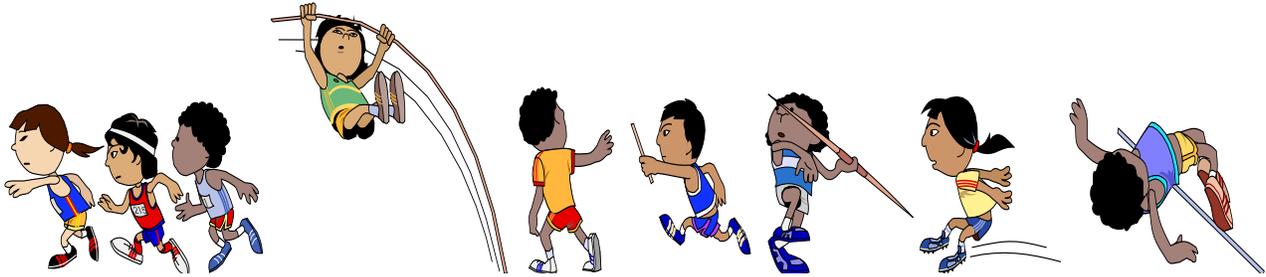


# MARLBORO TRACK 2026

[marlborotrack.com](http://marlborotrack.com)



**Dear Parents and Athletes:**

**Welcome to Marlboro Track for the 2026 Track Season. We are looking forward to an exciting and successful track season. Please take time to carefully review the information provided below. As questions arise, please do not hesitate to ask.**

## **I. THE MARLBORO TRACK PROGRAM**

In 1993, the Marlboro Track Team was formed under the coaching direction of Tracey Wilkinson, Armease Starks and Reginald Wilkinson. The team consisted of approximately 20 athletes outfitted in circa 1960 jerseys and big, baggy white basketball shorts. Since that humble beginning, Marlboro Track has grown to include an annual average team of over 100 athletes, most of whom are returning athletes, and has added several coaching powerhouses. Very importantly, our program is enhanced by the organization and the efforts of our Track Commissioner Mitch Mitchell, Team Administrators Bernice Hamm & Venus Coley, our Treasurer Regina Miles, Meet Registrar Gertie Starks, Web Master Johnathan Collins and a host of Team Parents (Asst. Coaches), and other volunteers, many of whom are parents of our former athletes.

Marlboro Track Team is a co-ed, competitive track and field program. Unlike other programs within MBGC, the track team is open to male and female athletes between the ages of 7 and 18, regardless of where they live. Marlboro Track is a member of the Amateur Athletic Union (AAU) and the United States Track & Field (USATF) Associations. The Track Team is nationally ranked and boasts an impressive individual and team record that spans the years and includes successes and record breakers for local, regional and national competitions.

Homegrown Marlboro Track & Field Athletes are all over the place at all levels (elementary through high school, colleges and universities, NFL, Olympic trials and training, etc.) – look on the courts; tracks; football, field hockey, Lacrosse, baseball and soccer fields and – most importantly – on honor rolls, deans' lists, etc.

The track program seeks to teach every age-appropriate facet of track and field, with a special emphasis on individual growth and skill development. We seek to carry out our mission in a structured, disciplined and organized environment. Competition events include sprints, middle and long distance, throws, jumps, hurdles, race-walk and pole vault. It is our goal to provide the instruction and training that is necessary for our athletes to successfully compete in a wide variety of track and field events. More importantly, we strive to instill within each of our athletes the value of self-discipline; self-confidence; determination; sportsmanship; and respect for themselves and others. Through drills, repetition, competition and discussions, our staff will do its part to fulfill the purposes of the track program. However, we are fully aware that we cannot fulfill these purposes alone.

Therefore, **we expect and require** each parent and athlete to provide 100+% cooperation, participation and assistance during the track season.

## II. STAFF

<u>Track Commissioner:</u>	James A. "Mitch" Mitchell	(202) 258-1768 <a href="mailto:mitchjamitchell@aol.com">mitchjamitchell@aol.com</a>
<u>Head Coach:</u>	Tracey Wilkinson (Coach Tracey)	(301) 717-6292
<u>Founding Coaches:</u>	Armease "Tuney" Starks (Coach Starks) Reginald Wilkinson (Coach Reggie)	
<u>Coaching Staff:</u>	Eric Brown (Coach Eric) Alonzo Coley (Coach Zo) Leo Coley (Coach Leo) Patrice Collins (Coach Patrice) Valentine Grant (Coach Tino) Vedall Grant (Coach Vedall) Darryl Haraway (Coach Haraway) Brandon Miles (Coach Brandon) William Safford (Coach Billy) Ter'Ance Scott (Coach Ter'Ance) Jason Starks (Coach Jason) Charles Wilkinson (Coach Charles) Kai Wilkinson (Coach Kai) Nyah Wilkinson (Coach Nyah) Michael Harris (Coach Mike) Dyson Coley (Coach Dyson)**	

\*\*Our coaching staff includes collegiate athletes as their schedules permit.

