

# Track & Field Iowa



**USATF**

**IOWA**

**Winter 2019**

## ***Did you know?***

USATF-Iowa consists  
of 1,544 members  
and 28 Clubs.  
They have held  
a total of  
15 championships  
within the state of Iowa.

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***Inaugural recipients of the USATF Iowa annual awards - Front row (from left to right) - Ashlyn Keeney, Janette Schraft, Preston Stensland. Back row (from left to right) - Heather Woody, Joey Woody, and Carolyn Hill. Absent award winners were Brogan Austin, Mike Fitzgerald, Kay Glynn, Jaden Merrick, Al Ravenscroft, and Alexina Wilson.***

## **Iowa's inaugural award recipients recognized**

A dozen Iowans were part of the inaugural USATF Iowa Athletes, Coaches and Officials of the Year award presentation, held Sunday, Nov. 18, at the Polk County Senior Center in West Des Moines.

These awards were recently established by USATF Iowa to recognize individuals showing excellence in areas of performance, officiating, and coaching. A Club of the Year award was also presented.

"This is an endeavor we've been discussing for a couple of years and decided this year to actually make it happen," said Jim Walczyk, the USATF Iowa Operations Chair.

The peer-driven process began as E-mails were sent out seeking nominations from Iowa Association members in each of the 12 categories,

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## USATF Annual Awards

### Continued from page 1

along with biographies and why they should be nominated. At the USATF Iowa club workshop in September, the awards were again mentioned to club coaches and presidents and a deadline was set for the end of September.

Once five candidates were established for each category, the vote was placed before Iowa Association members, who were invited to vote on-line for their top athlete, official, coach, or club in each category.

Among the initial award winners:

**Youth Female Athlete of the Year - Track -- Janette Schraft, of Malvern.** Competing in the 17-18 Girls category, she won the 400 Hurdles at the Iowa Association Championships, while setting a new meet record in winning the 2000 Steeplechase. She also won the 400 Hurdles and 2000 Steeplechase at the Region 8 meet, again shattering the steeplechase record. She was the 2000 Steeplechase Champion at the USATF National Meet, as well, shaving seven seconds off the record. She also placed in the top five in the 800 and 1500 at the AAU National Meet.

**Youth Male Athlete of the Year - Track - Preston Stensland.** An 11-12 Year Old Boys competitor with the Ames All-American Track Club, Preston won the 400m, 800m and 1500m at the Iowa Association Championships. He also won the Region 8 800m championships, while placing in the top five in the 800m and 1500m at the AAU National Meet.

**Youth Female Athlete of the Year - Cross Country - Ashlyn Keeney.** A member of the Iowa Speed Track Club competing in the 13-14 Girls Division, Ashlyn was the Division Association Champion, and won all three development races she entered.

**Youth Male Athlete of the Year - Cross Country - Jaden Merrick.** Competing for the Iowa Speed Track Club in the 8 and Under Boys division, Jaden ran to the Boys Association Championship in the 9-10 Boys Division. He also won all three development races he entered.

**Open/Masters Female Athlete of the Year - Track - Kay Glynn, of Hastings.** Glynn, 65, won the Pole Vault, Hammer, Javelin and Weight Throw at the USATF Iowa Outdoor Championships, while placing second in the Discus and Super Weight Throw. She placed first in the 80m Hurdles, High

Jump, Pole Vault, Long Jump, Triple Jump and Pentathlon at the USATF National meet. If that wasn't enough, she also took home runner-up honors in the 200m dash.

**Open/Masters Male Athlete of the Year - Track - Mike Fitzgerald, of Mason City.** Mike won the 100m and 200m at the USATF Iowa Outdoor Championships. Indoors, he won the 60m, 200m, and 400m at the USATF Indoor Championships. He also won the 50m, 100m, 200m and 400m at the Iowa Senior Games, as well as the 100m and 200m at the Iowa Games. Mike is currently ranked in the top 10 in the U.S. in each of those events.

**LDR Female Athlete of the Year - Alexina Wilson, of Lisbon.** Alexina qualified for the U.S. Outdoor Track and Field Championships in the Steeplechase, where she finished in 11th place. She ran a 1500m PR of 4:13 at the South Carolina Trackfest, and placed second at the Cherry City Road Mile in Traverse City, Mich., with a mile PR (4:32). Alexina placed fourth at the Guardian Mile in Cleveland, Ohio (4:37).

**LDR Male Athlete of the Year - Brogan Austin of West Des Moines.** Brogan was the top USATF Iowa finisher in the Grand Blue Mile (1-Mile Championships) and fourth in the 2017 Capital Pursuit (Iowa 10-Mile Championships), and



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members like  
Joey Woody  
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won the 5k at the 2018 Capital Pursuit.

