

Track & Field Iowa



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IOWA

Summer/Fall 2018

USATF - Iowa annual awards

USATF-Iowa is establishing an annual awards presentation for individuals showing excellence in areas of performance, officiating, and coaching, as well as a club of the year award.

For more info and where to find a ballot, turn to page 4. Voting closes Nov. 1, 2018.

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Masters, Lipari, race to USATF 1-Mile road wins on Grand Blue Mile



2018 Grand Blue Mile race highlights

**Midwest's premier
street race features
tight competition,
age-group record**

A breezy, mostly sunny Des Moines evening led to furious finishes at the USATF 1-Mile Road Championships, as Riley Masters and Emily Lipari outlasted strong fields to claim their first USATF Running Circuit titles.

The USATF 1 Mile Road Championships, hosted by the Grand Blue Mile, are part of the 109th Drake Relays.

In the Women's Competitive Division, Erica Doering won in a time of 5:02.99, just ahead of Tricia Serres. In the men's Competitive Division, Jeff Mettler finished first with a time of 4:22.93, beating out John Donovan.

In the family-friendly, Recreational Division, a 96-year old Ohioan set a new record for fastest time in his age group.

Meanwhile, Iowa State University's Cy narrowly edged out Drake's Spike in winning the Mascot Mad-



Jeff Mettler (2392), a 26-year old Iowa State graduate student, beats out John Donovan in the men's Competitive Division. Mettler finished in a time of 4:22.93, to Donovan's 4:23.44

ness Charity Challenge.

From the start, the women's field moved through Des Moines stride for stride. Therese Haiss and others ran five across after the first half mile and it seemed only a matter of time before someone would make a move.

That runner would be Rachel Schneider, as Schneider pushed the pace from about 600 meters out, opening a slight gap on the field

and looking very in control.

While Schneider seemed in control of the race, Lipari and Olympian Brenda Martinez started their drive to the finish. First it was Martinez overtaking Schneider, then Lipari. Lipari made one more push to pass Martinez on her way to her first national title.

"I am really excited to come away with the win," exalted Lipari. "I have a lot to prove this season and



**Published for
USATF Iowa
members like
Dick Leutzinger
Urbandale, Iowa**

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The start of the Recreational Division Race, which saw a total of 2,386 finishers. In the green shirt is Mike Fremont, of Cincinnati, Ohio, who set an age group record with a time of 13:55.82.

this is a good start.”

Lipari finished just ahead of Martinez, 4:32.9-4:33.1, while Schneider and Shannon Osika ran neck-and-neck over the final 200 meters, with Schneider holding off Osika 4:33.8-4:33.9.

Defending champion Katie Mackey was in contention the whole way, but couldn't quite close the gap, taking fifth place in 4:34.9.

Similar to the women's race, the entire men's field ran together for the first half of the race, as multiple athletes took turns leading the way.



Erica Doering breaks the tape in a time of 5:02.99 in winning the Women's Competitive Division.

First, it was former champion Garrett Heath and Brannon Kidder taking turns out front. Then, with a quarter mile to go, Kidder jumped to the lead, pushing the pace and gapping the field – a move he was hoping would separate him for the win.

With less than 200 meters to go, Kidder was caught by the chase pack, as Eric Avila made one final push. It wasn't until 40 meters to go that three-time top four finisher Masters overtook Avila and strode to victory, crossing the line in 4:03.1.

“Finally I won it,” said an exuberant Masters afterward.

Avila held on for second in 4:03.9, while Nick Harris and Daniel Herrera both crossed in 4:04.3. Brandon Lasater, a top 10 finisher in 2017, earned a fifth place finish just behind in 4:04.4.

While Mike Fremont, of Cincinnati, Ohio, was recognized as the oldest man to compete in the Grand Blue Mile, he also set a new American record in the 95-99 age group of the Recreational Division, crossing the finish line in 13:55.82.

"I'm not sure it's a good time, but I think it's OK. I mean, my watch was off, and I'm not sure

how much - but I'm happy. It's over," said Fremont.

"I felt good, but I wasn't - I didn't feel very sprightly. I felt very good but not sprightly, OK?"

Nationwide led the way in the men's corporate teams competition, with DuPont Pioneer placing first in the women's race.

