

Registration Open for the WMA Indoor Championships in Torun, Poland; Team USATF 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.

There is a Team USATF information sheet for Torun, which can be accessed [here](#).

Once again in Torun, there will be a block of rooms for Team USATF members 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](#).

World Masters Marathon

World Masters Athletics (WMA) conducted a stand-alone **World Masters Marathon Championship** at the Scotiabank Toronto Waterfront Marathon on **Sunday, October 21st, 2018**. The WMA entrants were lined up immediately behind the open elite athletes at the starting line for a 39-degree morning start. Most newsworthy was that Pennsylvania's **Gene Dykes**, 70, in winning the M70 gold medal, nearly broke the legendary Ed Whitlock's world best mark by running 2:55:22. That performance lowered his own pending M70 American Record from Rotterdam earlier this year. **Olivier Vrambout**, from Minnesota, was the first WMA athlete to cross the finish line as he took gold in the M40 age division in 2:34:28. Other medal winners from the USA included-**GOLD Makie Ohler** W55 3:15:01, **Wanda Gozdz** W65 5:48:26, and **Robert Hendrick** M75 3:42:05; **SILVER John Ouweleen** M75 3:50:55; **BRONZE Alan Evans** M55 2:44:50.

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 Masters Grand Prix

The 2018 **Masters Grand Prix** circuit is in the books. The final event, the 15K Championship, was held in Tulsa on October 27th.

Complete standings can be accessed at:

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

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 8th, 2018.

The USATF Masters LDR Committee takes this opportunity to remind all Masters runners, teams, and clubs that points earned in Spokane will count for the 2019 Masters Grand Prix contests.

Details about the USATF Club Cross Country Championship, including the entry form, can be accessed at:

<http://www.usatf.org/Events---Calendar/2018/USATF-National-Club-Cross-Country.aspx>

USATF Masters 15 km Championships

The **USATF 15K Masters Championships** were held in Tulsa, Oklahoma on the 27th of October. Hosted by the Tulsa Federal Credit Union Tulsa Run and organized by the Tulsa Sports Commission's Heath Aucoin, the race was a huge success. Many runners commented that the new course layout is still challenging but showed Tulsa's vibrant neighborhoods and downtown off to great effect. Overall winners were: **Philippe Rolly** in 50: 40 and **Fiona Bayly** in 58:09. Bayly also took the women's overall age-grading crown with a 90.89% while **Nat Larson** took the men's title with 91.94%. Age-division champions included: 40-44 **Melissa Gacek**, **David Angell**; 45-49 **Jennifer Malavolta**, **Philippe Rolly**; 50-54 **Fiona Bayly**; **Sean Wade**; 55-59 **Doreen McCoubrie**, **Nat Larson**; 60-64 **Jennifer Teppo**, **Roger Sayre**; 65-69 **Suzanne Ray**, **Tom Bernhard**; 70-74 **Irene Terronez**, **Lloyd Hansen**; 75-79 **Judy Bomer**, **Doug Goodhue**.

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			
Oct	21	50K Racewalk	Santee, CA
Dec	8	20K Racewalk	TBA
Dec	8	1500/3000m Racewalk	Winston Salem, NC
Dec	8	15K Racewalk	TBA
Dec	8	5K Racewalk	TBA
Dec	8	5000m/10K Racewalk	Ames, IA
Dec	8	40K Racewalk	TBA
Dec	8	30K Racewalk	TBA
Dec	8	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.

Preliminary 2019 Masters Grand Prix Schedule

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 <i>Tulsa Run</i> 15K	Tulsa OK

Races at other distances may be added. The Masters LDR Committee is open to expressions of interest from any race that might be interested in bidding on a Masters National Championship from the 1 Mile up through the Marathon. Please contact Mary Rosado, Chair at mvrosadoesq@prodigy.net.

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 have not yet been set. The races will be held on Sunday, February 24, one week before the Masters Indoor Championships in North Carolina. More information about how to apply to run in these races will be available in December or by contacting the Masters Exhibition Events Subcommittee Chair Linda Carty at lcarty@fiu.edu.

Upcoming Events

[2018 USATF 5,000m Race Walk Championships](#)

Rochester, New York

December 29, 2018

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 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

