

Track & Field Iowa



USATF[™]

IOWA

Fall 2019

***Iowa Teams
placing at the
USATF Masters
Outdoor Championships***

- 35. Johnston RC , 32 pts
- 85. Waukee TC, 8 pts
- 111. Jesup T&F Club, 3 pts
- 114. Turbo TC, 2 pts

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Ames plays host to 2019 USATF Masters Champs



(Top photo) Patrick Jackson passes the baton to twin brother, Fredrick, during the M35-39 4x400m relay. (Below) Jodi Smith, of Ames, leads the W40-44 1500m at the USATF Masters Outdoor Championships. (Photos courtesy of Luke Lu)



Record-breaking USATF Masters Championships wrap up in Iowa

Seven world and 13 American records fall over four days of competition in Ames

More than 900 Masters athletes, ages 30-96, competed for individual and team titles, as records fell over four days of competition at the Bill and Karen Bergan Track at the Cyclone Sports Complex on the campus of Iowa State University.

Among those athletes were 116 reigning outdoor USATF National champions. 92 participants in the recent Indoor World Masters Indoor Championships in Torun, Poland—More than 115 clubs challenged for the team title, with the So Cal Track Club winning the top spot with 518 points, followed by TNT International Racing Club (365), and Potomac Valley Track Club (347). SoCal has won a total of 17 indoors and outdoors titles.

Iowa teams placing included the Johnston Running Club (35th - 32 points), Waukee Track Club (85th - 8 pts.), Jesup Track and Field Club (111th - 3 pts.), and the Turbo Track



Perry Linn, of Corning, runs with the pack during the M65 800m run. Linn finished seventh, in 2:51.75. He also ran in the 1500m, 5000m and 10000m. (Photo courtesy of Luke Lu)

Club (114th - 2 pts.).

A total of 33 Masters athletes from Iowa competed, with 14 from the Ames-Des Moines area alone.

While Britta Wey, (W34) was

the lone competitor for the Johnston Running Club, her 32 points helped lead her club to the top finish among USATF Iowa teams.

The JRC coach finished second



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in the W30 Long Jump with a leap of 41.11m., and was second in the W30 400m, in 1:13.72. In the finals, she finished third (15.12). She won the W30 Triple Jump by hop-skip-jumping 8.48m on her next-to-last attempt. On the final day, she was runner-up in the W30 200m (31.78).

Matt Smalley (M31) earned all eight of the Waukee Track's Club points while winning the M30 Pole Vault with a top jump of 4.10m.

Jesup Track and Field Club's Nick Casillas (M35) ended up fourth in the M35 110m Short hurdles, running 17.94 and third in the M60 300m Long Hurdles (52.39).

For the Turbo Track Club, Patrick Jackson (M38) finished eighth in his 400m heat, in 58.30, good enough to qualify for the finals, where he finished eighth in a time of 58.63. He finished fifth in the M35 Long Jump (5.48m), while completing the M35 200m finals in seventh, clocking a 25.49.

A 2017 USATF Masters Hall of

Fame inductee and indoor world record holder in the M70 mile, Gary Patton (So Cal Track Club) from Rock Rapids, Iowa, went on to sweep the distance events in the 70-74 age group.

On the final morning of the four-day event, he claimed the 1500m in 5:22.75 after winning the 800m (2:34.25) and 5000m (20:33.56) earlier in the week.

More than a few Iowans elected to compete as "unattached." One was thrower Martha Green (W68), of Des Moines. She finished sixth in the W65 Hammer Throw, flinging it 18.54m. In the W65 Weight Throw, she finished fifth, with a toss of 7.60m. The next day, she finished second in the W65 Discus (12.69m).

She also competed in the Javelin, with a toss good enough for sixth place (12.14m), and ended her competition with a throw of 6.60m in the W65 Shot Put, good for third place.

Kay Glynn (W66), a multi-discipline athlete from Hastings, and a returning national champion and American record holder in the pole vault, opened the meet by finishing second in the W65 Outdoor Pentathlon, with a total of 3,422 points. She won the Pentathlon's High Jump (1.27m), Long Jump (3.89m), finishing second in the 80m Short Hurdles (16.90), Shot Put (7.49m). She did not finish the 800m run.

