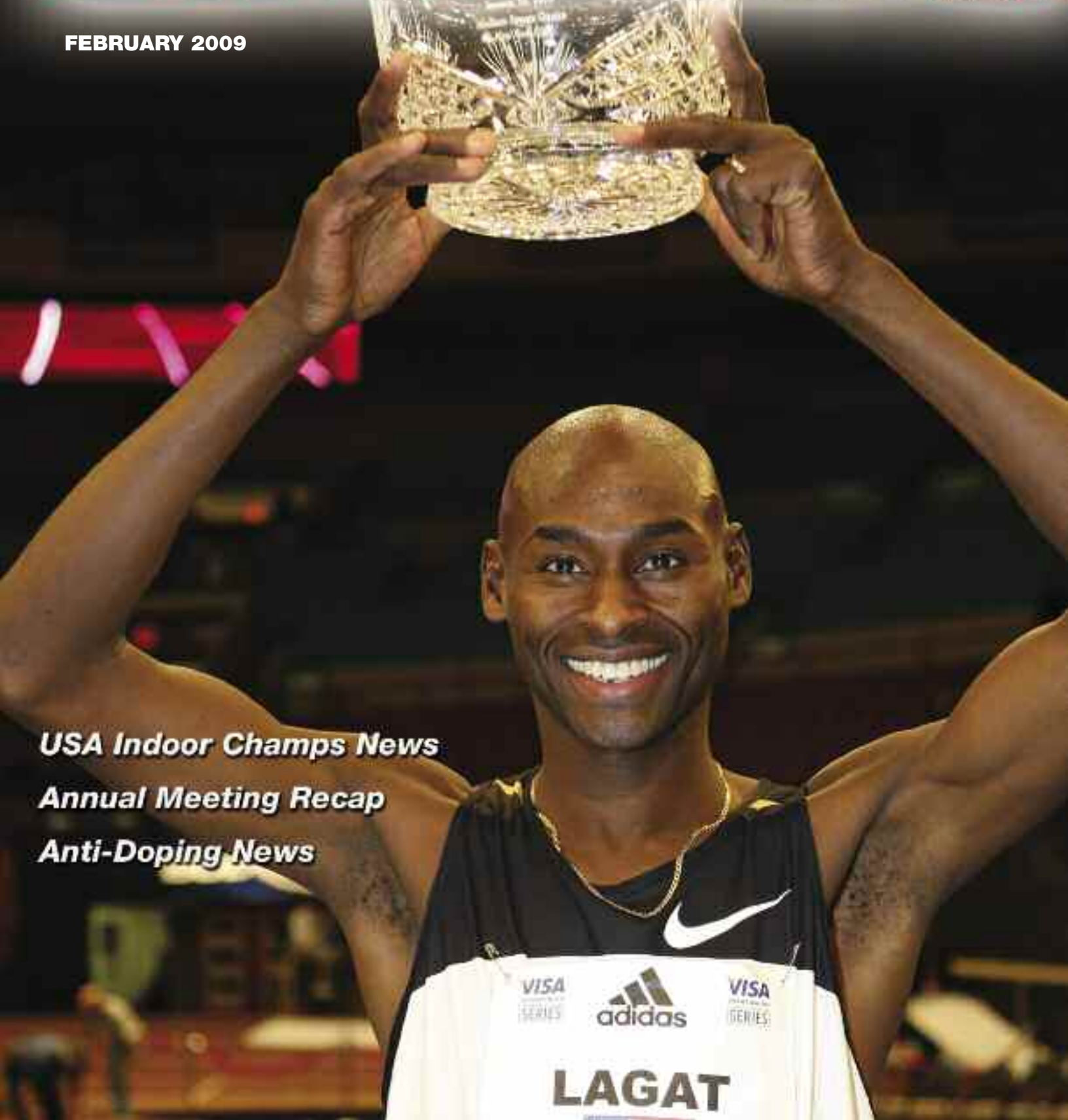


EliteBeat



FEBRUARY 2009



USA Indoor Champs News
Annual Meeting Recap
Anti-Doping News

VISA
PART OF THE
SERIES

adidas

VISA
PART OF THE
SERIES

LAGAT

2009 Indoor Champs

The Reggie Lewis Track & Athletic Center at Roxbury Community College will host the 2009 USA Indoor Track & Field Championships on Feb. 28-March 1. The concluding event of USATF's Visa Championship Series, the USA Indoor Track & Field Championships are the world's oldest indoor track championship, with the first meet being held in 1888 in New York.

2009 USA Indoor Track & Field Championships Information

Entry Information: The only method of entry is online at www.usatf.org (then click on USA Indoor Track & Field Championships).

The entry process is open until February 16, 2009 at 11:59 p.m. ET. Late entries will be accepted until February 22, 2009 at 11:59 p.m. ET.

A 2009 USATF Membership is required to enter.

Hotel Information: The meet hotel is the Boston Marriott Copley Place, approximately two miles from the Reggie Lewis Center. Complimentary shuttle service will be provided from the Boston Marriott Copley Place to the Reggie Lewis Center.

Prize Money: The top three place finishers will receive prize money. Prize money funds will be paid from USA Track & Field directly to the athletes as soon as USADA doping results has been received. Athletes with remaining NCAA eligibility may not receive prize money. Athletes must be citizens of the U.S. and eligible to represent the U.S. in international competition. USOC income cap rules apply.

Prize money is as follows:

- 1st place - \$2,500
- 2nd place - \$1,500
- 3rd place - \$500

Athlete Support Credentials: Each qualified, declared athlete will receive one athlete support credential for support personnel to receive entry into the athlete warm-up area, sports medicine area, admission to the athlete seating section in the stadium and the athlete shuttle bus that will operate from the meet hotel and the stadium. Each athlete may purchase one additional credential for \$30 for personal coaches and/or medical personnel of the athlete.

Enter online at
www.usatf.org/events/2009/USAIndoorTFChampionships/entry/

Update your USATF membership first at
www.usatf.org/membership/application/

For complete information on the 2009 USA Indoor Championships go to
www.usatf.org/events/2009/USAIndoorTFChampionships/athleteInfo/

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A Message from the CEO



February 2009

Dear Athletes,

Happy New Year to each and every one of you. As I write this letter we are amidst many significant changes within our organization, both on the volunteer side as well as within the structure of the National Office. In my first seven months on the job, I have met and spoken with many of you about how USA Track & Field can better serve you. Through your suggestions and advice, I have developed a sense of what this organization is seeking, and nothing is more important to our organization than your success.

