

NACAC team championship (Gray again), 15 national championships (road and cross country), 6 regional team and 6 regional individual cross country championships. Plus, 7 team and 6 individual championships at the PNTF cross country championships. In addition, our runners won 12 PNTF road championships.

### Olympic Trials

Congratulations to Olympic Trials Qualifiers; **Ruth Perkins, Emma Polley, Joe Gray, Drew Polley, Levi Keller, Monika Gruszecki, Katie Reichert, April Sinkler, Toni Smith, Jamie Cheever and Evonne Britton!**

### Cross Country

Club Northwest fielded teams in 4 local cross country meets and the USATF Club National Championship in Tallahassee, FL.

Congratulations to our USATF NW Regional Individual Champions: **Janet McDevitt, Ben Sauvage, Carl Combs, Mike Smith, Gail Hall and Greg Beyerlein-** all six Club Northwest teams won!

At USATF Club Nationals, our teams had another exceptional year:

- 40+ Masters Women: Team Champions
  - **Janet McDevitt:** 1<sup>st</sup> (40-44)
  - **Camille Shiflett:** 3<sup>rd</sup> (40-44)
  - **Deborah Fletcher:** 40 second personal record!
- 50+ Masters Men: Team Bronze Medalists
- 50+ Masters Women: 4<sup>th</sup> Place
- Open Women: 7<sup>th</sup> Place
- Open Men: 15<sup>th</sup> Place



### Road Racing

We had 12 PNTF champions on the roads:

**Joe Gray** won the 8K and 12K Roads, **Emma Polley** won the 5K and 12K Roads, **Nick Welch** and **Zosia Brown** won the 10K Road titles, **Jamie Cheever** won the 8K Road, **Carl Combs** won the 12K 50s title, **Dyan Simon** won the Half Marathon title in the 45-49 group (2nd woman!), **Janet McDevitt** won the 8K Masters title, and **David McCulloch** (45-49), **Acy Roff** (50-54) and **Joe Sheeran** (55-59) won convincing masters titles at the 10K championship.

**Masters US Cross Country Championships in Bend,** the **Masters BK Road National** title in CA, both the 1500 and 3K Indoor National titles in Albuquerque, the 10K Road National Championship in in Massachusetts and won the 5K and 10K in the Masters Outdoor Championships in Michigan.

### Mountain & Trail Racing

**Joe Gray** won the IAAF World Mountain Championship and helped lead his team to their first ever team title. He won his first World X-Terra championship. He also won the US Mountain Championship (Loon Mountain, NH) by over a minute in Jul and was named the USATF Mountain Runner of the Year for the 7th time!

**Bruce Cyra** (55-59 age group) won his second US Half Marathon Trail championship in Bellingham, WA in October.

### Rio

**Aaron Scheidies**, who is legally blind, qualified in the paracycling part of the Paralympics in Rio. Aaron is a triathlete who had previously won more than a dozen world and national Paralympic titles. He has also been ranked # 1 in the marathon. But they only held the cycling portion so he tried to convert to a world class cyclist. There was a qualifying round to make the final and he chose professional triathlete, **Ben Collins** to pair up on the tandem bike. With a half-mile to go, their chain dropped and they could not get it back on! So, they grabbed the bike and sprinted for the finish. They managed to qualify and finish 12th place in the Time Trial Final and 11th place in the Cycling Road Race. Fantastic performances from two amazing people!

### Off the Race Course

Our members are not just athletes, but well-rounded, adventuresome people.

From 2016 through May 2017 **Joe Gray** will continue to raise money for the Childhood Cancer Center known as Candlelighters of Southern Colorado. He will be donating half of his earnings from race winnings, as well as raising money on his FlipGive page, which allows folks to help raise funds by online shopping. <https://athlebiz.flipgive.com/campaigns/41176-joseph-gray/fundraisers>

For the 3rd time, **Levi Keller** recently participated in the Scott Firefighter Stairclimb at Columbia Center to help raise money for the Leukemia and Lymphoma society. Firefighters race up 69 floors of stairs (1,356 steps) to the observation deck in full, bunker gear. This was his fastest climb yet! Even more impressive, Keller recently underwent his third ablation in his heart to try and cur a heart condition he has had since birth.

If you would like to donate to the Firefighter Stairclimb on behalf of Levi visit: [http://www.liswa.org/site/TR/Events/FirefighterStairclimb?px=1691751&pg=personal&fr\\_id=1552](http://www.liswa.org/site/TR/Events/FirefighterStairclimb?px=1691751&pg=personal&fr_id=1552)

**Alex Rockhill** and his finance, **Pearl Terry**, traveled throughout Southeast Asia over a three-month period. They traveled to Nepal, Vietnam, China, Cambodia an

individuals!

### Sunday Runs

Looking to meet more Club Members? We host Sunday group runs every weekend from September through June as well as runs on the Summer and Winter Solstice. Visit [ClubNorthwest.org](http://ClubNorthwest.org) to sign up for the “Group Run” email list.

### Women’s NW Running Retreat

This summer, Club Northwest will host its first ever, women’s running retreat! Scheduled for August 11-13<sup>th</sup>, this event is open to all women in the Club as well as local runners across clubs and communities. The retreat will be hosted on Orcas Island at the Golden Tree Hostel. We will be running on trails through Moran State Park and have an exciting lineup of speakers. All levels of runners are welcome! Learn more at [ClubNorthwest.org](http://ClubNorthwest.org) and use the code RETREATME for 10 percent off through April 8.

### EVENTS

The Events Committee strives to bring Club Northwest’s passion for the sport to our community.

#### 2017 Resolution Run

Club Northwest kicked off 2017 with a successful Resolution Run 5k and Polar Bear Dive at Magnuson Park. Thank you to the CNW members who volunteered on New Year’s Day.

#### 2017 Winter Grand Prix

This year was the 21st season of the Winter Grand Prix races: a six-race, two-mile, winter series that includes cross country, road and track. This was our second biggest year for number of finishers in the history of the event. Thank you to New Balance and Super Jock ‘N Jill for their continued sponsorship.

#### All-Comers Track & Field

After hosting 2016 in Edmonds, the All-Comers Track and Field series returns to Shoreline now that their track installation project is complete. The 12-week series for participants of all ages and abilities starts Wednesday, May 31<sup>st</sup>. This year the second and third meets will serve as the PNTF Open Championships. We hope to see you out there, competing, volunteering, spectating or all three. This will be the 49<sup>th</sup> year of the CNW All-Comers Meets!

#### 2017 Firecracker 5000

Unfortunately, the Firecracker 5K did not take place in 2016 due to changes in the city’s fee structure. Firecracker has been re-imagined and will take place on the evening of July 4<sup>th</sup> at Magnuson Park. Save the date to spend a summer evening on the shores of Lake Washington and stick around after the race to view the Kirkland fireworks!



### VOLUNTEER OPPORTUNITIES

Each of our committees are run by member volunteers. Interested in getting involved? Contact the Committee Chair to volunteer. Here are a few specific roles we are looking for:

- Volunteers with fundraising experience (Executive)
- Volunteers with skills in sponsorship, sales and marketing (Events)
- Volunteers for planning, preparation and day-of-event support (Events)
- Volunteers with UX experience to help us as we work to update and improve our website (Communications)
- Volunteers interested in helping to report on race results across the year (Communications)
- “Best Times” Manager: assemble and update a list of local race results (Communications)
- Website contributors: volunteers with ideas for potential blog posts or articles for our website (Communications)
- Sunday Run leaders: lead a group run for your desired pace and distance (Membership)