Over the next few days, she won the W65 Long Jump (3.91m), W65 Triple Jump (7.99m) and W65 Pole Vault (2.70m); was runner-up in the W65 Short Hurdles (16.51), W65 100m (16.87), and W65 High Jump (1.20m). She was third in the W65 Javelin Throw (21.19).

She joined up with three others to win the 60m Shuttle Hurdle Non-club in a time of (1:09.43). The team included Jo Phelps, Brenda Matthews Steele, and Rita Hanscom.

There were also a few other unattached Iowans who were victorious in the only events they competed in. That included Paxton Bennett (M45), of West Des Moines, who won the M45 5000m run in a time of 18:14.73, and Troy Henrich (M40), of West Des Moines, who won the M40 400m (55.07).

Michael Wiggins (M70), of Hawarden, was the defending outdoor champion of the M65-69 5000m and 10000m race walk, and didn't disappoint. His winning efforts included a 29:43.11 in the M70 5000m Race Walk and a 1:00:04.67 in the M70 10000m Race Walk.

Trevor Richards (M52), of Des Moines, topped 4.10m to win the



Gary Patton, of Rock Rapids, a runner with the So Cal Track Club, stalks the field of the M70 1500m, before sprinting to the win with a 1:25.022 final lap. (Photo courtesy of Luke Lu)

Masters Championships
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Masters Championships

Continued from page 3

M50 Pole Vault, after passing until the 3.80m mark; Jodi Smith (W41), of Ames, won the W40 1500m (5:13.04) after running a 1:04.301 first lap; and Marek Wensel (M50), of Marion, who was on the winning team in the M50 4x400m Relay Club (3:32.86).

Wensel, who ran the Southwest Sprinters track Club "A" team's second leg, ran with Edward Winslow, Jr., Getulio Echeandia, Jr., and Khalid Mulazim.

Joli Coil (W36), of Ames, placed first in the W35 Shot Put on the final day of competition with a 12.71m. By the time she was done throwing implements, she had a pair of second place finishes in the W35 Weight Throw (13.30m) and in the W35 Discus Throw (30.86m).

Linda Rowe (W67), of Bloomfield, threw to win, placing first in the W65 Weight Throw (9.45m), the W65 Discus (24.33m) and the

W65 Javelin. She then tossed the W65 Hammer 21.76m, good for fourth.

Todd Davis (M54), of Council Bluffs, was among the Iowans finishing as runner-ups in field events. Davis threw a 50.48m in the M50 Discus and Matt Smalley (M31), of Runnels, jumped to a 4.10m mark in the M30 Pole Vault.

Others competing solely in field events were Daniel Deviney (M64), of Cedar Falls, who finished sixth in the M60 Javelin (23.28) and ninth in the M60 Discus (24.57m) in his third and final throw.

Jim Franzen (M62) of Denver, Iowa, placed sixth in the M60 Discus (38.11m), as Mike Krapfl (M56), of Ames, finished sixth in the M55 High Jump (1.45m) and Mark Roberts (M59), of Cedar Falls, finished fifth in the M55 High Jump (1.55m).

Ben Lundell (M36), of Dubuque, placed second in the M35 10000m (40:53.10), while Sean McVeigh (M37), of Cedar Rapids, was second in the M35 3000m

Steeplechase (12:16.35) and M35 5000m Race Walk (32:43.73). He also placed third in the M35 5000m (19:03.73).

Sara Schwendinger (W42), of Des Moines, finished second in the W40 5000m (20:04.91) and third in the W40 1500m (5:18.04).

Both Rod Speidel (M70), of Bettendorf, and Thomas Dodds (M42), of Ankeny finished fifth in the Pentathlon. Speidel earned 1695 points by finishing fourth in the Long Jump (3.22m), fifth in 200m (36.40m), fourth in the Discus (25.13m) and fifth in the 1500m (7:57.98), (He earned no points in the Javelin, fouling three times).

Dodds garnered 1823 points, finishing fourth in the Long Jump (4.76m), the 200m (26.83) and the 1500m run (6:23.42), fifth in the Javelin (29.35m) and Discus (18.48m).

