

Track & Field Iowa



USATF

IOWA

Winter 2020

The Marathon

According to legend, when the Greeks defeated the Persians in 490 BC, a soldier named Pheidippides ran approximately 25 miles (40k) from Marathon, Greece, to Athens to deliver the news. Once he arrived, he shouted, "Rejoice, we are victorious," and then died. This became the distance of the modern marathon, 26.2 miles (42 km).

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USATF Iowa awardees (from left to right) are: Carson McInerney, Brita Wey, Jax Whitmire, Sara Foad, Claire Helmers, and Nate Sickerson. (Photo courtesy of USATF Iowa)

USATF Iowa names 2019 award winners

It was an afternoon of camaraderie, affirmation, and acknowledgment as USATF Iowa recently hosted its second annual awards banquet recognizing its top athletes, officials, coach, and organization at the Mid-Iowa Boy Scout Headquarters in Des Moines.

This year, however, the Association added a new twist - six additional awards were added, as they broke down youth track and field into 12 and under, and 13 and above categories, based upon members' input.

This year's awards also marked

the Association's first multi-award winner, with an Iowa athlete recognized for success in more than one discipline.

Once summer track season ended, the process kicked into gear after an email seeking nominations was sent to the Association's membership. Besides the nominations, submitters were asked to provide information as to why that particular ath-

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lete, coach, official, or club, was deserving of the award.

With nominations in hand, online voting was then open to USATF Iowa members over a three-week period. The board simply tallied up the votes to determine the winners

As a result of this peer-driven process, the following athletes, officials, coach and club were determined to be the best of the best within the state.



**Youth Girls,
12 and Under**
Track
Athlete -
Sara Foad,
Mississippi
Valley
Track Club

Sara Foad is an example of an athlete with a work ethic, well beyond her age, which inspired others to work through their challenging workouts. She pushed older athletes at every practice. Always sporting a smile, Sarah challenged herself each

week to become the great national class athlete she has become.

Between May 5 and June 16, 2019, Foad ran in five Iowa track meets, competing in 15 events with 15 first place finishes: 2@400m; 4@400m; 3@800m; and 4@1500m.

At the Iowa USASTF Association Championships, she won the 200m, 800m and 1500m, setting new Iowa State records in the 800m and 1500m.

At the Regional meet, Sarah was second in the 400m, while winning the 800m and 1500m. At the AAU JQ's, Foad earned bronze in the 800m and 1500m.

During a youth track meet in

***"Jennifer personified
not only the hard work
and dedication it takes
to excel at a high level
of competition,
but I think her attitude
of sportsmanship
surpasses her athletic
abilities."***

Bloomington, Ill., Foad won the 800m. She also set MVTC club records in the 800m, breaking a 22-year old record, and 1500m.

(Nominees: Alyx Woodley, Johnston Running Club; Frankie Hue-ther, Turbo Track Club; Ni'Airea Miller, Tiger Track Club; Ja-Niyah Miller, Tiger Track Club; Lezlee Napier, Johnston Running Club; and Sarah Foed, Mississippi Valley Track Club).

Girls Youth 12 and Under Field **Athlete - Jennifer La Mar, Ames**

Jennifer won the 2019 Iowa Junior Olympics Indoor and Outdoor Shot Put Championships in the 9-10 Girls Age Group. She placed fourth in the Shot Put event at the Region 8 Championships in Fargo, N.D., qualifying for the National Junior Olympics Championships in California, and finished as the top place-winner for all nine-year-olds in the six states of Region 8. She also went on to set personal records at the Iowa Games of 22-0 in the Shot Put and 43-7 in the Discus.

"My lasting impression from Fargo was how enthusiastic she was for the girls who placed first through third on the victory stand," read her nomination.

USATF Iowa Officers



**Published for
USATF Iowa
members like
Davis Tokheim
Johnston RC**

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Vice President.....Scott Tjeerdsma
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“She was smiling and clapping and yelling for them when their names were announced, giving them high-fives and just genuinely thrilled for their successes. It was as if she won the gold medal that day herself, she had so much fun and was so happy to help and support her competitors.