Ben Jaskowiak, of Nationwide and Liz Mosbach, Wellmark Blue Cross and Blue Shield were the Men's and Women's Individual Corporate Challenge champions.

The top five teams in the Male Corporate Team Race – 1. Nationwide (Ben Jaskowiak, Martin Popp, Tukker Bogaard, Justin Ewald, Brian Webb) (14:13.70); 2. 15:19.77 DuPont Pioneer (Thomas Hlad, Christopher Birler, Ross Megargel, Troy Henrich, Nick Mongar) (15:19.77); 3. Principal (Nathan White, Jeff Butler, Jason Hahn, Samuel Susanin, Michael Stanfa) (15:46.21), 4. Drake University (Sean Severe, Will Muckian, Jackson Dahlquist, Brian Vander Naald, Austin Strawnhacker) (16:41.55); 5. Hy-Vee Inc. (Justin Bond, Michael Schnackenberg, Max Davis, and Jonathan Fransen) (5:36.22).

The top five teams in the Female Corporate Team Race – 1. DuPont Pioneer (Joan Kallen, Alicia Masters, Emily Feldkamp, Andrea Carzoli, Traci Rimbey) (18:54.48); 2. Wellmark Blue Cross and Blue Shield (Liz Mosbach, Suzanne Palmer, Megan Jorgensen, Erica Knupp, Kymme Ballard) (19:42.40); 3. State of Iowa (Lisa Garrett, Jamie Orozco Nagel, Jennifer Gaffney, Jessie Nay, Carol Stratemeyer) (20:00.21); 4. Businessolver (Tiffany Warner, Betsy McKibbin, Amanda Damstetter and Colleen Pappas) (20:36.94); UnityPoint Health (Whitney Noe, Nancy Hoegh, Brittany Trow, Annie Buchmiller Hoffman, and Ashley McCubbin) (6:59.12).



Vote for Iowa Athletes, Coaches

USATF-Iowa is establishing an annual awards presentation for individuals showing excellence in areas of performance, officiating, and coaching, as well as a club of the year award. Ballots may be found at https://docs.google.com/forms/d/1RRTlsyOWRXwgg3SiHhXihbG2ax8XyeGdPrzzxX1yf44/viewform?edit_requested=true. Voting closes Nov. 1, 2018.

Youth Female Athlete of the Year - Track

- Janette Schraft, Malvern, 17-18 Girls - Won 400 Hurdles, set new meet record in winning 2000 steeplechase at Association Champs. Won 400 Hurdles and 2000 Steeplechase at Region 8 meet, shattering steeplechase record. Was 2000 Steeplechase Champion at USATF National meet, shaving seven seconds off record.. Placed in top five in 800 and 1500 at AAU national meet.
- Kenley Gelhaus, Tiger Track Club, 9-10 Girls - Won 800 and placed 2nd in 200 and 400 at Association Champs. Won 800 at Region 8 Champs. Placed in top 25 in 800 and 1500 at AAU national meet.
- Jocelyn Manock, Turbo Track Club, 9-10 Girls - Won 200 and 400, anchored 2nd place 4x100 meter relay at Association Champs. Placed 4th in the 400 at Region 8 meet. Qualified for all three events at AAU national meet. Placed 2nd in Discus and 3rd in Shot at AAU national meet.
- Lea Grady, Mississippi Valley Track Club, 17-18 Girls - Won Shot put, placed 2nd in Discus and Hammer, 3rd in Javelin at Association Champs. Won Shot Put, Hammer, and Discus, and placed 7th in Javelin at Region 8 meet.