Once the pentathlon was over, Dodds wasn't yet done. The Ankeny athlete placed sixth in the M40 400m (1:02.36), seventh in the M40 100m (12.60), fifth in the M40 Long Jump (4.97m), seventh in the 200m (26.00), and third in the M40 High Jump (1.50).

He still found the energy to combine with Christopher Holbrook, Kent Gartin, and Matt Hamilton, to win the M40 x400m Relay Non-Club in 4:15.54.

Other Iowans competing in multiple events were Ann Hegstrom (W63), of De Soto, who won the W60 Triple Jump (5.86m), before finishing fifth in the W60 400m (1:25.08), second in the W60 5000m Race Walk (35:02.102), second in the W60 Long Jump (3.14m), sixth in the W60 100m (18.14), and seventh in W60 200m (37.78).

Former NFL player Fredrick Jackson (M38), of Ankeny, finished



David Wilson, of Garrison (center) finished third in his heat of the M60 100m in a time of 13.37. (Photo courtesy of Luke Lu).



Kay Glynn, of Hastings, clears the sixth hurdle in the W65 80 Short Hurdles, 27", enroute to a second place finish, in 16.51. (Photo courtesy of Luke Lu)

second in the M35 Long Jump (6.71m), fifth in the M35 400m (54.00) and then sixth in the M35 200m (24.41). He joined up with his twin brother Patrick, as well as Nate Sickerson and Brad Dittmar, to place second in the M35 4x100m Relay Non-Club in a time of 46.77.

Besides finishing second in that relay, Sickerson (M46), of Ankeny, also placed second in both his heat (11.62) of the M45 100m dash and the finals (11.82), and was third in the M45 200m (23.97).

Competing in the shorter distances were Nick Casillas (M35), of Jesup, who finished fourth in the M35 10m Short Hurdles (17.94) and combined with Francis Shen, Roman Marenin, and Matt Hamilton to win the M35 Shuttle Hurdle Non-Club (1:13.53). David Wilson (M61), of Garrison, was third in heats of the M60 400m (1:03.58) and M60 100m (13.37), before finishing third in final of the M60 400m (1:03.88), and fourth in final of the M60 100m (13.74).

Rounding out the Iowa contin-

gent were Bob Brooker (M56), of Cedar Rapids, who finished fifth in the M55 5000m (20:15.80) and ninth in the M55 1500m (5:28.79); Jason Hahn (M48), of Des Moines, who was fourth in the M45 800m (2:21.63) and third in the M45



Jason Hahn (left) (M48), of Des Moines, competed in both the M45 1500m and 800m, finishing third and fourth. Ben Lundell (right), of Dubuque, placed second in the M35 10000m run. (Photos courtesy of Luke Lu).

1500m (5:11.146); and Perry Linn (M68), of Corning, who was third in the M65 5000m (21:36.81), seventh in the M65 800m (2:51.75), fourth in the M65 10000m (46:42.44), and seventh in the M65 1500m (5:40.90)

Mark Dirksen (M48), of Sergeant Bluff, was disqualified in the M45 400m dash, and no results were found for Stephen Fyfe (M54), of Pella; David Roberts (M62), of Boone; Edmund Saunders, Jr. (M59), of Coralville; and Chase Wagner (M33).

The Iowa State University Cyclone Sports Complex has previously played host to the Big 12 Conference Outdoor Track and Field Championships, National Junior Disability Championships, and USATF Iowa State and Regional events.

The 2020 USATF Masters Outdoor National Championships will be held next July at North Carolina State University's Belk Track, in Greensboro, N.C.





Running Rampant

Race Calendar

Oct. 5 - Corridor Running Timber Trek 4.8m - Amana Colonies RV Park & Convention Center, 3890 C St., Amana, Iowa. Race Info – (319) 362-4065.

Oct. 5 - Cedar Valley Winery "Run the Vines" 5K Run/Walk - Cedar Valley Winery 2034 Dewberry Ave., Batavia, Iowa.

