

MUT *(continued)*



FINALISTS: MALE RUNNERS of the YEAR



Jonah Backstrom



Jean Pommier

MUT *(continued)*

2023 Runner of the Year – Male



Jonah Backstrom
West Valley Track Club

2023 Volunteer of the Year



Jessi Goldstein
San Francisco Running Company



2024 MUT Grand Prix



Nov Dec Jan Feb Mar Apr May Jun Aug Sep Oct

Mountain
Running ●
(Steep, ~10K)



Ultra
Running ●
(26.2+ miles)

Trail
Running ●
(26.2- miles)



[Online schedule](#)

New: shorter trail series, additional scoring



YOUTH TRACK & FIELD

2023 Featured Athlete

Jathiyah Muhammad - Pole Vault

Mission Valley Track & Field

2023 Junior Olympics W17-18 National Record

4.28m/14-0.5

She won by well over two feet. Her clearance made her the only vaulter to surpass four meters at the event.





YOUTH TRACK & FIELD

2023 Featured Athlete

AVA PADILLA, 13, California Grizzlies

800m, 1500m, Mile, 3000m



- Indoor USATF Youth Nationals Girls 13-14: **1st 1500m 4:41:31; 1st 800m 2:15:79; 3000m 10:12:97, 2nd** by 1/2 sec.
- Nike Middle School Outdoor Natls Girls 13-14: **1st, 800m 2:13** pr
- Brooks PR Invitational Junior **Mile: 4:57** (4:55 = 1600; 4:35 = 1500); fastest 2023 U.S.13-year-old girl's time.



YOUTH TRACK & FIELD

2023 USATF Pacific

Junior Olympic Track & Field Champions

7 pages of all the 2023 JO Top 8 athletes follows.

Jackson	Pastran	E. Palo Alto Greyhounds	1st	Boys	7-8	Shot Put
Andrake	Shorty	Playmakers Elite	1st	Boys	9-10	100m
Sirah	Talluri	Umoja	1st	Girls	9-10	1500m RW
Prince	Butcher	Hercules Running Rebels	1st	Boys	11-12	200m
Prince	Butcher	Hercules Running Rebels	1st	Boys	11-12	400m
Nicolas	Leduc	Oakland Cubs	1st	Boys	13-14	3000m RW
Ava	Torgersen	Oakland Cubs	1st	Girls	13-14	3000m RW
Khaliq	Muhammad	Unattached	1st	Boys	15-16	Pole Vault
Yvette	Harris	God Speed TC	1st	Women's	17-18	100m Hurdles
Angela	Schykerynec	Golden State Throwers	1st	Women's	17-18	Hammer
Jathiyah	Muhammad	Mission Valley TF	1st	Women's	17-18	Pole Vault 4.28m 14'9.5" NATL. RECORD!



YOUTH TRACK & FIELD

2023 USATF JR. OLYMPICS TOP 8 (1 of 7 pages)

Boys & Girls Age 7-8

First	Last	Team	Place	Division	Age	Event	Mark
Ean	Hernandez	Mount Diablo Heat	4th	Boys	7-8	1500m	5:20.12
Cameron	Menchaca	East Palo Alto Greyhounds	6th	Boys	7-8	1500m	5:28.00
Kirby	Vaughn	Run Hard University	3rd	Boys	7-8	400m	68.94
DeLongion	Hilton	Sacramento Speed Factory	8th	Boys	7-8	4x100m Relay	63.33
Micah	Miller	Sacramento Speed Factory	8th	Boys	7-8	4x100m Relay	63.33
Winston	Rodgers	Sacramento Speed Factory	8th	Boys	7-8	4x100m Relay	63.33
Righteous	Stuart	Sacramento Speed Factory	8th	Boys	7-8	4x100m Relay	63.33
Cameron	Menchaca	East Palo Alto Greyhounds	3rd	Boys	7-8	800m	2:36.84
Ean	Hernandez	Mount Diablo Heat	7th	Boys	7-8	800m	2:47.24
Naifetalai	Tonga	East Palo Alto Greyhounds	8th	Boys	7-8	Javelin	20.33m (66' 8")
Jayceon	Carswell	Umoja	2nd	Boys	7-8	Long Jump	3.87m (12' 8.5")
Jackson	Pastran	East Palo Alto Greyhounds	1st	Boys	7-8	Shot Put	8.31m (27' 3.25")
Marcus	Halapio-Campbell	East Palo Alto Greyhounds	2nd	Boys	7-8	Shot Put	7.74m (25' 4.75")
Naifetalai	Tonga	East Palo Alto Greyhounds	6th	Boys	7-8	Shot Put	6.53m (21' 5.25")
John	Howard III	EOTG	8th	Boys	7-8	Shot Put	6.34m (20' 9.75")
Liliana	Farrell	Hercules Running Rebels	8th	Girls	7-8	1500m	6:06.58
Juliana	Naro	Contra Costa Cheetahs	3rd	Girls	7-8	Javelin	15.43m (50' 7")
Aalayiah	Hunter	Full Stride	6th	Girls	7-8	Javelin	14.55m (47' 9")
Kaylee	Evans	Hercules Running Rebels	7th	Girls	7-8	Javelin	14.33m (47' 0")
A'Dia	Drawsand	Sacramento Speed Factory	3rd	Girls	7-8	Shot Put	5.54m (18' 2.25")
Ke'anni	Nelson	Full Stride	6th	Girls	7-8	Shot Put	5.38m (17' 8")

YOUTH TRACK & FIELD

2023 USATF JR. OLYMPICS TOP 8 Boys & Girls Age 9-10, 11-12

(2 of 7 pages)