“Jennifer personified not only the hard work and dedication it takes to excel at a high level of competition but I think her attitude of sportsmanship surpasses her athletic abilities,” it concluded.

(Nominees: Charlee Morton, Hampton; Izabella Taylor, Urbandale; Jennifer La Mar, Ames; Reagan Burrows, I-Run Track Club; Reagan Hanfelt, Ankeny Track Club; and Reagan Wey, Johnston Running Club).



**Boys Youth
12 and
Under Track
Athlete -
Jax Whitmire,
Johnston
Running Club**

Whitmire was a standout athlete in 2019, competing in the 8 and under division. At the USATF Iowa State meet, he placed second in the long jump and won the 800m and 1500m.

He broke the state record in the 1500m run by 20 seconds. At the USATF Region 8, he placed fifth in the long jump and won the 800m and 1500m run in Region 8 record times.

(Nominees: Evan Lillie, High Voltage Track Club; Jax Whitmire, Johnston Running Club; and Nelson Perrigo DCG Track Club).



**Boys Youth
12 and Under
Field Athlete -
Carson
McInerney,
Tri-State
Track Club**

During the 2019 season, McInerney was undefeated in the discus and finished the year ranked #1 in USATF for the 11-12 year old division, recording the top three USATF discus marks in 2019.

He was the 2109 USATF Junior Olympic 11-12 Year Old National Champion in the Discus and USATF 11-12 year old Regional Champion in the discus.

McInerney was also the USATF 11-12 Year old Iowa State Champion in Discus and shot put. He is now a USATF National Champion and three-time USATF All-American.

(Nominees: Carson McInerney, Tri-State Track Club; and Davis Tokheim, Johnston Running Club).



**Girls
Youth 13
and Over
Track
Athlete -
Claire
Helmers,
Flyers
Track Club**

Helmers won the 800m, 1500m and 3000m at the Iowa Association Championship meet in the 13-14 year old age group.

(Nominees: Arriana Johnson, Central Iowa Excaliburs; Brandi Vu, Johnston Running Club; Claire Farrell, MVP Track Club;

Claire Helmers, Flyers Track Club; Olivia Kramer, DSM Youth Track Club; and Taylor McCready, Atlantic).

**Girls Youth 13 and Over Field
Athlete - Elaine Wang, Westside
Track Club**

Wang captured gold in the 15-16 year old javelin at the Iowa Association Championship. She also went on to win the javelin at the Region 8 meet and placed 15th in the National Meet. This marks the fifth year in a row she has finished first or second in this national event.

(Nominees: Avelyn Burger, Waukee Track Club; Elaine Wang, Westside Track Club; and Madison Green, West Des Moines).

**Boys Youth 13 and Over Track
Athlete - Max Doran, Mississippi
Valley Track Club**

Doran won the 800m, 400m Hurdles, and long jump at the USATF Iowa Association Championship meet in the 15-16 year old age group. He has established new Mississippi Valley Track Club records, in the 15-16 boys 800m (2:06.7) and 6'0" in the 15-16 Boys High Jump.

(Nominees: Carter Erickson, I-Run Track Club; Eric Lucas, Tiger Track Club; and Max Doran, Mississippi Valley Track Club).

**Boys Youth 13 and Over Field
Athlete - Mason Allen, Clarion**

Allen won both the discus and javelin at the USA Track and Field Iowa Association Championships in the Boys 13-14 year old age group. His throw of 31.42m (103-01) earned him the win, while his javelin toss of 34.08m (111-10) proved the winning distance. In the Region 8

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Iowan, Cyclone, USATF Masters Chair Rex Harvey, passes away in Arizona

USATF Masters Track & Field Chairman, Rex Harvey passed away Dec. 22, 2019, in Prescott, Ariz. after suffering a heart attack at the age of 73.

Visitation will be held Friday, Jan. 31, from 6-8 p.m. at the Redfield United Methodist Church, 715 Jefferson St, Redfield, Iowa. A memorial service is scheduled for Saturday, Feb. 1 at Redfield United Methodist Church, at 11 a.m.

