



(L-R): James Coates and Mark Walchinsky hammer the homestretch to 3rd and 5th

Shadow Project blazes the 40+ field at the 2022 USATF Masters Road Mile Championships under unseasonable hot conditions but falls short of torching the Garden (GSTC)

With a small team of just three runners, Shadow Project made the trek to Rochester, NY from Washington DC to run their first ever mile long bicycle criterium course in unseasonable hot conditions.

2nd place 40+ Team- Team attributed success to executing a conservative start but came up short of beating Garden State Track Club (GSTC) this year. Down a 40+ person going into the race, Shadow Project still achieve second with 60+ National Indoor 3K Champion and record holder, **Mark Neff**.

3rd place 40+ - Bronze medalist and 85%+ graded result from **Mark Walchinsky** who approached the first half of the race conservatively knowing the heat and 300M finishing hill would be a determining factor in the race. **James Coates** was close behind in 5th place clocking an impressive result as he builds towards the 800 later in the outdoor season.

4th place 60+ - **Mark Neff** fresh off an exceptionally good indoor season with multiple national caliber results, clocks in and pulls a top 5.

For more information, please contact

shadow.project.tc@gmail.com and follow us on Instagram at **Shadow Project Running** (@shadowprojectrunning).



40+ Team Podium (L-R): James Coates, Mark Walchinsky and Mark Neff



Shadow Project hardware collected (L-R) 40+ team medal, 3rd place 40+ and 85% age grade