<u>Team Director:</u>	Bernice Hamm	(240) 595-2958 <a href="mailto:marlborotrack22@gmail.com">marlborotrack22@gmail.com</a>
<u>Team Administrator:</u>	Venus Coley	(202) 345-5760 <a href="mailto:vlcoley@aol.com">vlcoley@aol.com</a>
<u>Registration Administrator:</u>	Gertie Starks	
<u>Treasurer:</u>	Regina Miles	
<u>Web Master:</u>	Johnathan Collins	

## III. Commitment and Communication

Please give very careful consideration to your and your child's participation in the track and field program. Track and field is a **very time intensive program**. Participants are expected to attend all practices and track meets. Track meets are primarily held on Saturdays and occasionally on Sundays. There are two-day meets that are mandatory for participation in USATF district, association, regional and Junior Olympic competitions. Track meets are **all-day long**, athletes and parents need to be prepared to stay at track meets – all-day long. On occasion, a track meet may even run into the evening hours. **If you cannot or are unwilling to wholeheartedly and cheerfully make the time commitment, track and field at this level is not for you and your child.**

Please speak directly with Commissioner Mitch Mitchell of your intent to cancel your registration.

Our primary mode of contact with you will be **via e-mail and GroupME**. Please be mindful of the fact that there are loads of athletes and parents but only two Team Administrators. In short, if you have a question or concern, it is **your** responsibility to make contact with the appropriate personnel. Our team has several team parents assigned to assist in the communication and team administration process; however, the ultimate responsibility rests with you to make sure that you have sought all of the necessary information. "I didn't know" – "I didn't understand" – etc. are not legitimate excuses. **You are on notice.** Coach Tracey and Commissioner Mitch often communicate in writing – **it is your responsibility to make sure that you receive and read the information.**

#### IV. THE \$400.00 SPORTS FEE

Within MBGC, each parent is responsible for the full cost associated with his or her child's participation in a selected sport program. The cost of participation in a particular program is termed the "sport's fee." The sport's fee for the track program, paid at registration, is \$400.00. It is important to note that – for track & field – the sports fee **DOES NOT** reflect the **true** cost of participation in this sport. Instead, the \$400.00 sports fee represents the cost to you for some expenses that are incurred by the team and individual athletes. In the past, we have used proceeds of various fundraisers to make up the difference between what you pay (\$400.00) and the actual cost of participation.

1. **Regular Season** For your information, we have provided an **estimate** of the actual **PER CHILD** cost of participation in the track program. Each of these items **is included** in this year's \$375.00 sports fee. Appx. Costs:

T-shirt	\$15.00 (per athlete)
Uniform	\$110.00 (per athlete)
Track Meet Entry fees (regular season)	\$210.00 (est. \$9.00 per meet—including relay fees)
Team Equipment Contribution	\$15.00 (per athlete)
Team Membership (AAU)	\$ 1.00 (per athlete)
Team Membership (USATF)	\$ 1.00 (per athlete)
Individual Membership (USATF)	\$20.00 (per athlete)
USATF Local/Association	\$15.00 (add'l \$15 if child is participating in multi-event)
AAU Individual Membership	\$14.00 (per athlete)
AAU Local/Association	\$35.00 (add'l \$35 if child is participating in multi-event)
MBGC Fee	\$20.00 (per athlete)
AAU & USATF Local District Championship Meet Entry Fees	\$50.00 (per athlete)

Regular Season Estimated Total: **\$375+**

2. **Extended Season** The extended season encompasses additional costs:

- USATF Regional (\$20)(add'l \$20 for multi-events)
- USATF Junior Olympics (\$40 – depending upon number of events)
- AAU Regional (\$20)(add'l \$20 for multi-events)
- AAU Junior Olympics (\$45)(add'l \$45 for multi-events)
- Additional Meets
- Transportation
- Food and Lodging

**\*NOTE- OUR ABILITY TO COVER EXTENDED SEASON COSTS DEPENDS UPON YOUR COMMITMENT TO OUR LIMITED SEASONAL FUNDRAISING EFFORTS.**

## **V. EQUIPMENT/UNIFORM TEAM UNIFORM REQUIREMENTS WILL BE STRICTLY ENFORCED**

The following items are mandatory for team participation and **are not included in the \$400.00 sports fee:**

1. Running shoes (name brand not required!)
2. Female Athletes: **solid-colored** red, white or navy blue sports top/bra
3. **Red, white and/or navy warm-up suit (Team warm-up suit will be available for purchase)**
4. Water bottle
5. Towel

The following items are available/desirable for purchase, but not mandatory:

1. **Team Warm-up (embroidered w/name)**
2. **Sweatshirt**
3. **Lycra Tights**
4. **Lycra Top**
5. **Spikes<sup>1</sup>:**
6. **Team Bag (embroidered w/ name)**

## **VI. UNIFORMS**

Each athlete must be in a **clean**, well-maintained team uniform in order to participate in scheduled track meets. All uniforms are lycra and must be handled with care in order to look their best. Specifically, athletes are to cover their uniforms, especially the bottom portion, when not competing. **Athletes must only wear an approved team uniform.** We are a team – we will look like a team by being dressed in a TEAM uniform. At many meets, the wearing of jewelry is prohibited – so it's best to leave it at home.

We will be unable to replace uniforms during the track season because the uniforms are custom (production time appx. six (6) weeks).

