



Board of Athletics—Compiled Committee Reports ***March 17, 2015—Compiled by Association Secretary J.R. Heberle***

Masters T&F Committee

Joseph Ols (masterstf@pacific.usatf.org)

2015 USATF Pacific Masters T&F Championships

- USATF Pacific Sanction and Insurance both applied for and both received for Masters Championships
- Plans and management of Championships continue to progress by meet director Leroy Milam

New Pacific Masters T&F Homepage

- New Pacific Masters T&F homepage further updated and improved by Cynci, from input from MTF Committee.
- Email exchanges with Cynci about MTF's desire to improve MTF Scheduling to required less bandwidth of MTF Committee rather than more than before. J.Ols offered to work with Cynci/others to investigate way(s) of creating the sort of functionality envisioned

2015 USATF Pacific Masters Combined Event Championships

- USATF Pacific Masters Combined Event Championships again plan to be staged, with MD and Venue selected.
- Additional events might (and might not) be competed at this year's Championships, in addition to M/W Decathlon

2015 North American Icosathlon Championships

- A chance this will be held in Pacific this year. Probably not but, like other years, trying to bring this to Pacific.

Athlete Support

- Like nearly every quarter, a number of Pacific masters athletes request information, answers or other support, and these are all delivered promptly and informatively as needed/possible, to the best of the Masters T&F Committee's knowledge.

LDR Committee

Tom Bernhard (ldr@pacific.usatf.org)

Road GP

The 1st race of the season, the NorCal 10 Mile, was held on 3/8. The race has been scored and posted on the Pacific website. Race size was down from last year. The race winners were Sean Davidson, 23 and Jane Kibii, 29. Note: we are now using the 2015 Road Age-Grading tables which are tougher than the 2010 tables. The next race in the Road GP will be the Reach for a Star 5K in Brisbane on 3/22. It has now been confirmed that the Silicon Valley Turkey Trot will no longer have Elite heats in the 5K. This is truly a shame, as the SVTT had been the 2nd fastest 5K event in the country, second only to Carlsbad.

The Road GP Schedule on the PA website: <http://www.pausatf.org/preliminary-2015-road-racing-grand-prix-schedule/> should now be final.

XC GP

Due to a scheduling conflict, the NorCal XC Challenge will not be part of the XC GP in 2015. The final schedule is listed below:

Sat	8/22	Santa Cruz
Sat	8/29	Santa Rosa - Empire
Sun	9/13	Golden Gate Park
Sat	9/26	Garin Park-Hayward
Sat	10/3	Presidio
Sat	10/10	Folsom - Willow Hills
Sat	10/24	Martinez - Aggies Shoreline
Sun	11/1	China Camp - Tamalpa Challenge
Sat	11/14	Sacramento - Ancil Hoffman Park
Sun	11/22	Golden Gate Park Championship
Sat	12/12	USATF National Club Cross Country Championships

LDR Award Banquet

The banquet was held 3/14 at the Los Gatos Lodge with 82 in attendance. The event went well and people enjoyed listening to Christine Kennedy, our guest speaker. A total of 84 award were given, overall winners were:

Women's Road Runner of the Year: **Kris Paaso**

Men's Road Runner of the Year: **Phillip Reid**

Road Volunteer of the Year: **Dale Peterson**

Women's Ultra Runner of the Year: **Magalena Lewy Boulet**

Men's Ultra Runner of the Year: **Jean Pommier**

Ultra Volunteer of the Year: **Gary Wang**

Women's Cross Country Runner of the Year: **Kristy Legg**

Men's Cross Country Runner of the Year: **Phillip Reid**

Lifetime Service Award: **Bob Shor** (official)

LRD Team of the Year: Tamalpa Runners

M.U.T. Subcommittee

Bill Dodson (bill.dodson@yahoo.com)

Diana Fitzpatrick did an outstanding job in preparing, submitting and promoting the Tamalpa Headlands 50K Trail Run as the USATF 50K Trail Championships race for 2015. She was assisted by Hollis Lenderking with involvement by Irene Herman and possibly others.

I understand that it was the only MUT National Championship with more than one application so it was a competitive effort. With help from Hollis with reports on previous experiences they were able to prevail.

These applications are quite burdensome and one has to be very determined to get it done. We congratulate and appreciate everyone involved in the effort, and look forward to assisting Tamalpa in making it a highly successful event. It will be on August 29th, starting and finishing at Santos Meados.

*From the editor: **Bill Dobson** (80) won his division of the 2014 USATF 50K Championships, while **Jean Pommier** (51) was the top male Master finisher in the event.*

Awards Committee

Leroy Milam (Leroy1888@aol.com)

Award nominations are open for the Association wide awards:

- Association Service Award
- Tom Moore Award
- Hall Of Fame (*open to all membership*)

For a list of past inductees and nomination forms, refer to the Awards webpage under 'services' in the Association's website ribbon, or contact chair Leroy Milam at the e-mail above.

