



## 2015 Pacific Association Service Awards and Tom Moore Award Recipients

Recognition Ceremony: Tues, 22 September, from 6:00-7:25pm  
at the [Foster City Community Center, 1000 Foster City Blvd., Foster City 94404](#)  
Port Room – light snacks and non-alcoholic refreshments will be served

### 6:00-6:30pm – Pacific Association Service Award Recognition



**Fred Baer:** For his lifetime support of athletics by trying to get our sport published and shown on television both locally and nationally. Founder of the Track Writers of America, Baer is responsible for much of the track coverage on TV for West coast and collegiate meets. Having covered 12 Olympic Games, 14 IAAF World Championships, and 7 PanAm Games Fred has travelled the world ensuring our athletes receive recognition. In addition, Baer has handled media operations for area outdoor & indoor meets for 40 plus years, including first IAAF Grand Prix Race Walk meet in San Jose and TAC national championship meets and the World Games in Santa Clara. A USTF President's Award Winner, Baer has been inducted into four sport's Hall of Fames. In leadership positions within the association, Baer was long time Women's Track and Field Chair, treasurer from 2011-2015, and association President from 1995-1998.



**Tom Bernhard:** Tom Bernhard ran his first race as an adult in August 1996 and joined USATF in the spring of 1997. After 8 years of running in the PA Road Grand Prix, Tom wanted to become more involved and became the Road Grand Prix scorer in 2005. A job that was far more involved than he ever envisioned. In 2009, Tom joined the PA Board of Athletics and became the association's delegate to USATF's Men's LDR Committee. Tom took over as the PA Road Grand Prix Bid Administrator in 2011 and in mid-2012 assumed the position of PA LDR Men's Chairman with overall responsibilities for the LDR Committee. He is also an association level LDR Official. At the national level, Tom sits on the Executive Committee of the Masters LDR Committee and manages the LDR division of the Masters Hall of Fame. In 2015, he took over Masters Road Racing rankings for USATF and *Running Times*. Still an active competitor in both track & field and road racing, Tom recently won his 13<sup>th</sup> national age-group championship.

**Joanne Camargo:** For her leadership of the Youth committee for fourteen years from 2001-2015, Association Secretary 1998-2003, Certified Official for 22 years National level official for horizontal jumps, umpire, clerk and meet secretary.



**Hollis Lenderking:** For his singular contributions to the ultra scene in the Pacific Association, primarily through his writing and his role on the PA Ultra Committee. In particular, Hollis' writing for the newsletter has been the best anywhere in the nation on ultrarunning. Each of Hollis' articles is incredibly deep in terms of background, research, knowledge of the competitors and the course, and literate comparisons and references. Moreover, he makes ultra running, which some folks compare to watching grass grow, absolutely exciting to the reader. As to governance, Hollis has used his sharp mind and common sense judgment to keep the ultra committee on sound footing and bridge the sometimes wide gap between the "undisciplinables"

who are ultra runners and the governing body. He has kept the community connected and brought about greater respect for USATF by doubting ultrarunners.



**Heike Mansoor:** Pacific Association office manager for 35 years, Heike has a long history of running success beginning in high school, setting the national high school marathon record of 2:43 in 1980, while running in the top echelon of women road racers for many years. She is now involved in competitive swimming and triathlons.

Heike has been an integral contributor to the Association's national prominence providing logistical support to the many committees who rely on her and husband John's association office management in Folsom.



**Leroy Milam:** For his long time service as association T&F Championships meet director, Senior Games director and involvement with the successful Los Gatos All Comers. Leroy's involvement started in 1989 when helping brother Rick at the LGAC's all-comers and grew from there. Beginning as an Accutrac reader, Leroy under Dick Connor's urging became certified as a clerk and then starter, a role he has had in countless local high school-collegiate meets, in addition to the 2015 CIF State Championships in Clovis and 2004 Olympic Trials in Sacramento.



**George Rehmet:** For his contributions to the Pacific Association by serving as site director for 2012 Para Athletics National Champs, in addition to Para Athletics Committee Chair from 2012-2105. An avid runner competing in over 270 races, George is integral in SF's Pamakid Runners directing numerous large road races in San Francisco. George also serves as the RRAC Western Regional coordinator.

## 6:30-7:25pm - Tom Moore Award Recognition



**Al Baeta:** A Sacramento institution, Coach Baeta severed as the longtime coach at American River College where his cross country teams won 23 conference titles, seven Nor-Cal championships, while finishing in the State's top three seven times. Beata made his mark in meet management by directing numerous AAU-TAC-USATF national championships in Sacramento in addition to the Sacramento International Games in 1984 and 1988. Beata served on serval international teams beginning in 1982, culminating with two stints on USA Men's Olympic team staffs in 1992 and 1996. Beata was also a founding member of USATF's Coaching Education program conducting several national caliber clinics in Sacramento.