Oct. 5 - Blood, Sweat & Beers, 5K - The Walnut 1517 Walnut Ave., Des Moines, Iowa. Race Info - (515) 554-9773.

Oct. 5 - GRRRR Great River Road 5K/10k - Pikes Peak State Park, 32264 Pikes Peak Rd., McGregor, Iowa.

Oct. 5 - Harvest Festival Champagne 5k - 250 Main Ave., Clear Lake, Iowa.

Oct. 5 - HawkWatch 5k Run/Walk - Hitchcock Nature Center, 27792 Ski Hill Loop, Honey Creek, Iowa.

Oct. 5 – Hurts Donut 80s Run 5k – Iowa River Landing, Coralville, Iowa.

Oct. 5 - Iowa Trail Run Series: Coralville Woodpecker - Woodpecker Singletrack, Coralville, Iowa..

Oct. 5 - GiGi's Playhouse 5k, 1m Walk, Kids Dash for Down Syndrome - Veterans Memorial Park, Bettendorf, Iowa.

Oct. 5 - Mellon Sisters 5k/10k Race Against Violence - Heritage Pond, Dubuque, Iowa.

Oct. 5 - Wicked Wine Run - Water Works Park, 2201 George Flagg Pkwy., Des Moines, Iowa.

Oct. 5 - Mustache Dash 5k, 1m Fun/Run - Primary Building, 101 Palo Rd., Center Point, Iowa.

Oct. 5 - Swiss Valley Trail Run 25k, 5K - Peosta, Iowa.

Oct. 5 - Swiss Valley Trail Run, 5+M, 10+M and 25K - Swiss Valley Nature Preserve, 13606 Swiss Valley Rd., Peosta, Iowa.

Oct. 5 - 5K Run/Walk for the Pumpkins - Davis St. & Main, Anamosa, Iowa.

Oct. 5 – Broken Toe Trail 2m, 4m, 8m Run/Walk - Stone State Park, 5001 Talbot Rd. Sioux City, Iowa.

Oct. 5 - John's Baby Steps 5K Run/Walk - Kinnick-Feller Riverside Park, Adel, Iowa.

Oct. 5 - Iowa Trail Run Series: Coralville Woodpecker - Woodpecker Singletrack, Coralville, Iowa.

Oct. 5 - Renegade Run Obstacle Mud Run - Shiloh Grounds, Kalona, Iowa.

Oct. 5 - Iowa Walk to D'Feet ALS - Principal Park, Des Moines, Iowa.

Oct. 5 - Joetown Classic 5K Run/Wal – Hillcrest Academy, Kalona, Iowa.

Oct. 5 - Miles & Memories 5K Run/Walk (with 1 Mile Stroll) - Great River Hospice House, 1306 S. Washington Rd., West Burlington, Iowa.

Oct. 5 - Oak Creek Estate Trail Run, 11:00 AM. Oak Creek Estate, 25499 "U" Ave., Hawkeye, Iowa.

Oct. 5 - Riverbend Walk for Wishes 10k Run, 5k Run or 1 mile walk – Lindsay Park Yacht Club, 700 Mound St., Davenport, Iowa.

Oct. 6 - 5K Rack Run - Terry Trueblood Recreation Area, 4213 SE Sand Rd., Iowa City, Iowa.

Oct. 6 - Miles for Miracles 5K - Christian Life Center 710 NE 36th St., Ankeny, Iowa.

Oct. 6 - The Great American Race Iowa – Hawkeye Park, 400 NW Lakeshore Dr. Ankeny, Iowa.

Oct. 6 - Especially for You, Women's 5K Run & 1m Walk - Mercy Medical Center, 10th St. SE, Cedar Rapids, Iowa.

Oct. 7 - USATF Junior Olympic Cross Country Meet - Westside Track Club Meet - Valley Southwoods School, West Des Moines, Iowa.

Oct. 12 - Roundbarn 5K & Fun Run - Twin Lakes Bible Camp, 7718 Twin Lakes Rd., Manson, Iowa.

Oct. 12 - Iowa Trail Run Series 5k/10k - Annett Nature Center, Indianola, Iowa.