**Field Official of the Year - Al Ravenscroft.** Everyone knows Al as the “little old guy who rakes the long jump pit.” Al is actually a highly certified USATF official for 30+ years. His main event is the long jump—because he loves the long jump. Al has worked at all levels of track, from youth to masters, all levels of meets, from youth development meets to USATF Senior National meets. He has worked for many organizations, ranging from the USATF, NCAA, AAU and both Iowa High School Federations.

**Track Official of the Year - Carolyn Hill.** Carolyn wears many hats. Most know her as the Drake Relays Assistant Director, but part of that entails an immense, tireless effort to coordinate officials and volunteers for the Relays, USATF events, Duncan, and many other meets held at Drake. When she is not coordinating, Carolyn dons her certified official’s hat. She has worked numerous national and regional meets, both indoor and outdoor, at all levels of track and field.

**Coach of the Year - Heather Woody, Iowa Speed Track Club.** Heather is one of the most motivating and sincere coaches in our youth club system. She has done great things with her club over the past year, not only making them great athletes, but even better people. She cheers for everyone competing, not matter what team they are, and has built many great relationships with athletes from every club in Iowa. Heather is a great role model for us all to follow and learn from, both on and off the track.

**Club of the Year - Iowa Speed Track Club, of Iowa City, Coralville.**

USATF board officials will continue to seek input from members in order to make next year’s awards process smoother, making it a better experience for Iowa members.

## 2018 AWARDS

**Jim Walczyk**  
Operations Chair

In 2018, USATF-Iowa held its inaugural Year-End Award Presentation. This is an endeavor we’ve been discussing for a couple of years and decided this year to actually make it happen.

This process was entirely peer-driven. Shortly after the summer track season ended, an email was sent to the entire membership base acknowledging we were presenting awards and asking members to solicit nominees. At our club workshop in September, it was again mentioned to club coaches and presidents and a deadline was set for the end of September.

When presenting nominees, members were asked why they were nominating that particular athlete, coach, official, or club, and to provide some background information. Most nominations included the athlete’s placements in big meets, season PRs, etc.

The USATF-Iowa board and chairs reviewed these nominations. Any category with five or more nominees were reduced to five. We thought five was a good number to present for voting. Variables used in reducing fields were weighed heavily on performances in USATF Championship meets (this is a USATF award after all). If there were still more than five, then we looked at their other meets and performances.

Once nominations were submitted, an on-line voting process was developed. Voting info was sent to all USATF-Iowa members, which ended in early November, to have enough time to create those spectacular awards.

At the Annual Meeting and awards presentation, we recognized all nominees and presented the award winners with their trophies.

Overall, things went very well for this inaugural event and the award winners were pleased with their awards; all nominees were appreciative of the honor in being nominated. We also had cake – you’re never wrong when you have cake!

Was it perfect? Heck no. We learned a few things and received some very positive feedback from members about how we can do things differently in the coming years.

For example, we’ll start earlier in the year, informing all members to watch for individuals who could be potential nominees. It’s easier to identify them while they’re competing, than to go back and try to remember.

We’ll do a better job of explaining the process, so those nominating and those nominated have a complete understanding of what’s happening.

It’s been suggested we present nominees with their certificates at the award presentation, rather than sending it via email. We’ll also give award winners a chance to speak (if they desire) when accepting their award. Another suggested there be two categories for youth track – one for 12-and-under, one for 13-and-over. The Youth Committee is now considering it.

We want this to be a great experience for our members. We believe we have some of the greatest members in the nation, as well as excellent athletes, officials, coaches and clubs.

We’re happy to have started this, and will continue to strive for improvement. We welcome your input.

# Austin races to late Sacramento victory at USATF marathon Championships

**SACRAMENTO, California** – Iowan Brogan Austin surprised the field with a furious finish, while Emma Bates ran away from her competition early Sunday morning in winning the men's and women's title at the USATF Marathon Championships in Sacramento, Calif.

The 2018 USATF Marathon Championships, hosted by the California International Marathon, are the tenth and final stop of the USATF Running Circuit season.

Matt Llano would push the pace early on the men's side, building a tremendous lead that looked at one point to be insurmountable. In the first 20 km, Llano built up a nearly one minute lead over the field, while looking strong and in control.

Veteran Sergio Reyes and Wilkerson Given would give chase, putting themselves up 30 seconds on the large chase pack, which consisted of 20 men.

