



## **USATF Master Harriers of the Year Award**

At the Annual Meeting of the USATF, the Cross Country Council, in conjunction with the Master Long Distance Running (LDR) Committee, shall select one male and one female athlete to receive the USATF Master “Harriers of the Year” Award for the defined award year.

### **Eligibility:**

This award is open to all registered USATF Master athletes (ages 40+) who have competed in at least one of the USATF National Master Cross Country Championships in the defined award year. The award year shall be defined as that period of time between Annual Meetings of the USATF.

### **Criteria:**

Selection shall be based on the age-graded results of all the USATF National Master Cross Country Championships held between USATF Annual Meetings. Results from other World, National and Regional Cross Country Championships may be considered at the discretion of the Cross Country Council. Care must be taken when considering age-graded results to compare each championship race as a separate event and not to rate one race’s results against another due to differences in conditions. (i.e., terrain, accuracy of measurement, weather, etc...)

### **Selection and Award:**

Nominations and age-graded results from the USATF National Master Cross Country Championships being considered shall be provided to the Cross Country Council Executive Committee by the Masters LDR Cross Country Representative. Selection shall be made by a majority vote of the USATF Cross Country Council Executive Committee. The award winners must then be approved by a majority vote of the USATF Masters LDR Executive Committee. An appropriate award shall be presented to each of the male and female winners from the USATF Masters LDR Committee.



## 2009 Master Harrier of the Year Results Data

### 2008 USATF National Club Cross Country Championships 12/13/2008, Spokane, WA

#### Master Women 6km Age-Graded Top 10

Place	Name	Ag	Team	Percent	Time	Pl
=====	=====	=====	=====	=====	=====	=====
1	Carmen Ayala-Troncoso	F49	Rogue Running	85.39%	23:39	1
2	Regina Joyce	F51	Club Northwest	80.67%	25:40	18
3	Jeanette Groesz	F59	Team Red Lizard	79.49%	28:59	47
4	Patty Foltz	F60	Greater Lowell RR	79.28%	29:27	49
5	Suzanne Ray	F56	Team Red Lizard	78.95%	27:59	40
6	Meghan Arbogast	F47	Corvallis Running	78.88%	25:00	9
7	Michele Montgomery	F51	Impala Racing	78.61%	26:20	28
8	Kelly Kruell	F49	Club Northwest	78.53%	25:43	19
9	Sara Freitas	F50	Impala Racing	78.36%	26:06	24
10	Joanna Harper	F51	Team Red Lizard	77.86%	26:35	30

#### Master Men 10km Age-Graded Top 10

Place	Name	Ag	Team	Percent	Time	Pl
=====	=====	=====	=====	=====	=====	=====
1	Rick Becker	M54	Clun Northwest	86.43%	36:42	39
2	Peter Magill	M47	Fluffy Bunny TC	86.38%	34:42	7
3	Bob Winn	M50	Unattached	85.92%	35:44	23
4	Daniel Gonzalez	M46	Bowerman AC	85.35%	34:50	10
5	Simon Gutierrez	M42	Fleet FT Boulder	85.21%	33:50	1
6	Dan Franek	M43	Dirigo RC	84.70%	34:19	2
7	Andrew Ames	M45	Fleet Ft Boulder	84.65%	34:52	11
8	John Barbour	M54	Greater Lowell RR	84.48%	37:33	66
8	Tracy Lokken	M43	Front Line Racing	84.48%	34:24	3
10	Jeff Ambos	M47	Fluffy Bunny TC	84.46%	35:29	19



**2009 USA Cross Country Championships  
02/07/2009, Derwood, MD**

Masters Women 8 km Age-Graded Top 10

Place	Race	Name	Ag Hometown	Time	Percent
1	6	Kathryn Martin	57 Northport NY	32:32	92.74%
2	1	Carmen Ayala-Troncoso	49 Austin TX	30:10	90.19
3	2	Lisa Goldsmith	44 Nederland CO	30:40	83.99
4	28	MarieLouise Michelson	67 New York NY	42:07	82.95
5	10	Kelly Kruell	49 Portland OR	33:23	81.51
6	9	Cindy Conant	47 Kensington MD	33:14	79.90
7	3	Susan Gray	40 Greencastle PA	31:21	79.60
8	8	Laura Shannon	46 Williamsburg VA	33:05	79.42
9	4	Christine Reaser	43 Dayton ME	32:17	79.08

Masters Men 8 km Age-Graded Top 10

Place	Race	Name	Ag Hometown	Time	Percent
1	1	Simon Gutierrez	42 Alamosa CO	25:15	90.19%
2	20	Brian Pilcher	52 Ross CA	27:47	88.70
3	2	Raymond Pugsley	40 Potomac Falls VA	25:20	88.59
4	8	Andrew Ames	46 Boulder CO	26:53	87.38
5	12	David Olds	47 Los Angeles CA	27:10	87.13
6	7	John Carroll	45 West Chester PA	26:49	86.92
7	37	Mark Rybinski	53 Manlius NY	28:53	85.98
8	3	Christian Cushing-Murray	41 Santa Ana CA	26:18	85.94
9	5	Mike Wasson	43 Monument CO	26:45	85.83
10	82	Terry Delph	63 Coopersburg PA	31:48	85.14

