

# USA TRACK & FIELD NEWS



## **2019 USATF Masters Outdoor Championships**

The 2019 USATF Masters Outdoor Championships took place July 11-14 at Iowa State University's Cyclone Sports Complex in Ames, Iowa. Seven world records and 13 American records were set during the four days of competition under sunny skies. The team championship was won by So Cal Track Club with 518 points, followed by TNT International Racing Club with 365, and Potomac Valley Track Club with 347. A total of 115 clubs scored. A full summary of the meet can be viewed [here](#).

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## **USATF Masters Excels at NCCWMA Championships in Toronto**

USATF Masters turned in stellar performances at the North American, Central American, and Caribbean World Masters Athletics Championships in Toronto, CANADA in mid-July. With more than 500 athletes entered, the Americans won the lion's share of the medals and set numerous meet and American records.

Among the most outstanding performers were world record setters **Gunnar Linde** (M91, Venice, CA) in the 2000m steeplechase, **Neringa Jakstiene** (W55, Memphis, TN) in the pentathlon and **Myrle Mensey** (W70, St. Louis, MO) in the hammer throw and weight throw. In addition, the W75 4x400m relay team of **Mary Robinson** (W77), **Marina Worsley** (W75), **Marie-Louise Michelsohn** (W77), and **Rose Green** (W81) also broke the existing world record in that event. and **Tom Dooley** (M73, San Mateo, CA) set meet records in the 10k race walk on the roads.

Non-Stadia USATF Athletes collected 14 Gold, 13 Silver, and 1 Bronze Medal in the contests. They swept the medals in the F45 and the M60 Cross Country. In the 10K Road Race, **Fiona Bayly** had the fastest tie in the Women's race, 38:50. Bayly took Gold in F50 and was joined by Gold Medal winners, **Euleen Josiah-Tanner**, F45, and **Makie Ohler**, F55. **John Hale** and **John Hadcock** went 1-2 in M60; **Daniel Mazo** and **Lloyd Hansen** claimed gold in M55 and M70. Bayly, Hansen, Mazo, and Ohler all set Meet Records. In the 8K Cross Country competition, **Jo Rupp**, **Euleen Josiah-Tanner**, and **Latashia Key** went 1-2-3 to sweep the F45 division medals, while **Charlie Muse**, **John Hale**, and **Timothy Riccardi** swept the M60 medals in 31:23, 32:10, and 32:55. Rupp's 32:35 and Josiah-Tanner's 35:13 are the two fastest times in the Women's 8K race. **Thomas Knowles** had the second fastest time in the Men's race, clocking 28:51 to earn Silver in M40. **Caroline Dunn**, F40, **Aysha Mirza**, F35, and **Mary Swan**, F55, captured Gold; **Carlo Deason**, M45, joined Muse in winning a Gold Medal. In the 8K Cross Country race, **Terry McCluskey** and **Doc Rappole**, both M70, had the fastest two times, 26:03 and 28:12, in taking Gold and Silver in their division. **Tami Graf** and **Mary Harada** went 1-2 in F80, with 52:35 and 55:15 times.

In other news from the meet, the NCCWMA General Assembly voted to accept Spokane, Washington's bid to host the championships in 2021 (pending a site inspection). The Assembly also voted to change the name of the region to North America and Central America and Caribbean Masters Athletics (NCCMA) effective at the end of the championships. And it voted to move forward a proposal from the US delegation to recommend to WMA that the decathlon be opened to participation by women in international championships.

A full summary of the meet can be viewed on [usatfmasters.org](http://usatfmasters.org).

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## **USATF Masters 5 km Championships**

The 2019 Masters Grand Prix circuit heads to Atlanta, Georgia for the **USATF Masters 5 km Championships** hosted by the Atlanta Track Club's Atlanta's Finest 5K on **Saturday, August 17, 2019**. Known for its AJC Peachtree Run, the Atlanta Track Club and the City of Atlanta will also be welcoming the 2020 Olympic Trials to the city this coming February 29th. ATC knows how to organize a race! Come and

experience the thrill of competing in a USATF Masters Championship with the best masters runners in the country. Plan on it now. Work on your speed at the Outdoor Championships and bring that speed to run a Championship 5K race. Consult the event website: <http://www.usatf.org/Events---Calendar/2019/USATF-Masters-5-km-Championships.aspx>