Over the next 5k, Llano's lead would continue to grow. Given and Reyes maintained their 2-3 positions, while the chase pack started to shake out a bit but still held more than 10 men in the pack.

By 35k, Llano had a minute lead over Reyes, who dropped Given and the chase pack of 10 men followed a minute behind him. With little real estate left in the race, it seemed as though Llano was going to run away to a big win.

But then things started to shift. Llano started to slow and the large chase pack started to drive to the finish. Austin shot to the front of the group and hammered his way up to Reyes. Once he caught Reyes, his sight was set on Llano, a surprise to those watching along the streets of Sacramento.



***Iowan and former Drake University runner, Brogan Austin, crosses the finish line in 2:12:38, while winning the 2018 USATF Marathon Championships, Dec. 2, at Sacramento, Calif.***

With only a half mile to go, Austin continued to charge. Stride by stride Llano would lose his lead and Brogan could sense time was running out, one last push had to be made.

Shifting into one final gear, Austin passed Llano, and frantically ran through the line, crossing the finish in one of the finest finishes of the year for an American distance runner.

The former Drake University runner finished in 2:12:38, while Llano had to settle for second in 2:12:59, having taken a calculated risk early that nearly paid off.

The chase pack continued to roll behind Austin and Llano, as a large group of runners worked together much of the way. ZAP Fitness Reebok teammates Josh Izewski and Joseph Stilin placed third and fourth in fantastic times of 2:13:14 and 2:13:19, putting a

gap on fifth place Brendan Gregg of the Hansons-Brooks Distance Project over the final mile. Gregg would finish fifth in 2:13:26.

Brian Shrader took home sixth in 2:13:38, while 2017 fourth place finisher Anthony Costales earned another top ten performance in seventh with a mark of 2:13:28. Mick Iacofano finished eighth in 2:13:46, while Martin Hehir and Jarrett LeBlanc placed ninth and tenth, each crossing the finish in 2:13:49.

After setting the early pace, Bates crossed the finish line in 2:28:18, making her the seventh fastest American to debut over this distance. Stephanie Bruce was second, and Samantha Roecker third.

Bates passed Sara Hall for first in the USATF Running Circuit overall standings. Adding a whopping 37.5 points to her point total, Bates easily claimed the overall circuit title with 96.5 points.



# Iowan Shelby Houlihan earns Jackie Joyner-Kersey Award as the USATF Female Athlete of the Year

***"I'm so humbled and honored to have not only have been nominated for the Jackie Joyner-Kersey award, but to have also had enough people think that I am deserving of it,"***  
***- Shelby Houlihan***



INDIANAPOLIS -- Double USATF Indoors and Outdoors champion Shelby Houlihan was named the 2018 USATF Jackie Joyner-Kersey Award winner, the USATF recently announced.

The Jackie Joyner-Kersey Award honors the top female USATF athlete of the year. Winners are determined by a vote of the U.S. track and field media and an online fan vote. Houlihan will be honored at the 2018 USATF Night of Legends Gala in Columbus, Ohio as part of the USATF Annual Meeting.

Houlihan, of Sioux City, Iowa, set an American record at 5000m and won four USATF titles (two indoors and two outdoors).

"In a thrilling season, Shelby and Noah {Lyles} are being honored as the best of the best," USATF CEO Max Siegel said. "On behalf of USATF, we congratulate them on their historic seasons and thank them for inspiring their teammates, the country and the next generation of athletes."

An American record and four USATF Championships titles highlighted 2018 for Houlihan.

After impressive Diamond League victories in Eugene, Ore., and Lausanne, Switzerland, Houlihan captured a new 5,000m American Record in Heusden, Belgium. She clocked a time of 14:34.45, beating her personal record by over 20 seconds and the previous American record by more than four seconds.

A month earlier, Houlihan became the second female since 2003 to win both the 1,500m and 5,000m at a USATF Outdoor Championships. She grabbed her second and third national titles at the 2018 USATF Outdoor Championships in the Michelob ULTRA women's 1,500m and Michelob ULTRA women's 5,000m.

She earned the 1,500m title with a time of 4:05.48 and returned for the 5,000m the next day. Houlihan moved up to the lead with two laps remaining and sprinted the final 100m to take the national title with a time of 15:31.03.

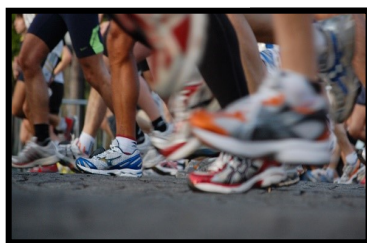
At the USATF Indoor Championships, Houlihan doubled up her titles for the second consecutive year. She sprinted to victory in an

exciting, tactically-run Garden of Life women's 3,000m, winning in 9:00.08, returning the next day to win the 1,500m. With teammate Colleen Quigley charging down the stretch, Houlihan surpassed Quigley to win in 4:13.07.