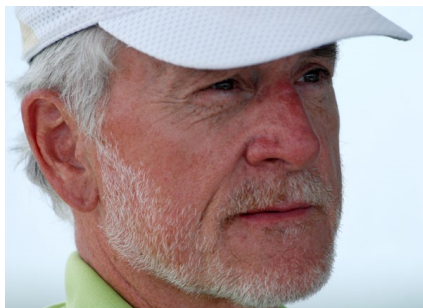
Harvey devoted his life to track and field. In 2016, after being elected USATF Masters Track & Field Chair, he said, "I grew up in a very small town. My introduction to the great wide world beyond that town was through track and field. It has shaped and directed my life in a wonderfully positive way."

He began the sport at the age of 12. He attended Dexfield High School in Redfield, Iowa, where he won 17 individual state titles and four team state championships.

He went on to compete for Iowa State University, where he received his B.S. in Mechanical Engineering and was a Big 8 Conference runner-up six times in the pole vault.

Harvey was awarded an M.S. from the University of Southern California, while serving as a U.S. Air Force officer during the Vietnam conflict. As a member of the U.S. Military track and field team, he represented the U.S. at many international competitions, as well as the 1972 and 1976 U.S. Olympic Trials in the Decathlon.

As an open athlete, Harvey was a member of six USATF international teams. He is a five-time World Masters Athletics World Champion and



broke the World Record in the M45 Decathlon in 1991, which he held for 17 years.

He completed 161 decathlons and was a three-time USATF National Masters Combined Event Athlete of the Year, winning 13 National Championships in a row in the Decathlon. He also won several world championships in the decathlon, pole vault, and as a member of several relay teams.

Harvey was an integral part of developing age-graded tables for scoring masters track and field athletic performances. He was elected to two terms as Vice President Sta-

dia of World Masters Athletics (WMA).

He has been inducted into the Iowa State Track and Field Coaches Hall of Fame and USATF National Masters Hall of Fame for both Athletic and Administrative accomplishments.

He won numerous awards, including the prestigious USA Track & Field President's Award, the David Pain USA Masters Service Award and the USATF National Masters Administrator of the year.

In addition, he has been inducted into the USATF National Officials Committee Hall of Fame for outstanding service to the sport as a technical official and served as an official for over 25 years at the Drake Relays.

A Rex Harvey Memorial Track & Field Scholarship has been set up by the family in-lieu of sending flowers. The intent is that the beneficiaries be masters athletes.



Kenneth Kopecky

Kenneth Kopecky, Professor Emeritus of Mathematics and Computer Science, who taught at Drake University for 42 years, died July 6, 2019, at the age of 82.

He was a Drake Relays Official for 52 years and nominated to the Drake Relays Wall Fame. He was a certified USA Track and Field official, and an official for the Iowa

State Boys and Girls Annual Track meet at Drake for many years.

Peter Guerrini

Peter Guerrini died in September, 2019, at the age of 77. A 1964 graduate of Dartmouth College, he flew for the U.S. Navy, and then was a United Airlines pilot for 30 years.

He would also become the head scorer/timer at some of the prestigious track meets in the nation, including the Drake. He brought the timing and scoring of the Drake Relays into the 21st century through his world-renowned expertise, developing a system for online registration based on Panorama Server.

USATF Iowa highlights

Iowa officials named to championship events

A number of Iowans have been selected to officiate USATF national championship meets, as well as the U.S. Olympic Trials over the upcoming year.

Among those Iowans chosen to officiate the 2020 Toyota USATF Indoor Championships, to be held Feb. 14-15, at the Albuquerque Convention Center, in Albuquerque, N.M., are Carolyn Hill and Jeff Richards.

Hill will serve as an umpire during the meet, while Richards will serve as a starter.

Iowans will also be representing at the 2020 U.S. Olympic Team Trials, to be held June 19-28, at Hayward Field, in Eugene, Ore.

Those selected include Ryan Elsbernd (Umpire), Al Geiger (Javelin), Jon Turner (Implements), Cornie Wassink (Umpire - Alternate), and John Wolff (Clerk).

Gary O'Daniels, of Creston, will serve as an umpire - alternate during the 2020 USATF U20 Outdoor Championships, to be held June 12-14.

