



January 2020 Newsletter

USA TRACK & FIELDSM ALASKA

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Contact us!

2440 Tudor #955 • Anchorage,
AK 99507

President: Jason Hofacker
— jhofacker@acsedu.org
(907) 854-4863

Vice President: Melissa
DeVaughn Hall
— coachhallchugiak@gmail.com
(907) 240-7726

Secretary: Chris Waythomas
— membership@alaska.usatf.org

Treasurer: Felice Schilling
— secretary@alaska.usatf.org
(907) 444-5122

President's message

New decade brings healthy growth of USATF Alaska

Happy New Year! I hope this finds you running, jumping, throwing your way into a new year and decade. 2020 is going to be a terrific year for USATF nationally and locally. This is an Olympic year, so the buildup to the Olympic trials in Eugene and the Olympics in Tokyo should be exciting to watch.

Locally, the expansion of our Ice Breaker winter meets that will lead into our Summer Series should be a great opportunity for Alaskans to get on the track.

Also with the start of a new year, EVERYONE should be renewing their USATF membership. Take advantage of the many corporate sponsors who provide discounts and deals through your USATF membership.

We also have some exciting ideas for a Road Running Series Championships. Keep your eyes and ears open to what this might be.

As always, thanks for supporting USATF here in Alaska and across the nation. Enjoy 2020!



Jason Hofacker,
USATF Alaska
president

Raise money for your team, Big C Relays, with Alaska Airlines raffle tickets

USATF ALASKA IS PARTNERING WITH THE BIG C RELAYS to host this year's meet, set for April 3-4, 2020, at the Dome in Anchorage. Organizers are working diligently to make this one of the most exciting and unifying meets of the season.

To help fund the meet — and raise money for your own team — we are offering a raffle ticket sale. The winner will get two tickets to anywhere Alaska Airlines flies. Tickets are \$10 each, and athletes keep \$7 from each ticket sale. To receive tickets contact Melissa Hall at coachhallchugiak@gmail.com or 907-240-7726.

To learn more about the meet, or register your team, contact Shane Metcalf at smeaqmetsalf@gci.net.

Join us on Facebook!

USATF-Alaska is on Facebook, where you can check out details about upcoming races, coaching education and other activities associated with the running community. Check us out at www.facebook.com/groups/USATFAlaska/.



Ice Breaker No.2 set for Jan. 18

START THE NEW YEAR OFF RIGHT WITH OUR SECOND USATF ALASKA meet of the season. We are expanding the meet to include field events! Thank you to Alaska Running Academy for helping to set up the field events. Ice Breaker No. 2 will begin at noon Saturday, Jan. 18, with two field events, the **high jump** and **long jump**. At 1 p.m., we will continue with the **60mH**, **60m**, **mile** and **200m**. The Ice Breaker indoor meets help track athletes of all ages to prepare for their favorite events. The experimental meets were a big hit, and we will be bringing them back again this year.

Registration is onsite and costs \$5; enter as many events as you like. The races will be split into age categories, and all ages are welcome.

Subsequent meets are still in the planning stages. Let us know if you can volunteer or have race format suggestions! The following dates are tentatively set, and specific race events will be announced on our Facebook page and in our monthly newsletter. Send us feedback! We welcome the input and want as many people involved as possible.

Future Race Schedule

Ice Breaker Meet #3:

Feb. 15; race formats to be determined

Ice Breaker Meet #4:

March 14; race formats to be determined

www.alaska.usatf.org