The Project 30 Task Force has completed its work and in a 70-plus page report, laid out what it believes to be the best roadmap to improved success for American athletes. The Executive Summary of the report can be found on p. 12. It is the first step toward achieving our goal of 30 medals in London 2012 and toward long-term, sustained development of all event groups.

One of the most effective communication tools I have as CEO is my blog, Shin Splints. I encourage you to visit www.usatf.org regularly for updates. In January, my blog included a transcript of a speech I delivered to the supplement industry that detailed, among other things, the steps our athletes have gone to in order to compete clean and avoid false positives. If you have an idea for a blog topic, I encourage you to submit it. Everything is fair game.

Our newest National Office employee, Chief Operating Officer Michael McNees, will start at USATF on March 1 and will begin to implement changes and restructuring within the National Office. All these changes are specifically designed with a common goal: to make USATF more professional, responsive, responsible and accountable. It starts with customer service and extends all the way up to the size and structure of our Board of Directors.

This edition of Elite Beat will recap for you many of the announcements that came out of the 2008 Annual Meeting and how that impacts you as athletes moving forward.

I encourage you to continue to avail yourselves of our best elite athlete resources – staff members Aron McGuire, Melissa Beasley, Beka Suggs, Carolyn Claude and Sandy Snow. They, and all of USATF, remain dedicated as ever to providing the highest level of customer service to our Elite Athletes.

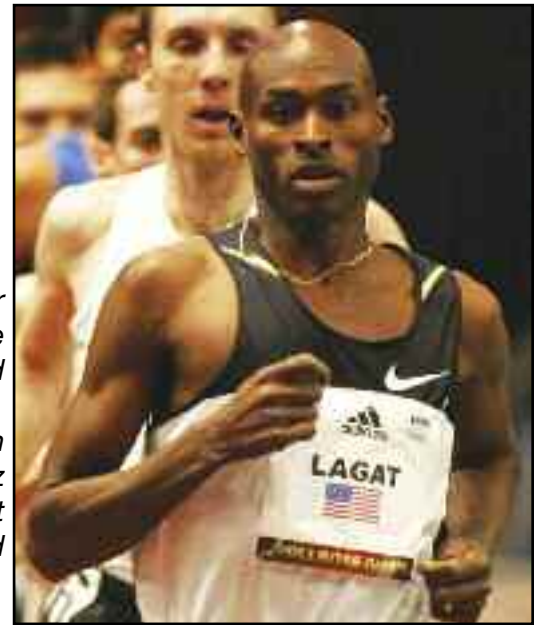
Warm Regards,

Douglas G. Logan

Visa Championship Series

LAGAT TIES THE CHAIRMAN AT MILLROSE

In the first meet of the 2009 Indoor Visa Championship Series, athletes kept 11,543 fans on their feet January 31st at the 102nd Millrose Games. A longtime Madison Square Garden favorite, Bernard Lagat tied Eamonn Coghlan's record with his seventh Wanamaker mile victory, while Aussie Steven Hooker posted the best indoor pole vault in the world since 2002.



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LAGAT

In tying Coghlan's seven victories with his win in 3:58.44 over Olympic bronze medalist Nick Willis of New Zealand, Lagat became the "Co-Chairman of the Boards." His historic performance earned Lagat the Team USA Athlete of the Meet award, presented by Visa.

In his first competition since winning the Olympic gold medal in August, Steven Hooker stunned even himself in the Fred Schertz men's pole vault. He cleared 6.01m/19-8.5 on his first attempt to set Australian, Millrose Games and Madison Square Garden records, and took three solid efforts at a world-record 6.16m/20-2.5.

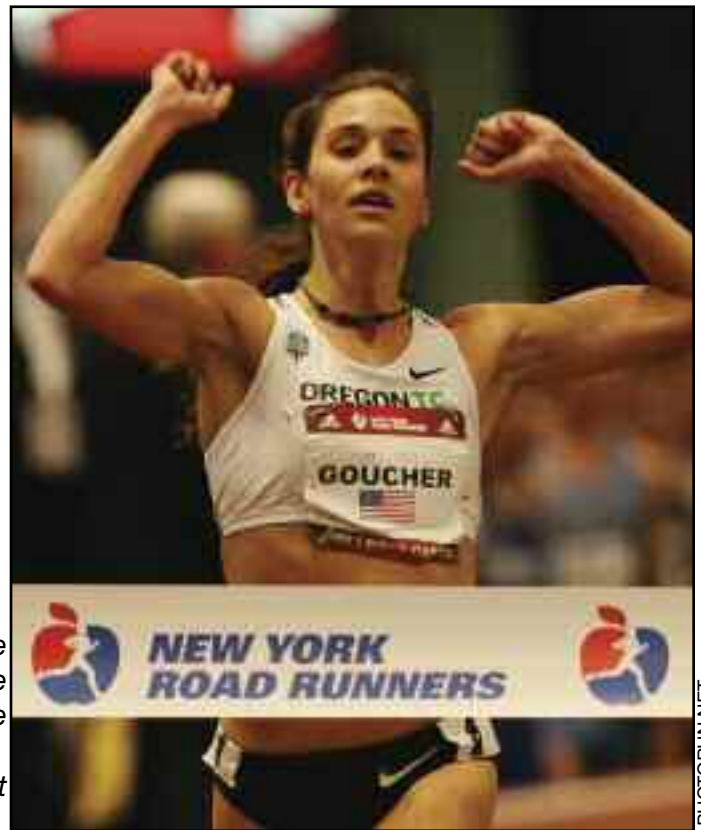


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SEAMAN

Other American winners at Millrose included Jenn Stuczynski in the Gill women's pole vault (4.71m/15-5), Terrence Trammell in the men's 60m hurdles (7.45 world leader); Kara Goucher in the NYRR women's mile (4:33.19PR), Adam Nelson in the Visa men's shot put (20.79m/68-2.5), Bianca Knight in the women's 60m (7.23), Michael Rodgers in the Visa men's 60m (6.51PR), Amy Acuff in the women's high jump (1.92m/6-3.5), Monica Hargrove in the women's 600m (1:19.50), Amber Campbell in the women's weight throw (23.33m /76-6.5) and Jake Freeman in the men's weight throw (23.77m/78-0).

For complete results, quotes and a meet report, visit www.visachampionshipseries.com



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GOUCHER

AAC



Hello everyone,

I am profoundly grateful to you for giving me the honor to serve as your Chairman and to work for you and with you to help move athletes and our sport to the professional level. I am also grateful to all of you who are giving of your time to serve with me.

We are in a time that will require dramatic transformation. We have a new President, Stephanie Hightower, a new CEO, Doug Logan, and shortly a new Board of Directors. Our organization is restructuring, and the AAC needs to be an integral part of the process that will afford athletes now and in the future to benefit. I believe this group is up for the challenge.

