

USA TRACK & FIELD NEWS



442 Americans Going to Malaga for WMA Championships

A delegation of 442 athletes will represent Team USATF at the WMA Championships in Malaga, Spain in September. This is the largest U.S. contingent at a WMA Championships since 2011, when the meet was in Sacramento.

All members of Team USATF who did not receive a uniform for the 2017 NCCWMA meet in Toronto last year will get a kit consisting of a competition uniform, t-shirt, and rain suit (top and bottom). Those attending the USATF Masters Outdoor Championships in Spokane this month are receiving their uniforms there; others will have their uniforms sent to their homes before departing for Malaga.

Answers to Frequently Asked Questions can be found [here](#).

The USATF team managers are Phil Greenwald (email: greenwaldp@att.net) and Mary Rosado (email: mvrosadoesq@prodigy.net). Phil focuses on the track and field events while Mary's focus is on LDR events.

Masters Throws Championships in Seattle, August 4-5

The National Masters Throws Championships will take place at West Seattle Stadium in Seattle, Washington August 4-5, 2018. The "on-time" entry deadline is 11:59 p.m., Pacific Time, Saturday, July 21, with late entries accepted until 11:59 Pacific Time, July 28 (with a \$50 late fee).

The track and throwing facilities at West Seattle Stadium have been upgraded since this meet was last held there in 2015. [Click here](#) for entry information and the link to the entry website.

Masters Half Marathon Championships

The **Masters Half Marathon Championships** were held on **Sunday, June 3, 2018**, in Ann Arbor, MI, hosted by the Ann Arbor Track Club at its Dexter-Ann Arbor Half Marathon. **Greg Mitchell**, of the Bowerman Track Club returned to the championships with authority, taking the Overall Masters win in 1:10:36, defeating **David Angell** by 44 seconds. Angell was gunning for his third straight win on the Masters Grand Prix circuit, but Mitchell closed it out. **Olivier Vrambout** of Run Minnesota took third. **Melissa Gacek** ran away from the competition to take the overall championship in 1:25:03, with a three-minute edge on **Michelle Simonaitis** who had, in turn, a two-minute margin on the third-place finisher, **Doreen McCoubrie**. The men's age-grading medals, symbolic of the fastest running for age across all age divisions, was won by **Rick Becker**, 63, who ran 1:20:18 for a 91.45%, followed by **Gene Dykes**, 70, who ran 1:26:34 for a 91.08, and **Dave Walters**, 62, who clocked 1:20:37 for a 90.21. All three exceeded the 90% mark, which designates a 'World Class' performance. **Suzanne Ray**, 66, of Oregon's Team Red Lizard, had the top score among women, running a 1:42:55 to achieve an 89.06. She was followed on the podium by **Patrice Combs**, 60, with a 1:34:50 and 88.79, and **McCoubrie**, 56, who took third in age grading, as well as overall, with a 1:30:11 for 88.57.

National Age Division Half Marathon Champions included: **Gregory Mitchell** 1:10:36 [OR] 44, **Jonathan Frieder** 1:14:20 [NJ] 47, **Mike Nier** 1:20:21 [NY] 53, **Jim Zoldy** 1:21:05 [CT] 56, **Roger Sayre** 1:19:07 [CO] 60, **Heath Hibbard** 1:28:47 [CO] 65, **Gene Dykes** 1:26:34 [MI] 70, **Robert Hendrick** 1:54:51 [FL] 75; **Melissa Gacek** 1:25:03 [MN] 42, **Erin Larusso** 1:38:20 [CA] 48, **Michelle Simonaitis** 1:28:02 [UT] 52, **Doreen McCoubrie** 1:30:11 [PA] 56, **Patrice Combs** 1:34:50 [GA] 60, **Suzanne Ray** 1:42:55 [OR] 66.

Women's National Team Champions included the **Ann Arbor Track Club** 40+, the **Atlanta Track Club** 50+,

and **Team Red Lizard** 60+. For the Men it was the **Garden State Track Club-New Balance** 40+, the **Genesee Valley Harriers** 50+, the **Boulder Road Runners** 60+, and the **Ann Arbor Track Club** 70+.

2018 USATF Summer Road Racing Championships

Get your speed work in and your racing flats on! The 5K and the Road Mile Masters Championships are coming in mid-August!

The **USATF Masters 5K Championship** will be hosted for the first time by the Atlanta Track Club and Atlanta's Finest 5K on Saturday, August 18. The Atlanta Track Club has hosted the country's largest 10K event, the AJC Peachtree 10K, for decades, and was recently designated as the site of the 2020 Olympic Trials Marathon. The Masters championship race starts a half hour before the community race. Set in Atlanta's Olympic Centennial Park, it is a great venue for a championship. The host hotel is convenient to the start and finish and Atlanta, as a major hub, is convenient for flights. Masters runners with questions about Atlanta (the course, the weather, how to get around, etc.) are invited to email local Atlanta Track Club athletes, Mike Anderson [manderson4@bellsouth.net], Kirk Larson [runnerkirk10k@gmail.com], or Cindy Williams [cinwill444@gmail.com].