## **VII. PRACTICES**

**Group practice will officially begin April 13, 2026.** However, all athletes are expected to begin practicing on their own immediately. Don't be discouraged if you have to walk a little during the first week. The bottom line for now is that you finish the workout. Each set consists of 25-50 repetitions for sit-ups and 10-25 for push-ups. Take a short break in between sets.

### Week 1

3 x during week            15-30 minute jog/walk/run; stretching  
5x during week            2 sets sit-ups; 1 set push-ups

**April 8<sup>th</sup> and 9<sup>th</sup>, 2026 -- Off-road run – meet at Douglas High School Parking Lot at 5:45 PM – Those who know the way may head straight to Patuxent River Park.**

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<sup>1</sup> Spikes are not required and are not advisable for all athletes. Please talk with coach prior to purchasing.

Please **do not** just drop your children off at practice and leave without checking with a coach/team parent. There may be occasions where practice has to be cancelled, relocated, shortened, etc. You will only know that information by coming up to the track area.

**Practice Schedule:**

- **8 and under (2018 and later)** Practices will initially be held 2 days per week (Monday and Thursday). A third day may be added as the season progresses.
- **9 and older (2017 and earlier)** Practices will initially be held 3 days per week (Monday, Wednesday and Thursday). An additional day may be added as the season progresses.

The following is the tentative **early season** practice schedule. A new practice schedule will be distributed in May.

All ages – Practice Starts at 6:15pm (This time may be adjusted in late May). Please arrive by 6:00pm

10-15 minutes	<b>prior to the start of practice</b> Arrival/Warm-up
15-20 minutes	Drills
30-40 minutes	Workout and instructional period
10 minutes	Cool-down, Stretching, Equipment return and discussion
<b>Total Time 1-1 1/2 hours</b>	

Upon arrival at practice, athletes are to be prepared to practice. Please be prepared with water, shoes, and shorts or sweatpants (**NO DENIM**), T-shirt, and sweatshirt or jacket. You need to bring a sweatshirt or jacket (windbreaker) **to every practice**.

Practices are held in **all weather conditions**. Practice will only be cancelled in the event of lightening or severe rain & you will be notified via GroupMe. Track meets are held under all weather conditions so we practice under most weather conditions. If in doubt, call 571-449-7574 or 202-258-1768 or **check GroupMe** for posted cancellations or report to practice.

**Athletes are expected to be present at all practices.** It is very important that athletes understand and appreciate the limited and precious nature of practice time. In other words, we do not have time to waste. If an athlete is not prepared (mentally and physically) to practice, they should not be in the track area distracting other practicing athletes. Through practice, we are preparing our athletes for successful competition.

**THE ONLY ACCEPTABLE ATTITUDE FOR MARLBORO TRACK TEAM MEMBERS IS A SUPPORTIVE, POSITIVE AND WILLING ATTITUDE. Disrespect, teasing, taunting, discouraging, etc., will not be tolerated.**

During practice, **we need all parents to refrain from "sideline" coaching.**

**PARENTS ARE NOT PERMITTED ON THE FIELD DURING PRACTICE**

**EXCEPT IN DESIGNATED WALKING AREAS, IF AVAILABLE.** We would like for the parents to observe the practices so that they may reinforce correct form and technique at home. However, **during practice, please allow the coaches to coach.** We would also like for our parents to encourage and support **all** of the athletes during practices and track meets. We are a **FAMILY TEAM** consisting of parents, coaches and athletes. If you have any questions or concerns, please do not hesitate to bring those concerns or questions to the coach's attention at the conclusion of practice. Notwithstanding the above, if you observe any dangerous activity, please take whatever immediate steps are necessary to ensure the safety of our children.

**\*\*\*It is very important that you arrive at practice for pick-up no later than 20 minutes prior to the conclusion of practice. Very often we give out information at the conclusion of practice. Please be respectful of our coaching staff and pick up your children on time if you do not stay through the practice. There is no "grace period." Our coaching staff, like you, work all-day at their paying jobs, and, in addition, work half-the- night with your children at their **VOLUNTEER** jobs . . . and still have**

**all of the normal family responsibilities waiting for them on their other non-paying, never-ending night jobs. If you are not there to pick-up your child, we will not leave them at the track alone but we will take them to a location where they can be supervised, the local police station on route 301 or the fire station on Croom Road.**

## VIII. THE TRACK SEASON

Marlboro Track can be divided into two seasons "regular" and "extended." The regular season consists primarily of local meets and ends on or about late June. The extended season contemplates an athlete's efforts and a parent's commitment (of time and finances) to reach the Junior Olympics. In doing so, there are several steps (i.e., additional track meets) along the way. These extra "qualifying" meets encompass the extended season that continues into early August.

**The track season is a long season and many track meets are quite long.** We have a track meet scheduled for almost every weekend beginning on or about **April 25<sup>th</sup>** through late July (for those doing the extended season). Eligibility for participation in the extended season is dependent upon several factors: (1) **qualification at preliminary meets**; (2) demonstrated skill; (3) interest and time commitment of parent and athlete; (4) sufficient financial resources; (5) attitude; and (6) **coaches' discretion**. Athletes are expected to report to all track meets on time and to remain at track meets to support their teammates (to be discussed).

The track season does involve travel outside of the Maryland area for a limited number of meets.

