

USATF - LDR UPDATE: - February 2009

To: New and Renewing Members

From: Irish Joe Monks LDR Div chair and WLDR – USATF-FL.
monksjoseph@comcast.net

BIG CONGRATS to THE FOLLOWING MEMBERS who raced their way to USATF championship titles

Results from the Melbourne and Beaches National and State ½ Marathon Master championship winners on February 8th 2009.

Masters Women

<u>Place</u>	<u>Name:</u>	<u>Time:</u>	<u>Florida Prize money</u>
1 st	Terri Rejimbai	1:23:44	\$100
2 nd	Cela Muldoon Walker	1:27:23	\$75
3 rd	Lois Waite	1:27:36	\$25

Congrats!! to Nancy Frey who finished 2nd in her age for National ½ marathon and finished 8th overall on the age graded tables to pick up \$150.00 prize money from race organizers.

Masters Men:

1 st	Brian Jaeger	1:18:51	\$100
2 nd	Tony Black	1:21:31	\$75
3 rd	Pete Crouse	1:22:05	\$25

Other notable performances were recorded by Bill Cobler and Jon Mallon

Results from The Wishing Well 5Km State championships on February 8th 2009 in **Boca Raton RR-South Florida**

Open Men:

1 st	JONATHAN VOLPI	15:26	\$100
2 nd	TIM HAINES	16:46	\$75
3 rd	GREGG BLOW	16:58	\$25

Masters Men:

1 st	HARRIE OLSTHOORN	17:50	\$100
2 nd	MARK VANBOURGONDIEN	18:26	\$75
3 rd	MIKE MCCORMACK	18:36	\$25

Open Women :

1 st	MONIKA GRABOWIECKA	19:55	\$100
2 nd	AMY BONNEROT	20:32	\$75
3 rd	JENNIFER JONES	20:42	\$25

Masters Women:

1 st	KATHY ROBERTS	21:37	\$100
2 nd	LAURA NOVAK	21:55	\$75
3 rd	SUSIE BELL	22:12	\$25

The following races will also be the **USATF - Fl championship for the 2009 season**. You **MUST** be a member of USATF to be eligible for championship awards. The awards structure is as follows and will go deeper into **10 year age groups for the 2010 season and 5 year age groups for 2011** season.

Top 3 (Gold, Silver and Bronze championship medals) overall Open and Masters Men & Women.

USATF Florida Prize money will awarded ONLY to those men and women who are **Florida residents for the past year**. You must be a **US Citizen and have current 2009 membership**. **Cheque will be mailed once you meet this criteria.**

Prize money structure for races with MORE THAN 100 Florida USATF members

1st = \$100 2nd = \$75 3rd = \$25

Prize money structure for races with LESS THAN 100 Florida USATF members

1st = \$75 2nd = \$50

Thus, the more members we have the more monetary rewards we can administer. Log on today to re-renew your membership.

NEXT Championship

Date

Venue:

Gate River Run 15km

March 14th 2009

1st Place Sport – Jacksonville

Contact: Joe Monks monksjoseph@comcast.net

Boca Raton RRC 10km

April 11th 2009.

Boca Raton RR South Florida.

Contacts: Joe Monk's monksjoseph@comcast.net and Geri Barry bgmbarr@aol.com

The following championships are **Pending Confirmation** and will be posted this USATF website when finalized.

Championship

Date

Venue:

Marathon and Open 1/2

TBA

TBA

8km

June 6th @ 6:30pm

KWSR – Key West

Contact: Joe Monk's monksjoseph@comcast.net

All the best ☺ Train Smart and see you on the roads ☺

Irish Joe Monks LDR Div Chair and WLDR - USATF

Check also our ***USATF-Fl website for (Association Athlete Development Program) AADP consideration for NATIONAL LDR event. Monks is re-energizing this program for Florida athletes who are eligible.***

Eligibility – *Please note that the time standards have been tightened from previous years*

In order for the athletes to be eligible, they must:

- 1) Have a 2009 USATF membership
- 2) Be a U.S. citizen between the ages of 15-32,
- 3) Have met one of the following time

Women

5 km	16:20-18:00
8 km	26:45-29:10
10 km	34:00-37:45
15 km	52:00-56:35
10 Mile	55:00-1:00:50
20 km	1:01:50-1:16:15
Half Marathon	1:14:00-1:21:00
Marathon	2:40:00-2:55:00

Men

5 km	15:10 or better
8 km	25:00 or better
10 km	31:00 or better
15 km	48:50 or better
10 Mile	52:50 or better
20 km	1:06:25 or better
Half Marathon	1:08:00 or better
Marathon	2:25:00

2009USATFLongDistanceRunning

AADP 2009 Application - All WLDR and MLDR AADP selection consideration must be received by return.

Please send a one page updated electronic resume to monksjoseph@comcast.net , if you meet this selection criteria.