**Bert Bonanno:** In international track and field circles, Bonanno is regarded as one of the greatest coaches and administrators of his era, spanning 35 years. Under Bert's award winning tutelage at San Jose City College, many track and field athletes became Olympic champions and world record holders. He coached both nationally and internationally, including the 1976 Montreal Olympics where decathlete Bruce Jenner and sprinter Millard Hampton won golds. Among his many career highlights, Bert was Director of the World International Bruce Jenner Classic Track and Field Meet for two decades, which brought some of the world's greatest talents to the South Bay. He also served as the Meet

Director for the USATF Open T&F Championships at San Jose City College, including the memorable 1984 championships, when ABC's *Wide World of Sports* made its first ever appearance in San Jose. Bert was the driving force to bring the USA Junior Olympics and the Masters National Championships to San Jose and the South Bay. He also co-founded the widely successfully Mercury News 10K Race, held annually for 29 years.

He also served as the U.S. coach at the 1981 Pan Pacific Games in Auckland, New Zealand, and the 1989 Indoor World Championships in Athletics in Budapest.

He was the head coach for Peru at the 1972 Olympic Games in Munich, and coached athletes from Hungary, New Zealand and Scotland from the 1970s to 1990s.



**Jerry Colman:** Another Sacramento institution, Jerry Colman has been involved in every aspect of our sports from coaching the Youth Will's Spikettes from 1968-1976, Rio Americano HS from 1975-1976, and Sacramento State women's from 1977-1984. On the national level Jerry served on the Women's national T&F Development Committees, in addition to coaching on five international staffs. Jerry has made an indelible mark regionally by founding and directing the Sacramento HS Meet of Champions 35 years ago, in addition to directing national long and middle distance camps at the then Squaw Valley Olympic Training Center. Colman was also the founder and director of the Sacramento TC in 1978 which provided many of our region's emerging elite athlete support to continue to train and compete.

Long time association T&F Chair, Colman also served as Vice President 2001-2005 and Association President from 2005-2009. Certified 25 years as a Master level referee, Colman was a National Technical Official from 2003-2012.



**Dave Rhody:** A key national promoter of road races, Rhody through his management and marketing acumen has contributed to the popular surge in road racing. Rhody with his RhodyCo has produced over 480 running events (5Ks, 10Ks, 12Ks, Half Marathons, many for 20 years in a row or more), over the past 32 years, with approximately 1.7 million total participants.



**Charlie Sheppard:** For his lifetime and continuing support of youth athletics, youth race walking, and disabled athletes particularly wheel chair athletes as an official and as an administrator. Certified Master Level Official for 26 years in Race Walking, Starting and Meet Secretary, Sheppard served as association Disabled Chair from 1999 to 2012, and Association Secretary 1996-1999. A retired IBM software developer Charlie has also developed grading software for wheelchair athletics which has facilitated wheelchair and para athletic completion in addition to creating the Youth committee's first on-line registration system.

Charlie's first experience with USATF was when his two youngest sons joined a youth track and field club in about 1983. Rather than just sit in the stadium and watch Charlie decided to start helping with the meets and a short time after long time south bay starter Jerry Colette invited him to learn how to start meets which he has been doing ever since.

Initially attended the youth committee meeting, then split his time between the youth and the para-athlete committees. For a number of years Charlie along with his two sons help officiate numerous Race Walk events in the association. Also active with Wheelchair Ambulatory Sports USA as a

member of the junior committee and treasurer for Wheelchair Track and Field USA and treasurer for the local area in Far West Wheelchair Athletic Association.



**Bob Shor:** A familiar face to all youth athletes, Bob has either directed or started more youth meets than any other contributor in the Pacific Association. Starting more than 120 races each year, Bob also finds time to coach at Santa Rosa high school and the Santa Rosa Express TC where he mentored Sara Bei and Julia Stamps and more recently Kim Conley amongst countless others. Head coach for the SR Express of over 20 years, Shor also works with the Empire Runner while serving as the association youth cross country chair for decades. As a high school student in Brooklyn, Shor ran the mile while he shot the gun for all the other events during the meet.

His involvement with starting continued during the Vietnam War where as an infantry Captain during basic training he started meets in small Louisiana towns. Moving to Northern California after the war, Bob coached at Humboldt State University while starting meets before migrating down to Santa Rosa where his involvement with coaching and administering our sports grew. As recognition of both Bobs and Charlie Sheppard's years of tireless support of the Youth Committee, the Pacific Youth Committee in 2012 created the popular Charlie Sheppard-Bob Shor Classic track and field meet.

Proposed Pacific Association Hall of Fame Class of 2015 to be inducted at the 17 November Board of Athletics meeting in Walnut Creek.

*(induction contingent on being able to attend presentation ceremony)*

Coach: Harry Marra

Official: Rick Milam *(posthumously)*

Masters Athlete: Barbara Miller

Open Athletes: John Powell, Suzy Powell-Roos, Mac Wilkins

For a complete listing of Association Award information and past recipients, refer to: <https://www.pausatf.org/awards/>