We need to steer our course toward enduring values such as accountability from all, a community of all, and opportunity for all athletes. I know that you are full of ideas and have a lot of energy, and I welcome that.

I never thought I would get involved in the politics of USATF when I competed. I always heard that track and field was an individual sport and it's all about me! I was happy with my career in track and field. However, while at the height of it I was able to look down and see there was a need to protect the rights and privileges of those who were coming after me. We need to destroy the walls of "I" and "me" and build a wall of "we"!

We will deal with policies and issues that are not foreign to any of you, but we will have to work together and focus on the future for anything to change. The AAC has done well in the past and has broken records with policies, issues and attendances at the national conventions. I would like to continue on the path and this is where you are needed most.

It is the responsibility of Event Leaders (list on the inside back cover of this magazine) to stay in touch with athletes in their events and the issues that arise. It is their responsibility to report that information to the officers or to me. We need to stay more connected so we will not be blindsided by arising issues. It is up to us to build a unified front and not allow athletes to be exploited.

The United States became a great nation on three little words, "We the people". I believe USA Track & Field will become a great organization with three words too, "We the Athletes." "We the Athletes" tell the organization what we need, and we must hold it accountable for following through. We are the engine that makes the organization go, and the priorities of USATF should reflect that fact. This philosophy will underlie the processes of helping USATF reach the high level of professionalism that we are way behind on achieving.

Our best days are ahead! We are a powerful and intelligent force, and I believe with faith and courage we will perform great things in the next two years.

Jon Drummond

AAC OFFICERS



**JON
DRUMMOND
CHAIR**



**ALLEN
JOHNSON
VICE
CHAIR**



**SUZY
POWELL
TREASURER**



**DEXTER
MCLOUD
SECRETARY**



**JOANNA
HAYES
USOC REP**



**GARY
MORGAN
USOC ALT
REP**

2009 USA Running Circuit

The USA Running Circuit (USARC), a USA Track & Field road series, features USA Championships from 5 km to the marathon and attracts America's best distance runners.

The first ten U.S. runners earn points at each USARC race (15 for first, 12 for second, 10 for third, 7, 6, 5, 4, 3, 2 and 1), with a final \$12,500 grand prix purse (\$6000, \$4000, and \$2500) for the top three men and women point scorers overall. The USARC points at the USA Marathon Championships will be doubled.

The mission of the USA Running Circuit is to showcase, support, and promote U.S. runners. Since its inception in 1995, the USARC and its races have provided over \$6 million dollars to U.S. distance runners.

In addition to competing for a total prize purse of \$613,000, U.S. athletes will have the opportunity to qualify for various Team USA events, including the IAAF World Championships Marathon, the IAAF World Road Running Championships and the Chiba International Ekiden.



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2009 USA RUNNING CIRCUIT SCHEDULE

MEN

| | | |
|--------------|---------------------------------|-----------|
| January 18 | USA Half Marathon Championships | \$29,750 |
| March 14 | USA 15 km Championships | \$26,500 |
| May 7 | USA 1 Mile Road Championships | \$10,000 |
| May 9 | USA 25 km Championships | \$10,600 |
| July 4 | USA Men's 10 km Championship | \$30,000 |
| July 25 | USA 7 Mile Championships | \$22,500 |
| September 7 | USA 20 km Championships | \$20,000 |
| September 20 | USA 5 km Championships | \$15,000 |
| October 4 | USA Men's 10 Mile Championship | \$25,000 |
| November 1 | USA Men's Marathon Championship | \$150,000 |
| | Subtotal: | \$339,350 |
| | USARC Grand Prix Bonus: | \$12,500 |
| | Total: | \$351,850 |

WOMEN

| | | |
|--------------|-----------------------------------|-----------|
| January 18 | USA Half Marathon Championships | \$29,750 |
| March 14 | USA 15 km Championships | \$26,500 |
| May 7 | USA 1 Mile Road Championships | \$10,000 |
| May 9 | USA 25 km Championships | \$10,600 |
| July 25 | USA 7 Mile Championships | \$22,500 |
| August 22 | USA Women's 10 Mile Championship | \$17,200 |
| September 7 | USA 20 km Championships | \$20,000 |
| September 20 | USA 5 km Championships | \$15,000 |
| October 4 | USA Women's Marathon Championship | \$72,500 |
| October 12 | USA Women's 10 km Championship | \$25,450 |
| | Subtotal: | \$249,500 |
| | USARC Grand Prix Bonus: | \$12,500 |
| | Total: | \$262,000 |

USA Race Walking Grand Prix



ERROL ANDERSON

The USA Race Walking Grand Prix, now in its sixth year, is a year-long series of competitions through which USATF crowns an overall champion for each competitive year based upon the National Championship schedule of events. In 2008, over \$50,000 in prize money was awarded. Races are contested from 1 mile to 50 kilometers for men and women.

Individuals who are members of USATF in good standing prior to the start of each event are eligible to compete. Scoring can be either as individuals or as a team. For individuals, the top 10 overall U.S. finishers, male and female, can score in each race in the Series (10 for first, 9 for second, 8 for third, 7, 6, 5, 4, 3, 2, 1). A bonus of 2 points will be given to the winner if he or she breaks the national record at the race distance.

Individuals may compete for a team only if they are registered under their team name in the USATF Membership database on race day. All teams must submit a roster of USATF registered athletes to the Grand Prix Coordinator before the race. Once the team has been verified, only additions or subtractions of registered athletes need to be made. No day-of-race changes will be accepted. All USATF team-change rules apply. The top three teams will score points in selected team-scoring events, by gender (10 for first, 8 for second, 6 for third)

The wide range in distances gives the top race walkers in the U.S. an opportunity to compete against each other all year long and aids in developing the next group of international-level athletes. The 10 events selected for 2009 provide

athletes with a geographically diverse racing schedule and sponsors with national exposure for their products.

2007 saw the addition of a junior division, for athletes under 20 years of age. This will continue in 2009 with 8 events, on the road and track, from 5000m to 20km, including a stop at the prestigious Penn Relays.

The top three individual men and women in the open & junior divisions, and the top three men's and women's teams overall, will be presented with awards and recognized at the USATF Annual Meeting in Indianapolis, Indiana, December 2-6, 2009.