Andrake	Shorty	Playmakers Elite	1st	Boys	9-10	100m	12.98
Jayden	Petty	Umoja	3rd	Boys	9-10	100m	13.24
Jasani	Highsmith	Oakland PAL	6th	Boys	9-10	100m	13.63
Samuel	Liu	Umoja	3rd	Boys	9-10	1500m Race Walk	9:34.17
Kenen	Wibisono	Oakland Cubs	5th	Boys	9-10	1500m Race Walk	10:24.86
Reyansh	Kedia	Mission Valley TF	6th	Boys	9-10	1500m Race Walk	10:31.02
Jayden	Petty	Umoja	4th	Boys	9-10	200m	27.10
Brenden	Visser	Central Val Roadrunners	5th	Boys	9-10	400m	61.96
Mehki	Murell	Hercules Running Rebels	6th	Boys	9-10	400m	63.83
Ethan	Ellis	Team Analysis	6th	Boys	9-10	Javelin	31.00m (101' 8")
Ethan	Ellis	Team Analysis	6th	Boys	9-10	Triathlon	563 pts
Claire	Nielsen	Unattached	6th	Girls	9-10	1500m	5:16.93
Sirah	Talluri	Umoja	1st	Girls	9-10	1500m Race Walk	10:01.56
Alexa	Gutierrez	Central Valley Comets	3rd	Girls	9-10	1500m Race Walk	10:31.21
Aniyah	Brown	Central Valley Comets	6th	Girls	9-10	1500m Race Walk	10:52.24
Valerie	Marshall	M.P. Striders Youth Track	7th	Girls	9-10	1500m Race Walk	12:00.03
Melanie	Halapio-Campbell	East Palo Alto Greyhounds	8th	Girls	9-10	4x400m Relay	4:53.35
Dazne	Onyejekwe	East Palo Alto Greyhounds	8th	Girls	9-10	4x400m Relay	4:53.35
Amia	Pearman	East Palo Alto Greyhounds	8th	Girls	9-10	4x400m Relay	4:53.35
Ana	Takapantolo	East Palo Alto Greyhounds	8th	Girls	9-10	4x400m Relay	4:53.35
Maelie	Wright	Unattached	4th	Girls	9-10	High Jump	1.28m (4' 2.25")
Maddie	Doherty	The Raptors	5th	Girls	9-10	Javelin	24.71m (81' 1")
Ivey	Mouton	3M Track Club	7th	Girls	9-10	Javelin	23.75m (77' 11")
Maelie	Wright	Unattached	4th	Girls	9-10	Long Jump	4.03m (13' 2.75")
Maelie	Wright	Unattached	5th	Girls	9-10	Triathlon	1010 pts
Prince	Butcher	Hercules Running Rebels	2nd	Boys	11-12	100m	12.02
Eli	Hernandez	Mount Diablo Heat	4th	Boys	11-12	1500m	4:38.29
Maximus	Chan	Umoja	2nd	Boys	11-12	1500m Race Walk	8:30.03
Pranav	Paschapur	Mission Valley TF	4th	Boys	11-12	1500m Race Walk	9:36.92
Elliott	Ginyard	Solano Elite Track Club	5th	Boys	11-12	1500m Race Walk	9:42.58
Prince	Butcher	Hercules Running Rebels	1st	Boys	11-12	200m	23.69

YOUTH TRACK & FIELD 2023 USATF JR. OLYMPICS TOP 8 (3 of 7 pages)

Boys & Girls Age 11-12 *(continued)*

Dewayne	Littlepage-Ryans	Oakland PAL	7th	Boys	11-12	200m	24.80
Eli	Hernandez	Mount Diablo Heat	2nd	Boys	11-12	3000m	9:43.48
Prince	Butcher	Hercules Running Rebels	1st	Boys	11-12	400m	53.66
Maximus	Chan	Umoja	7th	Boys	11-12	4x800m Relay	10:38.05
Marcelo	Dib	Umoja	7th	Boys	11-12	4x800m Relay	10:38.05
Samiir	Miles	Umoja	7th	Boys	11-12	4x800m Relay	10:38.05
Samuel	Spalek	Umoja	7th	Boys	11-12	4x800m Relay	10:38.05
Royal	Moore	God Speed Track Club	8th	Boys	11-12	80m Hurdles	13.31
Tupou	Ahosivi	East Palo Alto Greyhounds	8th	Boys	11-12	Discus	26.91m (88' 3")
Royal	Moore	God Speed Track Club	2nd	Boys	11-12	High Jump	1.55m (5' 1")
Maximus	Chan	Umoja	4th	Boys	11-12	Javelin	37.48m (122' 11")
Royal	Moore	God Speed Track Club	2nd	Boys	11-12	Long Jump	5.28m (17' 4")
Royal	Moore	God Speed Track Club	3rd	Boys	11-12	Pentathlon	2322 pts
Wyatt	Smith	Diablo Valley Track & Field	8th	Boys	11-12	Pentathlon	2184 pts
Tupou	Ahosivi	East Palo Alto Greyhounds	8th	Boys	11-12	Shot Put	11.80m (38' 8.75")
Emma	Lyon	Falcon Track	3rd	Girls	11-12	1500m Race Walk	9:38.46
Kadenz	Wibisono	Oakland Cubs	5th	Girls	11-12	1500m Race Walk	9:55.32
Lavinia	Grewal	Unattached	7th	Girls	11-12	1500m Race Walk	10:17.08
Brooklyn	Pearman	East Palo Alto Greyhounds	4th	Girls	11-12	400m	10:57.77
Ruby	Gorelik	3M Track Club	5th	Girls	11-12	4x800m Relay	10:57.77
Amya	Moore	3M Track Club	5th	Girls	11-12	4x800m Relay	10:57.77
Storm	Valentine	3M Track Club	5th	Girls	11-12	4x800m Relay	10:57.77
Kandice	Williams-Mouton	3M Track Club	5th	Girls	11-12	4x800m Relay	11:06.74
Olivia	David	California Grizzlies	7th	Girls	11-12	4x800m Relay	11:06.74
Dylan	Fogt	California Grizzlies	7th	Girls	11-12	4x800m Relay	11:06.74
Aarna	Patel	California Grizzlies	7th	Girls	11-12	4x800m Relay	11:06.74
Saanvi	Tiwari	California Grizzlies	7th	Girls	11-12	4x800m Relay	2:23.39
Najae	Ellison	3M Track Club	4th	Girls	11-12	Discus	25.99m (85' 3")
Emerson	Ellis	Team Onalysis	6th	Girls	11-12	Long Jump	4.75m (15' 7")
Dynistee	Tuua	Max Velocity Prep	8th	Girls	11-12	Long Jump	4.63m (15' 2.25")
Ava	Takeuchi	Revolution Express TC	6th	Girls	11-12	Pentathlon	2285 pts
Najae	Ellison	3M Track Club	6th	Girls	11-12	Shot Put	10.28m (33' 8.75")

YOUTH TRACK & FIELD
2023 USATF JR. OLYMPICS TOP 8 *(continued)*, (4 of 7 pages)
Boys & Girls Age 13-14

