

FAST TRACK ILLINOIS

September 2015

2015! A Year of Challenge & Success

2015 was certainly a year full of challenges. However, our successes far outweighed the challenges that confronted us. The very first meet of the year was our annual Dorothy Dawson Invite which was contested Saturday, February 7, in Champaign, Illinois, with 450 registered athletes. There our Officials Chair, Jamero Rainey, managed, trained, and exposed many new officials who would be beneficial to us in the months to come.

Our Indoor Masters & Open Championships went off without a hitch. However, our Outdoor Masters & Open Championships of June 6, had to be canceled due to inclement weather. Thanks to the resourcefulness of our President and Officials Chair, it was decided that the event would be rescheduled and contested during the upcoming youth meets timeframe.

On June 26—28, we contested the Association Junior Olympics which had 1388 registered athletes. On Saturday, June 27, after a full day of the youth meet, we contested the Outdoor Masters & Open Championships which had 110 registered athletes (largest registration in recent years).

On Monday, June 29, we rested or rather, we prepared for the World Youth Trials and the USATF Hershey Youth National Track & Field Championships. This event had more than 2300 registered athletes. It was a six day meet that concluded on Sunday, July 5th.

With a couple days rest, we came back on July 9th, for our four day Region 7 Track & Field Championships with 1100 registered athletes.

Needless to say, we could not have accomplished all we did without the superb leadership of our President, Mrs. Brenda Kimbrough, our Officials Chairs, Jamero Rainey and Mike Powers, our Youth Chair, Marc Jones, and our many, many, volunteers. "Thank you" to all.

- Darlene Simmons,
Vice-President Administration



Brenda Kimbrough, President

"Being challenged in life is inevitable, being defeated is optional"

- Roger Crawford

In This Issue

- 2015! A year of Challenge and Success
- The USAT Illinois Influence
- The World's Fastest Woman
- Upcoming Events



The USATF Illinois Influence

Everyone knows that sports-based youth programs are important. Sports-based youth programs have been used to address a broad range of sectors including peace and conflict, gender inequality, health, education and economic development

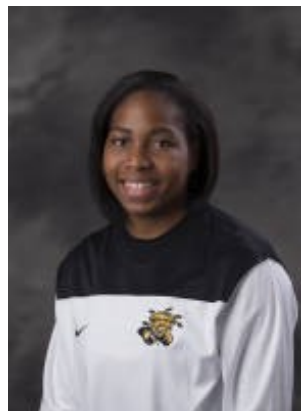
Thanks to the USATF Illinois Association youth program, many athletes have gone on to great accomplishments. Some have continued on to be great track and field athletes such as Shamier Little and Regina George. Others have gone on to be great doctors, lawyers, authors, teachers, etc., and other sports professionals such as Alex Harden. Not too many years ago, these young ladies were running the USATF Illinois track meet circuit as team members of local clubs.

Now, as many other young men and women, they have gone on to accomplish many things in and out of track and field.

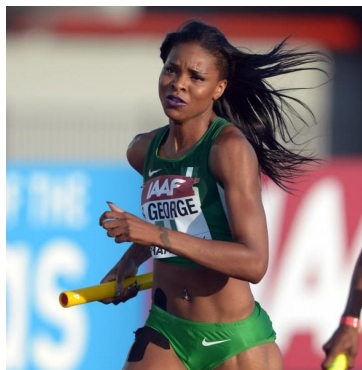
There are many other outstanding athletes and they will be focused on in future editions. Please help us by identifying those athletes along with their accomplishments. Simply e-mail the information to the office at usatfil@sbcglobal.net.

Shamier Little, O.F.F. Track Club, Ashley Homer, Coach
USATF Illinois member for ten years

Accomplishments:
IAAF World Championships Silver Medalist 2015
USATF Champion 400H, 2015 (53.74 World Leader)
NCAA Champion 2014, 2015
SEC Champion 400H Outdoor 2014, 2015
400M SEC Champion 2014 Outdoor & 2015 (Indoor)



Alexandra Harden, Springfield Striders Track Club, Tom McBride, Coach
USATF Illinois member for ten years
Accomplishment: Drafted by WNBA Phoenix Mercury



Regina George, Zephyrs Track Club, DeVaughn Benion & Mike Brazier, Coaches
USATF Illinois member for seven years
Accomplishments: 2012 Nigerian Olympic Team & 2015 Nigerian World Team



Emma McGowan (right) out Maryvonne Icarre (France) in the 100M.

Emma's Coach Cliff Culpepper



Cliff Culpepper coaches track and field!!! Simple as that. He coaches youth club, Maximum Quotient, and is a personal trainer to several Masters and Open athletes. His top performers for 2015 were Jayla Stewart (Hershey Natl Champion & IHSA State Champion, 100MH) and, of course, Emma McGowan. And, on top of all that, he still competes.

Emma McGowan

The world's "fastest" woman

Emma is a +45 Master's athlete specializing in sprints. Emma had a goal for the 2015 Masters World Championship. She wanted a gold medal proving that she is the fastest female in the world between the ages of 45 and 49. Emma started working towards that goal during the indoor season. Many evenings she could be spotted practicing at a local high school along with her coach, Clifton Culpepper.

The first step on the road to the "fastest" woman title began in March when she competed at the 2015 USATF Masters Indoor T&F Championships, in Winston-Salem, North Carolina. There she competed in the W+45, 60M (8.17), 200M (26.71) and 400M (1:00.42). She walked away with three gold medals.

The second step happened when she competed in the 2015 USATF Masters Outdoor Championships, in Jacksonville, Florida. There she competed in the W+45 100M(12.89), 200M (26.14) and 400M(1:01.00). Again, she walked away with three gold medals.

Overflowing with confidence and undeterred by limited funds, Emma took the third step, She entered the 2015 World Masters Athletics Championships, which was contested August 4-16, in Lyons, France. There she brought home five medals (2 gold and 3 silver), including the coveted 100M (12.85) title making her the world's "fastest" woman.

Congratulations Emma! You made USATF Illinois proud.

Upcoming Events

2015 is ending and 2016 is fast approaching. Following is a tentative schedule of the Illinois Association sponsored events:

2015

- Nov 1 Annual Meeting, Benedictine University, Lisle
- Nov 14 USATF Illinois Assoc Cross Country Championships, Romeoville (Masters, Open & Youth)

2016

- Jan 30 Dorothy Dawson Invite, Champaign, Illinois
- Feb 27 USATF Illinois Assoc Masters & Open Indoor Championships, Sterling
- April 24 Semi-annual Association Meeting
- June 24 USATF Illinois Assoc Junior Olympics Championships
- 26 Benedictine Univ., Lisle, Illinois
- June 25 USATF Illinois Assoc Masters & Open Outdoor Championships, Benedictine Univ., Lisle, Illinois
- Aug 5-6 USATF Masters Throwers Championships, Benedictine Univ., Lisle, IL
- Aug 30 Annual Meeting
- Nov 12 USATF Illinois Association Cross Country Championships (Masters, Open & Youth)

Contact Us

USATF Illinois Assoc.
1213 Maple Avenue
Unit E
Lisle, Illinois 60532

(630) 512-0727 (voice)
(630) 512-0728 (fax)

usatfil@sbcglobal.net

Visit us on the web at
www.usatfillinois.org