Oct. 12 - Columbus Day 5K Run & 1.5mM fun Run/Wal - Columbus Junction, Iowa.

Oct. 12 - Eagle Scout Scamper 5k - Indian Hills Shelter, Scott County Park, Eldridge, Iowa.

Oct. 12 - Run with the Bull 5K Fun Run & Little MOOVER's Dash – Arconic, Inc., 4879 State St., Bettendorf, Iowa.

Oct. 12 -Corridor Running's Indian Summer Distance Classic, 10m, 4m Trail Run - Lake Macbride State Park, Solon, Iowa.

Oct. 12 - Covered Bridge Festival 5k & Run/Walks - City Park, Winterset, Iowa.

Oct. 12 - The Driftless Half Marathon, Half Marathon Relay, 5k, **(USATF Sanctioned)** - Lansing, Iowa.

Oct. 12 - Loras College Homecoming 5k - Keane Hall, Loras College, Dubuque, Iowa.

Oct. 12 - Indian Summer Distance Classic 10m & 4k - Lake McBride State Park, Solon, Iowa.

Oct. 13 - Superhero Heart Run - Raccoon River Park, 2500 Grand Ave., West Des Moines, Iowa.

Oct. 13 - Run for the Roses, 5K/10K - Ames Middle School, 3915 Mortensen Rd., Ames, Iowa.

Oct. 13 - ISU Iron Dog 5K Fun Run - Ada Hayden Heritage Park, 5205 Grand Ave., Ames, IA.

Oct. 14 - USATF Junior Olympic Cross Country Meet, Johnston Track Club Meet – Walnut Ridge Recreation Area, Polk City, Iowa.

Oct. 19 - Run4UNI 4m run - University of Northern Iowa, 1227 W. 27th St., Cedar Falls, Iowa.

Oct. 19 - Washburn Classic I.A.T.C. State-Wide Middle School/Jr. High Meet - Ankeny Centennial High School, Cross Country Course, 2220 NW State St., Ankeny, Iowa.

Oct. 19 - City of Blue Grass Park Board Pumpkin Dash - 120 E. Orphed St., Blue Grass, Iowa.

Oct. 19 - Pella in Pink 2m Run/Walk - West Market Park, Pella Iowa.

Oct. 19 - Park Apocalypse Zombie Run 5K - Grimes Farm and Conservation Center, Marshalltown, Iowa.

Oct. 19 - 20 - IMT Des Moines Marathon (Oct. 20), Half Marathon (Oct. 20), 5k (Oct. 20) (All start at Court Avenue District, 300 Court Ave. Des Moines), 5m Run (Oct. 19), 5m Combo (Oct. 19), 1m Walk (Oct.

19), (All start at Principal Park, 1 Line Dr., Des Moines, Iowa) **(USATF Sanctioned)**

Oct. 20 - 15th Annual Cornbelt Running Club Pumpkin Dash 4m, 1/4m and 1/2m Children's Race - The River's Edge, 700 W. River Dr., Davenport, Iowa.

Oct. 21 - USATF Junior Olympic Cross Country Meet 3k, 4k, 5k – Iowa Flyers Track Club, Moore Park, Ames, Iowa.

Oct. 26 - The Great Inflatable Race - Iowa State Fairgrounds, 3000 E. Grand Ave., Des Moines, Iowa.

Oct. 26 - Haunted Hollow 5K - Walker Johnston Park, 9000 Douglas Ave., Urbandale Iowa.

Oct. 26 - Mercy One 5m Run & 1m Walk – Principal Park, Des Moines, Iowa.

Oct. 26 - Lagomarcino Cocoa Beano 5K/10K - Lagomarcino store, 2132 E. 11th Ave., Davenport, IA

Oct. 26 - Equalizer 6 Hour & 24 Hour Runs - Gray's Lake, Des Moines, Iowa.

Oct. 26 - Komen Des Moines MORE THAN PINK Walk - Des Moines Water Works Park, 2201 George Flagg Parkway, Des Moines, Iowa.

Oct. 26 - Des Moines Halloween Hustle 5k - Iowa State Capitol Grounds, Grand Ave. & E. 9th St., Des Moines, Iowa.