## IX. Information Especially for the NEWEST MEMBERS of OUR TRACK FAMILY but our veterans should not skip this section.

1. **Clothing**: The weather always seems more extreme at outdoor track meets. If it's pleasantly cool at home, it's freezing at the track; if it's breezy at home, there are gale force winds at the track, and if it's warm at home, you will burn up at the track and so forth. Be prepared. The weather may change throughout the day (for example, when the sun goes behind the bleachers). For rain, consider getting one of those big plastic ponchos with a hood or a rain suit and always bring a towel to wipe off the bleachers, etc... Usually, an umbrella won't keep you dry. Wear something red, white and blue or a team t-shirt if you have it. It makes it easier to find the Marlboro team and is a great way to show your team spirit – plus since every color in the rainbow is some team's color – you want to look like you belong with the **right** "family."
2. **Items to keep in your car**: Rain and sun umbrellas; blanket; change of clothes & underclothes; hat; extra socks, extra sneakers; flip-flops; trash bag for wet/soiled clothes, etc.
3. **Seating**: Often, we'll have bleachers provided that get more uncomfortable the longer you sit. It is well worth investing in one of those padded fold-up stadium seats (with a back) or a cushion. You can also bring a blanket to sit on.
4. **Food**: They sell food at some of the bigger meets, but you can bring your own food as well. Also, you should bring plenty of water and something else to drink in your cooler and plenty of ice. Athletes and their parents have to bring their own food and beverages to the meets. It is tricky to time the eating and drinking around athlete's events, but this can be worked out by touching bases with the coaches and team parents. Often athletes are hungry when they finish competing, and it can be a long time between events and before they can go home. Athletes should have nutritious snacks and foods. For example, bring sandwiches, bagels, fruit, applesauce, nutrition/power bars, and salads for the athletes. Please try to have the athlete eat something like cereal etc. for breakfast and nothing that is greasy or too heavy. You'll have to work it out with your own daughter/son. Definitely should bring something to drink. Water is best and should be brought ALWAYS– another suggestion is Propel – which doesn't have the electrolytes found in Gatorade and other sports' drinks. However, you may also bring a sports' drink for extremely hot weather.
5. **You might want**: Your camera, binoculars, a hat or visor, sunscreen.

6. **Where to sit at meets:** It's more fun to sit in a group with the Marlboro family, plus it gives you a chance to get to know the other parents and cheer for everybody's kids. Information is often given out at the location where the team is seated – last minute changes are made and usually benefit athletes sitting where the team is sitting – **in other words – the team parents and coaches will not look for you or your children during the meet – so stay close.**
7. **If you are clueless about track:** Come to the meets, hang around with the veteran parents, and learn the rules and team's tales of glory. There is plenty of time for conversation and all of the Marlboro parents are very friendly.
8. **Entertainment items:** Athletes may bring various electronic and video entertainment items (if there is noise ear plugs must be used), card games and a book. However, team parents and coaches **are not responsible** for any lost items and items – especially popular items – have a way of growing feet and walking away from the place where your child "thinks" they last had them.
9. **Items Parents/Athletes to keep in their track bag:** Always have warm clothes and a windbreaker ready. Also add an extra pair of socks, hat and shorts (to cover your uniform). You might also want to add Kleenex or napkins or paper towels, a bottle of sunscreen (in a Ziploc bag so it doesn't leak all over), and wet wipes. (Venus will have extra replacement spikes & wrench, safety pins and a roll of toilet paper, Lysol spray, and rubber gloves).
10. **Know The Expectations of Your Athlete's Team Parent:** Marlboro Track is an organization run 100% by volunteers, and we especially need parent volunteers! We would like to have at least three team parents per age group who will be able to do such things as:
  - stay abreast of athletes' performances and events so that they are equipped to fill-in events for athletes when requested by coaching staff and make recommendations;
  - be the eyes and ears for the coaching staff;
  - give out event labels at the track meets;
  - make sure all athletes hear and get to the events when called;
  - assist with necessary warm-ups prior to individual events;
  - make sure athletes drink plenty of water and stay hydrated;
  - make sure athletes go to the bathroom before the events;
  - remain informed by the athletes as to their whereabouts at all times;
  - make sure your age group athletes are well behaved and in appropriate areas at the meets and not running and playing in (or under) the bleachers;
  - make sure athletes pick-up trash and clean their section of the bleachers at meets;
  - keep up-to-date entries in the athlete event results booklet;
  - make phone calls and send emails to their age group parents;
  - where necessary, serve as a liaison between coaches/Commissioner/administrative staff and parents;
  - make sure that athletes are properly and appropriately dressed for competition;
11. **Team Parents:** Team Parents provide a voluntary service to you as parents and athletes – but are primarily for the benefit of the coaching staff – please offer to assist them in any way possible and do not "abuse" them by forgetting that you are still a parent and are part of the team effort. The term "team parent" is NOT synonymous with the word "babysitter." They are highly skilled professionals – a well-tuned machine headed by the Team Administrator -- with a critical job to do (smile).
12. **Meet Book:** Each age group will have an event results book given to the team parents. Team Parents will make every effort – with your assistance -- to obtain the event results from results display for each of your age group members. This information is used by the coaches to assess performance, restructure practice and drills, and for parents to see if their child is improving. Also, in this book there will be target

times/distances for each event in order to qualify for the district, regional, and national meets.

