Active Athlete Representative on the MTF Executive Committee Latashia Key, contact her at [mastersactiveathlete@gmail.com](mailto:mastersactiveathlete@gmail.com).

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## **Registration Open for the WMA Indoor Championships in Torun, Poland; Team USATF Hotel Information**

Registration is now open for the 2019 WMA Indoor Championships in Torun, Poland. 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.

Our room block is at the Copernicus Hotel, a four-star hotel in the center of Torun. 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](#).

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## **Registration Open for 2019 USATF Masters Indoor Championships in Winston-Salem, NC**

Registration is now open for the 2019 USATF Masters Indoor 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.

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### ***USATF Masters 15 km Championships***

The **USATF Masters 15 km Championships** will be hosted this fall as part of the Tulsa Federal Credit Union Tulsa Run this Saturday, October 27. Come enjoy Downtown Tulsa before and after the race. It is one of the most welcoming races on the circuit, with a complimentary catered pasta dinner the evening before, a restricted-entry Masters Elite warmup area, and a 10-minute head start before the Community Mass Participation Race. Downtown hotels are convenient to the start and finish. A new course layout has been announced; it is less hilly but still challenging.

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### ***2018 Masters Grand Prix***

Eight of the nine events on the 2018 **Masters Grand Prix** circuit are in the books with the final event, the USATF Masters 15 km Championships to be held in Tulsa this weekend. The 2018 Grand Prix Awards will be presented at a ceremony to be held at the Club Cross Country Championships in Spokane, WA the weekend of December 8, 2018.

Current leaders include:

*Individual* M40 **David Angell**, M45 **Jonathan Frieder**, M50 **Kent Lemme**, M55 **Nat Larson**, M60 **Roger Sayre**, M65 **Kirk Larson**, M70 **Gene Dykes**, M75 **Doug Goodhue**, M80 **Joe Cordero**, W40 **Heather Webster**, W45 **Sonja Friend-Uhl**, W50 **Kris Huff**, W55 **Marisa Sutera Strange**, W60 **Sharon Moore**, W65 **Cynthia Ingalls**, W70 **Carol Rhodes**, W75 **Madeline Bost**, W80 **Tami Graf**

*Team* M40+ *Garden State Track Club-New Balance*; M50+ *Greater Springfield Harriers*; M60+ *Atlanta Track Club*; M70+ *Ann Arbor Track Club*; W40+ *Genesee Valley Harrier;s* W50+ *Athena Track Club*; W60+ *Atlanta Track Club*; W70+ *Atlanta Track Club*.

Complete standings can be accessed at:

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

and

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

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### ***2018 Club and Individual Masters Grand Prix Awards***

The **Club and Individual Masters Grand Prix Awards for 2018** will be presented at the USATF Club Cross Country Championships in Spokane, Washington on December 8, 2018.

The USATF Masters LDR Committee takes this opportunity to remind all Masters Runners, Teams, and Clubs that the 2018 Grand Prix season ends with the last Masters Championship event **before** the Club Cross Country Championships. Points earned at Spokane will count **only** for the 2019 Masters Grand Prix contests.

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### ***Elite Performance Medals***

The Masters LDR Committee awards **Elite Performance Medals** at each national championship road race. Gold Medals are awarded for performances age graded at 90% and above; Silver Medals for performances at 85% or above but below 90%; Bronze Medals for performances at 80% or above but below 85%. Some athletes have not collected their medals at past Championships. **The Committee will bring the remaining medals to Tulsa for the Masters 15 km Championships. They will be available at Packet Pickup.** Please ask the USATF Officials at Packet Pickup on Friday for your medal from a past Championship if you earned one and did not collect it.

If you cannot be there, you may ask a teammate or another athlete to pick it up for you. If so, you should send them an email to that effect that they can display on their mobile device or print off and bring with them.

Lastly, if you earn an Elite Performance Medal at the 15 km Championships, please be sure to collect it at the Awards Ceremony. The Committee wants to be sure that all Athletes receive the awards they have

earned through their hard work and successful racing.

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### ***Masters Grand Prix Schedule***

|      |    |  |          |
|------|----|--|----------|
| 2018 |    |  |          |
| Oct  | 27 | Tulsa Federal Credit Union Tulsa Run 15K | Tulsa OK |

### **Other Related Events**

|     |    |   |             |
|-----|----|---|-------------|
| Oct | 21 | WMA Masters Marathon-Scotiabank Toronto | Toronto, CA |
| Dec | 8  | 2018 Masters Grand Prix Awards          | Spokane WA  |

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### ***Tentative 2019 Masters Grand Prix Schedule***

|             |    |   |                   |
|-------------|----|---|-------------------|
| <u>2018</u> |    |   |                   |
| Dec         | 08 | Masters Club Cross Country Championships          | Spokane WA        |
| <u>2019</u> |    |   |                   |
| 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 Tulsa Run 15K          | Tulsa OK          |

The Masters LDR Committee is open to expressions of interest from any race that might be interested in bidding on a Masters National Championship for the 5K and the Marathon. Please contact Mary Rosado, Chair at [mvrosadoesq@prodigy.net](mailto:mvrosadoesq@prodigy.net).