Lucas Cook earns Young Officials Grant

Lucas Cook, of Waterloo, has earned a National Officials Committee Young Officials Grant.

The NOC provides a \$500 grant for up to 15 younger officials each year to help offset expenses involved in officiating one of the USATF national championship meets. Besides encouraging the development and advancement of younger officials, it also expands

the pool of experienced officials for national level meets.

Cook was a former men's hammer thrower at the University of Northern Iowa.

Houlihan receives Schwarzman grant

Shelby Houlihan, a 1500m runner from Sioux City, has been awarded a Stephen A. Schwarzman grant in the amount of \$10,000, to help with training and other expenses associated with an Olympic year.

Over the years Schwarzman's support has allowed for 191 grants to elite track & field athletes. These grants provide athletes with the financial support they need as they prepare to represent the United States in international competition.

Iowans earn honors at awards breakfast

A pair of Iowans were among those honored by USATF for outstanding contributions by both individual members and regional associations at the Annual Awards Breakfast, held during the USA Track Field 41st annual meeting.

Shelby Houlihan, of Sioux City, was recognized with the Female Athlete of the Year Award by the Cross-Country Committee.

Katie Burnett, a 2011 graduate of William Penn University, was recognized with the Captain Ron Zinn Memorial Award by the Race Walking Committee. Burnett, a 50-kilometer walker, received the award, which is given to the outstanding U.S. race walker to com-

memorate the achievements of Capt. Ron Zinn, who lost his life in combat during the Vietnam War.

A race walker, Zinn was a member of the U.S. Olympic Team in the 1964 Summer Games at Tokyo and his sixth place finish in the 20 km event was considered outstanding for American walkers at that time.

Two other members of the Iowa contingent were also named during the annual meeting.

Curt Broek earned the National Officials Committee 2019 Chair Award and Carolyn Hill received the USATF Midwest Region 2019 Volunteer of the Year Award.

Jones finishes 9th in New Balance Grand Prix

A during the New Balance Indoor Grand prix, held at the Reggie Lewis Center, in Boston.

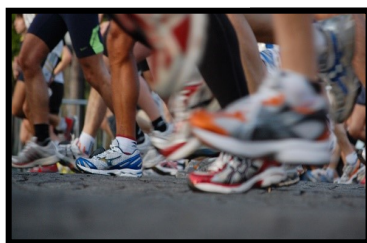
Lolo Jones, of Des Moines, finished fifth in her heat, in a time of 8:32. Since her time didn't qualify for the finals, she finished in ninth place.

Track Guy Speaker Series continues in Clive

The Track Guy Speaker Series continues on Tuesday, Feb. 11, at Rookies Bar & Grill, 2180 NW 156th St., in Clive, beginning at 6:15pm.

Brogan Austin, a 2008 USA Marathon champion and Randy Wilson, a 1980 Olympic Team member and Drake Relays 800m record holder are the featured speakers.

Mike Mahon, Chuck Schoffner and Dave Mills will also be part of this event.



Running Rampant

Race Calendar

Jan. 18 - Triple D Winter Race 50k Ultra, Marathon, Half Marathon, 5k - Durango Depot, 736 Burtons Furnace Rd., Dubuque, Iowa.

Jan. 18 - Frostbite Foot Race 5K, Scott County Park, Eldridge, Iowa. Race Info – (563) 359-0872.

Jan. 11 - Capital Striders/Fitness Sports Spring Training Group Saturday Runs - Meredith Hall, Drake University Campus, Des Moines, Iowa. Running Info - (515) 277-4785.

Jan. 25 - Amana Colonies Freezer 5k Run - Amana Woolen Mill, 48th Ave., Amana, Iowa.

Jan. 25 - University of Okoboji Winter Games 5K - Arnolds Park, Okoboji, Iowa.

Jan. 25 - Iowa Games 5K Road Race - Carver Elementary School, 2007 Radford Rd., Dubuque, Iowa. Race Info - (563) 542-6869.

Jan. 26 - 5K-ish Obstacle Run - Penn Meadows Park, 170 N Dubuque St., North Liberty, Iowa.

Feb. 1 - Run the I “Bitter” Rod 1k Fun Run/Walk - Penn Meadows park, North Liberty, Iowa.

