



# **4<sup>th</sup> Annual Recognition Awards Banquet**

**January 27, 2024**

**4:45pm to 8:00pm**

**Brentwood Veterans Memorial Hall**

**Keynote Speaker**

**2024 Hall of Fame Inductees**

**2023 Competition Awards**

**2023 Service Awards**

**Lifetime Achievement Awards**



# 4<sup>th</sup> Annual USATF Pacific Recognition Awards Banquet Order of Activities & Presentations

**4:45-5:45pm:** Social Hour

**5:45-8:00pm:** Dinner and Presentations

- **Keynote Speaker:** Elena Buckner
- **USATF Pacific Foundation 2023 Grant Awardees**
- **2024 Hall of Fame Inductees:** Shannon Rowbury, John Shirey
- **2023 Sports Achievement Awards**
  - > **LDR**
    - » Road Racing
    - » Cross Country
    - » Mountain Ultra Trail (MUT)
  - > **Youth Track & Field & Cross Country**
  - > **Open Track & Field**
  - > **Masters Track & Field**
  - > **Race Walk**
- **Officials**
- **Service Awards**
- **Tom Moore Award**
- **Coaches Legacy Award**



**KEYNOTE SPEAKER**

**USATF Pacific Featured Track & Field Athlete!**

**ELENA BRUCKNER - DISCUS**



- **2023 Team USA Member, World Athletics Championships, Budapest**
- **Top PA 2023 Grand Prix Scorer**
- **2022 & 2023 George Kleeman Grant Recipient**
- **Personal Best 61.51m (201'-9.65")**



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# USATF Pacific Foundation

## 2023 George Kleeman T&F Grant Awardees

*Attn. Banquet Attendees - 100% of your donations at the No Host Bar are going to the Foundation to support the Grant Programs!*



**Craig Huff**  
3000m Steeplechase



**Sean Davidson**  
5000m



**Elena Bruckner**  
Discus



**Mark Huizar**  
5000m



**Sarah Jane Underwood**  
800m



**Jason Smith**  
Long Jump



**Jestena Mattson**  
Heptathlon



**Robyn Stevens**  
Racewalk



**Miles Smith**  
800m/1500m



**Justin Lewis**  
High Jump



# USATF Pacific Foundation

## 2023 Marathon Grant Awardees

*Attn. Banquet Attendees - 100% of your donations at the No Host Bar are going to the Foundation to support the Grant Programs!*



**Swarnjit Boyal**



**Gillian Meeks**



**Robert Miranda**



**Phillip Reid**



**Maya Weigel**



**Brendan Gregg**



**Holly Clarke**



**Shadrack Biwott**



# Shannon Rowbury

2024 USATF Pacific HALL OF FAME INDUCTEE



- Fifth-generation San Francisco native
- Sacred Heart Cathedral '02
- Duke University '06, English and Theater Studies (Bachelor's)
- Duke University '08, Film and Women's Studies (Master's Degree)



## **OLYMPIAN!** **(1500m)**

- Rio 2016 - 4th
- London 2012 - 6th
- Beijing 2008 - 7th

## **WORLD CHAMPIONSHIPS!**

- Outdoor – 2009, 2011 (1,500m);  
2013 (5,000m); 2015 (1,500m)
- Indoor – 2014, 2016 (3,000m)
- Medals: Bronze – 2009 (1,500);  
2016 (3,000m)