13. **Who competes in the following age groups and categories:** Most local meets will offer competition in double age groups – (8 & under; 9/10; 11/12, etc.) Track & Field has its own “lingo” for describing these age groups. The “lingo” for AAU meets is slightly different than the lingo for “USATF” meets. For both you determine age as of 12/31/2016.

<b>USATF</b>	<b>Age Division</b>	<b>Year of Birth</b>
	8 & Under	2018 and later
	9 - 10	2017-2015
	11 - 12	2014-2013
	13 - 14	2012-2011
	15 - 16	2010-2009
	17 - 18	2008-2007 (Per USATF Rule 300.1 (c) “Athletes must be at least seven (7) years of age on December 31 of the current year to compete at the Youth Athletics or Junior Olympic National Championships.” Athletes who are still 18 through the final day of the USATF National Junior Olympic Track & Field Championships are eligible to compete in the 17-18 age division through that meet.)

<b>AAU</b>	<b>Age Division</b>	<b>Year of Birth</b>
	<u>8 &amp; Under</u>	2018 and after
	<u>9 Year Old</u>	2017
	<u>10 Year Old</u>	2016
	<u>11 Year Old</u>	2015
	<u>12 Year Old</u>	2014
	<u>13 Year Old</u>	2013
	<u>14 Year Old</u>	2012
	<u>15 – 16 Year Olds</u>	2011-2010
	<u>17 – 18 Year Olds</u>	2009-2008 (*Athletes who are still eighteen (18) years of age through the final day of the AAU Junior Olympic Games shall be eligible to compete in the 17-18 year olds division.)

14. **Figuring out when the athlete will be competing:** Listen to announcer; follow event agenda (these will be given out by the track coach to team parents at the beginning of the meet). **Please let the team parent know if you are leaving the meet for any reason.**
15. **Cancellations:** *For weather: Doesn't happen!* Track meets are delayed or canceled only if there is thunder and lightning. If it's “just raining” they keep going. *For general reasons:* Team parents will be notified if a practice or track meet will be cancelled. The team parent will contact the parents. If parents want to inquire as to the status of a practice or meet they should call the team parent and not the coaches.

## X. DOCUMENTATION

The following documentation is needed by no later than Monday, **April 20, 2026:**

- Copy of birth certificate (*Unless previously submitted*)

## XI. EVENTS

**Coaches will select the events in which an athlete will participate. No athlete is "guaranteed" to participate in a particular event at any or every meet.** Our selections will be based upon what we believe is an appropriate event for the child and our desire to ensure each athlete is exposed to a variety of events. On occasion, an athlete will have the option of selecting an event in which to participate. In addition, **relay participation is not guaranteed.** We will make every effort to ensure that every child participates on a relay at some point during the season. However, we will also make any and all necessary adjustments throughout the season (including use of alternates at regional and national competitions).

### **Special Note on Relays:**

**Prior to our placing your child on a relay team for association, regional or national competition, you will be asked whether you are prepared to make a commitment to participation on that relay team. Commitment to a relay team means that you and your child are willing to go as far as the relay team can go, no matter what. "NO MATTER WHAT" means just that. For example, you are committing to participate, in an instance where you or child may believe that a relay team is not competitive because the "fastest leg" doesn't show; or the coaches made a change in the composition of the relay because of a runner's negative attitude; or a relay member is sick and an alternate who is willing to give their best is substituted, etc. --- You will promise to encourage your child to do their very best; and your child will put a smile on his/her face, encourage his/her relay team to give it their all; and make up any slack for a weaker runner by giving of themselves 150+% -- while maintaining that smile and a positive attitude.**

## XII. TALENTS

Please let the commissioner or coach know what you, as a parent or volunteer, can do to help improve our track program. We are always in need and are a very gracious team. **If you know of possible sponsors, we will be happy to provide receipts for tax-deductible contributions.** Let us know what you can do for the team – we may not have thought of the idea!

## XIII. FUNDRAISING

As you can see, there are a lot of things that we have planned for the season and a lot of expenses to you, as parents, involved in your child's participation. Therefore, fundraising is important – to the team as a whole, as well as, to the participants in those fundraising efforts.

**Track Meet** - Based upon the fact that all parents are required to work the Marlboro Invitational Track Meet, any proceeds from the meet will be used on a discretionary basis to benefit the team as a whole (i.e., equipment, meet entry fees, etc.)

**Other fundraisers will be announced. Please plan to participate.**

## XIV. SHOES

### **A. Choosing a Shoe**

There's more to consider than color or style when selecting a pair of running shoes. You also need to take into account such variables as foot type and durability.

#### **1. Foot Type**

Knowing your foot type is the first step in finding a shoe that gives you the best fit and meets your biomechanical needs. To determine your foot type, begin by taking the "wet test" below.

## 2. **Wet Test**

1. Soak your feet in water and then step onto any surface that will leave an imprint of your foot.
2. Check your foot imprint against the foot types listed below:

**Average foot:** Standard-sized arch. The imprint leaves a flare and demonstrates a forefoot and heel connected by a wide band.

**Step characteristics:** Lands on the outside of the heel and then rolls slightly inward (pronates) and off the big toe along with two or three other toes to absorb shock.