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### ***USATF Masters 5 km Cross Country Championships***

The **USATF Masters 5 km Cross Country Championships** were contested at Delaware Park in Buffalo, NY, on September 23 under fair skies and mid-60-degree temperatures. There was a single race for Women. **Sonja Friend-Uhl** pulled away on the first loop and won the race in 19:21, repeating her 2016 victory in this race when it was in Tallahassee, FL. Her teammate, **Jill Braley**, a newly minted Masters athlete, was second in 19:42, followed by **Abby Dean** in 19:47. There were three Men's Races. In Men 40+, **David Angell** won the race handily in 16:29, netting his fifth victory of the year. **Philippe Rolly** took 2<sup>nd</sup> in 17:16, holding on to defeat **Jake Stookey** who took 3<sup>rd</sup> in the same time. **Tim Van Orden** dominated the Men 50+ race, winning in 17:17, with **Charles Novak** in 2<sup>nd</sup> in 17:34 and **Tim Harte** 3<sup>rd</sup> in 17:46. The Men's 60+ race was won by **Russell Blatt** in 19:20, followed by **George Buchanan** in 19:34 and **Brian Nelson** in 19:44. Three Age-Grading prizes were awarded for both Women and Men. **Sabra Harvey**, 69, USATF's 2017 Masters Runner of the Year, had the top age grade score on the day, 95.66%, from her 21:46, with **Marisa Sutera Strange**, 55, running 20:01 for 87.29 for 2<sup>nd</sup> place at 87.29, and **Katherine Wolski**, 52, whose 19:49 merited an 85.23 score, getting 3<sup>rd</sup> place. The Age-Grading winner of each of the Men's Races included: **David Angell**, 41, at 83.76%; **Alan Evans**, 55, whose 17:57 merited 85.44; and **Doug Goodhue**, 76, whose 22:24 clicked in at 85.16. In addition to wins by **Angell** 40-44, **Rolly** 45-49; **Van Orden** 50-54; **Evans** 55-59; **Blatt** 60-64; and **Goodhue** 75-79; Men's Age Division National Championships were won by **Frank Gioia** 65-69; **Gene Dykes** 70-74; **John Elliott** 80-84; and **Eric Seiff** 85-89. In addition to wins by **Braley** 40-44, **Friend-Uhl** 45-49, **Wolski** 50-54, **Strange** 55-59, and **Harvey** 65-69, Women's Age Division National Championships were won by **Ruth Rainero** 60-64, **Deborah Bliss** 70-74, **Catherine Radle** 75-79 and **Tami Graf** 80-84. National Team Championships were claimed by-Men 40+ *Genesee Valley Harriers*; 50+ *Central Park Track Club New Balance*; 60+ *Genesee Valley Harriers*; 70+ *Ann Arbor Track Club*; and Women 40+ *Atlanta Track Club*; 50+ *Athena Track Club*; 60+ *Genesee Valley Harriers*; 70+ *Atlanta Track Club*

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### ***WMA World Masters Outdoor Championships***

The **WMA World Masters Outdoor Championships** were held in Malaga, Spain, in early September. Non-Stadia events consisting of a Cross Country race, a 10K and a Half Marathon Road Race were contested. Medalists for Team USA included: **Lloyd Hansen**, Bronze Half Marathon; **Sabra Harvey**, Gold 65-69 & Silver 60+ Cross Country; **Robert Hendrick**, Bronze Half Marathon 75-79; **Christine Kennedy**, Gold 60-64 Half Marathon; **Makie Ohler**, Bronze Half Marathon 55-59; and **Eve Pell**, Gold 80-84 Cross Country. Bronze Team Medals were won by **Euleen Josiah-Tanner**, **Makie Ohler** and **Tina Klein** in the Women's 40+ Half Marathon; **Makie Ohler**, **Jill Vollweiler**, and **Tina Klein** in Women's 50+ Cross Country; **Christine Kennedy**, **Mary Faria**, and **Faith Morris** in the Women's 60+ Half Marathon; and **Terry Foody**, **Kathleen Frable**, and **Eve Pell** in Women's 70+ Cross Country.

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### ***Newly Redesigned [usatfmasters.org](http://www.usatfmasters.org)***

Usatfmasters.org, the official website of the USATF Masters Track & Field Committee (MTF) has undergone a major makeover. Check it out at <http://www.usatfmasters.org>.

In addition to all the basic information that was on the old site, new features are being added, including a [Coaching Corner](#). Send comments and suggestions to the MTF Communications Subcommittee at [mtfcommchair@gmail.com](mailto:mtfcommchair@gmail.com).

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### ***WMA Results Correction***

In the September 2018 Masters Newsletter, the double gold medal winner in the M90 5k and 10k race walk events at the 2018 WMA Championships in Malaga, was not correctly identified. He was Jack Starr of Wallingford, PA, a member of the MTF Hall of Fame who has been Masters Race Walker of the Year on several occasions. We apologize for the error.

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### ***UPCOMING EVENTS***

#### **[2018 USATF Annual Meeting](#)**

Hyatt Regency Hotel

Columbus, Ohio

November 28-December 2, 2018

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### ***PLAN AHEAD***

Mark your calendars for the following future events:

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

JDL Fast Track

Winston-Salem, North Carolina

January 20, 2019

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

Carthage College

Kenosha, Wisconsin

January 26-27, 2019

USATF Midwest Region Masters Indoor Track & Field Championships

Indiana University - Purdue University, Fort Wayne

Fort Wayne, Indiana

February 10, 2019 (tentative)

USATF Mid America Region Masters Indoor Track & Field Championships

University of Colorado, Colorado Springs

Colorado Springs, Colorado

February 10, 2019 (tentative)

[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