



Shadow Project Athletes Trot to Victory at the 2022 USATF Masters Outdoor National Championships in Lexington, Kentucky

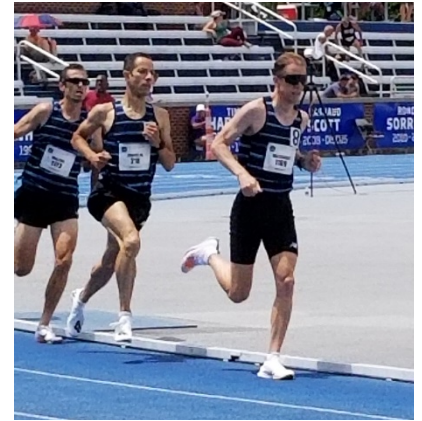
Washington DC based Shadow Project– an Elite Masters Track Club focused on middle distance track with the goal to develop National Class Master athletes to become medal contenders at Masters Athletics World Championships – delivered in Lexington.



Scott Wallace (40-44) winning the 1500M with a comfortable margin

Scott Wallace (40-44) claimed two national titles for Shadow Project in the 800M (2:02) and 1500M (4:18). **James Coates** (40-44) achieved 2nd in 2:03 and **Mark Walchinsky** (40-44) in 2:03 claiming 4th. All athletes obtained Masters Personal Bests (PBs) in the 800M. **Mark Walchinsky** (40-44) doubled the next day with 4th place in the 1500M.

Mark Neff (60-64) won the 1500M race in 4:59.83, breaking 5 minutes, by a comfortable margin over his competition.



Left to Right – Scott Wallace, James Coates and Mark Walchinsky as the Shadow Project Train leaves the station

Peter Bandettini (55-59) followed up with a 3rd place in the 800M race in 2:14. He ran aggressive but came up just short to deliver against international level competitors in an exciting race. **Scott Harmon** (55-59) coming back from injury finishing a respectable 11th.

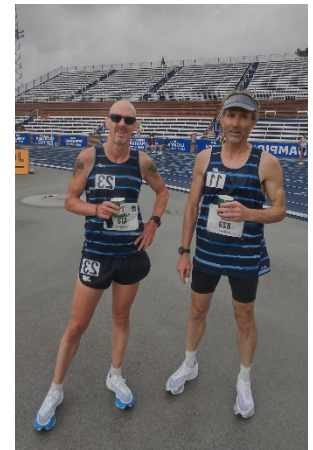


Left to Right – Scott Harmon, Peter Bandettini, Mark Walchinsky, Scott Wallace and James Coates (Not Shown – Mark Neff)

Other results included a 9th by **Peter Bandettini** (55-59) in the 1500M.

A few members of the team raced the 5000M on Thursday. **Mark Neff** (60-64) claiming 2nd and **Scott Harmon** (55-59) claiming 5th.

With just 6 runners racing, **Shadow Project Team** earned 14th out of 102 teams in the Men's Team competition beating team such as Oregon Track Club, Freedom-Garmin Runners and Mass Velocity Track Club.



Left to Right – Scott Harmon and Mark Neff finished 2nd and 5th 5000M



Peter Bandettini (55-59) taking an aggressive lead to finish 3rd in the 800M

Shadow Project would like to thank their coach, professional half-miler and Olympian, **Alex Amankwah**, of Under Armor Mission 800M, for the training block that resulted in 2022 National Championship titles, exceeding Shadow Project's expectations going in. Also, thanks go to numerous mentors and contributors, such as **New Balance** and **Blenders Eyewear**, for support.

The concept behind Shadow Project is simple. Selectively identify a group of the best regional masters middle-distance runners and apply a multi-year approach to training with hopes to further develop American World Class Level Masters 800 and 1500 athletes.

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