Taurean	Trucks	Flying Jaguars	8th	Boys	13-14	100m Hurdles	15.04
Harish	Paschapur	California Grizzlies	2nd	Boys	13-14	2000mStplChs	6:47.88
Caleb	Mahoney	Rancho Cordova TC	4th	Boys	13-14	2000mStplChs	7:06.49
Nicolas	Leduc	Oakland Cubs	1st	Boys	13-14	3000m RW	16:43.36
Kishan	Paschapur	Mission Valley TF	3rd	Boys	13-14	3000m RW	18:03.45
Darius	Bright Jr	Hilltop Speed	5th	Boys	13-14	4x100m Relay	45.29
Drew	Shaifer	Hilltop Speed	5th	Boys	13-14	4x100m Relay	45.29
Jaylyn	Smallwood	Hilltop Speed	5th	Boys	13-14	4x100m Relay	45.29
Chad	Works-Wright	Hilltop Speed	5th	Boys	13-14	4x100m Relay	45.29
Osani	Gayles	God Speed TC	3rd	Boys	13-14	Long Jump	6.01m (19' 8.75")
Riley	Ratcliff	Sac. Speed Factory	3rd	Boys	13-14	Triple Jump	12.11m (40' 0.75")
Neela	Whatley	Diablo Valley TF	2nd	Girls	13-14	1500m	4:42.24
Ashlin	Mallon	Unattached	4th	Girls	13-14	1500m	4:43.39
Charlene	Evangelista	California Grizzlies	4th	Girls	13-14	2000m Stplchs.	7:37.07
Tamea	Crear	God Speed TC	6th	Girls	13-14	200m	24.90
Ava	Torgersen	Oakland Cubs	1st	Girls	13-14	3000m RW	15:48.59
Enna	Gerking	Oakland Cubs	3rd	Girls	13-14	3000m RW	18:28.11
Brooke	Smith	East Bay Elite	4th	Girls	13-14	400m	56.91
Lael	Brown	Ruby Jewell TFC	6th	Girls	13-14	400m	58.67
Madison	Kohli	Unattached	8th	Girls	13-14	400m	63.25
Alia	Farrell	East Bay Elite	7th	Girls	13-14	4x400m Relay	4:05.62
Dalaija	Johnson	East Bay Elite	7th	Girls	13-14	4x400m Relay	4:05.62
Amaria	Murphy	East Bay Elite	7th	Girls	13-14	4x400m Relay	4:05.62

YOUTH TRACK & FIELD) 2023 USATF JR. OLYMPICS TOP 8 *(5 of 7 pages)*

Boys & Girls Age 13-14 *(continued)*

Brooke	Smith	East Bay Elite	7th	Girls	13-14	4x400m Relay	4:05.62
Amalia	Contreras	Diablo Valley TF	2nd	Girls	13-14	4x800m Relay	9:56.20
Iliana	Nierengarten	Diablo Valley TF	2nd	Girls	13-14	4x800m Relay	9:56.20
Julianna	Rodriguez	Diablo Valley TF	2nd	Girls	13-14	4x800m Relay	9:56.20
Neela	Whatley	Diablo Valley TF	2nd	Girls	13-14	4x800m Relay	9:56.20
Ashlin	Mallon	Unattached	4th	Girls	13-14	800m	2:19.81
Shelby	Erikson	Lake Tahoe TC	7th	Girls	13-14	800m	2:21.62
Julia	Schlemmer	Davis Community TFC	7th	Girls	13-14	High Jump	1.50m (4' 11")
Zatiyah	Dunmore	East Bay Heat TC	5th	Girls	13-14	Javelin	30.92m (101' 5")
Ava	Torgersen	Oakland Cubs	6th	Girls	13-14	Javelin	30.72m (100' 9")
MacKenzie	Sellers	Raise the Bar PV Club	3rd	Girls	13-14	Pole Vault	3.10m (10' 2")
Prince Najeeb	Babalola-Buchango	Unattached	6th	Boys	15-16	110m Hurdles	14.93
Cy	Lugo	Unattached	2nd	Boys	15-16	400m Hurdles	54.68
Antonio	Bayon	Unattached	3rd	Boys	15-16	Decathlon	5528 pts
Kyle	Velasco	Unattached	8th	Boys	15-16	Decathlon	5209 pts
Nathan	Bloom	Unattached	8th	Boys	15-16	Discus	46.74m (155' 8")
Joseph	Garcia	Golden State Throwers	3rd	Boys	15-16	Hammer	50.65m (166' 2")
Khaliq	Muhammad	Unattached	1st	Boys	15-16	Pole Vault	4.80m (15' 9")
Logan	Meredith	Unattached	8th	Boys	15-16	Pole Vault	3.90m (12' 9.5")
Nathan	Bloom	Unattached	7th	Boys	15-16	Shot Put	15.34m (50' 4")
Chloe	Leduc	Oakland Cubs	2nd	Girls	15-16	1500m	4:52.59
Alexis	Hallenberg	Lake Tahoe TC	5th	Girls	15-16	2000mStplChs	7:44.79
Chloe	Leduc	Oakland Cubs	6th	Girls	15-16	2000mStplChs	7:48.60
Adalie	Miller	Mission Valley TF	2nd	Girls	15-16	3000m RW	20:41.47
Clara	Adams	Central Coast Cheetahs	7th	Girls	15-16	400m	56.96

YOUTH TRACK & FIELD 2023 USATF JR. OLYMPICS TOP 8 *(6 of 7 pages)*

Boys & Girls Age 15-16 *(continued)*

Gracelynne	Duenas	Golden State Throwers	5th	Girls	15-16	Hammer	43.15m (141' 7")
Amanda	Javellana	Golden State Throwers	6th	Girls	15-16	Hammer	39.51m (129' 7")
Ellie	McCuskey-Hay	Marin Waves TF	2nd	Girls	15-16	Heptathlon	4356 pts
Naijah	Harris	Hercules Running Rebels	2nd	Girls	15-16	Javelin	39.73m (130' 4")
Ellie	McCuskey-Hay	Marin Waves TF	5th	Girls	15-16	Long Jump	5.39m (17' 8.75")
Shemi	Brown-Dawson	Trailblazers TC	6th	Girls	15-16	Triple Jump	11.32m (37' 1.75")
Stephen	Dahdouh	Trailblazers TC	5th	Men	17-18	110m Hurdles	14.13
Abhyuday	Srivatsa	Unattached	4th	Men	17-18	3000m	8:52.33
Aakash	Arumugam	Unattached	5th	Men	17-18	3000m	8:52.61
Cameron	Williams	God Speed Track Club	4th	Men	17-18	400m Hurdles	53.72
Mateo	Bossut-Ugarte	Oakland PAL	8th	Men	17-18	800m	1:55.46
Benjamin	Feyrer	Unattached	4th	Men	17-18	Decathlon	6075 pts
Matthew	McHale	Trailblazers TC	6th	Men	17-18	Decathlon	5806 pts
Matthew	Palchak	Rancho Cordova TC	8th	Men	17-18	Discus	49.10m (161' 8")