Feb. 1 - Rosy Cheeks 5k Walk/Run - Fire Station, Park Ave., Story City, Iowa. Race Info - (515) 733-2458.

Feb. 1 - B-rrry-Scurry 4M Run/Walk - Clinton Community College, 1000 Lincoln Blvd., Clinton, Iowa. Race Info – (563) 244-7040.

Feb. 1 - Perry-Berkley-Rippey (PBR) Half Marathon - Ben’s Five and Dime, 2nd and Lucinda, Perry, Iowa.

Feb. 8 - Red Flannel Run, 5K - Wellmark YMCA, 501 Grand Ave., Des Moines, Iowa. Race Info - (515) 471-8521.

Feb. 8 - Winter Iowa Games Youth Indoor Track & Field - 60m Dash, 60m Hurdles, 200m Dash, 400m Dash, 800m Dash, 1-Mile Run, 3000m Run, - Recreation Building, University of Iowa, 930 Stadium Dr., Iowa City, Iowa.

Feb. 14 - Winter Iowa Games Sky Walk - Downtown Des Moines Skywalk, Des Moines, Iowa.

Feb. 15 - Corridor Running The Freezefest 5K - Prairie

Oaks Lodge, Squaw Creek Park, Marion, Iowa.

Feb. 23 - CBRC Chili Chase 4M Fun Run - Duck Creek Park Lodge, 3000 E. Locust St., Davenport, Iowa.

March 7 - Freezin' for a Reason 10K & 5K Trail Run - Old Creamery Trail, Garrison, Iowa.

March 14 - Gaelic Gallop 8K & 2M, Kid’s Leprechaun Leap - St Francis Xavier School, 203 2nd St. SW Dyersville, Iowa. Race Info - (563) 875-2727.

March 14 - O’Round the Loch Half Marathon, 1/2 Marathon Relay, 10K, 5K, 1.7m - Smith Wellness Center, Emmetsburg, Iowa. Race Info - (712) 852-5201.

March 14 - CASI St Patrick's Day Run 5K, 1M, 1/4M - River Music Experience, Main and 2nd St., Davenport, Iowa.

March 14 - LepBarchaun Dash 5k - Start TBD, Tama, Iowa.

March 14 - Kiwanis Shamrock Shuffle 5K Run/Walk - Crapo Park, Burlington, Iowa.

March 14 - Shamrock Shuffle 2m and 4m - College Green Park, Iowa City, Iowa.

March 14 - Des Moines St Paddy's Half Marathon. & 5K Run/Walk - Iowa State Capitol, E. Locust St. & Pennsylvania Ave., Des Moines, Iowa.

March 20 - We Run Lucky Run! - Green State Community Credit Union, 2355 Landon Rd., in North Liberty, Iowa. Race Info - (319) 626-2426.

March 21 - We Run Lucky Run 10k & 5k - Green State Community Credit Union, North Liberty, Iowa.

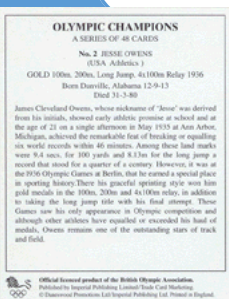
March 25 - Friendly Sons of St. Patrick 5k & 10k - Sully’s Irish Pub, 860 1st St., Des Moines, Iowa.

March 28 - A Pot of Gold Half Marathon and Fun Run - Lacey Complex Stadium, 2060 Stadium Dr., Oskaaloosa, Iowa.

March 28 - Chocoholic Frolic 5K/10K and Kid's Run - Terry Trueblood Recreation Area, Iowa City, Iowa. Race Info – (651) 688-9143.

March 29 - Fight for Air Climb - 501 Grand Ave., Des Moines, Iowa. Race Info - (515) 802-3195.

TRACK & FIELD COLLECTIBLES



1996 Imperial Olympic Champions

In 1996, Great Britain's Imperial Publishing Ltd. released a 48-card set in anticipation of the XXVI Olympiad, to be held in Atlanta, Ga. The set, "Imperial Olympic Champions," was printed as an officially licensed product of the British Olympic Association.