2009 USA RACE WALKING GRAND PRIX SERIES – OPEN DIVISION

| Date | Event | Location | Scoring |
|--------------|--------------------------------------|--------------------|-------------------|
| 1/30 | USA Indoor Mile @ Millrose Games | New York, NY | Individuals |
| 2/15 | USA 50km Championship | Santee, CA | Individuals |
| 2/28-March 1 | USA Indoor Championships (3000/5000) | Boston, MA | Individuals |
| 3/29 | USA Team Trials – Pan Am Cup 20km | Pharr, TX | Individuals/Teams |
| 5/30 | USA 10km Championships | Albany, NY | Individuals/Teams |
| 6/24-28 | USA 20km Championships | Eugene, OR | Individuals |
| 8/16 | USA 15km Championships | Minneapolis, MN | Individuals/Teams |
| 9/13 | USA 40km Championships | Ocean Township, NJ | Individuals/Teams |
| 10/3 | USA 5km Championships | Kingsport, TN | Individuals/Teams |
| 10/11 | USA 1 Hour Championships | Waltham, MA | Individuals/Teams |
| 10/18 | USA 30km Championships | Hauppauge, NY | Individuals/Teams |

2009 USA RACE WALKING GRAND PRIX SERIES – JUNIOR DIVISION

| Date | Event | Location |
|---------|----------------------------------|------------------|
| 3/29 | USA Team Trials – Pan Am Cup 10k | Pharr, TX |
| 4/25 | Penn Relays (5000m/10000m) | Philadelphia, PA |
| 5/30 | USA 10km Championships | Albany, NY |
| 6/24-28 | USA Junior Championships-10000m | Eugene, OR |
| 8/16 | USA 15km Championships | Minneapolis, MN |
| 10/3 | USA 5km Championships | Kingsport, TN |
| 10/11 | USA 1 Hour Championships | Waltham, MA |
| 10/18 | USA 20km Championships | Hauppauge, NY |

Good News

JONES, WILLIAMS, MANSON LEAD TEAM USA AT FIVE NATIONS MATCH

Lolo Jones, Angela Williams and Andra Manson each posted impressive victories in their respective events January 31 at the 2009 Five Nations Match at Kelvin Hall in Glasgow, Scotland.

The Five Nations Match features one athlete in each event from the United States, Great Britain, Sweden, Germany and a Commonwealth Select team.

The 2008 World Indoor champion, Jones posted a convincing win in the women's 60m hurdles in 7.95 seconds. Fellow world champ Angela Williams won the women's 60 meters in 7.32 seconds, and 2008 Olympian Andra Manson won the men's high jump a clearance of 2.31 meters/7 feet 7 inches.

The Commonwealth Select team finished first in the team competition with 60 points, followed by Great Britain & N.I. (2nd-57 points), Germany (3rd-51 points), Team USA (4th-46 points) and Sweden (5th-37 points).

For more information and complete results, visit: www.iaaf.org



KIRBY LEE

MEB, MAGDA TAKE HALF-MARATHON TITLES

Olympic Silver medalist Meb Keflezighi (San Diego, Calif.) made an early move to stake his claim on the men's title January 18 at the USA Half Marathon Championships in Houston, Texas, running 1:01:25 for his first U.S. half-marathon championship. 2008 U.S. Olympic marathoner Magdalena Lewy-Boulet won her first career U.S. championship in 1:11:47.

Meb took the victory over two-time Olympian Dathan Ritzenhein, who finished 10 seconds behind the veteran Keflezighi. Former Stanford All-American Bret Gotcher (Flagstaff, Ariz.) posted a huge personal best to place third in 1:02:09, 12 seconds ahead of his McMillan Elite teammate Andrew Carlson (Flagstaff, Ariz.). 2006 Half Marathon champion Brian Sell (Rochester Hills, Mich.) rounded out the top-five in 1:02:36.

In the women's race, Lewy-Boulet opened a gap on the field after nine miles to place ahead of Kelly Jaske, who was second in 1:12:06. The 2004 Olympic Trials marathon champion and now a masters athlete by age, De Reuck was third in 1:12:36.



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Good News

MCNEES NAMED COO OF USATF



USA Track & Field CEO Doug Logan has named Michael A. McNeese the Chief Operating Officer of the organization. As COO, McNeese will be the principal deputy to the CEO; supervise USATF's administration, operations and marketing departments; coordinate long-range planning; act as the principal staff coordinator and advocate to the masters community; and be the chief staff liaison to the new Board of Directors, assisting in the establishment of procedures and policies and coordinating Board training. He will officially join USATF on March 1.

Currently the County Administrator of Blaine County, Idaho, McNeese has two decades of experience as a high-level administrator and COO, overseeing budgets in excess of \$600 million and managing organizations with as many as 1,400 employees.

McNeese was a three-time varsity letterman for the Indiana University track team and has an MBA from Louisiana Tech University. Specializing in the 400m hurdles, he earned all-conference honors and was a Big Ten team champion as well as a member of IU's school and Big Ten meet record-setting 4x400m relay. As a graduate student at Louisiana Tech, he coached the school's sprinters and hurdlers. Earlier this year, McNeese, 53, began training again for masters competition in the 200 and 400 meters.

Prior to his position in Idaho, which he assumed in June 2007, McNeese was City Manager of Sarasota, Florida, from 2001-2007. As the top administrator for Money Magazine's 2000 "Best Small City in America", he oversaw a budget of approximately \$140 million and managed operations ranging from the Sarasota Police Department to the Ed Smith Stadium, the spring training home of the Cincinnati Reds. He also was Executive Director for the city's Downtown Community Redevelopment Agency, with nearly \$1 billion worth of redevelopment projects under construction or in progress during his tenure.

USATF FOUNDATIONS ANNOUNCES AWARDS

The USA Track & Field Foundation has presented Elite Athlete Development Grants to twelve athletes, Foundation Executive Director, Tom Jackovic and Chairman, Bob Greifeld, announced February 4.

Athletes receiving \$5000 grants include first time grantees Erica Bartolina (pole vault), Russ Winger (shot put), Miriam Barnes (400 meter hurdles) and Yvette Lewis (triple jump).

Repeat grantees receiving \$5000 grants include Aretha Hill (discus throw), Shani Marks (triple jump), Mike Hazle (javelin), Chris Helwick (decathlon), April Steiner Bennett (pole vault), Chris Randolph (decathlon), LaRon Bennett (400 meter hurdles), and Morgan Uceny (800 meters).



ERROL ANDERSON

BABY GIRL FOR LAGAT

Bernard Lagat and his wife, Gladys, welcomed their second child this fall. Born on November 2, daughter Gianna joins son Miika, 3, in Lagat's expanding family as they travel around the country and around the world to support Daddy Lagat. Lagat looks to defend his world titles at 1,500 and 5,000 meters this season.