2023 USATF JR. OLYMPICS TOP 8 Men & Women Age 17-18

Benjamin	Condryn	Rancho Cordova TC	2nd	Men	17-18	Hammer	59.85m (196' 4")
Jacob	Lozano	Golden State Throwers	5th	Men	17-18	Hammer	54.48m (178' 9")
Landon	Beckman	Golden State Throwers	6th	Men	17-18	Hammer	53.71m (176' 2")
Legend	Moore	God Speed TC	2nd	Men	17-18	High Jump	1.99m (6' 6.25")
Max	McFarlane	Rise Above	4th	Men	17-18	Pole Vault	4.85m (15' 11")
Tyler	Lange	Unattached	4th	Men	17-18	Shot Put	17.13m (56' 2.5")
Matthew	Palchak	Rancho Cordova TC	7th	Men	17-18	Shot Put	16.89m (55' 5")
Kenneth	Tucker	Unattached	4th	Men	17-18	Triple Jump	14.19m (46' 6.75")

YOUTH TRACK & FIELD
2023 USATF JR. OLYMPICS TOP 8 *(7 of 7 pages)*
Men & Women Age 17-18 *(continued)*

Yvette	Harris	God Speed TC	1st	Women's	17-18	100m Hurdles	13.81
Gigi	Kirchner	Revolution Express TC	3rd	Women	17-18	100m Hurdles	14.11
Ania	Wong	Mission Valley TF	5th	Women	17-18	3000m RW	20:24.90
Jayna	Miller	Mission Valley TF	6th	Women	17-18	3000m RW	21:14.02
Keilee	Hall	M.P. Striders Youth TC	2nd	Women	17-18	400m Hurdles	60.39
Yvette	Harris	God Speed Track Club	7th	Women	17-18	400m Hurdles	62.58
Diyana	Hackley	Oakland PAL	6th	Women	17-18	4x400m Relay	3:55.18
Savannah	Harris	Oakland PAL	6th	Women	17-18	4x400m Relay	3:55.18
Chloe-Finau	Thorpe	Oakland PAL	6th	Women	17-18	4x400m Relay	3:55.18
Eliana	Valle	Oakland PAL	6th	Women	17-18	4x400m Relay	3:55.18
Zoe	Lahanas	Diablo Valley TF	3rd	Women	17-18	800m	2:12.57
Julia	Pisenti	Unattached	7th	Women	17-18	Discus	41.24m (135' 3")
Angela	Schykerynec	Golden State Throwers	1st	Women's	17-18	Hammer	52.15m (171' 1")
Jean	Ikenaga	Golden State Throwers	2nd	Women's	17-18	Hammer	46.13m (151' 4")
Gracelyn	Brown	Golden State Throwers	3rd	Women	17-18	Hammer	45.03m (147' 9")
Ronan	Gallagher	Golden State Throwers	7th	Women	17-18	Hammer	41.94m (137' 7")
Adriana	Lopez	Golden State Throwers	8th	Women	17-18	Hammer	41.72m (136' 10")
Yvette	Harris	God Speed Track Club	3rd	Women	17-18	Heptathlon	4708 pts
Jathiyah	Muhammad	Mission Valley TF	1st	Women	17-18	Pole Vault	4.28m (14' 0.5") NATIONAL JO RECORD



YOUTH CROSS COUNTRY

2023 USATF Pacific Youth XC Championships

Random Photos *(thanks to Ken Hunter)*





2023 USATF Pacific Youth XC Championships

Random Photos *(continued)*





YOUTH CROSS COUNTRY

2023 USATF JR. OLYMPICS XC AWARDEES

Top 25 - 2023 National XC JOs USATF Pacific Individuals

Ean Hernandez (Mount Diablo Heat) - **2nd**, Boys 7-8

Eli Hernandez (Mount Diablo Heat) - **2nd**, Boys 11-12

Dashiell Keffer (Unattached) - **3rd**, Boys 11-12

Kaylani Sison (Mission Valley TF) - **9th**, Girls 7-8

Stella Spangler (Team Onalysis) - **11th**, Girls 9-10

Elias Thronson (Delta Hawks) - **14th**, Boys 13-14

Claire Nielsen (Unattached) - **17th**, Girls 9-10

Ethan Hernandez (Mount Diablo Heat) - **17th**, Boys 9-10

Caden Ehrhorn (Diablo Valley TF) - **19th**, Boys, 13-14

Top 10 - 2023 National XC JOs USATF Pacific Teams

Mount Diablo Heat - **7th**, Boys 11-12

Mount Diablo Heat - **9th**, Boys 9-10



OPEN TRACK & FIELD

2023 GRAND PRIX FINAL STANDINGS

ATHLETE	EVENTS	POINTS	AWARD
Elena Bruckner	W Discus	6,429	\$1,500.00
Jason Smith	M LJ / 100	5,380	\$1,250.00
Sara Jane Underwood	W 400/800	5,056	\$1,000.00
Gillian Meeks	W 1500/5K	4,926	\$500.00
Audry Weynard	W 400H	4,694	\$350.00
Craig Huff	M Steeple	4,377	\$250.00
Sarah Gayer	W 1500/5K	3,709	\$150.00
Marissa LaBelle	W100H	963	no award
William Eggers			no award
Mark Huizar			no award