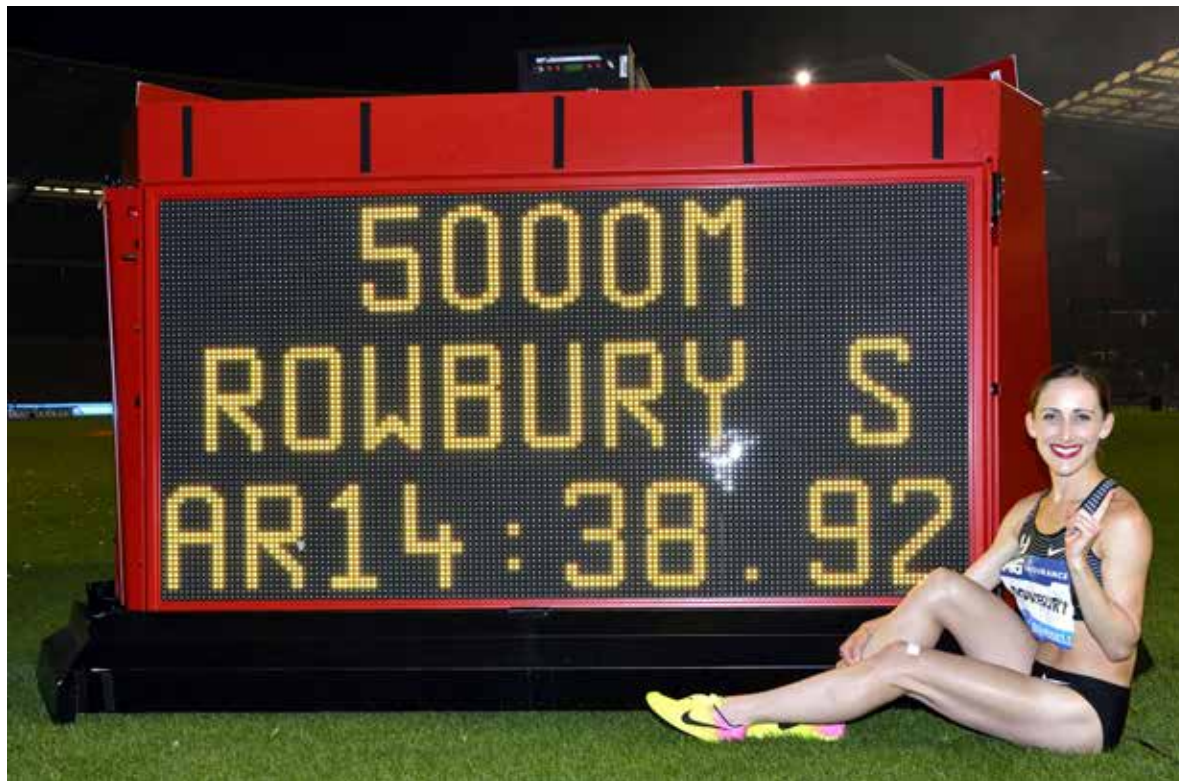
## AMERICAN RECORDS!

**2 miles 9:20.25** Eugene 5/31/14 AR until 4/27/18

**Mile run 4:22.66** Winston-Salem 1/31/15 Flat Track

**1500 m 3:56.29** Monaco 7/17/15 AR until 10/5/19

**5000 m 14:38.92** Brussels 9//16 AR until 7/21/18







# JOHN SHIREY

## 2024 USATF Pacific HALL OF FAME INDUCTEE



- Certified USATF official since 1974 (49 years & counting).
- USATF Officials Committee Horace Crow Awardee (2008) & Hall of Fame (2017).
- President, USATF Pacific Foundation.
- Master level official in all Field events.
- Chief timer and chief umpire.
- Vertical jumps, & pole vault Official at local, regional & major meets.
- Administered PA's early officials mentoring program.
- Sacramento City Manager Sept. 2011 - Nov. 2016.
- Provides essential communication between the Sacramento Sports Commission, the City, & USATF Pacific for successful staging of national level events.

# JOHN SHIREY 2024 USATF Pacific HALL OF FAME INDUCTEE

*(more)*



**J**ohn Shirey has been a certified track and field official for 50 years. He is a Master level official and has the second lowest certification number in the country among active officials (001250). He began his officiating career with the Southern California Association and then moved to the Ohio Association before moving again to Sacramento where he has spent the last 22 years in the Pacific Association.

John primarily officiates field events, most often in the pole vault, and regularly serves as chief official at major championships. John's extensive officiating resume includes the 1996 Olympic Games, 3 IAAF/WA world championships, 8 Olympic Trials, 28 USATF (or precursor) national championships, 16 USATF U20 championships and Junior Olympics, and 2 Masters national championships. At the collegiate level, he has officiated at 10 NCAA national championships, 2 NCAA West Regional championships, and 29 conference championships. Locally, he has officiated the Sacramento Meet of Champions 17 times.

He has been fortunate to have officiated at events where four World Records and eight American Records were set. John also officiated the first ever women's NCAA Division I pole vault championship in 1998 and the first women's Division II pole vault championship in 1999. In 2019, John was inducted into the USATF Officials Hall of Fame and has been presented 9 national and association awards for his outstanding service to track and field.

John is active in education and mentorship of officials. He has served as an instructor for vertical jumps clinics for many years, and his advice is often sought out on rules interpretations and best practices and procedures for vertical jumps. He coordinated a new official mentoring program for the USATF Pacific, and from 2018-2021 he chaired the USATF National Officials Evaluation Committee.