USADA News

INTERNATIONAL STANDARD FOR TESTING: WHAT THESE CHANGES MEAN TO YOU

There are significant changes in the WADA Code, which USADA is required to implement. You will notice changes to how USADA's anti-doping procedures will be carried out, especially regarding whereabouts information. Below is a brief overview of these changes and how they may impact you as an athlete in USADA's Registered Testing Pool (RTP), which was formerly called the Out-of-Competition Testing Pool (OOC).

WHEREABOUTS FILING AND ONLINE SUBMISSIONS

The name of the process for filing your whereabouts information has changed from Athlete Location Forms (ALF) to Whereabouts Filing.

Additionally, beginning 1st Quarter 2009, your whereabouts information can only be filed through the USADA online system. USADA is eliminating the paper reporting option for submitting a Whereabouts Filing. Requiring online submissions will benefit you in the following ways:

1. Submitting a Whereabouts Filing online will help ensure that you file your whereabouts information properly, rather than forgetting one or two dates in the quarter and, therefore, receiving a Whereabouts Failure (see Whereabouts Failures – Missed Tests & Filing Failures)

2. As WADA is requiring more information from you, a hardcopy form would be 6-10 pages in length. The online submission of this information decreases the amount of paper needed to properly submit your Whereabouts Filing.

The new deadlines for submitting your Whereabouts Filing will be:

1st Quarter – December 31

2nd Quarter – March 31

3rd Quarter – June 30

4th Quarter – September 30

With the new deadlines set just one day prior to the start of the new quarter, USADA hopes that athletes will know more of their whereabouts information prior to submission of their Whereabouts Filing. However, any athlete who has not submitted a complete Whereabouts Filing with USADA by the deadline date will be subject to a Filing Failure (see Whereabouts Failures).

Updates to your quarterly whereabouts information may be made through your whereabouts on-line account, by e-mail or text.

If you need to set up an account or need assistance with your username and password, you can call 1-866-601-2632 or e-mail formsadmin@usada.org.

REQUIRED WHEREABOUTS FILING INFORMATION

Beginning January 1, 2009, the information you provide for your Whereabouts Filing will remain consistent with what you currently provide. Additionally, the new standards require that you specify a 60-minute time-slot, every day, with a specific location and address at which you can be located for testing. This time can vary from day to day, but must fall within the 6AM to 11PM time range. If you are not at the location specified in your Whereabouts Filing during the 60-minute time-slot, and a Doping Control Officer attempts to notify you for Out-of-Competition Testing, it will be pursued as a Missed Test. You are accountable for being available during the entire 60-minute time-slot.

The purpose of requiring athletes to provide whereabouts information for a 60-minute time-slot every day is to strike a balance between the need to locate an athlete for testing and the impracticality and unfairness of making athletes potentially accountable for a Missed Test every time they depart from their previously-declared schedule. You must update your Whereabouts Filing to ensure that the information regarding your training, competitions, and regularly scheduled activities and 60-minute time-slot is accurate.

With this change, you have more control over when and where you will be tested. Having to stipulate where you will be during a 60-minute time-slot everyday means that you will have to be diligent about keeping your whereabouts information up-to-date. It is important to remember that the implementation of the 60-minute time-slot does not mean that you will only be tested within the 60 minutes. USADA or any other Anti-Doping Organization with the authority to test you could test you at any time.

WHEREABOUTS FAILURES - FILING FAILURES & MISSED TESTS

There are three ways you can receive a Whereabouts Failure:

1. You are not at the specified location during the 60-minute time-slot provided in your Whereabouts Filing when the Doping Control Officer attempts to notify and test you. This will be pursued as a Missed Test;

2. You do not file your Whereabouts Filing by the specified deadline. This is known as a Filing Failure; and

3. You do not file accurate or complete information to USADA in your Whereabouts Filing regarding your 60-minute time-slot or any other required whereabouts information. This could be considered as a Filing Failure.

Three (3) Whereabouts Failures, which includes any combination of Missed Tests and Filing Failures recognized

USOC & IAAF NEWS

USOC NEWS

PERSONNEL CHANGES AT USOC

The U.S. Olympic Committee announced the hiring former NFL executive Lisa Baird as its chief marketing officer on January 12. Baird, who also previously worked for IBM, takes over for Rick Burton, who resigned in November. From 2005-07, Baird was senior vice president of marketing and consumer products for the NFL, where she was in charge of a portfolio of more than 150 licensees worth \$3 billion in retail sales.

USOC chief of sports performance Steve Roush resigned his position on January 6. Roush oversaw USOC logistics and operations at both the 2004 and 2008 Olympic Games and was responsible for overseeing programs directly related to athlete performance.

RECESSION HITS USOC SPONSORSHIPS

The current recession is affecting sponsorship dollars at the USOC, where contracts with Home Depot and General Motors were recently not renewed. Although the U.S.O.C. has signed 17 sponsors — all through at least 2012, including the personal-computer manufacturer Acer, new to the Olympic movement — it has lost some partnerships. In January, Home Depot announced that it would not renew its 16-year sponsorship of the U.S.O.C., a contract worth about \$4 million to \$5 million a year and one that directly benefitted athletes. General Motors, an Olympic sponsor since 1984, left at the end of 2008, concluding a contract worth about \$7.5 million annually to the USOC. An Olympic sponsor since 1896, Kodak did not renew, nor did John Hancock, a sponsor since 1994. So far, Kellogg's, a sponsor since 1976, and Johnson & Johnson

have neither announced an end to their relationship with the Olympic movement nor renewed their contracts. Anheuser-Busch returned but reduced its financial commitment.

When Home Depot ended its sponsorship in January, though, athletes were hard hit. The company had been the exclusive sponsor of the Olympic Job Opportunities Program, which provided athletes with full-time pay and health benefits for part-time work, as well as flexible hours. Since 1992, more than 600 United States and Canadian athletes have worked in the program. Now, 86 athletes, including 18 track & field athletes, are involved.

IAAF NEWS

In November, adidas and the IAAF announced a 11-year partnership agreement granting adidas the worldwide sponsorship rights for all IAAF World Athletic Series events until 2019. Under the agreement, adidas will be the official IAAF athletic sponsor and licensee product supplier for the next decade. The partnership incorporates every aspect of athletics, from product creation to grassroots development and retail distribution. Among the highlights of the deal, adidas will be the Official Sponsor of the 2009 IAAF World Championships this summer in Berlin.