Youth Male Athlete of the Year - Track

- Preston Stensland, Ames All-American Track Club, 11-12 Boys - Won 400, 800 and 1500 at Association Champs. Won 800 at Region 8 Champs. Placed top 5 in 800 and 1500 at AAU national meet
- Tate McDermott, DCG Track Club, 11-12 Boys - Placed 2nd in 3000, 3rd in 1500 and 8th in 800 at AAU national meet.
- Frank Lee, Excaliburs Track Club, 11-12 Boys - Won 400 and 800, and anchored 4x100 meter Relay to a new record at Association Champs. Placed 3rd in 800 and 11th in 400 at AAU national meet
- Tyler Sickerson, Turbo Track Club, 11-12 Boys - Won 100 and 200 and anchored champion 4x100 meter Relay at Association Champs. Placed top 5 in all three events at Region 8 meet. Placed top 50 in 100 and 200 at AAU national meet.
- Cooper Briggs, Johnston Running Club, 8 and Under Boys - 2018 was Cooper's 2nd year with club. Only 8 years old, leads by example. Success on track this year - USATF State: 400 (2nd), 800 (2nd), 1500 (1st); USATF Region 8: 400 (2nd), 800 (2nd), 1500 (3rd); AAU Regionals: 400 (2nd), 800 (3rd), 1500 (4th); AAU Nationals: 400 (35th), 800 (28th), 1500 (15th).

Youth Female Athlete of the Year - XC

- Sadie McCann, Westside TC, 8 and Under Girls - Division Association Champion. Won all three development races she entered.
- Alyx Woodley, Johnston Running Club, 9-10 Girls - Division Association Champion. Won both development races she entered.
- Ashlyn Keeney, Iowa Speed TC, 13-14 Girls - Division Association Champion. Won both development races she entered.

Youth Male Athlete of the Year - XC

- Lars Hildebrand, Iowa Speed Track Club, 8 and Under Boys—Association Champion in 8U Boys Division. Won all three development races he entered.
- Jaden Merrick, Iowa Speed Track Club, 9-10 - Boys Association Champion in 9-10 Boys Division. Won all five development races he entered.



aches, Officials of the Year

- Bryson Canton, Iowa Speed Track Club, 13-14 Boys - Association Runner-up in 13-14 Boys Division. Won all four development races he entered.

Open/Masters Female Athlete of the Year - Track

- Ann Hegstrom, DeSoto, 62 - Won 200, 400, 3000, Long Jump and Triple Jump at USATF Iowa Outdoor Champs. She also won 60, 200, and Long Jump at USATF Iowa Indoor Champs

- Linda Rowe, Bloomfield, 66 - Won Shot Put, Discus Throw and Super Weight Throw at USATF Iowa Outdoor Champs. Placed 2nd in Hammer, Javelin and Weight Throw as well. Placed 2nd in Discus and Javelin, and 3rd in Shot Put, Hammer, and Weight Throw at USATF National meet.

- Britta Wey, Johnston, 33 - Won 100, 200, Long Jump and Triple Jump at USATF Iowa Outdoor Champs. Also won 60, 200, and Long Jump at USATF Iowa Indoor Champs.

- Kay Glynn, Hastings, 65 - Won Pole Vault, Hammer, Javelin and Weight Throw at USATF Iowa Outdoor Champs. Placed 2nd in Discus and Super Weight Throw as well. Placed 1st in 80m hurdles, High Jump, Pole Vault, Long Jump, Triple Jump, and Pentathlon at USATF National meet. Also took home runner-up in 200m dash.

Open/Masters Male Athlete of the Year - Track

- Jesse Monroe, Waterloo, 32 - Won 400, 1500 and 3000 at USATF Iowa Outdoor Champs

- Terry Dolberg, Urbandale, 47 - Won Shot Put, Discus Throw, and Javelin at USATF Iowa Outdoor Champs.

- Nate Sickerson, Ankeny, 46 - Won 100 at USATF Outdoor Champs. Runner-up in 60m at Indoor Nationals and on winning 4x200 relay. Also won three golds at Iowa Games.

- Mike Fitzgerald, Mason City, 58 - Won 100 and 200 at USATF Iowa Outdoor Champs. Won 60, 200, and 400 at USATF Iowa Indoor Champs. Won 50, 100, 200, and 400 at Iowa Senior Games, and 100 and 200 at Iowa Games. Ranked in top 10 in U.S. in all those events

LDR Female Athlete of the Year

- Alexina Wilson, Lisbon, 25 - Qualified for U.S. Outdoor Track & Field Championships in steeplechase. Qualified for Steeplechase Final at U.S. Championships, finished 11th. Ran 1500 PR (4:13) at South Carolina Trackfest. Placed 2nd at Cherry City Road Mile in Traverse City, Mich. with a mile PR (4:32) Placed 4th at Guardian Mile in Cleveland, Ohio (4:37).