USATF Pacific Foundation 2023 George Kleeman Open Track & Field Grant Awardees



Craig Huff
3000m Steeplechase



Sean Davidson
5000m



Elena Bruckner
Discus



Mark Huizar
5000m



Sarah Jane Underwood
800m



57 **Jason Smith**
Long Jump



Jestena Mattson
Heptathlon



Robyn Stevens
Racewalk



Miles Smith
800m/1500m



Justin Lewis
High Jump



MASTERS TRACK & FIELD

2023 Featured Athlete

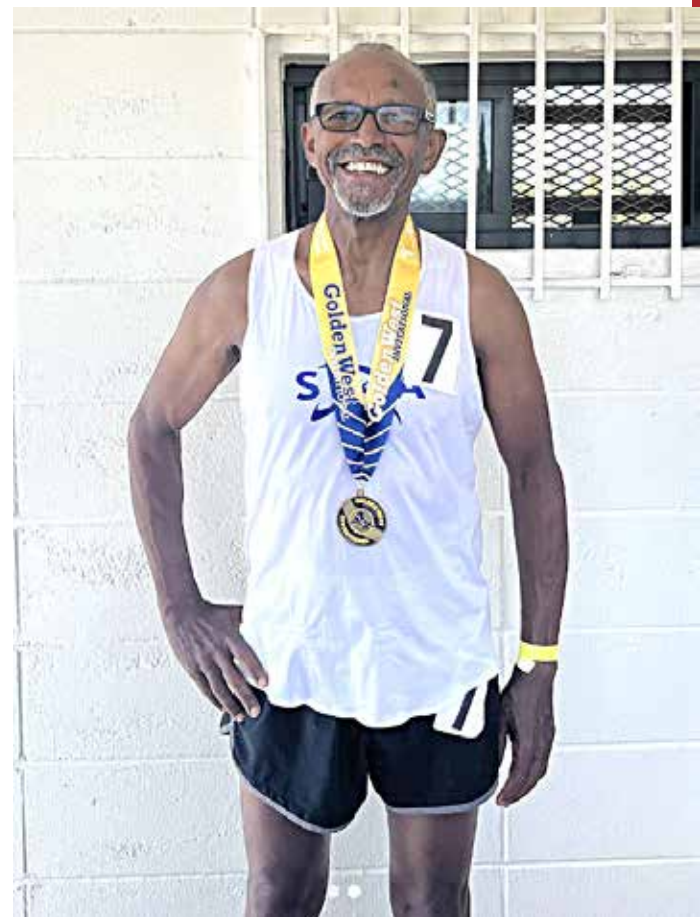
JACOB NUR (68)

American Record

17:39.61 5000 Meter M65-69

at the 63rd Annual Golden West Invitational

(bettering the record of 17:44:03 set by the PA's Tom Bernhard (65) on 7/14/17.





MASTERS TRACK & FIELD

2023 Featured Athlete

ELSBETH PADIA (85)

Elsbeth Padia set a total of five Masters Track & Field American records in 2023!



- W85 Javelin - 19.18m (7/11/2023, Pittsburgh, PA)
- W85 Shot Put - 7.42m (7/13/2023, Pittsburgh, PA)
- W85 Hammer Throw - 19.86m (7/14/2023, Pittsburgh, PA)
- W85 Hammer Throw - 21.34m (10/22/2023, Hayward, CA)
- W85 Shot Put - 7.72m (10/22/2023, Hayward, CA)



RACE WALK

2023 GRAND PRIX FINAL STANDINGS

Overall Female

1. Karen Stoyanowski
2. Robyn Stevens
3. Joanne Figone

Overall Male

1. Keith Bunker
2. James Brown
3. Francisco Guzman

Overall Age-Graded

1. Karen Stoyanowski
2. Robyn Stevens
3. Joanne Figone

OFFICIALS

2023 COMMITTEE AWARDS



Dick Connors **Meritorious** **Service Award**

Awarded to a Master level official for 10+ years of exceptional Track & Field officiating.

Dave Shrock



George Newlon **Special** **Recognition** **Award**

Awarded to a National or Master level official for achievement in the area of Track event officiating.

Mike Brown



Dick Barbour Special **Recognition Award**

Awarded to a National or Master level official for achievement in the area of Field event officiating.

Joe Nemeth



Horace Crow Special **Recognition Award**

Awarded to a National or Master level official for achievement in the area of Field event officiating.

Dave Mantooth



Lori & Sonny Maynard **Special Recognition Award**

Dr. Leon Glover

Awarded to a person involved, other than as a spectator, in Track & Field, LDR, or Race Walking in any capacity and who has exhibited exceptional dedication to the sport.



OFFICIALS 2023 COMMITTEE AWARDS *(continued)*

National Award

Laura Barger
Doug Bradley
Cori Evans
Nancy Flannery
Nicolle Goldman
Cris Houston
Ken Hunter
Charlotte Sneed
Monty Steadman
Tyrone Taylor

Association Award

Bill Ackerman
Robert Benoy
Stephanie Bolden
Dru Carroll
Michael Choice
Gail Decatur
Michael Morris
Linda Patterson
Jose Pena
Lloyd Stephens
Paul Troppy

Apprentice Award

Keith Bunker
John Coman
Rhonda Hopson
Megan Johnson
Christine LiWan Po
Bruce McCay
Dawn McCay
Erica Monsegue
Doug Nareau
Chris Nichols
Randy Raphael
Gary Staves
James Wang

Officials Chair's Award

Craig Brooke
Ryan Cowley
Jorn Jensen
John Mansoor
Dave Sundin
Bob Wright



2023 SERVICE AWARDS

BOB WRIGHT

- Over 30 years as a high school coach: (Chico HS 1990; Leland HS, 1991-1992; Newark Memorial HS, 1992-1996; Oak Ridge HS, 1997-2020) with his teams producing several CIF state champions.
- Meet Director, Golden West Invitational (est. 1960), building its historic name by expanding it to all ages.
- Partnered with USATF Pacific, bringing the PA Open T&F Championship to Golden West (2022).
- USATF Certified Official



BOB WRIGHT (more)

Bob was a member of the Chico State Cross Country and Track & Field teams in the late 1980s, and was hooked on coaching when he got his first coaching job in 1988. He has spent over 30 years as a high school coach in Northern California (Chico High School, 1990; Leland High School, 1991-1992; Newark Memorial High School, 1992-1996; Oak Ridge High School, 1997-2020) and his teams have produced several CIF state champions.

In addition to coaching, Bob took over as Meet Director of the Golden West Invitational in 2016 and has continued to build its historic name. Bob has partnered with the Pacific Association to bring the Association Championship to Golden West, which has been held concurrently since 2022. Bob is also a USATF Certified Official, and can be found clerking or umpiring when not coaching or directing meets.



2023 SERVICE AWARDS *(continued)*

MICHELE LASALA



- Career in the running industry since 2004.
- Founder, owner of Blistering Pace Race Management,
- Manages four USATF Pacific-based premiere events: Kaiser Permanente San Francisco Half Marathon, the Kaiser Permanente Napa Valley Marathon, Big Sur International Marathon, and the Monterey Bay Half Marathon.
- West Valley TC President for 4 years, then membership chair
- USATF Pacific Foundation Board (chief financial officer).

