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Ashland's Rogers returns to track, instantly excels

Former sprint star tops Masters Class rankings

by CHRIS SNOW T-G Sports Writer Published: August 5, 2017 4:00 AM

1 of 2 Photos | **Jan Rogers poses with the medals she won around her neck outside the gates at the 2017 USA Track Field National Masters Track Field Outdoor Championships in Baton Rouge, Louisiana. (Submitted photo)**

Returning to a sport and excelling in it after a long hiatus is never an easy thing for any athlete to do.

Ashland resident Jan Hoverstock-Rogers didn't get that memo.

Rogers, a 1992 Ashland High School and 1996 Ashland University graduate, was a dominant track and field sprinter during her time in school, setting numerous records at each place.

Throughout the years after her collegiate track career ended, Rogers stayed active through lifting weights, biking and shooting hoops; however, the 43-year-old made the decision to begin training competitively again March 14, 2016. That choice stemmed from the inspiration she draws from her three nieces, Callie, Camryn and Kirsten, who love to race her.

"My nieces always want to race me," Rogers said. "They kind of inspired me to kind of come back and say, 'Hey, let's race.' My husband (Steve) was also a big supporter of me as well as my parents and his parents. That was a big push for me to say, 'Yeah, I can have my body in great shape.'"

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Rogers trains six days a week and each day is different. She also incorporates Advanced BioStructural Correction to make sure her body and spine are lined up as well as Muscle Activation Techniques to ensure her body is at its peak performance level. When she began getting back into training, Rogers met with Ashland University assistant track and field coach Riley Northrup, who helped her develop a sprinting and lifting program.

Depending upon where it's at in the season, Rogers prepares differently for each competition she takes part in.

"My season's a little different from the college athletes I compete against," Rogers said. "Their season pretty much ends in May and mine ends in the middle of August, so my training is a little different when I compete and peak."

Three weeks after her training began, Rogers was competing at her first college open outdoor meet at Walsh University. Once July rolled around, she was participating in the JSA Track & Field National Masters Track & Field Outdoor Championship in Grand Rapids, Michigan, where she placed third in the 100-meter dash in the women's 40-44 age group with a time of 13.47 seconds.

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By the end of the year, she was ranked as the World Masters Rankings' fastest American in the indoor 60-meter dash (8.2 seconds) and second-quickest American in the outdoor 100 (13.0) for the women's 40-44 age group.

Article continues below]

One of the biggest highlights for Rogers since she has returned to competing happened April 22 at the Jesse Owens College Track Meet in Columbus.

"I was in the open Masters class, and I got to run it in a lane by myself before the college girls ran, so that was kind of fun," Rogers said. "The crowd just went crazy. It was a lot of fun to see that excitement."

While receiving coaching from John Wallace at the SPIRE Institute two weeks before this year's Masters in Baton Rouge, Louisiana, Rogers was asked to join the Southwest Sprinters Track Club. After researching the club online, Rogers determined they shared the same vision, so she joined the club. She was then asked to be a member of the club's 4x100-meter relay team that included Rachel Guest, Cynthia McNamee and Nedenia West. Meeting her relay teammates for the first time at the Masters, there was instant chemistry between the runners.

"We met at the competition, practiced some handoffs and away we went," Roger said. "... We were all there for the same purpose and reason. We were all there to not only have fun but to see what our bodies could do and how fast we could run."

See also - *Two key cogs in Falcons' attack* ([/local%20sports/2017/05/23/two-key-cogs-in-falcons-attack/?recommended=1](http://local%20sports/2017/05/23/two-key-cogs-in-falcons-attack/?recommended=1))

Her choice to join the club paid dividends right from the start, as the relay team won the women's 40-44 title and set a new American record in the event with a time of 52.21. The previous record, set in 2010, was 52.95.

"Our handoffs went really well," Rogers said. "Probably the last leg wasn't the best, but did I think we were going to get the record? Yeah."

Rogers also brought home third-place finishes in the 100 (13.31) and 200-meter dash (27.4).

She is now preparing for the North and Central America and Caribbean Region of World Masters Athletics Championships in Toronto, Canada, on August 11-13, where she will be competing in the 100, 200 and 4x100 relay in the women's 40-44 age group.

If the last year serves as a precedent for how things will go in Canada, Rogers will continue to accustom herself quite well on the big stage.