- Pasca Myers, Fort Dodge, 32 - 2018 Capital Pursuit (IA 10 Mile Championship Race) Champion, 2018 Cedar Rapids Fifth Season 8K Champion, 2018 Dam to Dam Champion

LDR Male Athlete of the Year

- Brogan Austin, West Des Moines, 26 - 2018 Capital Pursuit (IA 10-Mile Championship) Champion, 2018 Dam to Dam and Cedar Rapids Fifth Season Races. Placed 3rd at Drake Relays Road Races and USATF Nationals.

- Ben Jaskowiak, Des Moines, 28 - Top Iowa USATF finisher in Grand Blue Mile (1-Mile Championship) and 4th in 2017 Capital Pursuit (IA 10-Mile Championship), won 5K at 2018 Capital Pursuit.

**Iowa Athletes, Coaches, Officials of the Year
(continued on page 9)**



Running Rampant

Race Calendar

Oct. 13 - The Driftless Half Marathon, Relay/5k Run/Walk - Lansing, Iowa. Race Info - (563) 568-1493.

Oct. 13 - Charley Townsley Ripple Run (5K Run/Walk - Otter Creek Lake and Park, 2283 Park Rd, Toledo, Iowa. Race Info - (641) 781-0743.

Oct. 13 - Run with the Bull 5K Fun Run & Little MOO-VER's Dash – Modern Woodmen Park, Davenport, Iowa.

Oct. 13 - Corridor Running's Indian Summer Distance Classic 10M/4M Trail Run - Hwy 382, Lake Macbride State Park, Solon, Iowa. Race Info - (319) 360-0702.

Oct. 13 - Mellon Sisters Race Against Violence 5K - Heritage Pond (off Rupp Hollow Rd.), Dubuque, Iowa. Race Info - (563) 451-2064.

Oct. 13 - Covered Bridge Race 5K Run/Walk – Winterset City Park, Winterset, Iowa. Race Info - (515) 462-4731.

Oct. 13 - Farm Crawl 5K Mud Run - Wapello County Expo Grounds, 13011 120th Ave., Ottumwa, Iowa. Race Info - (641) 682-5491.

Oct. 13 - Annual Columbus Day 5K/1.5M Run/Walk, 8:30 AM - Columbus Junction Fire Station, 1 block north of Hwy 92. Race Info - (319) 850-2258.

Oct. 13 - Power of PINK 5K Fun Run/Walk - Dash for the DONUTS!! - Kessel Park, 325 8th Ave. W, Cresco, Iowa.

Oct. 13 - Dick Washburn Middle School Statewide Cross-Country Classic - Ankeny Centennial High School, 2220 NW State St., Ankeny, Iowa

Oct. 13 - Pella in Pink 2M Run/Walk - Pella Regional Health Center, West Market Park, Pella Iowa, Race Info - Positively Pella (641) 628-6625.

Oct. 13 - Movement Mayhem Obstacle Run 5K/1M Run/Walk - Marr Park, 2943 Hwy 92, Ainsworth, Iowa. Race Info - (319) 653-5494.

Oct. 14 - Superhero Heart Run 5K - Raccoon River Park, 2500 Grand Ave., West Des Moines, Iowa. Race Info - (Tiger Track Club).

Oct. 14 - Run for the Schools Half Marathon/10K/5K/1M/Half-Mile – Robert A. Lee Recreation Center, Iowa City, Iowa. Race Info - (319) 351-3602.

Oct. 20 - Three Rivers Trail Run Half Marathon/10K/5K - Humboldt, Iowa

Oct. 20 - Haunted Hollow 5K - Walker Johnston Park, 9000 Douglas Ave., Urbandale Iowa. Race Info - (515)

978-4581.

Oct. 20 - Monster Dash 5K/1M Walk/Run - Saydel High School, 5601 NE 7th St., Des Moines, Race Info - (515) 974-9712.

Oct. 20 - Through Joshua's Eyes 5k Glow Run/Walk - Crapo Park, Burlington, Iowa.

Oct. 20 - Fall Festival 5k Run/Walk - Marengo City Square, Marengo Iowa. Race Info - (319) 863-3420.

Oct. 20 - Round Barn 5K and Fun Run - Twin Lakes Bible Camp, 7718 Twin Lakes Rd., Manson, Iowa. Race Info – (712) 297-7714.