With cards measuring 2-3/8" x 3-1/8," this collection provides great color artwork (not photographs) of some of the greatest athletes in modern Olympic history.

While track and field dominate with 31 cards, there are also cards recognizing athletes from swimming and diving (six), boxing (four), and one each for cycling, fencing, gymnastics, rowing, shooting, tennis, and weightlifting.

For the track enthusiast, there are many familiar names, including Jesse Owens, Dick Fosbury, Lasse Viren and Sergei Bubka. For non-track fans, this set highlights such great international athletes as Mohammed Ali, Mark Spitz, Olga Korbut, and Greg Louganis.

Besides the color drawings, the card fronts list the athlete's name, and country. Most of the pictures consist of action shots, with a few "posed" drawings.

The back of the card lists Olympic medals won, personal info, such as when and where born, and a brief biography of their Olympic

endeavors, and other international titles they've won.

The Jesse Owens card (pictured on the left), shows him powerfully leaving the blocks during an Olympic race

in front of a huge crowd. The artwork alone, makes this a set worth collecting.

Overall, I feel this is a very nice, inexpensive set on which to begin collecting track and field athletes.

1. Jim Thorpe	USA	Decathlon
2. Jesse Owens	USA	Sprints, Long Jump
3. Fanny Blankers-Koen	Neth.	Sprints, Hurdles
4. Emil Zatopek	Czech.	Long Distance
5. Chris Brasher	GB	Steeplechase
8. Al Oerter	USA	Discus
11. Herb Elliott	Australia	Middle Distance
13. Peter Snell	NZ	Middle Distance
14. Lynn Davies	GB	Long Jump
16. Ann Packer	GB	400m, 800m, Sprints
17. Mary Rand	GB	Pentathlon, Long Jump
19. Bob Beamon	USA	Long Jump
21. Dick Fosbury	USA	High Jump
22. David Hemery	GB	110m, 400m Hurdles
23. Kip Keino	Kenya	Middle/Long Distance, Steeplechase
25. Ulrike Meyfarth	Germany	High Jump
26. Mary Peters	GB	Pentathlon
28. Lasse Viren	Finland	Long Distance
29. Edwin Moses	USA	400m Hurdles
30. John Walker	NZ	Middle Distance
31. Sebastian Coe	GB	Middle Distance
33. Steve Ovett	GB	Middle Distance
34. Daley Thompson	GB	Decathlon
35. Allan Wells	GB	Sprints
37. Carl Lewis	USA	Sprints, Long Jump
39. Tessa Sanderson	GB	Javelin
40. Sergei Bubka	USSR	Pole Vault
42. Florence Griffith Joyner	USA	Sprints
46. Linford Christie	GB	Sprints
47. Heike Drechsler	Germany	Sprints, Long Jump
48. Sally Gunnell	GB	400m Hurdles

USATF Awards continued from page 3

USATF meet, hosted at Iowa State University, he went on to place seventh in the Boys 13-14 age group.

(Nominees: Carson Hoffman, Liscomb; Clark Armitage, Johnston Running Club; and Mason Allen, Clarion).



**Girls Youth
Cross-
Country -
Claire
Helmers,
Flyers
Track Club**

Helmers had an excellent cross country season, winning the Iowa Speed Youth cross Country meet, the Johnston Youth Cross Country Meet and the WSTC Development Cross Country Meet. She was also state champion in the 11-12 year age group at the Iowa Association Championships, running the 3k course in 11:58.72.

(Nominees: Alyx Woodley, Johnston Running Club; Claire Helmers, Flyers Track Club; Micah Fitzgerald, Johnston Running Club; and Zoe Sullivan, Ankeny Track Club).

Boys Youth Cross-Country - Cooper Briggs, Johnston Running Club

Cooper had a great 2018 cross country season, where he won every meet he competed in - the West Side Track Club, Johnston Running Club, and Iowa Speed Developmental Meets. He then went on to win the 2000m USATF Iowa State meet for boys 8 and under, where he ran an 8:15.60.

(Nominees: Cooper Briggs, Johnston Running Club; Jack Behrens, Ankeny Track Club; and Owen Tuyls, Westside Track Club).