**Best last:** Semi-curved.

**Recommended:** CUSHIONED SUPPORT shoes that are built for cushioning with control features.

**Flat foot:** Low arch. Flat feet leave an almost full imprint, looking like the complete sole of the foot.

**Step characteristics:** Strikes on the outside of the heel and rolls inward (overpronates).

**Best last:** Straight or semi-curved.

**Recommended:** SUPPORT shoes with firm midsoles and control features to combat overpronation (rolling inward). Avoid cushy, curve-lasted shoes.

**High-arched foot:** Imprint shows a very narrow band (or no band) linking the heel to the forefoot.

**Step characteristics:** Foot is supinated (rigid foot), striking on the outside and remaining on the outside. Generally this foot type does not pronate enough and is a poor shock absorber.

**Best last:** Curved.

**Recommended:** CUSHIONED flexible shoes made to promote foot motion. Avoid motion-control or stabilizing shoes that decrease mobility.

Some runners also might consider a PERFORMANCE shoe. These shoes are designed with little support and good cushioning for runners who are efficient, train at faster speeds, have a normal to rigid arch and are not susceptible to injury or need flexibility.

**Note: Not recommended for runners with flat feet.**

TRAIL shoes are designed specifically for off-road racing, and usually feature a durable and waterproof upper with a traction outsole.

## B. Shoe Construction

Running shoes are generally constructed of four main components: upper, insole, midsole and outsole. An easy way to remember the relevance of each is to think of them as parts of an automobile. The upper acts as the frame, the midsole the shocks and the outsole the tires. These three areas can be made of materials that differ in weight and density, and may vary from shoe to shoe. Durability is determined by the combination of these factors and by the strength of the outsole rubber, density and firmness of the midsole foam and strength of the upper materials, as well as the individual who wears the shoe. In general, you can achieve the highest durability and support with materials of firm and high density.

## C. Shoe Components

- **Upper** materials can vary from light mesh to hefty waterproof fabrics. If your feet overpronate (roll inward), you will need more medial support.

- **Midsole** is the most important element of the shoe. A worn midsole makes your shoe ineffective, even if the upper and outsole are in good shape. The midsole is also where manufacturers usually place their added technologies to enhance the cushioning and/or support features. There are three primary types of midsole foam: ethylene vinyl acetate (EVA), compression EVA and polyurethane (PU).
- **EVA** is a sponge-like, water-resistant substance that is soft and light, but does not offer stability and durability. It's better suited for higher running speeds than polyurethane.
- **Compression EVA** is more EVA compressed into the same space. It offers lightweight cushioning and is more durable than regular EVA.
- **Polyurethane** is dense and durable and provides a strong outer shell for good durability.
- **Outsole** rubber commonly consists of carbon rubber or blown rubber.
- **Blown rubber** is created when air is injected into the rubber compound for a softer, lighter outsole. It is often used in the forefoot to make it cushy and flexible, but is less durable than carbon rubber.
- **Carbon rubber** is the most durable kind of rubber outsole material. It is a solid rubber with a carbon additive that improves durability.



### 1. Sprint Spikes

Sprint spikes feature two types of spike plates: Rigid plates are made for power runners, while smaller, lightweight plates offer more flexibility for agile runners. Sprint spikes are designed for races up to 400M and hurdles. They usually have no heel and are very lightweight.

**A long spike plate** is designed to better keep the athlete on their toes by not allowing the heel to touch the ground.

**A shorter spike plate** is very flexible, for the sprinter who wants a good flexing plate in a shoe that closely conforms to the foot.

**A mid-size spike plate** is a composite of the shorter and longer lengths for athletes seeking a balance in flexibility and rigidity from their sprint spike.

### 2. Mid-Distance Spikes

Designed for 400-meter to 1,500-meter events, mid-distance spikes provide heel cushioning and have a flexible forefoot plate. Hurdlers like them for the heel protection and weight. They're almost lightweight enough to be sprint shoes. They adapt very well to horizontal events such as the long jump and triple jump.

### 3. Distance Spikes

Designed for 1,500-meter to 10,000-meter events, distance spikes provide the most heel cushioning of any track spike because the runner's heel hits the ground so many times over a long distance. These spikes, which generally have flexible plates, also can be used for multi-purpose events and cross-country.

### 4. Covered Spikes vs. Track Flats

**Multi-purpose covered spikes** can be worn as spikes or flats both indoors and outdoors on all track surfaces. They have an EVA midsole wedge for cushioning and can double as a cross-country spike.

**Track flats** are extremely lightweight. They are made for track events where spikes are not allowed and for cross-country.

## 5. Road Flats

Designed for road races, these shoes feature more support and cushioning than standard track flats. They also are lighter than training shoes and built to deliver race-day quickness, speed and agility.

