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Dear Elite Athlete,

By the time you read this letter, all of you will be well into your outdoor season. Early results from April have already showed that you will be picking up where you left off in 2010, and then taking it up another notch.

Of course, all roads lead to Korea in 2011. From an athlete-support perspective, USATF is devoting our time, attention and resources to ensuring you can perform at your best in Daegu and, a year later, in London. We are directing tens of thousands of dollars to support training centers around the country, where you already live and train. We have reorganized our relay program, and we are putting the finishing touches on our training-camp arrangements. And that’s just the start.

On behalf of USATF’s board of directors, membership and staff, I wish all of you the best of luck in this important outdoor campaign. Remember that USATF is here to support you, and this Elite Athlete Handbook is one way we try ensure you have the information you need at your fingertips. Beyond what you find in these pages, I encourage each of you to continue the trend of increased communication between yourselves and the USATF national office to help ensure you have the support you need to reach your goals.

Yours in sport,

Stephanie Hightower
President/Chairman
Dear Athletes,

The Athletes Advisory Committee (AAC) is here to help you with any encounters that you may experience as an Elite Athlete. The AAC is the athletes’ voice within USA Track & Field.

We are all current or former elite athletes, and we understand what it takes to be the best. We appoint athletes to all the committees at USA Track & Field. We work with USATF President Stephanie Hightower and Chief of Sport Performance Benita Fitzgerald Mosley on all matters relating to athletes.

An additional source of information is our publication the Elite Beat, which you should be receiving and — we hope — also reading.

We look forward to working with you while you pursue your dreams.

Yours truly,

Jon Drummond
Chair
Athletes Advisory Committee

Dear Elite Athlete,

With the London Olympics just one year away, the Sport Performance staff of USA Track & Field is eagerly preparing for a busy, albeit exciting 2011 as the final tune up for the World’s #1 Track & Field team.

In 2011, Team USA will defend its title at the IAAF World Championships in Daegu. USATF and Team USA will move toward London with a crop of young and talented athletes as well as the veterans who continue to show them the way. Over the next two years, it is our goal as an organization to provide you with the best support possible to enable you to fulfill your dreams. As athletes, you are faced with many challenges in your career, and we want to assist you in every way to make your time in the Elite Athlete spotlight special and memorable.

It is our objective to provide as much information as possible to you via the Elite Athlete Handbook. This handbook is comprised of information that may be useful for an elite athlete. It is printed annually, allowing the information to be updated regularly. We also post the handbook online at www.usatfhighperformance.com as a reference tool. We are introducing several new programs leading into 2011 and ultimately 2012. This handbook covers many bases, from athlete support to travel information, from dealing with the media to drug testing inquiries, as well as a comprehensive calendar of upcoming 2011 event and directories for all aspects of the sport.

If you have additional questions, do not hesitate to call the Sport Performance Department at USA Track & Field — they are here to help you. A complete listing of staff members along with their responsibilities is located on page 7 of this handbook.

Warm regards,

Benita Fitzgerald Mosley
Chief of Sport Performance
What is USA Track & Field?

USA Track & Field (USATF) is the National Governing Body for track and field, long-distance running and race walking in the United States. USATF encompasses the world’s oldest organized sports, some of the most-watched events of Olympic broadcasts, the #1 high school and junior high school participatory sport and more than 30 million adult runners in the United States.

USATF is a volunteer-driven, not-for-profit organization with a staff of professional program administrators at the National Office in Indianapolis, IN. The mission of USA Track & Field is to drive competitive excellence and popular engagement in our sport.

USATF is an organization that provides competitive opportunities for all Americans regardless of age and ability. Just a few of the ways we serve our sport include:

- Establishing grassroots programs, such as the Junior Olympics, to help develop future stars who will follow in the footsteps of Tyson Gay, Allyson Felix, Jeremy Wariner, Sanya Richards-Ross, Bryan Clay, Lauryn Williams, Adam Nelson, Deena Kastor and Meb Keflezighi.

- Developing, selecting and leading Team USA—the World's #1 Team—at the Olympics, World Championships and more than 12 other international events each year. Roughly 700 athletes of all ages wear a Team USA uniform in any given year.

- Managing USATF’s Visa Championship Series, a professional series of track and field events contested in cities such as New York, Boston, Eugene, and Philadelphia.

- Promoting programs of training and competition for men and women and boys and girls of all ages.

- Establishing and enforcing the rules and regulations of our sport.

- Sanctioning more than 4,000 events each year.

- Conducting a comprehensive Coaching Education Program that has been taken by more than 14,000 coaches nationwide.

- Providing insurance to sanctioned events, member clubs and member-athletes.

- Certifying race courses for accuracy and validating records.

Over 100,000 Americans are members of USATF. Fifty-seven USATF Associations oversee the sport and its 2,500 youth and running clubs at the local level.

Pushing Ahead

USATF has a list of “best in class” partners that includes Visa, Nike, BMW, The Hershey Company, and 24 Hour Fitness and suppliers Gill Athletics and St. Vincent Sports Performance.

The 2010 Visa Championship Series continued the recent upward television ratings trend as broadcasts on ESPN were up 48% and ESPN2 were up 18% over 2009. Boasting partnerships with NBC and ESPN, our sport has nearly 40 national TV broadcasts in any given year, and average Nielsen ratings for track and field broadcasts are higher than those of the NHL, the WNBA and Major League Soccer.

Reaching Out

In 2004, USATF launched a community outreach program called Win With Integrity. At each Visa Championship Series stop, and at other events around the country, USATF’s star athletes speak with local schools about the importance of fitness, a healthy lifestyle, living with integrity—including a drug-free life—and setting goals. Thousands of children have been reached in person through the program, which has been enthusiastically embraced by USATF athletes and the students to whom they speak. It is a key component of the rich history of voluntarism displayed by Team USA.

For more information about USA Track & Field, visit our website:
www.usatf.org

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