



5th Annual Recognition Awards Banquet

February 8, 2025 • 4:45pm to 8:00pm

Vibe Teen Center at the Foster City Recreation Center

[670 Shell Blvd., Foster City CA](#)

- Social Hour
- Keynote Speaker
- Feature: Indoor Track Returns to the PA
- 2025 Hall of Fame Inductees
- 2024 Competition Awards
- 2024 Service Awards
- Lifetime Achievement Awards



5th Annual Recognition Awards Banquet

Order of Activities & Presentations

4:45-5:45pm: Social Hour

5:45-8:00pm: Dinner and Presentations

Keynote Speaker: Alysia Montaña (pg. 3-4)

- **2025 Hall of Fame Inductees** (pg. 5-7)
- **Reno Indoor Track Feature** (pg. 8-10)
- **2024 Sports Achievement Awards**
 - > **Youth** Track & Field & Cross Country (pg. 11-28)
 - > **LDR**
 - » Road Racing (pg. 29-32)
 - » Cross Country (pg. 33-39)
 - » Mountain Ultra Trail (MUT) (pg. 40-45)
 - > **Open Track & Field** (pg. 46)
 - > **USATF Pacific Foundation George Kleeman Track & Field Grants** (pg. 47)
 - > **Masters Track & Field** (pg.48-51)
 - > **Race Walk** (pg. 52-55)
- **Officials** (pg. 56-60)
- **Service Awards** (pg. 61-63)
- **Tom Moore Award** (pg. 64-65)
- **Coaches Legacy Award** (pg.66-72)
- **Closing (pg. 73)**

KEYNOTE SPEAKER

Alysia Montaño

400m, 600m 800m & Cal Track Coach

(Read more about Alysia on her Hall of Fame Page 5.)



Personal Bests

Event	Time	Venue	Date
400 m (out-door)	52.09	Nuoro, Sardinia	July 14, 2010
600 m (in-door)	1:23.59 AR	New York City	February 16, 2013
800 m (out-door)	1:57.34	Monaco	July 22, 2010
800 m (in-door)	1:59.60	Doha	March 14, 2010

Alysia Montaña, *continued*

Major Competition records Representing United States					
Year	Competition	Venue	Position	Event	Notes
2006	NACAC U23 Championships	Santo Domingo	1st	800 m	2:03.87
2007	Pan American Games	Rio de Janeiro	6th	800 m	2:02.57
2007	World Championships	Osaka, Japan	29th (h)	800 m	2:02.11
2010	World Indoor Championships	Doha, Qatar	3rd	800 m	1:59.60
2011	World Championships	Daegu, S. Korea	3rd	800 m	1:57.48
2012	Olympic Games	London, United Kingdom	3rd	800 m	1:57.93
2013	World Championships	Moscow, Russia	3rd	800 m	1:57.95
2015	Pan American Games	Toronto, Ontario	1st	4 × 400 m relay	3:26.40 semifinal
2015	World Championships	Beijing, China	41st (h)	800 m	2:09.57
2015	World Relay Championships	Nassau, Bahamas	1st	4 × 800 m relay	8:00.62 (AR)



2025 USATF Pacific HALL OF FAME INDUCTEE

ALYSIA MONTAÑO



Alysia got her start as a multi-sport High School athlete in Santa Clarita, which culminated as CIF champion in the 800m. She then went on to be one of Cal's most decorated athletes as a two-time national champion and six-time All-American.

She still holds the school records in the 800, 4x400, and sprint medley.

Among her extensive career accomplishments, Alysia won Olympic bronze in 2012, World Championship bronze medals in 2011 and 2013, and a gold medal in the 4x800m relay at the 2015 World Relays Championships while setting the American Record. She also won eight USATF national titles, and was ranked #1 in the world in the 800m for four years.

Beyond her achievements on the track, Alysia has impacted the sport through activism for women and mother athletes. Alysia made headlines at the 2014 USATF Championship in Sacramento where she competed while 34 weeks pregnant. In 2019, she took on Nike and other sponsors to publish a New York Times report that exposed the inequality faced by pregnant athletes and mothers. Her advocacy continued with the launch of &MOTHER, a non-profit which aims to break down barriers that limit a woman's choice to pursue and thrive in career and motherhood. As a response to pressure, Nike and other sponsors have created new maternity policies for sponsored athletes so women athletes do not have to choose between an athletics career and motherhood.

See Personal Bests and more on the prior 2 pages.



2025 USATF Pacific HALL OF FAME INDUCTEE

SHEILA HUDSON



At Rio Linda High School, Sheila was the starting point guard on the basketball team in addition to competing in track & field. Girls triple jump had just been added as an event, and she found herself a natural

triple jumper, culminating in the CIF State title in 1985.

Sheila continued her jumping career at Cal, where she was a six-time NCAA Champion and eight-time All-American, including 1990 when she became the first woman to sweep the horizontal jumps in both indoor and outdoor events. To this day Sheila owns all of Cal's horizontal jumps records. She won 9 U.S. national titles in the triple jump, set the world record twice, and held American records in indoor and outdoor triple jump for 17 years.

Throughout the peak of her career, the triple jump

was only a men's event at Olympics and World Championships. Sheila spent many years as one of the primary athletes advocating the IOC for inclusion of the women's triple jump, which finally came to fruition for the 1996 Atlanta Games. Sheila competed in the inaugural Olympic triple jump, finishing 10th.