### D. Shoes for Specific events:

1. Hurdling - 100m, 110HH, and 400H. Most hurdlers either use a flexible sprint spike or a middle-distance spike because they have a small-cushioned heel.
2. Distance - 3000m to 10,000m. These spikes usually have fewer spikes in them and smaller spike plates but a full-length cushioning. The elite level spikes have very little anything to reduce weight. Steeplechasers also use a distance spike.
3. Pole Vault/Long Jump/Triple Jump - These spikes have a thin, full-length midsole for cushioning and stability when planting. TJ shoes usually have a different heel since they have to handle the 3 plants of a triple jump. Pole vault shoes are generally labeled as either LJ or TJ since they have similar takeoff requirements.
4. High Jump - These spikes have rearfoot spikes as well as forefoot. They are designed to allow a firm plant for the takeoff foot. The Asics shoe is designed for right-approached jumpers only.
5. Javelin - Javelin boots are big and heavy. They have the support and both front and rear spikes to handle the approach and plant of a javelin thrower.
6. Throw - Shot/Discus - Two types of shoes are made, glide shoes and spin shoes. Some brands just have one choice, some separate them like Nike (SD and rotational) and Adidas (hammer/discus and shot put). Glide shoes usually have a textured bottom for grip. Rotational shoes have a smoother bottom for better spin.
7. Multi-Purpose - these are low-end middle-distance spikes that have a full-length midsole and a generic spike plate. They are meant for athletes that want an everyday spike to wear in practice. They can be used for almost any event except throws.

**XV. THANKS** -- The track season, as you are all realizing, is a very busy and long season. Therefore, the commissioner, coaches, team administrator, team parents, etc. are taking this opportunity to thank each of you in advance for your vote of confidence, your assistance and your cooperation. We will make every effort to keep you informed throughout the season. However, please keep in mind that Marlboro Track is OUR track team – it is OUR FAMILY. If you see something that needs to be done to improve our program, do it – save the “lip service.” The coaches are here to give to each of our children – your children -- the very best in coaching of track and field that they have to give and are looking forward to a truly fun, educational, relaxing and successful track season. **We try very hard to avoid DRAMA** (*and will do our best to find a way to get rid of you if you try to bring it to the "family"*). Our practice is to maintain our focus on what really matters -- this “family” that we have built and your children.

**Throughout the season, please let us know your skills, talents, connections, etc. – that may benefit the team or these events. We have the ability to offer advertising, publicity, etc. in exchange for items, services, etc.**



## **Marlboro Coaching Staff 2026**

Tracey S. Wilkinson "Coach Tracey" Day Job: General Counsel  
Head Coach USATF Level I Certified Coach USATF Certified Official- National Level  
Head Coach of Marlboro Track & Field since 1993. AAU Potomac Valley District Athletics' Sports' Director. Potomac Valley AAU Sports' Director Athletics National Committee Compliance Member. Former New York City Public School teacher (high school). B.S. Education, University of Maryland College Park. J.D., UNC Chapel Hill/Georgetown University. Former high school and collegiate track and field athlete (any events my coach put me in- shot put, 100-800m, cross country, 400H). Patience is golden!!  
Famous Words: "I don't do drama", "Suck it up!"

Mitch Mitchell "Commissioner Mitch" Day Job: CEO, "Retired" VP of Sales, Pearson, Inc  
Commissioner USATF Level I Certified Coach USATF Certified Official- National Level  
Has been with Marlboro Track since 2000 in various roles. Marlboro Boys & Girls Board of Directors; AAU T&F National Qualifier Meet Director. Former Fairfax County Public School teacher (high school). B.S., Winston-Salem State University. M.A. & Ed.D., Columbia University.  
Famous Words: "I need to speak with you!"

Armease "Tuney" Starks "Coach Starks" Day Job: "Retired" FPS Police Sergeant  
Founding Coach USATF Certified Official  
Founding Coach of Marlboro Track and Field (1993). Coach of several Marlboro Junior Olympian Throwers. Assistant Coach- Prince George's Community College. Former Assistant Coach- Frederick Douglass High School (specializing in throws). Former coach of Marlboro Basketball and Football teams. Loves the game of baseball.  
Famous Words: "Shut Up!"

Reginald Wilkinson "Coach Reggie" Day Job: "Retired" MPD Police Officer  
Founding Coach USATF Level I Certified Coach USATF Certified Official  
Founding Coach of Marlboro Track & Field (1993). Former coach of several Marlboro Championship Boys' Basketball, Marlboro Girls' Basketball, Tackle and Unlimited Football Championship Teams. "Top Chef" and caterer, A.S., Culinary Institute of America- Hyde Park, NY. Former high school track athlete. Married to the love of his life Coach Tracey for more than 38 years. Willingly spent most wedding anniversaries at the Junior Olympics with the entire "Track Family".  
Famous Words: "Show Some Heart!"

Bernice Hamm "Mrs. B" Day Job: Controller & Co-Owner HT Protective Services  
Team Director USATF Certified Official  
Joined Marlboro Track as a Team Parent in 2019 before becoming the Team Director. Former High School bodybuilder and kickball athlete. A.S., Accounting and Business Management, Johnson and Wales University.  
Famous Words: "It's posted on GroupMe"

Venus Coley "Mrs. Venus" Day Job: Controller, Alfred Street Baptist Church  
Team Administrator USATF Certified Official  
Started with Marlboro Track as a Team Parent in 2010 before becoming a Team Administrator. B.B.A. Accounting, University of the District of Columbia. Certified Public Accountant.