Houlihan's indoor national titles brought her to Birmingham, England for the IAAF World Indoor Championships where she finished fourth in the 1,500m with a personal best of 4:06.21 and crossed the line fifth in the 3,000m.

"I'm so humbled and honored to have not only have been nominated for the Jackie Joyner-Kersey award, but to have also had enough people think that I am deserving of it," Houlihan said.

"Every one of these women, and many more, continue to inspire me and push me day after day to run my best and train my hardest. Thank you to everyone that took the time to vote and thank you to those that have followed my career and continually cheered me on. Your support means more to me than you know," she said.



# Running Rampant

## Race Calendar

**Jan. 12** – 37th Annual Frostbite Foot Race 5K – Scott County Park, 18850 270th St., Eldridge, Iowa.

**Jan. 12** - Capital Striders/Fitness Sports Spring Training Group Run - Meredith Hall, Drake University Campus through May. Race Info - (515) 277-4785, or (800) 529-7684.

**Jan. 12** - Iowa Games Winter Walk (30-Minutes) - Kennedy Mall, 555 John F. Kennedy Rd., Dubuque, Iowa. Race Info - (888) 777-8881.

**Jan. 12** - Iowa Games Snowshoe Championships - Ingawanis Woodland, Eagle Lodge, Hartman Reserve Center, Cedar Falls, Iowa. Race Info - (319) 277-2187.

**Jan. 19** - Triple D Winter Race - Durango Depot, 736 Burtons Furnace Rd. Durango, Iowa

**Jan. 26** - Iowa Games 5K - Carver Elementary School, 2007 Radford Rd., Dubuque, Iowa.

**Jan. 26** – Amana Freezer 5K Run/Walk - Amana Furniture Shop, 48th Ave., Amana, Iowa. Race Info - Marianne Schroeder (563) 505-5601.

**Feb. 2** - 38th Annual B-rrry Scurry 4-Mile Run - Clinton Community College, 1000 Lincoln Blvd., Clinton, Iowa. Race Info – (563) 244-7040.

**Feb. 2** - 20th Annual Rosy Cheeks 5K Walk/Run - Fire Station, 512 Park Ave., Story, Iowa. Race Info – (515) 733-2458.

**Feb. 2** - Beat the Bitter's Winter Games 5K-ish Obstacle Run - Penn Meadows Park, North Liberty, Iowa.

**Feb. 9** – Red Flannel Run 5M & 3M – Duck Creek Park Lodge, 3000 E. Locust St., Davenport, Iowa.

**Feb. 9** – Wellmark YMCA Red Flannel Run - Wellmark YMCA, 501 Grand Ave., Des Moines, Iowa.

**Feb. 9** - Iowa Games Youth Indoor Track & Field Meet- 60M Hurdles/Mile/60M Dash/200M Dash/400M Dash/800 M Run/3000M Run? - Recreation Building, University of Iowa, 930 Stadium Dr., Iowa City, Iowa. Race Info - (515) 203-9557.

Feb. 15 - Iowa Games Sky-Walk 30-Minute Walk - Wellmark YMCA (Grand Ave. & 5th St.) and Wells

Fargo Financial Building (Walnut & 8th St.), Des Moines, Iowa. Race Info - (888) 777-8881.

**Feb. 16** - Freezefest 5K – Prairie Oak Lodge, Squaw Creek Park, Marion, Iowa.

**Feb. 23** - Iowa Senior Games - 12 Track & Field Events - Standing PepsiCo Recreation Center, Augustana College, 1025 30th St., Rock Island, Iowa.

**Feb. 23** - February FREEzer - 3808 Sylvian Ave., Sioux City, Iowa. Race Info - (712) 204-3325.

**Feb. 24** – Chili Chase 4-Mile Run/Walk - Clinton Community College, 1000 Lincoln Blvd., Clinton, Iowa. Race Info – (563) 323-7025.

**March 2** - Freezin' For a Reason 5K/10K Trail Run - Sycamore, Ave., Garrison, Iowa.

March 2 - Sticky Stride 5K/10K/2.5K - River Hills School, 2800 Grand Blvd., Cedar Falls, Iowa.