Oct. 26 - We Run Hawkeye Fallout, 50k, 25k, 10m **(USATF Sanctioned)** - Timber Dome Lodge, Lake McBride, Solon, Iowa.

Oct. 27 - Hot Cider Hustle 5K Run/Walk - Jordan Creek Mall, West Des Moines.

Oct. 27 - Hot Cider Hustle Half Marathon, 5K - Cedar Rapids, Iowa.

Oct. 27 - Run for the Schools Half Marathon, 10k, 5k, 1m & 1/2m fun run – S. Gilbert St. & E. Washington St., Iowa City, Iowa.

Oct. 28 - Food Run 5k - Coralville Youth Sports Park, 2480 Dempster Rd., Coralville, Iowa.

Oct. 28 – Cedar Falls Turkey Trot 5k – Cedar Falls, Iowa.

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Oct. 28 - USATF Junior Olympic Cross Country Meet 3k, 4k, 5k - Iowa Speed Track Club, Io, Coralville, Iowa.

Running Rampant

Continued from page 7

Nov. 2 - Coca Cola Classic 5k/10i- Four Seasons Health Club, Sioux City , Iowa.

Nov. 2 - Nippy Hippie 5K Run/Walk - Gay Lea Wilson Trail, Altoona, Iowa.

Nov. 2 - Hillbilly Hike Half Marathon, 10k & Greubel 5K - Indianola High School & Summerset State Park, Indianola, Iowa.

Nov. 2 - Tunnel to Towers 5K Run & Walk - Ankeny Band Shell, 410 W 1st. St. Ankeny,, Iowa.

Nov. 2 - Governor's Cross Country Race 4+ & 2M - Scott County Park, Long Grove, Iowa.

Nov. 2 - Iowa Trail Run Series: Center Trails - Center Trails, Greenwood Park, Des Moines, Iowa.

Nov. 3 - USATF Junior Olympic Iowa State Cross Country Meet (**USATF SANCTIONED**) - Valley Southwoods, West Des Moines, Iowa.

Nov. 9 - Wesley Woods Off-Road Race - Wesley Woods Camp and Retreat Center, Indianola, Iowa.

Nov. 9 - R.C.C. Run the Woods 4m xc race - Goeldner Woods Park, Earlham, Iowa.

Nov. 10 - Girls on the Run Fall 2019 5K - Prairie High School Cedar Rapids, Iowa.

Nov. 16 - Return of the Turkey Trot 8K & 4K, Family Fun Walk - Marion Square Park, Marion, Iowa.

Nov. 16 - Pony Hollow 15K Run - Elkader Little league Park, South High St. and Highway 13. Elkader, Iowa.

Nov. 23 - Make A Wish Tour De Lights 1.5m Run, Walk, Bike or Skate - Doc & Leone's Diner, Altoona, Iowa.

Nov. 23 - Living History Farms 7m Off-Road Race (**USATF Sanctioned**) - Living History Farms, Interstate 80 & Hickman Rd., Des Moines, Iowa.

Nov. 23 - Muscatine Turkey Trot 3m Predict Your Time - Muscatine Golf Course, Muscatine, Iowa.

Nov. 28 - 56th Thanksgiving Day 5k & 5m Turkey Trot (**USATF SANCTIONED**) - Des Moines County Courthouse, Des Moines, Iowa.

Nov. 28 – Cedar Falls Turkey Trot, 5K, 1M & kids

race - Prairie Lakes Church, Cedar Falls, Iowa.

Nov. 28 - Orange City Turkey Trot 5K - Trinity Church, St. Paul Ave. SE, Cedar Falls, Iowa

Nov. 28 - Friends of Aaron Michael Turkey Trot 5K - Coneflower Shelter, Raccoon River Park, West Des Moines, Iowa.

Nov. 28 - Scott County "Y" Turkey Trot 5m - Scott County YMCA, 606 W. 2nd St., Davenport Iowa.

Nov. 28 - Annual Thanksgiving Day Turkey Trot 5m & 2.5m - Wahlert Catholic High School, 2005 Kane St., Dubuque, Iowa.