Entry Information: <http://www.usatf.org/Events---Calendar/2018/USATF-Masters-5-km-Championships/Entry-Info.aspx>

Entry Form: <https://www.usatf.org/Products---Services/Event-Registration-Form.aspx?e=113456>

The **USATF Masters 1 Mile Road Championship** will be held the evening of Friday, August 24 in Flint, Michigan, hosted by the HAP Crim's Michigan Mile. The fastest masters milers in the country will make their annual pilgrimage to the downtown streets of this vibrant Great Lakes city, host of the championship since 2014. The challenging mile course, adjacent to the University of Michigan-Flint campus, has hosted several American record-setting efforts. The course will be the same as last year except that, on the advice of several swift masters runners, it will run in reverse, hoping for even faster times.

Entry Information: <http://www.usatf.org/Events---Calendar/2018/USATF-Masters-1-Mile-Championships/Entry-Info.aspx>

Entry Form: <https://www.usatf.org/Products---Services/Event-Registration-Form.aspx?e=114066>

USATF Masters 15 Km Championships

The USATF Masters 15K Championships will again be hosted this fall as part of the Tulsa Federal Credit Union Tulsa Run on 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 five-minute head start before the Community Race. Downtown hotels are convenient to the start and finish with the host hotel adjacent to the post-race festival area. Come race and celebrate their 41st running!

Entry Information: <http://www.usatf.org/Events---Calendar/2018/USATF-Masters-15km-Championships/Entry-Info.aspx>

Entry Form: <https://www.usatf.org/Products---Services/Event-Registration-Form.aspx?e=114371>

World Masters Marathon Championship

World Masters Athletics (WMA) has announced there will be a stand-alone **World Masters Marathon Championship** this fall at the Scotiabank Toronto Waterfront Marathon on **Sunday, October 21, 2018**. Gold, silver and bronze medals will be awarded to the top three male and top three female finishers in each age group from M35 and W35. Age is on the day of the race, October 21. These athletes will be the 2018 WMA Marathon Champions and are eligible for records using gun times. You must be a USATF Member and a U.S. Citizen to represent Team USATF. The special **Access Code** for those wishing to run for Team USATF in this contest is: **WMA2018YYZ**

All athletes are eligible for Doping Control and must comply with IAAF/Masters Competition Rules throughout the race. All athletes in the WMA Marathon must compete as able-bodied; no wheelchair nor

Nordic Poles allowed.

There are no team medals. **Registration closes October 2, 2018.**

To register, please direct your browser to: <http://www.torontowaterfrontmarathon.com/register> Click on the box for 'International Runners' and scroll down to the section entitled, "World Masters Athletics Marathon Championships." Select 'I have an Access Code' and enter the code **WMA2018YYZ**. You'll access the correct registration section where you enter your individual information. Online registration only. For questions on registration, contact the organizers at: support@raceroster.com Phone: (1)-855-969-5515 (rom North America only)

For any other questions, please contact **Mary Rosado**, Masters LDR Chair, at: mvrosadoesq@prodigy.net

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 reminds 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.

Remaining 2018 Masters LDR Grand Prix Schedule

2018

Aug	18	Atlanta's Finest 5K	Atlanta GA
Aug	24	HAP Crim-Michigan Mile	Flint MI
Sep	23	Masters 5km Cross Country Championships	Buffalo NY*
Oct	27	Tulsa Federal Credit Union Tulsa Run 15K	Tulsa OK

*Can/Am Challenge. Every runner participating will score for her/his country.

Jul	26-29	USATF Masters Outdoor T&F Championships	Spokane, WA
Sep	4-16	WMA Outdoor Championships	Malaga, Spain
Oct	21	WMA Masters Marathon-Scotiabank Toronto	Waterfront Marathon
Dec	8	2018 Masters Grand Prix Awards	Spokane WA

Plan Ahead

Mark your calendars for the following future events:

[2018 National Masters Throws Championships](#)

West Seattle Stadium
Seattle, Washington
August 4-5, 2018

[2018 USATF Masters 5 km Championships](#)

Atlanta, Georgia
August 18, 2018

[2018 USATF Masters 1 Mile Road Championships](#)

Flint, Michigan
August 24, 2018

[2018 WMA Outdoor Championships](#)

Malagá, Spain
September 4-16, 2018

[2018 USATF Masters 5 km Cross Country Championships](#)

Buffalo, New York
September 23, 2018

[2018 USATF Mid America Region Masters Outdoor Track & Field Championships](#)

Fort Collins, Colorado
September 29-30, 2018

[World Masters Marathon Championships](#)

Toronto, Ontario, Canada
October 21, 2018

[2018 Masters 15 km Championships](#)

Tulsa, Oklahoma
October 27, 2018

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 Masters Outdoor Track & Field Championships

Iowa State University
Ames, Iowa
July 11-14, 2019 ****New Dates****

[2019 NCCWMA Championships](#)

Toronto, Ontario, Canada
August 8-11, 2019

2020 USATF Masters Indoor Track & Field Championships

Louisiana State University
Baton Rouge, Louisiana
March 13-15, 2020

[2020 WMA Outdoor Championships](#)

Toronto, Ontario, Canada
July 20-August 1, 2020