Oct. 21 - CUMC 5K/1M Run/Walk - Christ Community Church, 3000 Alburnett Rd., Marion, Iowa. Race Info – (319) 377-1955.

Oct. 21 - IMT Des Moines Marathon/Half Marathon (USATF Certified) – Des Moines, Iowa.

Oct. 21 - CBRC Pumpkin Dash 8K/4K Run/Competitive Walk - Credit Island Park Pavilion, Davenport, Iowa. Race Info - (563) 332-9051 or (563) 323-7025.

Oct. 21 - USATF Junior Olympic Cross-Country Meet (USATF Sanctioned) – Moore Park, Ames Iowa (Iowa Flyers Track Club).

Oct. 21 - Halloween Hustle 5K Run/Walk - Dysart Park shelter house, Dysart, Iowa. Race Info – (319) 939-3311.

Oct. 27 - Grant Wheeler Faith 5K Run/Walk - Orchard Hill Reformed Church, 1215 Elmridge Dr., Cedar Falls, Iowa. Race Info - (319) 277-6894.

Oct. 27 - Lagomarcino Cocoa Beano 5K - Lagomarcino store, 2132 E. 11th Ave., Davenport, Iowa.

Oct. 27 - To Grandmother's House We Go 5K/10K/15K Runs - Browns Woods, 195 SE Brown's Woods Ct., West Des Moines, Iowa.

Oct. 27 - Equalizer 6-Hour/24-Hour Runs - Gray's Lake, Des Moines, Iowa.

Oct. 27 - Des Moines Race for the Cure 5K Run/Walk/1M Walk and Talk/Kid's Race events - West Capitol Terrace, Grand Ave. & East 9th. Des Moines, Iowa. Race Info - (515) 309-0095.

Oct. 27 - Doggone Tired 10M/50K Trail Run - Rodgers Park, Benton Co., Iowa. Race Info - (319) 202-8513.

Oct. 27 - The Sullivan Brothers 5K/10K - Sullivan Brothers Veterans Museum. 503 South St., Waterloo, Iowa. Race Info - (319) 234-6357.

Oct. 28 - USATF Junior Olympic Cross-Country Meet (**USATF Sanctioned**) - Coralville, Iowa (Iowa Speed Track Club).

Oct. 28 - Hot Cider Hustle 5KRun/Walk - Jordan Creek Mall, West Des Moines, Iowa.

Oct. 28 - Food Run 5K/10K – Coralville Youth Sports Complex, 2480 Dempster Rd., Coralville, Iowa. Race Info – (319) 361-5257.

Nov. 3 - Art After Dark 5K Glow Run/Walk - 214 S. River Park Dr., Guttenberg, Iowa.

Nov. 3 - Food Run 5K - k, 9:00AM start. Coralville Community Food Pantry, Coralville, Iowa.

Nov. 3 - R.C.C. Run the Woods - Goeldner Woods Park, Earlham, Iowa. Race Info - (515) 834-2359.

Nov. 3 – Nippy Hippie 5K – Gay Lea Wilson Trail, Altoona, Iowa. Race Info— (515) 967-3366.

Nov. 3 - Hillbilly Hike Half Marathon/10K/Greubel 5K - Carlisle High School, Carlisle, Iowa.

Nov. 3 - Let Me Run FallFest 5K - Kirkwood Community College, 6301 Kirkwood Blvd. SW, Cedar Rapids, Iowa. Race Info - (319) 360-1569.

Nov. 3 - Governor's Cross-Country Race 4M+/2M - Scott County Park, Whispering Pines Shelter, Long Grove, Iowa.

Nov. 3 - Let Me Run FallFest 5K - Kirkwood Community College, 6301 Kirkwood Blvd. SW, Cedar Rapids, Iowa. Race Info - (319) 360-1569.

Nov. 4 - Chilly Run/Chili Cook Off 10M/5M - Depot, Moorehead Park, 202 Jasper Ave., Ida Grove, Iowa.

Nov. 4 - USATF Junior Olympic Iowa State Cross-Country Meet (**USATF Sanctioned**) - Valley Southwoods, West Des Moines, Iowa.