Famous Words: "See me for paraphernalia", "Yes, you can get something from the snack bag or cooler"

Eric Brown II "Coach Eric" Day Job: Barber & United States Air Force Veteran  
Coach USATF Certified Official  
Marlboro Track & Field Athlete 1998-2002, Middle-distance and Decathlete. Marlboro Track Parent and Coach since 2007. ANSI Level I CrossFit Certification, ISSA Personal Training Certification, B.S., Bowie State University  
Famous Words: "The faster you run, the faster you'll get it over with!"

Alonzo Coley "Coach Zo" Day Job: Business Analysts/Technical Specialist- IBM  
Coach USATF Certified Official  
Marlboro Track and Field Athlete 1992-2000, former Marlboro Football and Basketball Coach. Frederick Douglass High School Varsity Football, Basketball, and Track. Conference Champion- Indoor and Outdoor Track and Field 2000-2005 at St. Francis University. B.S., Sociology & Criminal Justice, St. Francis University.  
Famous Words: "Y'all coaches getting soft!"

Leonard Coley "Coach Leo" Day Job: Underwriting Consultant, Carefirst BCBS  
Coach USATF Certified Official  
Marlboro Track and Field Parent and Coach since 2012. Former high school track and field athlete. B.S. Mathematics, Bowie State University.

Patrice Collins "Coach Patrice" Day Job: Public Safety Communications Specialist, MCPD  
Coach USATF Certified Official  
Marlboro Track and Field Athlete 1993-2004- Whatever events Coach Tracey put me in 😊 Heptathlete, racewalk, javelin, shot put, discus. A.S., Prince George's Community College. Marlboro Track Coach (intermittently) since 2004.  
Famous Words: "You'll be fine, keep going"

Valentine Grant "Coach Tino" Day Job: Policy Analyst DoD,  
Retired United States Army Warrant Officer Five  
Coach USATF Level I Certified Coach USATF Certified Master Official  
Started with Marlboro Track in 2003 as a Team Parent before becoming a coach in 2005. Runs and runs some more! Regularly participates in the Army 10 Mile.  
Famous Words: "Whatever Coach Tracey Says"

Vedall Grant Day Job: Personal Trainer  
Coach USATF Level 1 Coach USATF Official- National Level  
Marlboro Track and Field Athlete from 2004-2012 as a decathlete, hurdler, and jumping events. Attended George Mason University and became a Marlboro Track Coach 2013.  
Famous Words: "Ask Coach Tracey"

Darryl Harraway, Sr. Day Job: IT Specialist  
Coach  
Current Head Coach Track and Field at Frederick Douglass HS. Former Throws and Assistance Sprint Coach DeMatha Catholic HS. Former Archbishop Carroll football and baseball athlete. Computer Science, Hampton University

Brandon Miles "Coach Brandon"  
Coach

Day Job:  
USATF Certified Official

William Safford "Coach Billy"  
Coach

Day Job: Physical Education Teacher Special Education,  
PGCPS  
USATF Certified Official

Head Coach Track and Field Crossland HS. Former high school track and field athlete, competing in the 3200M, 5K, and mile. Operates the Marlton Pool. Joined as a Marlboro Track and Field Parent before becoming a Coach.

Ter'Ance Scott  
Coach

Day Job:

Jason Starks "Coach Jason"  
Coach

Day Job: Outreach Specialist for the Office of the  
People's Counsel

Marlboro Track and Field Athlete 1993-1999. Began coaching with Marlboro Track as a collegiate coach, transitioning to full-time in 2000. Collegiate track Athlete at Mount Saint Mary's University and Howard University. Former Marlboro Football Coach.  
Famous Words: "Y'all have it easy now!"

Charles Wilkinson "Coach Charles"  
Coach

Day Job: DC Government Community Support  
USATF Certified

Marlboro Track and Field Athlete, 1993-2005, began coaching 2007. Decathlete, hurdler, high jumper, triple jumper, various other events. Attended University of North Carolina at Chapel Hill on track scholarship.

Kai Wilkinson "Coach Kai"

Nyah Wilkinson "Coach Nyah"  
Coach

Day Job: Elementary School Teacher- DCPS  
USATF Certified Official

Marlboro Track and Field Athlete since birth 😊 and continued through high school and college at St. John's College High School and Towson University. Started as a collegiate coach in 2016 before becoming a fulltime coach after graduating B.S., Elementary Education in 2019. Competing in whatever events the Head Coach, my mother, put me in (shot put, javelin, high jump, hurdles, heptathlon).  
Famous Words: "Is there someone or something that makes you mad? Imagin they're out there and really punch it!"

Dyson Coley "Coach Dyson"  
Coach

USATF Certified Official

Marlboro Track and Field Athlete from 2010 until graduating high school competing in the multi-events and transitioning into mid- and long-distance events. Graduating senior at Delaware State University, currently a Track and Field and Cross Country Athlete. Specializing in the 3000M Steeplechase, while currently coaching as Collegiate Coach for Marlboro Track and Field.

Michael Harris "Coach Mike"

Coach

USATF Certified Official

Marlboro Track and Field Athlete from 1996 until graduating from Frederick Douglass High School competing in the 100, 200 & the Decathlon. He graduated from North Carolina Central University, B.S. Criminal Justice/Psychology and ran collegiate track 100 & 200.

**Other Staff**

**A HOST OF TEAM PARENTS/ASSISTANT COACHES, ETC. WHO YOU WILL BECOME INTIMATELY FAMILIAR WITH!**