**March 9** - Leprechaun Chase 10K (**USATF-SANCTIONED**) - Principal Park, 1 Line Dr., Des Moines, Iowa.

**March 9** - Shamrock Shuffle 2M & 4M - College Green Park, Iowa City, Iowa.

**March 9** - One Hundred K's of Convenience 100K/40M/20M - Jens Lorenzen Pavilion, 700 Waverly Rd., Davenport, Iowa.

**March 16** - Des Moines St. Paddy's 5K & Half-Marathon - Iowa State Capitol, E. Locust St. & Pennsylvania Ave., Des Moines, Iowa.

**March 16** - Burlington Kiwanis Shamrock Shuffle 5K - Crapo Park, Burlington, Iowa.

**March 16** - 38th Annual Gaelic Gallop 8K & 2M Road Race - St. Francis Xavier School, 203 2nd St. SW, Dyersville, Iowa.

**March 16** - O'Round the Loch 5K/10K/1.7 Fun Run/Walk - Arthur and Audrey Smith Wellness Center, 3200 College Dr., Iowa Lakes Community College, Emmetsburg, Iowa. Race Info – (712) 852-4326.

**March 16** – CASI's 37th Annual St Patrick's Day Run 5K/1M/Tot Trot - River Music Experience, Main &

2nd St., Davenport, Iowa.

**March 16** - We Run Lucky Run 10K/5K/1K (USATF SANCTIONED) – University of Iowa Community Credit Union, 2355 Landon Rd., North Liberty, IA. Race Info – (319) 626-2426.

**March 24** - 35th Annual St. Patrick's Day 10K & 5K Run/Walk - Sully's Irish Pub, 63rd & Grand, Des Moines, Iowa.

**March 30** - Cold Run for Warm Meals 2.5M Run/Walk – Gray's Lake, 2100 Fleur Dr., Des Moines, Iowa.

**March 30** - A Pot of Gold Half Marathon and 5K Fun

Run - Lacey Complex Ballfields, 2060 Stadium Dr., Oskaloosa, Iowa.

**March 30** - A Pot of Gold Shared Half Marathon & 5K - University Park, 2300 8th Ave. E., Oskaloosa, Iowa.

**March 30** – Chocoholic Frolic 10K & 5K - Park Lodge at Terry Trueblood Recreation Area, 579 McCollister Blvd., Iowa City, Iowa.

**March 30** - Iowa Trail Run Series - Ledges Edition 5K & 10K (USATF SANCTIONED) - Ledges State Park, Boone, Iowa.

**March 30** – Kirkwood Student Nurses Association Bunny Hop 5K - 6301 Kirkwood Blvd. SW, Iowa City, Iowa.

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## It's not too early to register for the 2019 Grand Blue Mile

It's never too early to begin planning for the 2019 Grand Blue Mile. Beginning with February's "Flash Sale" Feb. 12-13, adults and youths can sign-up for only \$10.

Mark your calendar and spread the word.

This year's event will once again serve as the USATF Iowa 1-Mile Road Championships and quite possibly the USATF National 1-Mile Road Championships.

Upcoming events include:

**January 30** - Drake Relays presented by Hy-Vee Night at Drake Men's Basketball. Renew your Relays tickets or sign up for the Drake Road Races for special perks. More info is available at [www.drakerelays.org](http://www.drakerelays.org).

**February 6** - Join Blake Boldon, the Franklin P. Johnson Director of the Drake Relays, and Mike Jay, founder of Track Guy, at the Wheelhouse Bar & Grill in Sioux City, Iowa, from 6-8 p.m. Enjoy an evening filled with stories from notable, local former athletes and coaches including University of South Dakota coaches, and Olympians, Derek Miles and A.G. Kruger, South Dakota State head coach and Olympian, Rod DeHaven, and Morn-

inside head coach, Dave Nash.

The series will be moderated by Mike Jay, the current voice of the Drake Relays and one of the founders of Track Guy. The organization uses proceeds from track and field-themed apparel designed



and printed in Iowa to give back to cross country and track and field communities by supporting Iowa's young athletes.

**February 12** - 6-8 p.m. Boldon and Jay continue their speaker series at Confluence Brewing Company in Des Moines. Boldon and Jay will be joined by a pair of Drake University standouts - Rick Wanamaker, 1970 NCAA Decath-

lon Champion and Brogan Austin, 2018 USATF National Marathon Champion.

**February 12-13** - Grand Blue Mile registration opens with a two-day, \$10 Flash Sale. Visit

[www.grandbluemile.com](http://www.grandbluemile.com).