Nov. 10 - Wesley Woods 4M Off-Road Race - Wesley Woods Camp and Retreat Center, Indianola, Iowa. Race Info - (515) 988-9165.

Nov. 10 - Return of the Turkey Trot 8K/4K Family Fun Walk - Marion High School, Marion, Iowa. Race Info - (319) 551-3714.

Nov. 11 - Hot Chocolate 5K/5M Run - Principal Park, Des Moines, Iowa. Race Info - (563) 343-5258.

Nov. 11 - Tunnel to Towers 5K Run/Walk - Ankeny Band Shell, 410 W. 1st. St., Ankeny, Iowa.

Nov. 17 - Living History Farms 7M Off-Road Race (**USATF Sanctioned**) - Living History Farms, Interstate 80 & Hickman Rd., Urbandale, Iowa. Race Info - (515) 277-4785 or (800) 529-7684.

Nov. 17 - Make A Wish Tour DeLights - Adventureland Park, Altoona, Iowa. Race Info – (515) 334-2636.

Nov. 22 - Thanksgiving Day Turkey Trot 5K/1M Kids Race - Prairie Lakes Church, Hudson & Viking Rds., Cedar Falls, Iowa.

Nov. 22 - Orange City Turkey Trot 5K – 2nd & St. Paul Ave. SE, Orange, City.

Nov. 22 - Legends of the Fall 4M Trail Run - Regina High School, Iowa City, Iowa.

Nov. 22 - Friends of Aaron Michael Turkey Trot 5K - Raccoon River Park, West Des Moines, Iowa. Race Info - (515) 554-7643.

Nov. 22 - Scott County Y Turkey Trot 5M - Davenport Family YMCA, West 2nd St., Davenport, Iowa. Race Info – (563) 359-9622 or (563) 391-7771.

Nov. 22 - Thanksgiving Day Turkey Trot 5M/2.5M - Wahlert Catholic High School, 2005 Kane St., Dubuque, Iowa.

Nov. 22 - The Des Moines Turkey Trot 5M/5K – Court Avenue Entertainment District, Des Moines Iowa,

Nov. 22 - Thanksgiving Day Turkey Run/Walk 5K - Westside Assisted Living Suites, Clarksville, Iowa. Race Info - (319) 278-4909.

Nov. 22 - Cedar Rapids Turkey Trot 5K - 850 2nd St. SE, Cedar Rapids, Iowa. Race Info – (22) -757-5425.

Nov. 24 - Des Moines Hungry Turkey Half Marathon/5K Bike Trail Run - Polk County Office Building, 299 E. 1st St., Des Moines, Iowa.

Dec. 6 - USATF National Junior Olympic Cross-Country Championship Meet (**USATF Sanctioned**) – Reno, Nev.

Dec. 1 - Jingle Bell Run/Walk for Arthritis - 6001 Westown Pkwy, West Des Moines. Race Info (515) 278-0636.

Dec. 2 - Capital Striders Sycamore 8 Trail Race – Sycamore Trail, NW 66th St., Johnston, Iowa

Dec. 8 - Ugly Christmas Sweater 5K - 323 S. 2nd St., Le-Claire Iowa. Race Info – (563) 528-0151.

Dec. 8 - Jingle Bell 5K Run/Walk for Ouad-Cities - Credit Island Lodge, Davenport, Iowa. - Davenport. Race Info (515) 278-0636.

Dec. 8 – The Hitchcock Experience Endurance Runs 100M/50M/13.1M - Hitchcock Nature Center, Council Bluffs, Iowa.

USATF Iowa

USATF - Iowa highlights

Track season wrap-up

Hope everyone feels as good about the 2018 track season as we do. The Association Championship saw almost 700 athletes – a number that's stayed consistent for the last few years. We'd all like to see it grow, and that's a fight we're all working on.

But, our athletes did well, setting 10 new association records. Interestingly enough, three came in the javelin and three in the steeplechase, two events we don't have in our school system. To me, that proves we have some great coaches in our club system. (as well as athletes).

Approximately 269 of our athletes competed at the Region 8 meet, and we had 190 medalists with 36 champions.

We had 21 athletes who made their way to Greensboro with one National Champion out of that group – Janette Schraft of Malvern won the 17-18 2000M Steeplechase in 7:03.82.