IAAF COMPETITION UPDATE

The IAAF announced that the 2010 IAAF World Athletics Final will be hosted by Rabat, Morocco, on September 11-12 and confirmed that the IAAF World Cup in Split, Croatia, will be the previous weekend, September 4-5. It was also determined that the 2010 World Half Marathon Championships will be held in Nanning, China on October 9 (date to be confirmed at next Council meeting).

continued from page 8

by any Anti-Doping Organization that has governance over testing you (including an International Federation, WADA or USADA), in any rolling 18-month period, will result in an Anti-Doping Rule Violation (ADRV). This enhances unity between the different anti-doping organizations within your sport. With this unity, however, it is important to remember that any Missed Test previously received by any Anti-Doping Organization is subject to be shared with other Anti-Doping Organizations with authority to test you.

PHONE CALLS

Beginning January 1, 2009, the new rules will no longer allow phone calls to be made in an attempt to locate you, as is currently practiced in the United States. Being diligent about being available during your 60-minute time-slot and updating your Whereabouts Filing whenever plans change will be critical to avoiding a Whereabouts Failure.

This new rule will allow Anti-Doping Organizations worldwide to conduct true no-notice testing. Additionally,

this new routine will help give you control over these whereabouts obligations, which has not always been the case on a universal basis.



Anti-Doping News

CHANGES TO THE PROHIBITED LIST EFFECTIVE JANUARY 1, 2009

The World Anti-Doping Agency (WADA) has published the 2009 Prohibited List, which goes into effect January 1, 2009. Below is a summary of pertinent changes. For a full copy of the list, please visit the WADA website at www.wada-ama.org.

As an introduction to the 2009 Prohibited List changes, it is important to note that as of January 1, 2009, most Prohibited Substances shall be considered "Specified Substances."

These changes provide greater flexibility with respect to sanctions. When an athlete can establish that the substance involved in the adverse analytical finding was not intended to enhance performance, the sanction may be reduced.

Those substances remaining as Non-Specified Substances include:

- Anabolic agents
- Hormones and related substances
- Agents modifying myostatin function
- Those stimulants classified as "Non-Specified"

Other notable changes include:

Substances and Methods prohibited at All Times (In- and Out-of-Competition)

S1. Anabolic Agents

Epitestosterone has been reclassified as an Anabolic Androgenic steroid since it is an isomer of testosterone. With this change, epitestosterone will maintain its status as a prohibited substance.

S3. Beta-2 Agonists

The Abbreviated Therapeutic Use Exemption that previously applied to salbutamol, salmeterol, terbutaline and formoterol has been eliminated. The procedure for the use of any beta-2 agonist now depends on the level of the athlete, according to the International Standard for Therapeutic Use Exemptions (see page 6). Albuterol (salbutamol) concentrations greater than 1000 ng/mL in the urine will result in an adverse analytical finding unless the athlete can prove that the abnormal result was the consequence of the use of a therapeutic dose of inhaled salbutamol. Any request for a TUE must be filed 21 days in advance of the use of the medication under the rules of sport that apply.

S5. Diuretics and Other Masking Agents

Alpha-reductase inhibitors, such as finasteride and dutasteride, are no longer prohibited. They have been rendered ineffective as masking agents by newer techniques to analyze steroid profiles.

M2. Chemical and Physical manipulation

The use of intravenous (IV) infusions continues to be prohibited and thus requires a TUE, except in the management of surgical procedures, medical emergencies or clinical investigations.

An intravenous infusion is defined as the delivery of fluids into the body through a vein using a needle or similar device. Injections with a syringe are not prohibited as a method, if:

- a. The injected substance is not prohibited, and
- b. If the volume does not exceed 50 mL.

S6. Stimulants

Stimulants are now separated into two categories: Specified and Non-Specified Stimulants. When deciding how to categorize stimulants, WADA took into account many factors including the ability to enhance performance, the risk to health of athletes, the general use in medications, and their legal or controlled status.

S9. Glucocorticosteroids

Glucocorticosteroids continue to be separated into three categories:

- a. For oral, intravenous, intramuscular, and rectal routes - a Therapeutic Use Exemption is required.
- b. For intra-articular, periarticular, peritendinous, epidural, intradermal, and inhalation routes - a Declaration of Use is required.
- c. Topical preparations for treatment of ear, mouth, skin, eye, and nose conditions - are permitted and require no further documentation. Iontophoresis and phonophoresis are permitted and require no additional documentation.



**WORLD
ANTI-DOPING
AGENCY**

Anti-Doping News

IMPORTANT POINTS TO REMEMBER

1. Beta-2 agonists are prohibited both In- and Out-of-Competition. Salbutamol, salmeterol, formoterol and terbutaline require a Therapeutic Use Exemption (TUE). Procedures for the use of a beta-2 agonist depend on the level of the athlete.

2. IV infusions are prohibited In- and Out-of-Competition with exceptions.

3. The use of Glucocorticosteroids by inhalation or local injection requires a declaration on the Doping Control Official Record and medical documentation.

4. Glucocorticosteroids used as dermal (topical, iontophoresis, phonophoresis), eye drops, ear drops, nasal

sprays and mouth (buccal) treatments are permitted and do not require a TUE.

5. Use of pure oxygen is prohibited.

6. The substances listed in the 2009 Monitoring List are not prohibited and their presence in the body will not result in a doping violation. Pseudoephedrine and caffeine are both on the monitoring list.

The 2009 Wallet Card and 2009 Guide to Prohibited Substances and Methods of Doping will be made available to all athletes in USADA's RTP and will be provided to all National Governing Bodies. Copies of these publications, which will be effective January 1, 2009, will be available for download from USADA's website. The current Wallet Card and Prohibited Guide can be found at:

Wallet Card:

www.usada.org/go/walletcard

Guide to Prohibited Substances:

www.usada.org/go/prohibitedguide

For more information, please contact the Therapeutic Use Exemption department at 719-785-2045 or via e-mail at TUE@usada.org.



Project 30



PROJECT 30 TASK FORCE ISSUES REPORT

The Project 30 Task Force on February 9 published a 70-page report laying out a roadmap for achieving long-term, increased success for American athletes on the international level. The Task Force was formed in mid-October by USATF CEO Doug Logan to impartially evaluate USATF High Performance Programs, analyze Team USA Performance in Beijing, and chart a course for programmatic change to maximize Team USA performance in Olympic and World Championship Competition.

Taking its name from Logan's goal of 30 clean medals in London, the Project 30 Task Force was composed of Carl Lewis, Benita Fitzgerald Mosley, Ralph Mann, Mel Rosen, Aretha Hill Thurmond and Deena Kastor. The USOC nominated to the Task Force Steve Roush, Doug Ingram and Jay Warwick, making the Task Force a nine-person group.

Below is a brief summary of the report.