MICHELE LASALA *(more)*

I began running in third grade with my Dad, Ben, an active Buffalo Chip club member. I ran in high school and went on to compete in a Division I program in college. It turns out I became just as passionate about working in race production as I was in being a runner and began my career in the running industry in December 2004. I have worked for the Los Angeles Marathon, the New York Road Runners, and the Sacramento Running Association. In 2016 I started my own race management company, Blistering Pace Race Management. We are proud to manage four premiere events within the Pacific Association, the Kaiser Permanente San Francisco Half Marathon, the Kaiser Permanente Napa Valley Marathon, the Big Sur International Marathon, and the Monterey Bay Half Marathon.

I am still running, and compete with West Valley Track Club., was the club president for four years, later the membership chair. I service the USATF Pacific Foundation board as their chief financial officer. I always feel so lucky to live, work and compete within the Pacific Association, because its running community is one of the strongest I have ever seen and heightens the level of participants and performances across the board.



2023 SERVICE AWARDS *(continued)*

AJAY PADGAONKAR



- USATF Pacific official since 2003.
- USATF Pacific Official's Certification Chair since 2020.
- Maintained the Certification process during USATF's complex transition to sport80 USATFConnect.
- Certified at the Master level in Throws and Race Walk and was recently upgraded to a Race Walk World Athletics Silver level referee.
- Served at multiple Championships: USATF senior & U20 Nationals, Youth, Open and Masters, NCAA, regionals and nationals, World Athletics U20.
- Certified Para Athletics Official; served at Para National Championships.
- Recipient: USATF Pacific Outstanding Official, USATF Pacific Horace Crow, the USATF Officials Committee's Outstanding Official and Chair Awards



2023 SERVICE AWARDS *(continued)*

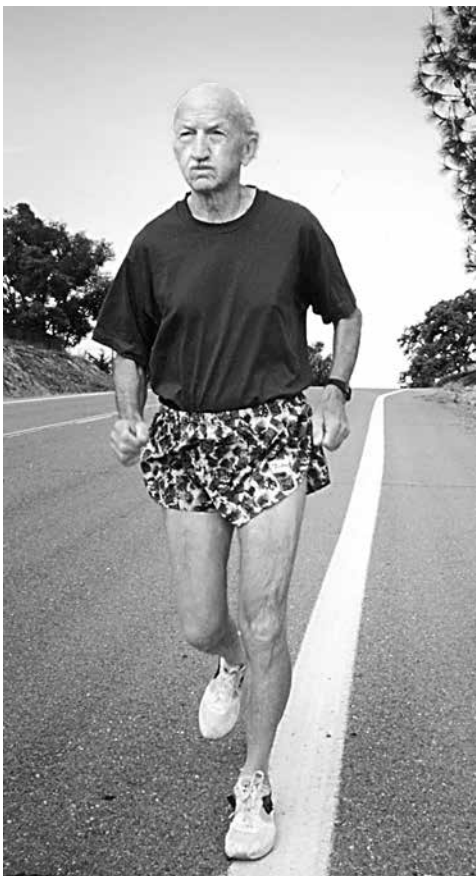
AJAY PADGAONKAR *(more)*

Ajay has been the official's certification chair for the USATF Pacific since Jim Hume passed away in June 2020. Ajay took over during a recertification year when the USATF database changed over to the current sport80 USATFConnect, and is responsible for maintaining certification status and certification level upgrades for all of USATF Pacific's 250+ certified officials. Ajay was helping as a volunteer at youth meets where his kids were competing back in 2000-2002, when Bill Hawkes spotted him and recruited him as an official in 2003. After many years officiating, Ajay is now certified at the Master level in throws and race walk and was recently upgraded to a race walk World Athletics silver level referee. Ajay has served at over 10 USATF senior and U20 national championships, including 2 Olympic Trials, multiple Youth and Masters championships, multiple NCAA conference, regional and national championships, and World Athletics U20, Masters and open championships. He is a certified Para Athletics official and has served at Para National championships as well. Ajay is a recipient of the USATF Pacific Outstanding Official, Pacific Association Horace Crow, the National Officials Committee's Outstanding Official and Chair Awards. Last year, Ajay retired after 41 years in the semiconductor industry as an engineering manager and a technical marketing executive.



TOM MOORE AWARD *(posthumous)*

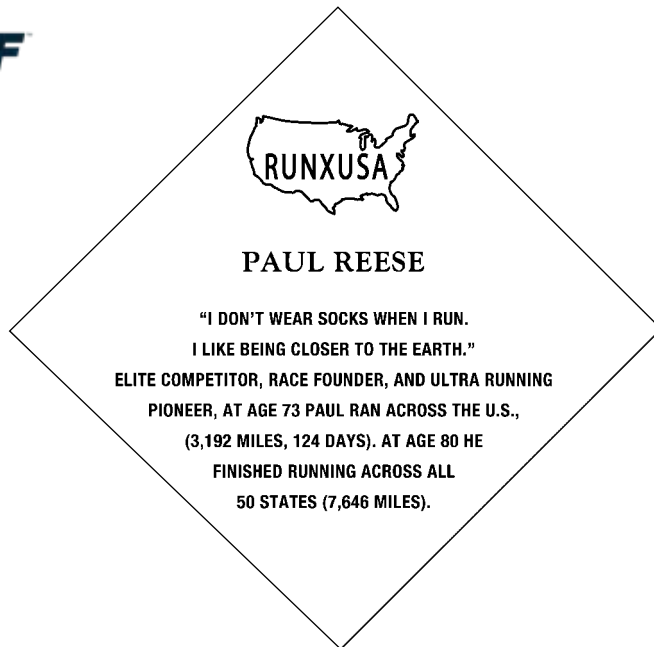
PAUL REESE *(1917-2004)*



- Founder/Race Director Pepsi 20 Mile Run (1966), later named the Clarksburg Country Run and held every year since 1966 except 2020. In 2017, it was renamed the Paul Reese Memorial Clarksburg Country Run
- Co-Founder of Sacramento's Buffalo Chips Running Club (1974).
- Founder /Race Director: Lake Tahoe 72-Miler; Capitol to Capitol 140-Mile Run and the 2-day Sunkist 100.
- 39 years a Race Director
- 2011: One of 11 influential, endurance athletes and contributors honored by the City of Auburn with an "Endurance Walk of Fame" commemorative paver.
- 2013: Sacramento Running Association Hall of Fame Inductee.