Also by my count, 357 Iowa athletes, most of them belonging to our clubs, competed at the AAU national meet held in Des Moines.

A total of 48 medaled with two taking home the crown – Jared Bond of Ankeny Track and Field won the 8U Long Jump, and Max Doran of the Mississippi Valley Track Club won the 14 Pentathlon. Congratulations to all the athletes and clubs.

USATF - Iowa annual meeting

USATF—Iowa will hosts its annual meeting on Sunday, Nov. 18, from 1 - 4:30 p.m., at the Polk County Senior Center, 134 6th St., West Des Moines.

One new feature for this year's

meeting, will be the presentation of the Iowa Athletes, Coaches, Officials of the Year awards. USATF - Iowa is establishing these annual awards to recognize individuals showing excellence in areas of performance, officiating, and coaching. There will also be a club of the year award.

Living History Farms partners with USATF-Iowa

2018 marks the 40th year of the Living History Farms Off-Road Race, and what better way to mark that anniversary than by partnering with USATF - Iowa.

On Nov. 17, the 10K Road O Cross Off-Road Race at Living History Farms will also play host to the USATF-Iowa State Open and Master Cross Country Championships.

Living History Farm's Road-O-Cross is a relatively severe cross-country course with eight creek crossings, some steep hills, corn fields, woods, about 1K total of single track & and 2K of gravel.

For more information, visit the website at http://www.fitnesssports.com/November_races/LivHistFarms/lhf_index.html.

Cross Country season

With the end of track comes the dawning of the XC season and it seems to grow every year. That growth is due to the work and dedication put in by the coaches and the clubs. This is the schedule so far:

Sunday, October 21 - Ames All-American (Ames)

Sunday, October 28 - Iowa Speed (Coralville)

Sunday, November 4, - USATF Championship (West Des Moines).

Sign up now for Drake

Kick off your 2019 Drake Relays week by running in the 51st Drake Road Races on Saturday, April 20. The half marathon, 10k & 5k will once again finish on the Blue Oval in Drake Stadium.

Registration is now open, so sign up today before the prices go up on Jan. 2. Additionally, the Grand Blue Mile celebrates its 10th anniversary in 2019 with registration opening in February. Sign up for both races to earn your Bulldog Double medal.

Just visit DrakeRelays.org/RoadRaces to register for more information.

Iowa Shot Putter ranks 5th in 2018 Boys All-America team

Track and Field News Magazine has compiled its 2018 High School Boys All-America Team, their 45th edition, and shot putter Nick Phelps, of Kingsley-Pierson/Woodbury Central High School, has made the cut.

Phelps is the son of four-time state champion Scott Phelps and brother of five-time state champion Kiana Phelps., a sophomore thrower with the Oregon University Ducks track and field team.

Nick won the 2018 Drake Relay's boys shot put title as a senior, with a throw of 65-3 1/2. He swept the 2018 Iowa High School Class 2A discus and shot titles, breaking the 50-year state meet shot put record with a winning toss of 67-2.

The five-foot, 10-inch Phelps accepted a scholarship to North Dakota State University, where he is currently a freshman punter with the Bisons football team.

Iowa Athletes, Coaches, Officials of the Year (continued from page 5)

Field Official of the Year

- Tim Sweet - Donated his time to track & field for 30+ years, mostly at throws venues. Worked from youth to masters and at all levels, from youth development meets to USATF Senior National meets. Tim works all organizations - USATF, NCAA, AAU, both Iowa HS Federations, NAIA. Busy from December - July, traveling all over the U.S. working meets. Well-versed in rule books and willing to mentor others.

- Ron Paskach - Excaliburs long jump coach. Worked long jump pit at every developmental track meet Excaliburs is in, as well USATF and AAU state and regional meets. Worked AAU Junior Olympic Track Meet in Des Moines. A hard worker searching for new things to help improve athletes. Coach Nichols calls him his "right hand man."

- 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. Has worked all levels of track, from youth to masters, all levels of meets, from youth development meets to USATF Senior National meets. Al has worked for many of the organization – USATF, NCAA, AAU and both Iowa HS Federations.