Please take the time to acknowledge the many folks in our association who contribute to our success!

Race Walking Committee

Jon Price (jprice@unr.edu)

Results of the USATF-Pacific Grand Prix races are posted on the website at <http://www.pausatf.org/race-walking/>. The season is off to a great start (see photo and caption below). At the time of writing this report, the USATF-Pacific Race Walking Committee was scheduled to hold its annual meeting after its One-Hour Grand Prix race on Sunday, March 15, at the College of Marin track in Kentfield. Additional USATF Pacific Grand Prix races in 2015 include (1) 5,000-meter on June 14 in San Mateo, (2) 3,000-meter on August 16 in South Lake Tahoe, (3) 10-kilometer on September 20 in Carmichael, and (4) 20-kilometer on October 25, also in Carmichael. The 20-kilometer race is also a USATF Western Region Championship. In addition, race walks are scheduled at Pacific Youth meets on April 18, May 30, June 20, and June 27, and at the USATF Pacific Masters T&F Championships on May 31.

Alex Price provided the following report on the Willie Davenport Olympian Clinic on February 7 in Union City:

The Willie Davenport clinic, named in honor of the 1968 Olympian who was instrumental in getting the clinic started, is a fantastic opportunity for local youth track and field athletes to "learn from the best" by working with local elite athletes to improve in their sports. There were some pretty amazing athletes - most of them Olympic medalists - there helping teach the kids the tricks of the trade, including Mike Powell (current world record holder in the long jump), Dick Fosbury (inventor of the "Fosbury Flop" high jump technique), and Tommie Smith and John Carlos (200-m sprinters of black glove protest fame) and many other of Willie's Olympic teammates, Stephanie Brown-Trafton (2008 Olympic discus champion), Al Hernandez (Olympic marathon runner), and others, many of whom live in the area and love opportunities like that to help youth. Robyn Stevens (national high school record holder) and Alex Price represented the sport of race walking. None of the students were sufficiently interested in race walking to spend the whole day working with the walk experts, but many of the distance and middle distance runners showed some interest. So Robyn and Alex led the entire distance running group through a half-hour introduction to the sport, including some technique drills. This partnership with the distance running group worked well because many elite walkers (such as Robyn) also compete in running events, and the training and racing strategies are pretty much the same, so much of what Al Hernandez taught to the group was applicable to walking as well. Some of the high school coaches, especially clinic organizer Lee Webb, expressed interest in coaching athletes in the sport and picked up some books and flyers and expressed interest in getting local race walkers to come back to give the students further demonstrations and technique advice later in the season.

One new Apprentice-level Race Walking Judge was trained at the Introduction to Race Walk Officiating clinic on January 17 in Sacramento and at the Introduction to Race Walk Judging clinic on February 8 in San Mateo.



Photograph of the start of the first of the 2015 USATF Pacific Race Walk Grand Prix Series, the One-Mile Championship at UC Berkeley on January 24. Twenty-two race walkers were watched by five judges. One athlete was disqualified after receiving proposals for disqualification (red cards) from three judges for failing to have a straightened leg from the point of first contact with the ground until the leg was in the vertical upright position (bent knee). Judges used yellow paddles to caution athletes who were in danger of bent knees or loss of contact (both feet visibly, to the human eye, off the ground). The winning time for men was 7:20.78 (Alex Price, second from the right in the photo – a time that permitted him to compete in the Millrose Games in New York City on February 14), and the winning time for women was 7:38.28 (Robyn Stevens, fourth from the right). Mark Green (fifth from the right) had the best age-graded result (86.09% with a time of 8:00.19). The Marin Race Walkers took top team honors with their top three athletes' averaging 76.16%.

Officials Committee

Mike Bower (mike.pausatf@gmail.com)

Training (Shirley Connors, Training Chair)

Last two Clinics at Oakley (Freedom H.S.) & Rocklin:

Oakley: First try this year of including morning teaching session inside and out followed by hands-on at a mock track meet. Some became certified, while most wanted and learned the proper way to run an event or two at the high school level. Evaluations showed appreciation of clinicians' time and knowledge.

Rocklin: Again a first time format. Quick certification session inside with 2 hours of hands-on at field event venues. During the afternoon, the attendees rotated to different events and then worked different events during an "open" youth track meet.

