



**Winged Foot Foundation  
2015 Newsletter**

Greetings from the Winged Foot Foundation,

11/30/15

In 2015, Winged Foot Foundation volunteers continued to do good works on behalf of Chicagoland student athletes. Our mission remains the same, we are a 501 c 3 charity organization that assist student athletes in need of athletic equipment, we also promote higher education & athletic events. We believe that the lessons learned in the classroom and in athletic competition are beneficial to the development of young people.

This is our third annual newsletter, it serves as an update regarding our progress in the running community and recognizes those volunteers, donors and companies that have contributed to our growth.

**These are the highlights:**

- Over the past 12 months, 5 more teams have been added to our network bringing our total to 76 teams receiving running shoes, spikes, apparel & equipment.
- Special thanks to: Saucony, Road Runner Sports, Naperville Running Company, Geneva Running Outfitters, Run Today, Runners Edge and DNA Athletics for their generous donations
- To store our shoe inventory, we are renting space at the Extra Space Storage facility in Naperville.
- The WFF is now a member of the Naperville Chamber of Commerce

**WFF Community Events**

- The WFF's 6<sup>th</sup> Annual Illinois Sprint Spectacular Track Meet was a success, 7 new meet records set and increasing our year over year participation to 165 registered runners.
- Congrats to TF North Boys and Girls cross country teams for their victories at the Annual Turkey Trot on Thanksgiving.

**2015 WFF October/November  
Student Athlete of the Month**

Sirlaurence King of Chicago's Leo Catholic High School is being honored as the WFF October/November Student Athlete of the Month for his outstanding athletic and academic accomplishments.

On 10/3, the Leo Senior placed 10<sup>th</sup> at the Peoria invitational, he placed 14<sup>th</sup> at the Chicago League Championship (10/17), Sirlaurence was the McNamara Regional Champion (10/24), the Lisle Sectional Runner-Up (10/31) and his best cross country race ever was the State Meet (11/7), placing 12<sup>th</sup> covering the 3 mile course in 15:07.

Serving as team captain, Sirlaurence led Leo to 7<sup>th</sup> place at the Sectional meet, their best Sectional team finish in school history. King is also an excellent student, ranked 4<sup>th</sup> in his class with a 3.5 GPA.



**Cross Country Champion  
Sirlaurence King**

# Support the Winged Foot Foundation

## Donate Goods

- Donate new or slightly used running shoes, spikes, apparel. Drop off shoes at the following stores:
  - Runners Edge, Run Today, DNA Athletics, and Road Runner Sports.
- Shoe donations can also be mailed or delivered to:
  - Mitch Johnston C/O Winged Foot Foundation, 913 Manchester St. Naperville, IL. 60563 / Cell 312-513-6965



## Donation Allocation

- Donations to the WFF are applied to our key operation costs: Athletic Equipment, Event Hosting, Website Maintenance, Insurance, Storage Space Rental, Tax Return Prep., Auto Fuel for Shoe Pick-Up/Delivery, T-Shirts & Awards

## Donate Money

(Electronically or by Mail)

- Contributors can make tax deductible donations to the WFF through the JP Morgan Chase Bank affiliate - Authorize.net, the link is found on the Donations Tab of our Website: [www.wingedfootfoundation.org](http://www.wingedfootfoundation.org)
- A tax deductible receipt will then be sent to the donor to substantiate the amount of the donation.
- With a minimum \$50 donation you are entitled to a Winged Foot Foundation t-shirt or singlet.



- Many thanks to these contributors: Mike Kirk, Pat Burke, Susan Harrison, David Bohan, Marc Bertman, Kris Hartner, Jim Knoedel, Jay Wesley, Skip Stolley, Pete Struck, Gary Hauptert, Mike Sullivan, Jim & Laura Keithley, Steve Schellenberger, Ed Adams, Mike Keane, Jim Mullen, Jim Werren, Julie Faulkner, David Braden, Don White, Charlie White, Mike Marshall, Oscar Herrera, Mike Garcia, Mike Choffin, Jim Dunker, Andy Remley, Jim Knudsen, Steve Ibarra, Derrick Augustaniwiscz, Road Runner Sports, Thornridge HS.

# 2015 WFF Student Athlete of the Year Pavlo Hutsalyuk of Chicago's Lane Tech

Pavlo Hutsalyuk achieved his goals in the classroom and on the track during his Senior year at Lane Tech. In cross country, Pavlo was the Chgo. Public League Champ, 9<sup>th</sup> at the Regional, 14<sup>th</sup> at the Sectional and covered the State Meet 3 mile course in 15:29 for 114<sup>th</sup>.

During the Indoor Track season, Pavlo posted the 5<sup>th</sup> best 1600 meter time in Illinois at 4:19.1, a 1:57.8 800 m. and a very fast 1:26.7 in the 600 m.. Outdoor, Pavlo recorded several personal best times and titles: :50.38 400m., 1:51.58 800m., 10:04 3200 m., Sectional 1600 m. Champion 4:18.2, 3A State Meet 1600 m. Champion 4:08.19.

