



Shadow Project opens the 2022 Outdoor Track Season at Penn Relays

Fresh off some winning results at 2022 USATF Master Indoor Nationals, Shadow Project fielded three 4X400 teams at the 2022 Penn Relays.

2nd place 40+ 4X400 - Team attributed success to executing a consistent but risk adverse race across all four members and exceeded all expectations against a respectable field only losing to Southwest Sprinters by just 2 seconds.

3rd place 60+ 4X400 – Team included Mark Neff, Gary Vanderhoof, Tzarli Character and Jeff Duyn delivered a podium finish although most member attribute themselves as distance runners.



50+ Team (L-R): Scott Harmon, Peter Sherry, Peter Bandettini and Mike Nier



40+ Team (L-R): Coach Alex Amankwah, James Coates, Mark Walchinsky, Tim Reith and Jaret Herter

5th place 60+ 4X400 – Plagued with some ongoing injuries team still delivered a solid result. They plan to be back next year to improve upon their results.

For more information, please contact shadow.project.tc@gmail.com and follow us on **Instagram** at **Shadow Project Running** (@shadowprojectrunning).