**April 19** - Packet Pick-up for the Grand Blue Mile and Drake Road Races.

**April 20** - Your chance to be one of the first 2019 Drake Relays presented by Hy-Vee finishers on the Historic Blue Oval by running in the Drake Road Races 5k, 10k or Half Marathon. Races begin at 7:30 a.m. More information at [www.drakerelays.org/roadraces](http://www.drakerelays.org/roadraces)

If you don't plan on running or walking, please sign up to volunteer ([www.drakerelays.org/roadraces](http://www.drakerelays.org/roadraces)).

**April 23** - Grand Blue Mile - Help us celebrate the 10th anniversary of the third largest road mile in the U.S. It's a can't-miss-event for the whole family.

Races, including the USATF Iowa 1-Mile Road Championships, begin at 6 p.m. For more information, go to [www.grandbluemile.com](http://www.grandbluemile.com).



# USATF - Iowa highlights

## **2019 Iowa Association Indoor Championships**

Both the 2019 Iowa Association Youth and Iowa Association Open/Masters Indoor Championships and Invitational Track Meets are scheduled for Saturday, March 23, 2019, at Grinnell College, in Grinnell, Iowa.

## **USATF Iowa outdoor meets**

The 2019 USATF Iowa Association Track and Field Championships will be held Saturday and Sunday, June 15-16, 2019 at the Cyclone Sports Complex in Ames, Iowa. The JO Track and Field Championship will be held on June 15, with the Open and Masters Championships held on June 16.

The USATF Iowa Association JO Combined Events Championships will be held Saturday and Sunday June 22-23, at Central College in Pella Iowa.

USATF Iowa will also play host to the USATF National Masters Championships, July 11-14, 2019, at the Cyclone Sports Complex.

## **Officials training**

Drake University will host an Officials Training and Recognition Reception on Sunday, January 27, 2019, with the reception beginning at 1 p.m., and training sessions following the reception, starting at 2 p.m. in the Drake Field, 27th and Forest St.

The newest Officials Wall of Honor Inductees this year include: Veronica Daniels, Rick Kuhlman and Tim Sweet. The reception will celebrate them, as well as officials who achieved 5-, 15-, 25- and 30+-year anniversaries.

There will be training sessions

for Throws, Horizontal Jumps and Vertical jumps with divided groups, then a combined group session on other events (umpire, clerk, marshal) and relevant information from the USATF annual meeting.

There will not be a USATF officials certification option this year. However, you may contact Curt Broek in order to complete certification on your own. You can contact Broek at [cabroek@mchsi.com](mailto:cabroek@mchsi.com)

The second annual Drake Relays presented by Hy-Vee night at Drake Men's Basketball will be held Wednesday, Jan. 30, 2019, at Drake University's Knapp Center. It will include another dunk contest and recognition of officials.

If you would like tickets, contact Carolyn Hill via email and she will have them at the training session. Those officials wanting tickets are asked to please respond by Wednesday, Jan. 23.

## **USATF Iowa outdoor meets**

Approximately a dozen track and field officials received certification during a recent officials certification clinic held in Iowa City.

The clinic, which provided four, 40-minute training sessions, covered topics such as SafeSport, as well as best practices. It also exposed participants to aspects of each of the track and field events.

For some of the participants, it was their first track and field certification; for others, it's been some time since their last certification.

USATF Iowa is hoping to host two larger clinics such as this, (including January's Drake officiating clinic), and several smaller ones across the state. It's hoped this will expose more people to the

sport of track and field, and keep distances officials will have to travel for training down.

## **Drake event dates**

Drake University running and track and field events for 2019 will include the Duncan Invitational (March 29-30); Blue Oval Invitational (previously the Duncan) (April 12-13); Drake Road Races (April 20); Grand Blue Mile (April 23); and the Drake Relays (April 24-27).

## **USATF-Sanctioned events**

USATF-Sanctioned running events for 2019 begin in March, including the Leprechaun Chase 10K (Des Moines, March 9); We Run Lucky Run (North Liberty, March 16); and the Iowa Trail Run Series Ledges Edition (Madrid, March 30).

Look to the "Running Rampant" race listings on pages 6-7 for more information on these upcoming Iowa running events.





# Iowans recognized during USATF annual meeting

Iowans were aptly recognized during the 40th Annual USATF Annual Meeting, held Nov. 29 - Dec. 2, 2018 at Columbus, Ohio.

More than 1,100 USATF administrators, coaches, volunteers and athletes attended the four-day Ohio gathering.

An 11-year National Level official, Carolyn Hill serves as the Drake University Assistant Athletic Director - Drake Relays Operations. She was among the 10 recipients of the National Officials Committee - 2018 Chair Award.