**Note: The 2009 USA Masters 5 km Cross Country Championships scheduled for 10/11/09 in St. Petersburg, FL was canceled.**



### USATF Cross Country Master Harrier of the Year Award Winners

<u>Year</u>	<u>Master Women's Winner</u>	<u>Master Men's Winner</u>
2000	Carolyn Smith-Hanna	Tom Dalton
2001	Carolyn Smith-Hanna & Joan Ottaway	Tom Dalton
2002	Kathryn Martin	Tom Dalton
2003	Kathryn Martin & Shirley Matson	Tom Dalton & Robert Winn
2004	Kathryn Martin	Tom Dalton
2005	Carmen Ayala-Troncoso	David O'Keeffe
2006	Kathryn Martin	David O'Keeffe
2007	Kathryn Martin	Peter Magill
2008	Kathryn Martin	Peter Magill
2009		

2009 USATF Master Women's Harrier of the Year Nominee: Carmen Ayala-Troncoso, Austin, TX

2009 USATF Master Men's Harrier of the Year Nominee: Simon Gutierrez, Alamosa, CA

### 2010 USATF Master Cross Country Championship Schedule

12/12/09	USATF National Club Cross Country Championships, Lexington, KY Master Women 6 km, Master Men 10 km
02/13/10	USA Cross Country Championships, Spokane, WA Master Women & Master Men 8km
10/10/10	USA Masters 5 km Cross Country Championships, Ft. Vancouver, WA Master Women & Master Men 5 km
12/11/10	USATF National Club Cross Country Championships, Charlotte, NC Master Women 6 km, Master Men 10 km

Presented by Bill Quinlisk, USATF Masters LDR, Cross Country Representative



**Left: Carmen Ayala-Troncoso winning the USATF National Club XC Master Women's 6 km in tough weather conditions at Spokane, WA on 12/13/2008.**

**12/ 13/08**

**USATF National Club Cross Country Championships, Spokane, WA**

Masters Men 10k – 252 finishers, 34 teams

Age-Graded Champion – Rick Becker, Club NW, M54, 36:42, 86.43%

Masters Women 6k – 60 finishers, 13 teams

Age Graded Champion – Carmen Ayala-Troncoso, Rogue Running, F49, 23:40, 83.39%

Open Men 10k – 315 finishers, 40 teams, Open Women 6k – 185 finishers, 21 teams

Total Masters Finishers – 312 finishers, 47 teams

Total Finishers – 812 finishers, 108 teams

Masters comprised 38.4% of finishers

Total Purse - \$24,000, Masters Purse \$5000 (20.8%)



**Below: Simon Gutierrez (#405) on his way to victory over Tracy Lokken (#417) and Paul Aufdemberge (#415) at the USATF National Club XC Master Men's 10 km race in Spokane, WA on 12/13/08.**





**02/07/09**

**USA Cross Country Championships, Derwood , MD**

Masters Men 8k – 145 finishers, 14 teams

Age-Graded Champion – Simon Gutierrez, Fleet Ft Boulder, M42, 25:15, 90.19%

Masters Women 8k – 32 finishers, 4 teams

Age Graded Champion – Kathryn Martin, Northport RC, F57, 32:32, 92.74%

Open Men 12k – 168 finishers, 8 teams, Open Women 8k – 60 finishers, 1 team

Junior Men 8k – 67 finishers, 2 teams, Junior Women 6k – 62 finishers, 5 teams

Total Masters Finishers – 177 finishers, 18 teams

Total Finishers – 534 finishers, 34 teams

Masters comprised 33.1% of finishers

Total Purse - \$25,000, Masters Purse - \$7000 (28%)





Kathy Martin, #250, F57, 1<sup>st</sup> 55-59, 6<sup>th</sup> overall  
Age Graded Champion at 2/7/2009 USA XC, Derwood, MD





Simon Gutierrez #184 would top #48 Ray Pugsley by 5 seconds to win the 2009 USA XC Championships in Derwood, MD.

**10/11/09      USA Masters 5 km Cross Country Championships, St. Petersburg, FL**

Due to unforeseen economic issues affecting the Local Organizing Committee for the 2009 USA Masters 5 km Cross Country Championships, USA Track & Field and the organizers came to the difficult decision to cancel the 2009 event in St. Petersburg/Clearwater, Florida. In the last month leading up to the October 11<sup>th</sup> race date, escalating event-related costs combined with sponsorship cuts, created issues that would not allow the organizing committee to produce an event of national championship caliber. Please note that the event was canceled for 2009 only. USATF worked with the LOC and established a policy to reimburse all of the travel expense incurred by Masters athletes who had finalized airline reservations to St. Petersburg prior to 5 p.m. Eastern Time, September 9, 2009. The 2010 USA Masters 5 km Cross Country Championships will proceed as planned in Ft. Vancouver, Washington.