Sheila served as assistant coach at Cal from 1992-1994 and Cal State LA from 2002-2008. Sheila completed her Doctorate in Educational Leadership at Cal State LA and took on administration positions as Cal State LA Associate Athletic Director and Title IX Coordinator, and later as Dean of the School of Health Sciences at Solano College in Fairfield. Sheila is a member of the Cal Athletics Hall of Fame, the USTFCCA Collegiate Athlete Hall of Fame, and the CIF Sac-Joaquin Section Hall of Fame.

Personal Bests:

Long Jump	6.73	1990
Triple Jump	14.66w	1995
Triple Jump	14.41	1996



2025 USATF Pacific HALL OF FAME INDUCTEE

FRANCIE LARRIEU SMITH



Francie was born in Palo Alto in 1952, and watched as her other brother Ron competed in the 10000m at the 1964 Olympics. Francie gave herself the straightforward dream of going to the Olympics herself.

She joined the Santa Clara Valley Girls Track Club when she was 13, and at Fremont High School she trained with the boys Cross Country team. Since she graduated before Title IX, she was not allowed to run track meets since California had no girls track teams. Her sophomore year in high school, Francie joined San Jose Cindergals with coach Augie Argabright. When she was only 16 she tied the American record in the 1500m, and won her first national title at age 17.

In 1972, she competed in her first Olympic trials, the final year that men's and women's Olympic trials were held separately. The women's Olympic trials

were at Johnson High School in Frederick, Maryland, and lacked the photo finish timing equipment and wind gauges that were available at the men's Olympic trials at Hayward Field.

Francie would go on to make an amazing 5 Olympic teams. She competed in the 1500m in Munich (1972) and Montreal (1976), the 10000m in Seoul (1988), and marathon in Barcelona (1992). She also made the team in 1980 but did not compete at the boycotted Moscow games. As the first American woman to make 5 Olympic teams in athletics, she was given the honor to be flag-bearer at the Barcelona games, which she considered one of the biggest honors of her life. Among her many career accomplishments, she won 21 national titles and set 13 world records and 35 American records.

Following her competitive career, she spent 20 years as head track and field and cross country coach at Southwestern University near Austin TX. She is a member of the Texas Track and Field Coaches Hall of Fame, and the USATF National Track and Field Hall of Fame.

Personal Bests:

800m	2:00.22	1976
1500m	4:05.09	1976
Mile	4:27.52	1979
3000m	8:50.54	1985
2 miles	9:38.1i	1981
5000m	15:15.2	1988
10000m	31:28.92	1991
Marathon	2:27:35	1991



FEATURED SPORT

INDOOR TRACK IS BACK!





USATF
PACIFIC

INAUGURAL EVENT: RENO INDOOR HOLIDAY INVITE

RENO – Eight hundred athletes converged on the Reno-Sparks Convention Center for two days of non-stop track and field action in late December, christening the blue-and-silver 200-meter oval that gives the Pacific Association one of the premier indoor facilities in the country.

Indoor track has been largely dormant on the West Coast for the last 20 or 30 years, but the new facility in Reno gives athletes in the western United States a chance to sharpen their early-season conditioning and meet national qualifying standards in the junior, collegiate, open and masters divisions.

“We’re extremely excited about having indoor track back in Reno,” said PAUSATF executive director John Mansoor, who directed a couple of high-caliber open meets in Reno in the 1990s. “We look forward to more great meets like the Reno Holiday Invite in this world-class facility.”

The USATF Pacific Holiday Invite provided a taste of what’s to come - 1,600 entries participated in 160 events, held over two days in this spectator-friendly setting. The Mondo USA track is a 12-inch fixed banked oval with six 42” wide running lanes; eight 48” wide lanes on the infield for sprints and hurdles; two high jump, two long and



triple jumps and two pole vaults on the infield; a dedicated shot put and weight throw area with protective barriers outside the oval; and expandable seating for 1,200.

In addition to being the host facility for the University of Nevada’s track program, the Convention Center will also be the site of the [USATF Pacific Association INDOOR Championships](#) (Feb. 1-2) and the [USATF Pacific Presidents’ Invite](#) on Feb. 15-17.

Excerpted from a USATF Pacific article written by Bob Burns.

RENO INDOOR HOLIDAY INVITE ACTION

Lisa Nottingham photos



PA top vaulters, sister and brother-and-duo, Jathiyah and Khaliq Muhammad of Pittsburgh, CA..
Jathiyah cleared 13-6 1/4 ; Khaliq vaulted 16-4 3/4.



Athletes of all ages enjoyed competing
in this spectacular venue!





YOUTH TRACK & FIELD

2024 Featured Athletes

Ava Torgersen (l), 13-14, Oakland Cubs, 3000m RW

Talia Green (r), 17-18, College Prep, 3000m RW



1st, Girls 13-14 3000m RW
JOTF 2024 Championships



8th Place Women's 20km RW -
U.S. Olympic Team Trials 2024



YOUTH TRACK & FIELD

2024 Featured Club

Mission Valley Track Club

Lee Webb Head Coach; Arun Vatturi Race Walk Coach

8 of the 12 MVTC '24 National JOTF Top 8 Athletes





Mission Valley Track Club
Race Walk Coach
ARUN VATTURI
with daughters Rithika (L)
and Priyanka (R)





Mission Valley Track Club

USATF
PACIFIC

3 of the Top 8 in the Boys 13-14 3000M RW are MVTF Athletes!



Treavor Das (6th)

Kishan Paschapur (2nd)

Aadit Deepak (7th)