"I was quite shocked and didn't expect it at all," said Hill. "I think there were 10 or 11 individuals who received the award for a variety of reasons. It really means a lot to be recognized by your peers," she said.

In presenting the award, Chairman Mike Armstrong talked about going to Des Moines and how Carolyn cleared the way for the officials working the senior national meet held at Drake Stadium last June.

"It was mainly for my work as the officials coordinator for the three national championships that Drake has hosted ('10, '13, '18)," said Hill, "and I'll be doing the same again this year.

"My goal is to make sure the officials have everything they need and that they have a pleasant stay in Des Moines," Hill said.

Home-grown runner Shelby Houlihan received the C.C Jackson Award for outstanding woman in running events. The award is named after C.C. Jackson, one of the foremost promoters of women's track and field.

Houlihan also earned the Jackie Joyner-Kersey Award, which honors the top female USATF athlete of the year.

A Sioux City native, she was



**Carolyn Hill**



**Shelby Houlihan**

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***"My goal is to make sure the officials  
have everything they need  
and that they have  
a pleasant stay in Des Moines."***

***- Carolyn Hill  
Drake University Assistant  
Athletic Director -  
Drake Relays Operations***

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the winner of four USATF indoor and outdoor titles in 2018. She also claimed the American record in the 5000m, running 14:34.45 at Heusden, Belgium, to trim more than four seconds off Shannon Rowbury's 2016 mark of 14:38.92.

And finally, the USATF - Iowa Association received recognition as a top USATF association, in relation to its work and dedication over the past year.

The Iowa Association was named as the second top association among the Association Excel-

lence Award Winners. Along with the award, came a \$3,000 grant from the USATF.

"Because of the dedication of you and people like you that are part of the association, Iowa is starting to make some noise and move up a little in the USATF world," said Jim Walczyk, the Operations Chair for USATF-Iowa.

"Not that it's necessarily our goal; our goal is to make Iowa a better track world, but it's nice to see the by-product and how far it reaches," he said.

## USATF News you can use

### ISU takes 7th in NCAA Men's Cross Country Champs

As Wisconsin senior Morgan McDonald took first place, Northern Arizona laid claim to the team title during the 2018 NCAA Men's Cross-Country Championships in Verona, Wisc.

Finishing second was Brigham Young University with 116 points, followed by Portland (160) Colorado (178), Stanford (201) and Washington (213). Iowa State placed 7th, with a score of 220, just ahead of eighth-place Wisconsin (240).

Iowa State finishers: 3. Edwin Kurgat (29:09.0); 46. Andrew Jordan (30:05.1); 61. Chad Johnson (30:18.2); 76 Dan Curtis (30:27.0); Nathan Mylenek (30:59.9); 150.

John Nownes (31:02.8); and Zach Black (32:376.2).

Colorado won the women's race with 65 points, followed by New Mexico (103), Oregon (160), Michigan (213), and Stanford (232).

### Phidippides Awards

Please submit applications for a 2018 Phidippides Award once you have completed your races, tallied up your points, and organized your information to Paul Carlin, Masters LDR Coordinator.

Remember, racers of all abilities can earn the Award; it is simply a question of completing enough races each year.

Applications for a 2018 Phidippides Award must be submitted by January 31, 2019 to Carlin. His email: [therunningprof@gmail.com](mailto:therunningprof@gmail.com); blog: [www.runningprof.com](http://www.runningprof.com); twitter: [@runningprofl](https://twitter.com/runningprofl); phone: (317) 372 0267.

For more details: [http://](http://www.usatf.org/Resources-for---/Masters/LDR/Phidippides-Award.aspx)

[www.usatf.org/Resources-for---/Masters/LDR/Phidippides-Award.aspx](http://www.usatf.org/Resources-for---/Masters/LDR/Phidippides-Award.aspx) .

### Toyota newest USATF partner

Toyota has joined the USATF sponsorship family as USATF's exclusive vehicle and mobility partner, USATF has announced.

Toyota will be active at USATF's most high-profile events, serving as title sponsor for the 2019 and 2020 USATF Indoor Championships in New York and the 2019 USATF Outdoor Championships in Des Moines. Toyota also will have prominent activation at the 2020 Olympic Team Trials for Marathon and Track & Field.

The partnership reflects the growing influence of social media as Toyota will be the presenting sponsor for several innovative social media efforts, including behind-the-scenes video content. USATF has over one million followers on its social platforms..