Nov. 28 - Thanksgiving Day Turkey Trot 5m/2m run/Walk - Iowa State Fairgrounds, Des Moines, Iowa.

Nov. 28 - Thanksgiving Day Turkey Run/Walk 5; - Westside Assisted Living Suites, Clarksville, Iowa.

Nov. 28 - Cedar Rapids Turkey Trot 5k - Greene Square Park, 850 2nd St. SE, Cedar Rapids, Iowa.

Nov. 28 - Waterloo Turkey Trot 5K - Downton Sycamore St., Waterloo, Iowa.

Nov. 30 - Stuffed Turkey Endurance Trail Races 10m, 30m, 50m relay, 50m solo, 100m solo - Jester Park, 12130 NW 128th St., Granger, Iowa.

Nov. 30 - Des Moines Hungry Turkey Half Marthon & 5K Bike Trail Run - Polk County Office Building, 2309 Euclid Ave., Des Moines, Iowa.

Dec. 7 - Capital Striders Sycamore 8 Trail Race - Johnston Soccer Facility, NW 66th St., Johnston, Iowa.

Dec. 7 - Jingle Bell Run/Walk for Arthritis 5k - 60th & Westown Pkwy, Wes Des Moines, Iowa.

Dec. 7 – Christmas in Le Claire Ugly Christmas Sweater 5k - Civic Center Parking Lot, 127 S. Cody Rd., Le Claire, Iowa.

Dec. 7 - Jingle for a Cure 5K Fun Run/Walk, 1 mile Run/Walk - Skiff Medical Center, 204 N. 4th Ave. E., **Newton, Iowa.**

Dec. 14 - Jingle Bell Run/Walk for Ouad-Cities 5k - Credit Island Lodge, Davenport, Iowa,

Dec. 14 - Winter Iowa Senior Games - Standing Long Jump, High Jump (65+), 100m Dash, 1,500m Run, 400m Run, High Jump (50-64), 1,500m Race Walk, 55m Dash, Shot Put, 800m Run, 200m Dash, 3,000m Run - PepsiCo Recreation Center, Augustana College, 1025 30th St., Rock Island, Ill.



Collecting Track & Field

When it comes to track and field collectibles, there's almost as many ways for the discriminating fan to build a collection, as there are track and field events.

Whether their interests lie in trading cards, autographs, programs, medals, stamps, magazines, or books, there's a wide range of opportunities.

We'll begin by looking at track and field trading cards.

The earliest track and field trading cards were printed in 1888, and inserted into Allen and Ginter cigarette packages. They featured a lithograph painting of an athlete fading into a solid white background.

These 3-1/4 inch tall and 2-7/8 inch wide "cards" were offered as promotional items for their Richmond, Va. - based cigarette brands

Besides boxers, baseball players, cyclists and other athletes, nine track and field athletes were included in that initial 50-card N29 World Champions set.

Over the years, other countries began printing track trading cards were also printed in countries, such as Germany, France, Italy, Sweden, and the United Kingdom.

While you can collect cards by the set, such as the N29's, Germany's Bravour-Bilder Film Und Sport (1933), or British Athletics (1992), you can also collect cards of your favorite athlete, such as Des Moines-own LoLo Jones, or Sioux City's Shelby Houlihan.

You could also just as well collect cards of shot put throwers, high jumpers, long jumpers, or pole vaulters.

Just prior to the last two Summer Olympics, Topps has printed cards of Olympic hopefuls. It's 2016 set featured 11 track and field Olympians in four-card sets, complete with a base card, and a gold, silver and bronze card. The set also included worn uniform memorabilia, and other inserts.

It's 2012 set included 26 track and field athletes, including wheelchair racer Tatyana McFadden and Lolo Jones.

Today's sport card companies also release autograph cards as part of their sets. The athlete either signs directly onto the card, or onto a piece of tape, which is then placed onto the cards. These autographs are considered "certified" by the card companies.

While athletes are often asked to provide autographs during track

1960 U.S. Olympic Trials made it to the July 11, 1960 issue.

Track and field athletes have graced other magazine titles, including Time, Track and Field News, Spikes, and ESPN magazines.