TOM MOORE AWARD: **Paul Reese** *(more)*



RUNNING CAREER

- Competed in the early Rocklin ultras, the Lake Tahoe 72-Miler, the London to Brighton, the Comrades Marathon in South Africa, and the Western States 100.
- He ran across all 50 states, finishing in Hawaii.
- 1965: Ran the Belmont Marathon, his first, in 3:40 (1st 40+, 24th out of 64 entrants).
- Marathon highlights: 1981 Sacramento (3:02:22, age 63), 1982 New York City (3:16:11, age 65), 1986 CIM (3:21:58, age 69).
- Ultra highlights: 1981 Jed Smith 50M (7:19:09, age 63), 1981 American River 50M (8:01:51, age 63), 1981

Western States 100M (26:52:00, age 64) and 1985 Jed Smith 50M (7:40:55, age 68).

AUTHOR

- *Ten Million Steps: The Incredible Journey of Paul Reese, Who Ran Across America - A Marathon a Day for 124 Days - at Age 73.*
- *Go East Old Man: Adventures of a Runner in His 70s.*
- *Traveling 22 Western States and The Old Man and the Road: Reflections While Completing a Crossing of All 50 States on Foot at Age 80.*

RUNNING MILES SUMMARY

- 3,192 miles in his run across the country.
- 7,646 miles to complete his run across all 50 states at age 80.
- 123,000 miles in 35-years of running.

BIO INFO

- 1935: Christian Brothers HS, Sacramento
- Attended Sac. City College, then UC Berkeley, (Master's, administration in 1940).
- US Marine Corps veteran: World War II (where he flew 91 missions in torpedo bombers from aircraft carriers) and the Korean War.
- 1982: Married Elaine & moved from Sacramento to Auburn. Elaine passed away in 2023.
- Is survived by son, Mark, daughter, Nancy of Sacramento, daughter, Susan of San Rafael and 3 grandchildren.

LEGACY COACH CO-AWARDEES

Dave Shrock and Ed Miller



The Legacy Coach Award was created in 2013 by USATF Pacific's Coaches Committee for the "influential coaches who have served in our association and have selflessly strengthened our sport(s) through teaching, mentoring, and promoting our profession".



LEGACY COACH AWARDEE

DAVE SHROCK



- 1976: Coaching & event directing career of 50+ years began (Stanford, San Jose State, Modesto JC, West Valley TC Jrs. Program).
- Named California Central Valley Coach of the Year 10 times: his programs generated sixty-four All-Americans
- USATF Pacific Coaches Chair for 20+ years; officer multiple times.
- Decades of directing and participating in Level 1 & 2 Coaching Schools & Clinics including international clinics and seminars in the Caribbean and SE Asia, and the 2004-2016 Olympic Trials SuperClinics
- Decades of Meet Directing: Examiner Indoor Games, Stanford Invitational, San Jose National Invitational, 11 years as assistant meet director of the Modesto Relays alongside this award's namesake, Tom Moore.
- USATF: Associations Committee Chair, Youth & Coaching Education Executive Committees, Accreditation and Site Selection sub-committees.
- 2003-2008: Served on the Men's High Performance Committee (Hurdles)
- 2012 Men's Endurance Coach, USATF Men's World TF Championships.
- 2012: Created the USATF Pacific's Coaches Legacy Award, awarded to him in 2024
- 2016: Men's Head XC Coach, 2016 NACAC Cross Country Championships.
- 2018: USATF President's Award; 2021, USATF Giegengack Award (it's highest award).
- 2022: Received USATF Pacific's Tom Moore Award for Lifetime Achievement.



LEGACY COACH AWARDEE **Dave Shrock**

More

Dave Shrock began his coaching career nearly fifty years ago at the College of San Mateo in 1976 as the Head Women's TF coach, with stops at Stanford and San Jose State before assuming the head cross country and track & field position at Modesto Junior College in 1996. Under Shrock's guidance, the Pirate Cross Country and Track & Field programs amassed two Nor-Cal championships and three runner-up titles. Shrock was named California Central Valley Coach of the Year ten times while his programs generated sixty-four All-Americans. In addition, in the late 70's and early 80's Shrock coached the successful West Valley TC Junior Program with notable graduates including Mark Conover.

Internationally, Shrock served as the Men's Endurance Coach at the USATF Men's World Track and Field Championships in 2012 in Istanbul, and in 2016 served as the Men's Head Coach for the 2016 NACAC Cross Country Championships in Caracas.

A proponent of effective coaching, Shrock has served as the Pacific coaches chair for over twenty years, and educated over one thousand association coaches hosting both in-person and online Level 1 Schools throughout the region. Shrock also co-founded the association SuperClinic where each year hundreds of coaches improve their skills as well. Farther afield, Shrock was the director of 2004-2016 Olympic Trials SuperClinics, while instructing international coaching clinics and seminars in the Caribbean, the Middle East, and SE Asia. Shrock also served on the Men's High-Performance Committee assisting with the Hurdle Development Group from 2003-2008, and served on the national Coaching Education Committee for over a decade. During his doctoral studies, Shrock realized the importance of transformational coaches on their athletes and the greater community, and ten years ago created the USATF Pacific Coaches Legacy Award which annually acknowledges coaches who have made a difference within the association while inspiring

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2023 LEGACY COACH AWARDEE **Dave Shrock** *(continued)*

mentees to become coaches themselves. Shrock once taught a Level 1 school where six of his former athletes were beginning their coaching journey. Over thirty of Shrock's athletes have gone on to coach at the NCAA, Community College, and High School levels, and to this day he regularly collaborates with many brainstorming training plans.

In service to the USATF Pacific, Shrock has also served two terms as President, two as Secretary, and meet directed many open association Track and Field Championships. Shrock has also assisted with the management of Jim Terrel's Examiner Indoor Games and the Stanford Invitational before directing the San Jose National Invitational, all culminating with eleven years as the assistant director of the California/Modesto Relays. Shrock is a Master Level Official, serving as Referee or Technical Manager at many regional and national championships.