**Female Open/
Masters
Track & Field
Athlete -
Britta Wey,
Johnston**

Wey has competed in masters track meets for the last five years. While there is usually little to no competition in her age group, she still enjoys the challenge of competing. In 2019, she participated in the USATF Indoor State Meet, finishing first in her age group in the 60m dash and long jump.

At the USATF Iowa Outdoors meet, she placed first in the 100m, 200m, long jump, triple jump, and steeplechase. While competing at the USATF Masters Nationals, she finished first in the triple jump, and 4x800m, second in the 200m and 400m and third in the 100m and long jump.

(Nominees: Britta Wey, Johnston; Linda Rowe, Bloomfield; and Martha Green, Des Moines).



**Male Open/
Masters
Track & Field
Athlete -
Nate Sickerson,
Ankey**

Sickerson is one of the more infectious athletes within the state. Whether found around the track as

an athlete, coach, parent, or fan – he fills each of these roles with the same passion. A sprinter, Sickerson still tackles these short races at the age of nearly 50, as he did as a high schooler.

While he's had to reduce his competition load due to other roles, he was a double champion at the Iowa Association indoor meet and a double medalist at the National Outdoor meet.

(Nominees: Brad Dittmer, La-coma; Gary Patton, Rock Rapids; Larry Hamm, Des Moines; Nate Sickerson, Ankeny; and Trevor Richards, Des Moines).

Female Long Distance Racing Athlete - Samantha Wingert, Cedar Falls

Wingert a 31-year old mother of two, has completed four marathons since returning to running four years ago. She was the overall winner of the IMT Des Moines Half Marathon, notching a personal-best time of 1:16:50.

She also recently qualified for the 2020 U.S. Olympic Team Trials marathon with a 13th place time of 2 hours, 41 minutes and 52 seconds at Grandma's Marathon in Duluth, Minn.

(Nominees: Ashlynn Bagge, Waverly; Jeri Van Otterloo, Sioux Center; Pasca Myer, Fort Dodge; and Samantha Wingert, Cedar Falls).

Male Long Distance Racing Athlete - Ben Jaskowiak, Des Moines

Among the highlights of Jaskowiak's season were winning the Drake 5k, while coming back three days later to finish eighth in the Grand Blue Mile. He also had a fifth place finish in the Dam to Des Moines race.



Winners of the Club of the Year is the Johnston Running Club, which began as a small group in 2011.. Head coach Britta Wey is pictured with some of her young athletes.

(Nominees: Adam Bohach, Cresco; Ben Jaskowiak, Des Moines; Jay Welp, Council Bluffs; and Tyson Wieland, Dallas Center).

Field Official of the Year - Doug Johanson, Johnston

While Johanson serves as a premier throws officials within the state of Iowa, he has provided his experience and expertise across the country. Not only does he work meets for Drake, Iowa State University, and Grinnell College, he also works many area high school events, as well as USATF association and national events.

(Nominees: Curt Broek, Urbandale; Doug Johanson, Johnston; Jim Walczyk, West Des Moines; Lynn Lindaman, West Des Moines; and Sharon Plants, Brooklyn).

Track Official of the Year - Jeff Richards, Polk City

Richards serves as a dedicated starter for many meets in Central Iowa and across the country. Always one to help whenever need-

ed, he stepped up to assist with meet operations and various duties around the track during the USATF Outdoors meet.

He has shown dedication to track and field at all levels, from elementary schools to elite athletes.

(Nominees: Charlie Walker, Fort Dodge; Greg Blank, Garner; Jeff Richards, Polk City; and Steve Brush, Waukee).

Coach of the Year - Alecia Rahn Blakeslee, Ankeny Track Club

As founder and head coach, Blakeslee has significantly grown the Ankeny Track Club. Last year, approximately 90 athletes signed up. There is more interest in the sport of track and field in Ankeny because of Alecia's drive and determination.

Through her positive messaging in social media, and hands-on approach, she knows every athlete's name and personal bests. Her mantra for her athletes is "Be your

best."

She manages a board of directors while establishing ATC as a best practices non-profit.