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## JOHN SHIREY 2024 USATF Pacific HALL OF FAME INDUCTEE

*(more, continued)*

Beyond officiating, John is active in governance of track and field, currently serving as the President of the USATF Pacific Foundation and previously as its Chief Financial Officer. He was Vice Chair of the Pacific Association Officials Committee from 2017-2021.

All the years John Shirey has been contributing his time and energy to the sport of track and field he has been employed in demanding and time-consuming senior-level positions in local government, including City Manager of Sacramento and Cincinnati, Assistant City Manager of Long Beach, and Assistant Chief Administrative Officer of Los Angeles County.

In addition to his contributions to USATF, John has

been active in many professional associations. He has been a Credentialed Manager in the International City/County Management Association since 2002.

John was given the National Public Service Award in 2014. He is also a Fellow in the National Academy of Public Administration. The International Economic Development Council recognized him with its Lifetime Achievement Award for Excellence in Economic Development in 2010. John has been married to Marilyn for 40+ years and has three grown children—Jill, Greg, and Elizabeth.





# LDR - Road Racing

## 2023 Road Racing Grand Prix Champions

### WOMEN

#### Individual Champions

Open (Short)	Kayla Knapp
Open (Long)	Lindsay Tollefson
40+ (Short)	Claire Saxton
40+ (Long)	Jacqueline Cook
50+ (Short)	Megan Kossar
50+ (Long)	Beverley Anderson-Abbs
60+ (Short)	Janice Prudhomme
60+ (Long)	Diana Fitzpatrick
70+ (Short)	Jo Anne Rowland
70+ (Long)	Jo Anne Rowland
80+ (Long)	Carolyn Slavich

#### Team Champions

Women's Open
Women's 40+
Women's 50+
Women's 60+
Women's 70+

**Impala Racing  
Team  
SWEEPS!**



# LDR - Road Racing

## 2023 Grand Prix Champions

### MEN

#### Individual Champions

Open (Short)	Chikara Omine
Open (Long)	Brendan Gregg
40+ (Short)	Chikara Omine
40+ (Long)	Chikara Omine
50+ (Short)	Jaime Heilpern
50+ (Long)	Jorn Jensen
60+ (Short)	Raymond Rodrguez
60+ (Long)	Barry Ferrara
70+ (Short)	Gerhard Fischer
70+ (Long)	John Hirschberger
80+ (Short)	Donald Hildebrand
80+ (Long)	Robert Schmitt

#### Team Champions

Men's Open	Excelsior RC
Men's 40+	Excelsior RC
Men's 50+	Excelsior RC
Men's 60+	West Valley Joggers & Striders
Men's 70+	Tamalpa Runners
Men's 80+	<b>TIE:</b> West Valley Joggers & Striders with Tamalpa



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# 2023 California International Marathon



