Candidate for Board member representing General Competition Division

Joy Upshaw



NOMINATED BY:
Charlotte Sneed, Brian Yokoyama

SECONDED BY:
Terry Crawford, Carroll DeWeese, Easter Grant, Euleen Josiah-Tanner, Tina Klein, Linda Lanker, Don Lawrence, Roman Marenin, Christopher T. Pasko, Lisa Rosborough, April Smith, James Smith, Robyn Stevens, Christina Yarmul

CANDIDATE STATEMENT:
I am excited and honored to run for the USATF Board of Directors, representing the General Competition Division, Masters and Associations. I love this sport, and I have been fortunate to experience it as an athlete, coach, club founder, and USATF volunteer.

As a 25-time World Masters Champion and 2012 inductee into the USATF Masters Hall of Fame, I know firsthand that competition can be a lifelong journey.

One of the most important things I bring is my experience building Joy's Jackrabbits Track Club, which I founded in 1998 and continue to coach within the Pacific Association. Today the Jackrabbits teach and train approximately 300 young athletes every quarter. To grow the club, I have hired full-time coaches along with technology and operations staff, and I manage payroll and insurance and work with our Association regularly. Building and running this business has taught me the needs of clubs and Associations from the inside, and I want to use that experience to understand and improve the issues that matter most to Associations.

In 2016, I chartered the Masters team of Joy's Jackrabbits Track Club. We regularly bring 20 plus athletes to each USATF national Masters meet and brought at least a dozen to the 2026 World Masters Athletics Championships in Daegu, Korea. Under my leadership, the team has finished in the top eight at each of the last six USATF Masters national championships, indoor and outdoor, in fields of 102 to 143 scoring teams, with a best of third overall at the 2024 Outdoor Championships. Building a team that competes at that level takes recruiting, organization, and steady support for every athlete, the same things our Associations need from USATF.

My involvement with USATF extends beyond competing and coaching. In 2022, I served as the women's head coach for Team USATF at the World Athletics U20 Championships and helped lead a U20 marketing initiative that increased participation by 25%. In 2023, I was honored to receive the CEO Award for leadership, integrity, and lasting contributions to our sport. I currently represent Masters athletes on the Women's Track & Field Committee, serve as its representative to the Women's Commission, and have supported trainings for officials and meet operations within the Pacific Association.

If elected, I will be an energetic, approachable voice for Masters athletes and our local Associations. I will work to ensure members' concerns and ideas are heard, support well organized and accessible competitions, and encourage programs that welcome new participants while keeping longtime athletes involved.

Behind every race, jump, and throw are dedicated coaches, officials, volunteers, meet organizers, and families. I work to bring joy to every Jackrabbit, youth and Masters alike, and I teach the same things at every age: good posture, good attitude, positivity, and good character. You will always see Jackrabbits congratulating other athletes, win or lose, and thanking the officials. That spirit is exactly what I will bring to the USATF Board.

Thank you for your support!
Joy Upshaw