## USATF—Iowa Publication Deadlines



### Winter Issue

Deadline: Nov. 28, 2019

Published: Dec. 12, 2019

### Spring Issue

Deadline: Feb. 26, 2019

Published: March 12, 2019

### Summer Issue

Deadline: May 28, 2019

Published: June 11, 2019

### Fall Issue

Deadline: Aug. 27, 2019

Published: Sept. 10, 2019

Send all stories and photos for publication to Duff E. McFadden, USATF Iowa Communications Chair, at [communications@iowa.usatf.org](mailto:communications@iowa.usatf.org) .



# USATF Membership Application

☐ New Member ☐ Renewal from previous year – USATF Number \_\_\_\_\_

Please print or type information

Last Name		First Name	Initial
Address			
City	State	Zip Code	
Sex M/F <input type="checkbox"/>	Age Today <input type="checkbox"/>	Date of Birth <input type="text"/>	(MM-DD-YYYY – i.e.: 02-19-1958)
USA Citizen <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>	If no, country of Citizenship <input type="text"/>	
Phone Number <input type="text"/>			
Club No. _____	Club Name <input type="text"/>		
Email <input type="text"/>			

(Your membership # will be emailed to you. Your email address will not be shared with anyone.)

Please check all appropriate sports codes here:

☐ Track ☐ Field ☐ Road Running/LDR ☐ Cross Country ☐ Ultra-Marathon ☐ Mountain/Trail ☐ Race Walking

## Membership Category Codes

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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Please use the codes below – you may indicate one or more categories.

AT: Athlete  
DA: Disabled Athlete

PA: Parent

CH: Coach  
CD: Developmental  
C1: Coach – Level 1  
C2: Coach – Level 2  
C3: Coach – Level 3

OF: Official  
OA: Official – Association  
ON: Official – National  
OM: Official – Master

AD: Administrator  
FN: Fan

By signature below, I, a prospective member of USA Track & Field, agree to abide by the applicable USATF Bylaws, Operating Regulations, and Competition Rules for my level(s) and category(ies) of membership.

Signature (If an athlete is under age 18, parent or guardian must sign)

Date of Application \_\_\_\_\_  
(MM-DD-YYYY)

**IMPORTANT INFORMATION:** Memberships are on a calendar year basis, and expire on December 31. However, if you join between November 1 and December 31 of the current year, the membership will be valid for the following year as well.

**Youth members:** New or lapsed memberships must submit a copy of birth certificate or other ID.

☐ Check here if you do not wish your address used as part of a direct mail list.

## Membership Fees & Registration Options

OPTION 1



JOIN ONLINE AT  
[www.usatf.org/membership](http://www.usatf.org/membership)

You will receive your new Membership # – Instantly!!

Have your previous membership # and password ready as they will be needed for the renewal process

### MAIL TO YOUR LOCAL ASSOCIATION



Mail the completed application and appropriate membership fees to your local Association. Mailing addresses can be found at [www.usatf.org/associations](http://www.usatf.org/associations)

OPTION 2

**Adult Membership** (19 yrs & over) \$ \_\_\_\_\_  
\$ 30.00 (1-year) \$ 80.00 (3-years)  
\$ 55.00 (2-years) \$ 100.00 (4-years)

**Youth Membership** (18 yrs & under)  
\$ 20.00 x \_\_\_\_\_ = \$ \_\_\_\_\_  
[ # of membership years]

**CONTRIBUTIONS** (TAX DEDUCTIBLE) \$ \_\_\_\_\_  
Please direct my contribution to ☐ LDR ☐ Youth  
☐ Masters T & F ☐ RW ☐ Association Programs  
☐ Unrestricted

**TOTAL** \$ \_\_\_\_\_

Please make checks payable to USATF.





# 1980 TEAM-QUALIFIER & 2020 TOKYO HOPEFUL O L Y M P I C TRACK & FIELD PANEL DISCUSSION



**ERIK SOWINSKI**

A Big 10 Champion and All-American in the 800 while competing for the University of Iowa, Eric lives and trains in Iowa City. He finished 5<sup>th</sup> in the 2016 Olympic Trials, missing the team by a fraction of a second. Sowinski is training to take another shot in 2020.



**RANDY WILSON**

Randy is a former Knoxville, Iowa prep, Drake Relays record-holder, and All-American for the Oklahoma Sooners. Wilson finished 3<sup>rd</sup> in the 800 meters at the 1980 Olympic Trials to make the US team which ultimately boycotted the 1980 Moscow Olympics.

**FREE PANEL DISCUSSION HOSTED BY  
THE TRACK GUY, MIKE JAY**

**JANUARY 9, 2019**

**6-8 PM | BIG GROVE BREWERY**

**1225 S. GILBERT ST, IOWA CITY, IA 52240**