Shrock currently serves nationally as the Chair of the National Association's Committee, which is our organization's largest committee, and sits on the Youth Executive Committee, Accreditation and Site Selection

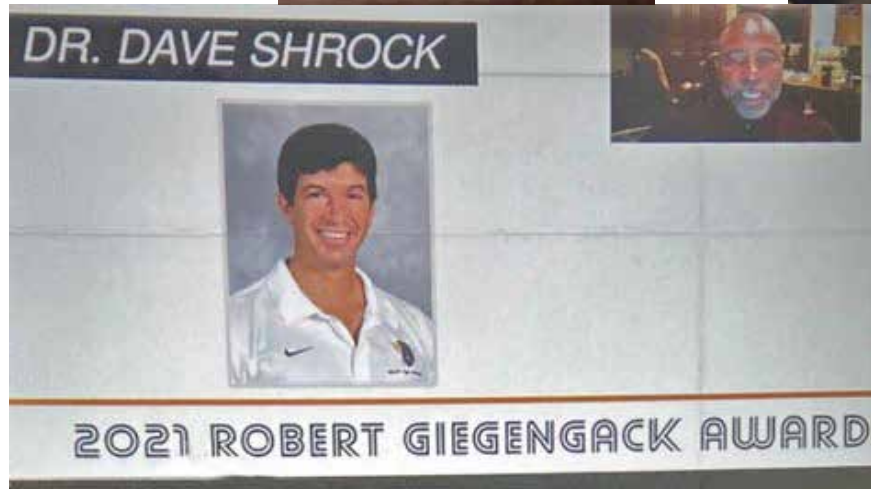
Sub-Committees. In recognition of his leadership on the national level, in 2018 he was awarded the USA Track & Field President's Award, and in December of 2021 Shrock was presented the USATF Giegengack Award, which is the organization's highest award for his nearly fifty years of service in coaching, athlete development, administration, and event management.

In 2022, the USATF Pacific awarded Dave the Tom Moore Award. The Tom Moore Award recognizes outstanding life-long achievement and service to track and field and USATF Pacific. It is named in honor of Tom Moore, the man who founded the California/Modesto Relays and kept them running for over 65 years where 34 world records were set. The award was instituted in 2002, and the first one was presented to Tom shortly before he passed away.

Shrock counts Pacific predecessors Bob Rush, George Kleeman, John Mansoor, Tom Moore, and Payton Jordan as mentors. In honor of Coach Jordan, and his fellow track coach Lisa, named their daughter Payton after him.



2023 LEGACY COACH AWARDEE **Dave Shrock** *in action!*





LEGACY COACH AWARDEE

ED MILLER



- Considered one of the premier multi-event coaches in the world. To he date has served USA Track & Field on four international trips, including the 2003 IAAF World Championships.
- 1983-2012: Cal Golden Bear Track & Field Associate Head Coach (multi-events & jumps).
- National coordinator for the long jump and regional coordinator for the high jump on USATF's Development Committee.
- 2008: USATF Pacific Hall of Fame Inductee
- 2006: First class inductee, Diablo Valley College Athletic Hall of Fame.
- 2002: Winner 1976 NCAA decathlon title & Cal Athletic Hall of Fame inductee.
- Miller's athletes have earned 26 All-America honors.
- Check out the many outstanding multi-event and field athletes described in his bio on the next page.



2023 LEGACY COACH AWARDEE **Ed Miller**

More

Ed Miller, Cal Athletic Hall of Fame inductee, won the NCAA decathlon title as a student, and he was the associate head coach with the Golden Bear track & field program for 28 years.

Throughout his storied career, Miller has earned a national and international reputation for his success on the field. He is considered one of the premier multi-event coaches in the world and has served USA Track & Field on four international trips, including the 2003 IAAF World Championships in Paris as an assistant coach. As a member of USATF's Development Committees, Miller was the national coordinator for the long jump, as well as the regional coordinator for the high jump.

In addition to his work at the track, Miller assists in the administration of the program, in fundraising and in meet management.

Miller was inducted into the Cal Athletic Hall of Fame in 2002 for his illustrious career as a Golden Bear in 1975 and '76. As a senior, he captured the 1976 national decathlon championship in Philadelphia, scoring a

then-school-record 7,443 points, a total that broke the 42-year-old mark set by Olympian Bob Clark. In 2006, Miller was enshrined into the first class of the Diablo Valley College Athletic Hall of Fame.

Miller has coached a number of outstanding athletes at Cal, including current decathlete Mike Morrison, who was the NCAA runner-up in 2010 and set a school record in the indoor heptathlon. Recent high jumpers to learn under Miller include Ed Wright and Inika McPherson. Wright was two-time Pac-10 champion, a 2007 NCAA West Regional champion and a four-time All-American. McPherson, also a 2007 All-American, took sixth at the 2007 NCAA Outdoor Championships and fourth at the 2009 NCAA indoor meet.

Miller has also coached South American record-holder Ramon Jimenez-Gaona (Paraguay, discus), 2008 Olympian and 2009 NCAA champion Martin Maric (Croatia, discus), Cal decathletes Bevan Hart (2000 NCAA champion and 1999-2000 Pac-10 champion) and Ross Bomben (1996 NCAA runner-up and 1998 Pac-10 champion). On the women's side, Miller has tutored a

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2023 LEGACY COACH AWARDEE **Ed Miller** *(continued)*

number of outstanding multi-eventers, including 1995 All-American Tiffany Janssen, 1995 Pac-10 champion Ifeoma Ozoze, 2000 Pac-10 champion and All-American Missy Vanek, and heptathlete Brooke Meredith (indoor and outdoor All-American and MPSF indoor champion.)

In addition to Jimenez-Gaona, a three-time NCAA runner-up and school-record holder in the discus at 210-11, Miller has mentored Kari Nisula, the 1988 NCAA discus champion, the only three-time Pac-10 pole vault champion and a 1992 NCAA runner-up; All-American Brent Burns (holds Cal pole vault record of 18-8.25); All-American Clarence Phelps (2nd in the pole vault at the 1997 NCAA championships at 18-0.50); All-American Jeff Rogers (holds Cal high jump record of 7-5.75); Pac-10 high jump and triple jump champion Mike Harris (All-American in 1990); two-time Pac-10

high jump champion Kevin Keane; and high jumper Teak Wilburn (indoor and outdoor All-American and indoor conference and outdoor Pac-10 champion). Miller's athletes have earned 26 All-America honors.



Prior to returning to Cal as a coach, Miller, a native of nearby Pleasanton, taught, coached track & field and coached women's basketball at Los Medanos College in Pittsburg, Calif., before returning to his alma mater.

Miller and his wife, Sheila, make their home in Antioch. Their son, Eddie, is a member of the UC Davis basketball team, while their daughter, Jennifer, graduated from Cal's Haas School of Business in 2004.



4th Annual Recognition Awards Banquet IN CLOSING

Your USATF Pacific Recognition Awards Banquet hosts thank all our attendees, awardees, volunteers, and contributors for making this event possible and for supporting the USATF Pacific Foundation with your beverage donations!

Visit pausatf.org to view this program online and learn much more about this year's Awardees!

See you next year!