



Shadow Project completes first objective, to develop athletes for the World Championships, but our mission has only begun

In just two short seasons, Shadow Project completed what it was designed to do - develop US based master's middle-distance athletes to race at the World Masters Championships.

Mark Walchinsky (M40) and **James Coates** (M40) competed that the 2023 Master World Indoor Championships for Team USA in the 800M and 1500M. **Mark Walchinsky** (M40) making the finals in the 1500 as the top American in the event and **James Coates** (M40) finishing as top American in the 800M just missing the finals. Both athletes learned from their first experience and will use the knowledge to develop other Shadow Project athletes for future World Championship.



Left to Right –James Coates and Mark Walchinsky representing Team USA at the World Masters Championships in Torun Poland.



Left to Right – Sam Sharp and Scott Wallace with celebratory wins in the 1500M at USATF Indoor National Championships in Louisville, KY

Shadow Project's pipeline of athletes under development showed improved national rankings during the 2023 indoor season. As the Shadow Project continues to develop master athletes capable of medaling at the World Championships, **Sam Sharp** (M35) won both the 800M and 1500M National Indoor titles and **Scott Wallace** (M40) won the 1500M National Indoor title and placed second in the 800M at USATF Masters Indoor Championships in Louisville, KY. **Mark Neff** (M60), taking a break from track, place 5th in the USATF National XC Championships in Richmond, VA.

Regionally, **Jason Abbot** (M45) won the 3000M USATF Southeast Championships and **James Coates** (M40) claimed the 800M title followed closely by **Mark Walchinsky** (M40) in second. **Scott Wallace** (M40) won the 3000M, 1500M and 800M titles and **Sam Sharp** (M35) did the same in his age group at the Eastern Championships.

Moving forward to 2023 outdoor season, Shadow Project continues to develop and targets competitions showcasing the best master athletes in the US as it strives to expand the roster.



Left to Right – Mark Walchinsky, James Coates and Jason Abbot on the 800M podium at USATF Southeast Championships



Right to Left – Peter Bandettini, Scott Wallace, Mark Walchinsky, James Coates and Sam Sharp enjoying some downtime at USATF Masters National Championships

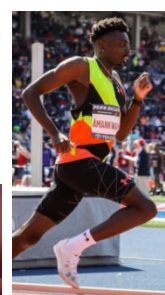
2023 Outdoor Season Roster

35+	Sam Sharp
40+	Mark Walchinsky, James Coates & Scott Wallace
45+	Jason Abbot
55+	Scott Harmon & Peter Bandettini
60+	Mark Neff

2023 Tentative Outdoor Schedule

April - Penn Relays
 May - Hayward Classic
 June - USATF Eastern Outdoor Track & Field Championships
 July - USATF National Masters Outdoor Track & Field Championships

RUN SHARPER



Shadow Project will use coaching services from, professional half-miler and Olympian, **Alex Amankwah**, of Under Armor Baltimore Mission 800M, and **RunSharper**. Also, thanks go to anonymous contributors for their support.

For more information, please contact shadow.project.tc@gmail.com and follow us on Instagram (@shadowprojectrunning) or visit us at <https://shadowprojecttc.com>