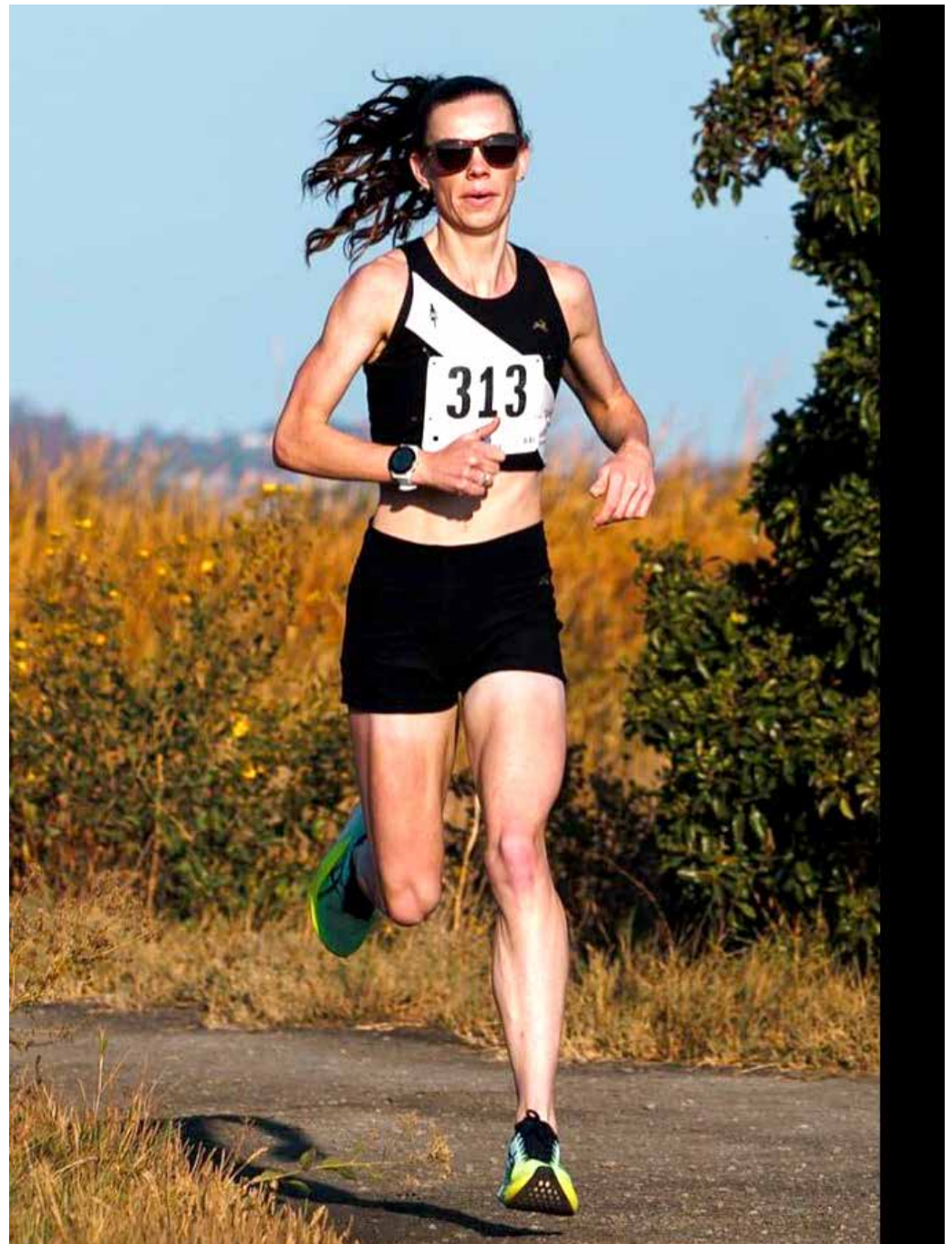


Post-2023  
Cal International Marathon  
**Strawberry Canyon  
Finishers**



## **LDR - Road Racing**

# **2023 FEMALE Road Racing Runner of the Year Kayla Knapp**







**LDR - Road Racing  
2023 MALE  
Road Racing Runner  
of the Year  
Chikara Omine**





# LDR - Road Racing

## 2023 Volunteer of the Year: Angie Longworth





# LDR - Road Racing Featured USATF Pacific Athlete of the Year **JEN HITCHINGS**

Jen turned 60 in July, 2023. During 2023 she set records in both W50+ and W 60+ AGs. She was awarded 2023 USATF Athlete of the Year and 2023 Masters Long Distance Athlete of the Year.

## W50+

- **10-Mile American Record: 1:00:38, Sactown 10, Sacramento (USATF Masters 10 Mi. Champs.)**
- **Marathon World Record: 2:45:27, London**

## W60+

- **10-Mile American Record: 62:58, Buffalo Stampede, Sacramento**
- **Marathon World Record: 2:49:43, Chicago**



Jen at Chicago, 2023

In both marathon events, Jen claimed the 15km, 20km, 25km, and 30km age division American records along the way.



# LDR - XC

## 2023 WOMEN Grand Prix Champions

### Individual XC Champions

- Open Gillian Meeks (SRA Elite)
- 40-49 Celeste Prothro (Impala Racing Team)
- 50-59 Samantha Forde (Impala Racing Team)
- 60-69 Allison Orofino (Buffalo Chips RC)
- 70-79 Jo Anne Rowland (Impala RT)
- 80-89 Edda Stickle (Tamalpa Runners)

### Team XC Champions

- Open
- 40-49
- 50-59
- 60-69
- 70-79

**Impala Racing  
Team  
SWEEPS!**



# LDR - XC

## 2023 MEN Grand Prix Champions

### Individual XC Champions

- Open Shane Marshall (SRA Elite)
- 40-49 Chip Scarinzi (West Valley TC)
- 50-59 Jaime Heilpern (HOKA Aggie RC)
- 60-69 Jacob Nur (SRA Elite)
- 70-79 John Hirschberger (Tamalpa)
- 80-89 Larry Morris (Buffalo Chips RC)

### Team XC Champions

- Open HOKA Aggies RC
- 40-49 West Valley TC
- 50-59 West Valley TC
- 60-69 SRA Elite
- 70-79 Tamalpa Runners