- Steve DeSerano - Has a wealth of experience as a USATF official. Has worked most venues, but usually at the throws venue. Steve works all levels of meets from youth development meets to USATF Senior National meets. He has worked for many organization – USATF, NCAA, AAU, both Iowa HS Federations and NAIA. As mentioned before, Steve has worked about every position around the track/field, including starting some small youth meets. He's a true journeyman.

Track Official of the Year

- Jeff Richards - Donated time to track and field for 30+ years. Has been the primary starter for Association meets for over 30 years. He can be found starting the Drake Relays, NCAA meets, other USATF meets, and many HS meets. When not a starter he's the meet clerk, getting the runners in place for the starters. Jeff is a very dedicated track and field official.

- Carolyn Hill - Carolyn wears many hats. Most know her as Assistant director for the Drake Relays, 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. Has worked numerous national and regional meets, both indoor and outdoor, at all levels of track and field.

Coach of the Year

- Ebonie Bailey, Tiger Track Club

- Cortez Nichols, Central Iowa Excaliburs Track Club - Coach Nichols started the Central Iowa Excaliburs Track Club 20 years ago. This year, Excaliburs hosted the largest developmental track meet in Iowa at Waukee High School with over 600 athletes. Excaliburs had more than 75 athletes this year, with six high school graduates continuing their education at various colleges, two on track scholarships at the University of Iowa and Coe College. Had athletes competing at both USATF and AAU Junior Olympic track Mmets. Featured 14 state and regional USATF champions. Excaliburs won 7 national medals at the AAU Junior Olympic Track.

- Heather Woody, Iowa Speed Track Club - One of the most motivating and sincere coaches in our youth club system, Has done great things with her team over the past year, not only making them great athletes, but even better people. She cheers for everyone competing, no matter what team they are, and has built 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.

- Brett Carney, Ames All-American Track Club

Club of the Year

- Tiger Track Club, Cedar falls
- DCG Track Club, Grimes
- Iowa Speed Track Club, Iowa City / Coralville
- Ames All-American Track Club, Ames

USATF News you can use

Iowan helps Team USATF women to NACAC win, record

A University of Iowa junior helped Team USATF cap off the 2018 North American, Central American and Caribbean Athletics Association (NACAC) Senior Championships, August 12, in Toronto, Canada, with a win in the women's 4x400m relays,

The women, comprised of Briana Guillory, of Iowa City, Iowa, Jasmine Blocker, Kiana Horton and Courtney Okolo, ran 3:26.08. The former record was 3:27.46, set in July 2008, by Americans Christine Day, Bobby-Gaye Wilkins, Anastacia Le-Roy and Nickiesha Wilson.

Guillory, a junior and six-time All-American from the University of Iowa, ran the first leg.

Houlihan doubles up at USATF Outdoors

Shelby Houlihan (Sioux City), earned USATF Athlete of the Week (June 27) honors after becoming the

second female since 2003 to win both the 1,500m and 5,000m at a USATF Outdoor Championships. 1,500m and Michelob ULTRA women's 5,000m.



Iowa State University's Cy edges out Drake University mascot, Spike, in winning the Mascot Madness Charity Challenge during the Grand Blue Mile races, part of the 109th Drake Relays.

USATF—Iowa Publication Deadlines



Winter Issue

Deadline: Nov. 27, 2018

Published: Dec. 11, 2018

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.



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 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

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

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.

Photo Page



They're off - Runners explode out of their starting blocks at the beginning of a sprint race during the 2018 Iowa Association Junior Olympic Outdoor Track & Field Championships, held June 16-18 at Iowa State's Cyclone Sports Center.



Max Doran, a 13-14 Division boys athlete from the Mississippi Valley Track Club, of the Quad-Cities, clears the high jump bar during the 2018 Iowa Association Junior Olympic Outdoor Track & Field Championships, held June 16-18 at Iowa State's Cyclone Sports Center.



Runners cover the remaining yards before hitting the finish line during a 100 meter sprint race, during the 2018 Iowa Association Junior Olympic Outdoor Track & Field Championships, held June 16-18 in Ames at Iowa State's Cyclone Sports Center.



Kaitlin Diggins, a 17-18 Division women's athlete from the Voltage Track Team, of Council Bluffs High releases the discus during the 2018 Iowa Association Junior Olympic Outdoor Track & Field Championships, held at Iowa State's Cyclone Sports Center.