Findings of the Task Force include:

- Overall, there is a lack of accountability and professionalism in the areas the Task Force studied.
- The International Team Staff selection system provides no accountability for staff members; a lack of transparency in the selection system cultivates a culture of mistrust for coaches and athletes alike.
- International staffs need more managers and fewer coaches.
- There is little support for changing Team USA's Olympic Team athlete selection process.
- Excessive travel and poor long-term planning, more than excessive competition between the Olympic Trials and Olympic Games, appears to be the greatest factor negatively affecting Team USA performance in Beijing.
- In spending over \$1 million in the last six years, the National Relay Program has failed to produce results that justify the costs of the program.
- Lack of communication between coaches and athletes, poor management of the relay pools and questions over who on the staff was responsible for relays resulted in the technical breakdowns of the American 4x100m relays in Beijing.
- American coaches and athletes under-utilize the facilities and USATF sport science available to them.
- Inroads have been made into catching and punishing doping cheats, but more must be done to "rehabilitate" cheaters and change the anti-doping culture.
- American athletes as a group do not conduct themselves as professionals, and USATF does not hold them to professional standards

Based on its findings, the Task Force makes the following ten Recommendations:

- ★ Hire a professional General Manager of High Performance
- ★ Create a transparent, criteria-based Team Staff selection system
- ★ Restructure the composition of Team USA staffs to provide more managers
- ★ Shorten the U.S. Olympic Team Trials – Track & Field to five days
- ★ Terminate the National Relay Program
- ★ Establish a comprehensive 2012 team preparation program
- ★ Target technical events for medal growth and develop those events
- ★ Create a well-defined Professional Athlete designation
- ★ Establish a more stringent anti-doping reinstatement system
- ★ Promote and foster a self-sustaining professional athletes' union

To read the complete report of the Task Force, visit www.usatf.org.

Athlete Support Corner

DRIVE PROGRAM LAUNCHED BY USATF FOUNDATION

USATF is proud to announce a new career mentoring opportunity for elite athletes, called the Drive Program. It has been created for athletes who want expert advice on preparing for their post-athletic careers and/or building their professional skills and resume while still focusing on their athletic performance.



Designed by the USA Track & Field Foundation with assistance from Olympic medalist Adam Nelson, the Drive Program will partner athletes with successful business people, who will mentor athletes seeking the skills and opportunities to acquire a great job with great pay once their competitive days are over. The USATF Foundation has created a network of business professionals from various companies and professions to take part in the program.

Athletes who were ranked in the top 10 in the U.S. in their event in the either of the last two years preceding their application submission are eligible for this program. Olympians are given lifetime access to the program.

For more information about the Drive Program or to download the application, visit www.usatffoundation.org or e-mail drive.mentor@gmail.com or Sariyu.Suggs@usatf.org.

USOC TUITION ASSISTANCE GRANT

Athletes who are pursuing undergraduate or graduate courses of study may apply for USOC Tuition Grants. Tuition Grant funds are for tuition and fees only; books and room & board expenses are not included in this program.

Athletes must be a current year (2009) Direct Athlete Support recipient and/or eligible for Elite Athlete Health Insurance (EAHI) in order to apply for a Tuition Grant. There are three exceptions:

- Retired Olympic or Pan American team members may apply for a one-time only grant within five years of their last Olympic or Pan American Games competition.

- Resident athletes of Olympic Training Centers may apply but will be directed to the "B.J. Stupak Olympic Scholarship" program prior to consideration for a USOC Tuition Grant.

- Athletes who are attending an institution in Utah and 2002 Olympians/Paralympians who are attending school in any state will first be considered for the USOC 2002 Olympic Winter Games Legacy Scholarship.

Athletes who have demonstrated competitive excellence in their sport's premier international competition(s) may be awarded a tuition grant.

Applications will be reviewed quarterly, according to the following schedule:

February 2, 2009; May 1, 2009; August 3, 2009; November 2, 2009

If you have questions regarding the Tuition Grant, please contact Sariyu "Beka" Suggs at 317-713-4689 or by e-mail at Sariyu.Suggs@usatf.org. Applications are available on our website under the Elite Athlete section of our website at www.usatf.org/Elite

USATF 2009 MEMBERSHIP REMINDER

BECOME A MEMBER TODAY!

Register or renew online at
www.usatf.org/membership

A current USATF membership is required for online entry for all of our championships events (i.e. USA Indoor/Outdoor Track & Field Championships).

WHY JOIN USATF - GREAT MEMBERSHIP BENEFITS

- 10% discount in the USATF Online Store, including Nike Dri-FIT gear
- Subscription to Fast Forward magazine
- Access to enter exclusive members-only contests

• Sport accident insurance – All USATF memberships expire on 12/31 regardless of when you registered or renewed your membership. Please make sure your membership is up to date. If your membership is not current at the time of your sports accident, you will not be covered through this insurance; therefore you will be responsible for any charges incurred.

- Special discounts and offers from over 25 companies

Annual Meeting

USATF EMBARKS ON MAJOR RESTRUCTURING

The membership of USA Track & Field at USATF's 2008 Annual Meeting in Reno overwhelmingly voted to approve a set of bylaw changes that will significantly alter the size and makeup of its board of directors, while increasing the accountability and professionalism of the organization.

Unanimously approved by the USATF Board of Directors at its October meeting in Indianapolis, the bylaw changes were approved by a voice vote of membership at the Opening Session.

Key components of the bylaw changes are as follows:

- The USATF Board will be reduced in size from 31 to 15 members, including a popularly elected President and three athlete seats.
- Committees will continue to select their own Chairs, with the Board providing final approval of all Chair positions.
- In accordance with a Board directive established over the summer, a Youth Division is being created.

Many changes will take place on the administrative level as well:

- USATF's High Performance Plan (HPP), as developed by the High Performance Committee, will be implemented by USATF staff accountable to the CEO.
- National Team Staffs will be submitted by the relevant selection committees to the CEO, who following a review will forward to the Board for approval. Once approved, the staff will be accountable to the CEO.
- National Championship site selection will be supervised by the National Office in conjunction with the relevant sport committee.
- The Board will continue to approve USATF's annual budget. The CEO will be responsible for all financial disbursements.

For the complete list of updated bylaws, visit

<http://www.usatf.org/about/governance/2008/proposed/proposedbylawchanges.pdf>



AAC ELECTS NEW OFFICERS, BOARD MEMBERS

The Athletes Advisory Committee held elections at USATF's Annual Meeting in Reno, selecting the following individuals:

- Chair – Jon Drummond
- Vice Chair – Allen Johnson
- Treasurer – Suzy Powell
- Secretary – Dexter McCloud
- USOC representative – Joanna Hayes
- USOC representative, alternate — Gary Morgan
- USATF Board of Directors: Philip Dunn, Deena Kastor, Aretha Thurmond

For complete coverage of the USATF Annual Meeting, visit <http://www.usatf.org/events/2008/AnnualMeeting/>

JESSE OWENS AWARD WINNERS STEPHANIE BROWN-TRAFTON AND BRYAN CLAY

Annual Meeting



HIGHTOWER ELECTED PRESIDENT

Former Women's Track & Field Committee Chair Stephanie Hightower was elected to a four-year term as USA Track & Field's president. A former-world class hurdler, Hightower succeeds two-term incumbent Bill Roe.