Pavlo was named the Lane Tech team MVP and is also an excellent student, AP Scholar and recipient of President's Award for Educational Excellence. Spring 2016, Pavlo will be racing for the University of Iowa.







2015 Hillcrest HS  
Girls Cross Country Team  
Country Club Hills, IL.



2015 Morgan Park HS  
Boys Cross Country Team  
Chicago, IL.



2015 Rosa Parks Middle School  
Boys & Girls Cross Country Teams  
Dixmoor, IL.



2015 LEO HS  
Boys Cross Country Team  
Chicago, IL.



2015 Saucony Day  
Eisenhower High School  
Track & Field Team  
Blue Island, IL.

# Hillcrest HS / District 228 Recognizes the Winged Foot Foundation with the Volunteer Excellence Award



**Mitch & Karen Johnston accept the award at the Dist. 228 Board of Education Meeting, November 17th**

## HILLCREST HIGH SCHOOL – DISTRICT 228

Mr. Mitch Johnston, founder of The Winged Foot Foundation is being honored with the Volunteer Excellence Award for November 2015. The Winged Foot Foundation is a 501 c 3 charity organization that assists student athletes in need of athletic equipment. The organization is also known for promoting higher education and athletic events. The foundation's goal is to assist student athletes in the Chicago area by offering athletic equipment and academic programs to help strengthen the educational and sports activities in their communities. The foundation has been in operation since 2004. In the Winged Foot Foundation logo, the winged foot represents the sport of track & field, the triangle represents pillars of strength: Faith, Family and Friends. They are currently assisting the boys and girls track and/or cross country teams for fifty high schools, seventeen junior high schools and three clubs. Hillcrest is fortunate to be one of those high schools.

Mitch Johnston has been sponsoring the boys and girls Hillcrest Cross Country and Track and Field programs for several years. Mr. Johnston stated, "We believe the lessons learned in the classroom and in athletic competition are beneficial to the development of young people. Knowing that shoes and equipment can be so expensive, it's great for us to be able to help out". The foundation receives some of its items from retailers such as Road Runner Sports, DNA Athletics, Geneva Outfitters, Naperville Running Company, Runners Edge as well as directly from shoe manufacturers like Saucony and Brooks.

When asked how the foundation's contributions have impacted the girls cross country and track program at Hillcrest, Coach Braden stated, "Our student athletes have been fortunate. With the support of training shoes, competitive spikes, athletic gear and clothing, the Hillcrest Cross Country team has flourished". Mr. Johnston was recently honored at the Illinois Track and Cross Country Coaches Association 34<sup>th</sup> Annual Hall of Fame banquet, where he received the Recognition Award for service to Chicagoland's high school track and cross country programs. The Winged Foot Foundation is based in Naperville, however, their generosity reaches across Illinois and Indiana. We are thankful to be recipients of their generous program.





# Japheth Cato, Bloom and Wisconsin Great, Now Olympic Hopeful Needs Our Help

<https://www.gofundme.com/JaphCato>



My name is Japheth (Jay) Cato and I am a Olympic hopeful. Born and raised in the South Suburbs of Chicago, I earned a scholarship to the University of Wisconsin-Madison as Decathlete on the Track and Field team. Throughout my collegiate career I won championships, and broke records on the conference and national level. I graduated with my Bachelors degree in 2014.

At the end of my junior year my Achilles tendon ruptured while attempting to break facility record at the University of California, Berkley. After 9months of rehabilitation I came back to win my last indoor Big Ten Championship and break the school's indoor pole vault record however recovery time was still needed.

I've taken 1 year to physically heal my body and have started training to be a Olympic Decathlete in Scottsdale, AZ at Altis (formally World Athletics Center). I've received tremendous support from Phenomenal Fitness and Vice District Brewing Company in Chicago, IL with pre-training. I have the skills to make it to the Olympic trials and a chance to make the Olympic team in Rio however training is expensive.

I ask for your support to help fund 1 year of training towards my goal of being at the 2016 Olympic trails. The estimated costs are:

- Coaching and Training facility (Est. \$8,000/year)
- Travel (Est. \$6,000/year, 2 competitions in Europe, and 4 in US)
- Medical (Est. \$2,500/year, Massage Therapy, Chiropractor and Sports Physician)
- Gear (Est. \$1500/year, Training shoes and specific event shoes)

# Join The Winged Foot Foundation Racing Team on the Road, Trail or Track

Members of the WFF Racing Team competed in several events, including: The Chicago Marathon, New York Marathon, Oak Brook Half Marathon, Shamrock Shuffle, Frank Lloyd Wright Run, Bad Ass Dash, Thornton Turkey Trot, Illinois Sprint Spectacular, Naperville Marathon, Schaumburg Shuffle, St. Paddys Day 5K