(Nominees: Alicia Rahn Blakeslee, Ankeny Track Club; Brett Carney, Flyers Track Club; Jim McCool, MVP Track Club; Matty LaFleur, Tri-State Track Club; Phil Ferguson, DSM Youth Track Club; and Tristan Grover, I-Run Track Club).

And finally....

Club of the Year - Johnston Running Club

JRC began as a small group in 2011 and has since grown to approximately 150 kids in 2019. JRC puts on two track meets each year - one combined with the Ankeny Track Club (JRC/ATC Relay Meet), and a larger one in June, which provides great competition as the teams gear up for state.

JRC also hosts a cross country meet every October.

(Nominees: DCG Track Club; Des Moines Youth Track Club; Flyers Track Club; and Johnston Running Club).



Steve Brush, of Waukee, one of the Track Official of the Year nominees.

USATF News you can use

USATF holds 41st annual meetings in Reno, Nev.

USA Track and Field recently held its 41st annual meeting with more than 1,000 administrators, coaches, volunteers and athletes at the Grand Sierra Resort and Casino in Reno, Nev.

USATF CEO Max Siegel began the Opening Session by welcoming newly-reinstated USATF President and Board Chair Vin Lananna.

New USATF website ushers in tech overhaul

In November, USATF launched its new website at www.USATF.org, representing the first phase of their technolo-

gy overhaul. The second phase will occur in 2020 with the launch of membership and sanction applications.

New USATF website ushers in tech overhaul

The track and field broadcasting schedule has been announced for TV and online streaming for January and February.

USATF Members receive a 10 percent discount on USATF.TV+. All RunnerSpace and Athletics Canada content is also available with a USATF.TV+ subscription. All televised USATF Championships and USATF Championship Series events are post-event for on-demand viewing on USATF.TV+.

Among the televised events are:

Jan. 18 - USATF Cross Country Championships, USATF.TV+.

Jan. 17-18 - New Balance Games, RunnerSpace+.

Jan. 25 - New Balance Indoor Grand Prix, NBCSN, NBC Sports Gold.

Jan. 31 - Arkansas Invitational, SECN+.

Feb. 8 - NYRR Millrose Games, NBC, NBC Sports Gold, USATF.TV+.

Feb. 13-15 - Simplot Games, RunnerSpace+.

Feb. 14-15 - Toyota USATF Indoor Championships, NBCSN, NBC Sports Gold.

Feb. 14-15 - Feb. 18 - Eastern States Indoor Championships, RunnerSpace+.

Feb. 21 - Last Chance Elite Meet, RunnerSpace+.

Feb. 22 - PSAL Indoor Championships, RunnerSpace+.

Feb. 22-23 - MAAC Indoor Championships, RunnerSpace+.

Feb. 29 - U.S. Olympic Team Trials - Marathon, NBC, NBC Sports Gold.

Feb. 29 - Tokyo Marathon, NBC Sports Gold.

USATF—Iowa Publication Deadlines



Winter Issue

Deadline: Nov. 26, 2020

Published: Dec. 10, 20

Spring Issue

Deadline: Feb. 26, 2020

Published: March 13, 2020

Summer Issue

Deadline: May 28, 2020

Published: June 11, 2020

Fall Issue

Deadline: Aug. 27, 2020

Published: Sept. 10, 2020

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

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Please use the codes below – you may indicate one or more categories.

AT: Athlete
DA: Disabled Athlete

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

PA: Parent
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.

Recognizing USATF Iowa's top athletes, officials, coaches, and organizations



Among the nominees for Boys Youth 13 and Over Track Athlete, were Carter Erickson and Eric Lucas.



Coach of the Year nominations included Brett Carney and Jim McCool.



Nominees for the Field Official of the Year included Jim Walczyk and Lynn Lindnahan.



Nominees for the Girls Youth 13 and Over Track Athlete included winner Claire Helmers, Brandi Vu, Claire Farrell and Taylor McCreedy.



Receiving nods in the Youth Girls, 12 and Under Track Athlete category were Frankie Huether, winner Sarah Foad and Alex Woodley.



Nominated for the Male Open/Masters Track & Field Athlete category were Larry Hamm and Nate Sickerson.