Entry form:

<https://www.usatf.org/Products---Services/Event-Registration-Form.aspx?e=116368>

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### **2019 USATF Masters Mile Championships**

On **Friday evening, August 23**, the HAP Crim Festival of Races and its Michigan Mile will host the **2019 USATF Masters 1 Mile Championships** on the roads of Flint, Michigan. With separate races, experience the spirit of Masters running at its best, with men cheering on the women's race and then women cheering on the men's race. Enjoy the festive atmosphere as the Masters Championships are followed by the Open Mile and the Young Runners (12-and-under) Mile. Finish it off with a beverage and food on a delightful summer evening in one of the most welcoming and resilient cities in America: Flint, Michigan!

Consult the event website: <http://www.usatf.org/Events---Calendar/2019/USATF-Masters-1-Mile-Championships.aspx>

Entry form: <https://www.usatf.org/Products---Services/Event-Registration-Form.aspx?e=116830>

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### **2019 USATF Masters 15 km Championships**

On Saturday, October 26, the Tulsa Federal Credit Union's Tulsa Run will host their seventh consecutive edition of the USATF Masters 15 km Championships. Tulsa will put on its usual great show: the complimentary Masters Championship pasta dinner the night before, the convenience of downtown hotels to the start and finish. The head start for the Championship over a challenging race course that showcases the neighborhoods of Tulsa makes Masters Runners the focal point of the race. This has been one of the gemstones of the Masters Grand Prix Circuit; celebrate a great Championship run of 7 years.

Please consult the event website at: <http://www.usatf.org/Events---Calendar/National-Championships.aspx?year=2019>

Entry Form is at: <https://www.usatf.org/Products---Services/Event-Registration-Form.aspx?e=116939>

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### **USATF Masters Long Distance Running Phidippides Program**

Remember to sign up for USATF's Phidippides Program which rewards Masters Runners of all abilities for their participation in organized road races. Hundreds of Masters Runners from ages 40 to 90 have earned Awards each year. There is still plenty of time to run races, earn points, and apply for the Award. For more details on the program, and how to apply, please consult the Masters LDR Phidippides Award Page.

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### **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 Atlanta's Finest 5K                    | 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

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](mailto:mvrosadoesq@prodigy.net).

***2019 USATF Masters Grand Prix standings***

Current 2019 USATF Masters Grand Prix standings may be viewed at:

Individual:

<http://www.usatf.org/Resources-for---/Masters/LDR/Individual-Grand-Prix-asp.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     |
| June | 9       | 1-Hour Racewalk     | Waukesha, WI      |
| June | 30      | 40K Racewalk        | Owego, NY         |
| July | 11-14   | 5000m/10K Racewalk  | Ames, IA          |
| Sep  | 8 or 15 | 5K Racewalk         | Chicago, IL       |
| Oct  | 27      | 30K Racewalk        | Hauppauge, NY     |

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](mailto:jnburrows11@gmail.com)) or Dave Talcott ([dwtalcott@gmail.com](mailto: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](mailto:dwtalcott@gmail.com).

***Anti-Doping Report***

Masters athletes are subject to doping control testing both in and out of competition and may be sanctioned

by the US Anti-Doping Agency (USADA) for violations. For more information about anti-doping and the processes involved, visit the [USADA website](#). To check on whether any medications or supplements you are taking are banned, visit the [globalDRO website](#). You can find the link to USADA suspensions [here](#).

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### ***Upcoming Events***

#### [2019 National Masters Throws Championships](#)

Benedictine University

Lisle, Illinois

August 3-4, 2019

#### [2019 USATF Northwest Region Masters Outdoor Championships](#)

West Seattle Stadium

Seattle, Washington

August 10, 2019

#### 2019 USATF Mid America Region Masters Outdoor Championships

Colorado State University

Fort Collins, Colorado

August 24-25, 2019

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### ***Plan Ahead***

Mark your calendars for the following future events:

#### 2020 USATF Masters Indoor Championships

Louisiana State University

Baton Rouge, Louisiana

March 13-15, 2020

#### 2020 USATF Masters Outdoor 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 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 Championships

Sacramento State University

Sacramento, California

Late July/Early August 2021

2022 WMA Outdoor Championships

Gothenburg, Sweden

August 17-27, 2022

**\*\* Indicates WMA Championship**