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# 2023 XC Women Co-Runners of the Year



**Gillian Meeks, SRA Elite**



**Samantha Forde, Impala**

# 2023 XC Men Co-Runners of the Year



**Malcolm Richards**  
**West Valley TC**



**Jaime Heilpern**  
**Hoka Aggies RC**



# 2023 XC Volunteer of the Year

**Ryan Cowley** (right) with Peter Tapia, EMT (left)





# More from the 2023 USATF Pacific XC Championships





# 2023 USATF Club XC Championships

*For the first time in the event's history,  
both events were won by the same club's team!*

## West Valley Track Club

**FIRST: MEN 40+, FIRST MEN 50+**



# 2023 USATF Club XC Championships *(continued)*



**Malcolm Richards, WFTC**  
**FIRST Men's 40+**



**Jaime Heilpern Hoka Aggies**  
**FIRST Men's 50+**



# 2023 USATF Club XC Championships *(continued)*

## FIRST, OPEN WOMEN: **Penninsula Distance Club**

*with members finishing 2-3-6-8-9!*





# 2023 USATF Club XC Championships *(continued)*

## OPEN WOMEN CHAMPIONS

### PENNINSULA DISTANCE CLUB MEMBERS



**Maya Weigel 3rd**



**Ayla Granados 8th;  
Holly Clarke 9th**

(missing photos: **Claire Green, 2nd; Kayla Knapp 6th**)



# More from 2023 USATF Club XC Championships





# 2023 FEATURED RUNNING EVENT: Guinness Book of World Records 100 by One Mile WOMEN'S RELAY **WORLD RECORD** set by (mostly) USATF Pacific Runners!

## **9 hr 18 min 32 sec.**

Average pace = 5:35 a mile. It was achieved by the Nike San Francisco Women's Miler Club, at San Francisco State University's Cox Stadium, on 3 June 2023. 100 *different* women each ran a 1-mile, passing a baton. These women ranged in age from 13 to 63, including a 5-month pregnant runner, and represented over a dozen local running clubs and seven city high schools. .

42 of the 100 team members





Impala Peggy Lavelle, 62, runs the last leg of the Women's 1x100 Mile Relay race at Cox Stadium at San Francisco State University. She is the only person who has run the race four times, starting as a 16-year-old in 1977. Is that a record too? *Paul Kuroda photo*





# USATF Pacific Association 2023 MUT Awards

Mountain, Ultra and Trail Running

January 27, 2024



# MUT *(continued)*

## 2023: Back to normal + great fun!



Lake Merritt Joggers & Striders



Pamakids



Stevens Creek Striders



Pamakids



Quicksilver



Excelsior



Impala



Start of Stevens Creek Reservoir Trail Half



**MUT** *(continued)*

# 2023 Age Group Champions

## Women

20-29 Margie Cullen  
30-39 Katherine Song  
40-49 Christina Vincent  
50-59 Louise Stephens  
60-69 Karen Romagnoli  
70-79 Kat Powell

## Men

20-29 Victor Skorapa IV  
30-39 Jakob Walter  
40-49 Karl Schnaitter  
50-59 Jean Pommier  
60-69 Charles Blakeney  
70-79 Carl Jacob

**MUT** (continued)

# 2023 Team Champion(s)



## Back-to-back Team *Grand Slam*: Pamakids!

### Women

1. Pamakids [71]
2. Impala [50]
3. Lake Merritt [23]
4. Excelsior [19]
5. Quicksilver [18]
6. Tamalpa [10]

### Men

1. Pamakids [87]
2. Quicksilver [86]
3. Excelsior [66]
4. Lake Merritt [14]
5. Tamalpa [14]
6. San Francisco RC [14]
7. West Valley TC [8]

### Mixed

1. Pamakids [75]
2. Excelsior [42]
3. Quicksilver [32.5]
4. Lake Merritt [23]
5. Tamalpa [14]
6. San Francisco RC [10]

### Total

1. Pamakids [233]
2. Quicksilver [136.5]
3. Excelsior [127]
4. Lake Merritt [60]
5. Impala [50]
6. Tamalpa [38]
7. San Francisco RC [20]
8. West Valley TC [8]

# MUT *(continued)*



## FINALISTS: FEMALE RUNNERS of the YEAR



**Sylvie Abel**



**Mandie Holmes**

**MUT** *(continued)*

# 2023 Runner of the Year – Female



**Mandie  
Holmes**  
Stevens Creek Striders