Hightower led the way after the first round of voting with 304 votes, with USATF Vice President Dee Jensen in second place with 263 votes and former USATF Vice President Bob Bowman in third place with 58 votes, which caused him to be eliminated.

In the afternoon runoff election, Hightower was the victor with 328 votes, with Jensen tallying 300 votes. Hightower started her USATF Board service as a member of the Athletes Advisory Committee (ACC) and previously served as AAC Secretary and AAC/USOC representative. The women's team manager at the 2004 Olympic Games in Athens, she was the U.S. team leader at the 2005 IAAF World Youth Championships in Morocco. She was the Chief of the

Delegation for Team USA at the 2003 World Outdoor Championships, served as head team manager at the 1999 World Championships and was an Assistant Manager for the 1996 Atlanta Olympic Games.

Hightower currently is Vice President for Institutional Advancement for the Columbus College of Art & Design in Columbus, Ohio. She has also held cabinet positions with the Mayor's office, where she was responsible for handling sports development.

A former world class 100m hurdler who competed on more than a dozen U.S. national teams, Hightower held several American and world records and was a member of the 1980 Olympic Team prior to retiring in 1988. As a student-athlete at The Ohio State University, Hightower earned Big Ten Conference, NCAA and National championship titles.

LOGAN SETS AMBITIOUS COURSE FOR FUTURE

CEO Doug Logan broke with tradition at the Annual Meeting when he delivered his State of the Sport address at the Closing Session, rather than the traditional Opening Session. The address was worth the wait, as he laid out a series of aggressive goals:

- ★ 30 clean medals in London 2012, a goal he dubbed "Project 30"
- ★ Grow membership by 30 percent by 2012
- ★ Grow USATF budget to \$30 million by 2012
- ★ Successfully bid for 2015 IAAF World Championships
- ★ Establish a USATF staff presence on both coasts
- ★ Improve the business of running by increasing the number of domestic competitions and prize money
- ★ Strengthen USATF's role at the Olympic Training Center in Chula Vista

To watch a video of Logan's address, visit

<http://www.usatf.org/events/2008/AnnualMeeting/video/index.asp>

To read the complete text of his address, visit

<http://www.usatf.org/about/leadership/ShinSplintsBlog/?b=18>



Team USA

2009 WORLD CROSS COUNTRY CHAMPIONSHIPS

Competition date: March 28, 2009

Competition site: Amman, JOR

Selection competition: 2009 USA Cross Country National Championships, February 7, 2009, at Agricultural History Farm Park in Derwood, Md.

Selection procedures: The six highest placing finishers at 2009 USA Cross Country National Championships are eligible to select themselves for the World Championships Team, should they choose to do so.

Location of team sign-up: At the Championship Venue

WORLD CROSS COUNTRY CHAMPIONSHIPS PRIZE MONEY

Individual

1st - \$30,000

2nd - \$15,000

3rd - \$10,000

4th - \$7,000

5th - \$5,000

6th - \$3,000

Team

1st - \$20,000

2nd - \$16,000

3rd - \$12,000

4th - \$10,000

5th - \$8,000

6th - \$4,000

TEAM STAFF

Peter Tegan – Women's Senior Coach

Francie Larrieu-Smith – Women's Junior Coach

Jim Nichols – Men's Senior Coach

Steve Chavez – Men's Junior Coach

2009 IAAF WORLD CHAMPIONSHIPS IN ATHLETICS

Competition dates: August 15-23, 2009

Competition site: Berlin, GER

Selection competition: 2009 USA Outdoor National Championships, June 24-28, 2009 at Haywood Field in Eugene, Ore.

Selection procedures: TBA

Location of team sign-up: TBA



IAAF WORLD CHAMPIONSHIPS PRIZE MONEY

Individual

1st - \$60,000

2nd - \$30,000

3rd - \$20,000

4th - \$15,000

5th - \$10,000

6th - \$6,000

7th - \$5,000

8th - \$4,000

Relay

1st - \$80,000

2nd - \$40,000

3rd - \$20,000

4th - \$16,000

5th - \$12,000

6th - \$8,000

7th - \$6,000

8th - \$4,000

Marathon Team

1st - \$20,000

2nd - \$15,000

3rd - \$12,000

4th - \$10,000

5th - \$8,000

6th - \$6,000

TEAM STAFF

WOMEN:

Head Coach – Chandra Cheeseborough

Head Manager – Rich Torrellas

Assistant Coach (Throws) – Carrie Lane

Assistant Coach (Distance) – Annie Bennett

Assistant Coach (Jumps) – Caryl Smith-Gilbert

Assistant Coach (Sprints/Hurdles) – Tonja Buford-Bailey

MEN:

Head Coach – Harvey Glance

Head Manager – Manny Bautista

Assistant Coach (Throws) – Lance Deal

Assistant Coach (Distance) – Stanley Redwine

Assistant Coach (Jumps) – Steve Fritz

Assistant Coach (Sprints/Hurdles) – Andrew Valmon

STAY TUNED TO THE USATF WEBSITE, WWW.USATF.ORG, FOR ANNOUNCEMENTS REGARDING ADDITIONAL TEAM USA EVENTS FOR 2009. ANY QUESTIONS REGARDING TEAM USA EVENTS CAN BE DIRECTED TO ASSOCIATE DIRECTOR OF INTERNATIONAL TEAMS AND CHAMPIONSHIPS SANDY SNOW 770-330-6482.

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IMPORTANT DATES

**USA INDOOR
CHAMPS
FEBRUARY 28-
MARCH 1, 2009
BOSTON, MA**

**USA INDOOR
COMBINED EVENTS
CHAMPS
MARCH 7-8, 2009
CHAPEL HILL, NC**

**USA 15K CHAMPS
MARCH 14, 2009
JACKSONVILLE, FL**

**IAAF WORLD CROSS
COUNTRY CHAMPS
MARCH 28, 2009
AMMAN, JOR**

**USA VS. THE WORLD
AT PENN RELAYS
APRIL 25, 2009
PHILADELPHIA, PA**

**DRAKE RELAYS
APRIL 25, 2009
DES MOINES, IA**

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