Certification (Jim Hume, Certification Chair)

We are in the process of certifying 81 new officials, 6 of whom are LDR officials with 1 T&F official adding Race Walk this clinic season. Not counting those 81 new officials, we have 301 certified officials. A handful of Apprentice Level officials are in the process of upgrading their certifications, as are a handful of officials at other levels. Twenty-two prospective officials remain on the list of people who asked about becoming certified but never followed up on the invitation. One prospective official remains on the "New for '16" list as

they responded, expressed interest but were unable to attend this year. Forty certified officials have, as yet, no 2015 USATF membership and will be moved to the "suspended" category. They will remain on my list until next year. Their certification remains in effect through this Olympiad.

Coaches Committee

Dave Shrock (coaches@pacific.usatf.org)

The Coaches Committee has completed the bulk of its winter clinics in preparation for the T&F season.

This summer's national clinics include:

28 June-2 July: Emerging Elite Coaching Clinic-Chula Vista Olympic Training Center. Great opportunity for coaches who have coached national or regional caliber athletes of all levels to gain invaluable information in a practical environment.

5-11 July: Level 2 School at Univ. of North Carolina, Raleigh, North Carolina. Event group specialization (*sprints/hurdles, endurance, throws, jumps, multi-events, youth*) in this seven day in depth coaching education school.

Mandated SafeSport training needed by 31 December:

The USOC-mandated SafeSport program, designed to create greater awareness of child protection in sport training, is mandated for all Youth coaches, administrators, and committee members who come in contact with youth by 31 December 2015. Information can be found at: <http://www.safesport.org/>.

Further updates on training opportunities coming in the summer.

Level 1 Coach recertification implemented:

Effective 1 January, 2015 all level 1 coaches wishing to maintain their certification must recertify by either retaking the revised level 1 course, or on-line updates. Additional information is posted on the association coaches' page. This does not pertain to coaches who have earned Level 2, Level 3 or IAAF Level V certification.

Additional information on the notes above can be found on the association coaches page:

<http://www.pausatf.org/coaches/>

Para Athletics Committee

George Rehmet (paraathletics@pacific.usatf.org)

- Charlie Sheppard did an excellent job with the para athletics course for the officials clinic.
- Folsom resident Richard Hunter, visually impaired athlete that took 4th at CIM and plays a huge role with the USA Blind Athletes Association, was awarded by the RRCA the Outstanding Physically Challenged Runner of the Year for 2014. Richard plans to accept his award at the RRCA National Convention in Des Moines, IA in April.
- In conjunction with the RRCA booth, para athletics literature was displayed at the Napa Valley Marathon, the San Francisco Half Marathon, and the Foggy Bottom Milk Run in Ferndale. The later 2 races had increases in para runners. A similar booth is planned for the Valor Games to be held at Coast Guard Island in Alameda in late May.
- Work in progress for developing web pages of resources for para athletes on the Pacific website.
- George Rehmet was nominated for the RRCA National Board for the position of Western Regional Director. Position to take effect on May 1.

Youth Committee

Joanne Camargo pa.youthchair@yahoo.com

Charlotte Sneed sneedspeed230k@yahoo.com

2015 Youth Track and Field Season

The Pacific Association 2015 Youth Track and Field Season is prepared to begin this Saturday, March 21, with its first non-championship meet in Elk Grove. This will be the first of 12 non-championship youth track and field meets scheduled for this season. The Pacific Association Youth Committee will host four championship meets including the Region 14 Junior Olympic Championships, to be held at Chabot College in Hayward and the Region 14 Combined Events Championships to be held at Whitney High School in Rocklin.

Complete schedule details available at: <http://www.pausatf.org/youth/youth-track-field-meet-schedule-and-results/>

Officials are needed for all events.

Youth Meet Bid Process

During the past year, two Pacific Association youth clubs who were granted meet dates by the Youth Committee, failed to live up to their obligations to host meets within the guidelines of the Youth Committee Operating Procedures.

During the 2014 Cross Country Season, Oak Hill Racing's meet fell short of the expectations of the Youth Committee. Oak Hill chose to differ from the traditional distances for USATF Youth Cross Country, charged a higher entry fee than allowed by the Youth Committee Operating Procedures, and represented the event as USATF sanctioned even though it was not.

The Phoenix Gliders were granted a meet date on the 2015 Track and Field Schedule by the Youth Committee. The Phoenix Gliders did not complete 2015 USATF club membership nor did they sanction the event with the USATF. There were also unanswered questions about the validity of the use permit for the meet venue. The Phoenix Gliders' meet was canceled from the Pacific Association Youth Track and Field Schedule.

The Youth Committee intends to develop procedures to ensure that clubs, granted youth cross country and track and field meet dates, produce high quality events adhering to the high standards Pacific Association clubs and athletes have come to expect. These procedures should not discourage clubs from holding meets or encourage meet organizers to align their meets with other athletic organizations like the AAU. Input from interested parties is appreciated.