Track and field programs, ranging from national meets such as the Drake Relays to local meets (State High School Championships or local college dual meets) are also highly sought after by collectors. A 1970 NCAA Track & Field Championships program, held at Drake University and featuring Prefontaine sold for \$250.

Other track and field collectibles include:

- * Phone cards - (either used or unused), featuring track athletes on the front. These come in many different denominations;

- * Pocket schedules - Highlighting the season for college track and field teams;

- * Pins - Whether created for individual track meets, a country's national track team, or for a commercial company supporting Olympic track, you can find any kind of pin you want to collect;

- * Photos - Ranging from 3x5, to 8x10 and larger, you can find many historical photos available on the market.

One nice thing about collecting track and field, is you can find still some really nice items for very reasonable prices. Baseball and Football cards have nice prices.

The bottom line, however, is with so many options out there, collect what you enjoy.

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meets, you can also find addresses to mail them to for their signature, as long as you include a stamped, self-addressed envelope. This form of autographs are called TTM, or Through The Mail.

Another venue open to track and field collectors are magazines and programs.

Sports Illustrated immediately comes to mind. Its June 15, 1970 cover featured University of Oregon Freshman Steve Prefontaine, and Jim Beatty competing during the

Nominations sought for second annual USATF Iowa Athletes, Coaches and Officials awards

Following the success of last season's USATF Iowa Athletes, Coaches and Officials of the Year Awards, nominations are now open for prospective 2019 recipients.

USATF Iowa members will soon receive an E-mail with instructions on how to nominate Iowa Association members. Remember, only USATF Iowa members are eligible.

Nominations must include name, age, category, and four- to five-sentences telling why this member should be nominated for that award. Cross country nominees may be based on the current season, while track and field athletes comments should be based on the recently-concluded season.

On Oct. 11, nominations will cease and the nominating committee will review each nomination, before

narrowing each category down to three to four nominees.

Members will then be able to vote on-line for a member in each category. They will only be able to vote once, and will need to use their USATF member number to register to vote.

Voters will have two weeks to vote for their favorite in each category. The Awards will be presented during the USATF annual meeting, to be held Sunday, Nov. 17, at the Mid-Iowa Boys Scouts Building, 6123 Scout Trail, Des Moines.

While 12 awards were presented last year, this year's event has been expanded to 18 categories.

They include:

Youth Female Athlete of the Year - Track(12-and-under);
Youth Female Athlete of the Year

- Track (13-and-up); Youth Female Athlete of the Year - Field (12-and-under); Youth Female Athlete of the Year - Field (13-and-up); Youth Male Athlete of the Year - Track (12-and-under); Youth Male Athlete of the Year - Track (13-and-up); Youth Male Athlete of the Year - Field (12-and-under); Youth Male Athlete of the Year - Field (13-and-up); Youth Female Athlete of the Year - Cross Country); Youth Male Athlete of the Year - Cross Country; Open/Masters Female Athlete of the Year - Track; Open/Masters Male Athlete of the Year - Track; LDR Female Athlete of the Year; LDR Male Athlete of the Year; Field Official of the Year; Track Official of the Year; Coach of the Year; and Club of the Year.

USATF—Iowa Publication Deadlines



Winter Issue

Deadline: Nov. 26, 2019

Published: Dec. 10, 2019

Spring Issue

Deadline: Feb. 27, 2020

Published: March 12, 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 Age Today _____ Date of Birth _____ (MM-DD-YYYY – i.e.: 02-19-1958)

USA Citizen Yes No If no, country of Citizenship _____

Phone Number _____

Club No. _____ Club Name _____

Email _____

(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

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

- | | |
|----------------------|----------------------------|
| AT: Athlete | PA: Parent |
| DA: Disabled Athlete | |
| CH: Coach | OF: Official |
| CD: Developmental | OA: Official – Association |
| C1: Coach – Level 1 | ON: Official – National |
| C2: Coach – Level 2 | OM: Official – Master |
| C3: Coach – Level 3 | |
| | 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.

Iowans

At the USATF
Masters Outdoor
Championships

Photos courtesy of
Luke Lu & Sandy Triolo

