



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

### **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 2015 season ended with a 20-km road race on October 25 in Carmichael/Sacramento. After the race, Grand Prix awards (reflective shirts, hats, and gloves) were given to the winners.

Team Awards (total of best five scores of the six Grand Prix races – 50 points maximum):

First Place - Sierra Race Walkers (43 points)

Second Place - Marin Race Walkers (35 points)

Third Place - Pacific Racewalkers Organization (26 points)

Age-Graded Individuals (average of top four percentages, 100% = top speed in the world at that person's age)

First Place - Mark Green (83.95%)

Second Place – Karen Stoyanowski (83.65%)

Third Place – Joanne Figone (80.57%)

Men Overall (total of best four scores by speed – 40 points maximum):

First Place – Tied – Mark Green and Alex Price (39 points)

Third Place – Mark Kaiser (32 points)

Women Overall (total of best four scores by speed – 40 points maximum):

First Place – Robyn Stevens (40 points)

Second Place – Karen Stoyanowski (38 points)

Third Place – Joanne Figone (33 points)

Competitions for the 2016 Pacific Association Grand Prix will likely include 1-mile (January 23 at Cal-Berkeley), 3,000-meter (May 14 at Mount Diablo High School in Concord), 5,000-meter (in association with the Pacific Association Open Track and Field Championships), and 1-hour races on the track and 10-kilometer and 20-kilometer races on a road course (in Carmichael/Sacramento).

The USATF annual meeting should be interesting from the race walking perspective, because an item up for discussion will be implementation of a new IAAF rule about a “pit lane” or penalty box, initially for youth. Whether it will be used in the National JOs in Sacramento might be decided at that time. If so, it will require many more volunteers (two runners for each of the five judges) and extra officials (to run the pit lane).

### **LDR Committee**

*Tom Bernhard (LDR@Pacific.usatf.org)*

#### **2015 Awards Banquet**

Strawberry Canyon TC (with a big assist from Irene Herman) will host the banquet at the Hunan Restaurant in San Francisco, tentative date – 2/21/16.

### **Road Grand Prix:**

- 2015 - 10 of 13 races completed, no open protests
- AADP – Phillip Reid and Alycia Cridebring each received a \$500 grant to cover expenses incurred while running in a national championship. Phillip ran at the USATF 10 Mile Championships in Minneapolis (part of the Twin Cities weekend of races), where he came in 18<sup>th</sup>, running a PR of 49:07. Alycia ran 16:35, to finish 15<sup>th</sup> at the USA 5 km Championships (CVS Health Downtown 5K).
- 2016 – bids for the following races have been approved: NorCal 10 Mile, SACTOWN 10 Mile, Marin Memorial Day 10K, Freedom Fest 5K, Marin Miracle Mile, SVTT 5K and CIM. The TherX 5K and CCC 12K decided not to submit bids for 2016.

### **XC Grand Prix:**

- 8 of 10 meets completed, no open protests
- Preparations continue for hosting the 2015 USATF National Club Cross Country Championships. The PA XC Championships on 11/22 will serve as a test run for the 3 courses to be used for National Championships (6k, 8K & 10K). I will video the PA races and will be putting together time-lapse videos of the three courses by attaching a GoPro camera to the lead cyclist. I've been very active on the Masters Road GP Circuit this fall and can tell you **many** runners are looking forward to coming to the event. Think dry thoughts for next weekend and the later part of December.

### **Ultra Grand Prix:**

This from Bill Dodson referring to a project to modify the code used to score the PA Road and XC GPs so that it can also be used to score a MUT GP.

We are working on specifications for use by whoever develops the program to do the 2016 Ultra/MUT standings like those for the Road and XC Grand Prix's. This is made more complex by what we think is a need to change some of the GP rules. We will develop proposals for these changes to be approved by the LDR executive committee since there is not enough time to go through the standard two LDR meeting process.

Since next year is the 25th anniversary of the Ultra Grand Prix, we hope to keep the same set of races for 2016. Beginning with 2017 we think the Ultra Grand Prix should become the MUT Grand Prix with the possible revision of the ultra set of races and gradual addition of sub ultra mountain runs.

Hollis and Bill will complete our tenures with the 2016 Awards Banquet and pass the committee chairmanship on to someone else.

## **Officials' Committee**

Mike Bower ([mvalbower@gmail.com](mailto:mvalbower@gmail.com))

### **Officials' Training / Certification Clinics (tentative):**

- 1) Jan 9 – American River College, Sacramento (8:30)
- 2) Jan 9 – Los Gatos H.S. – Training Workshop (*Starter*) (10:00) – Saturdays: Jan thru February
- 3) Jan 16 – Reno / Carson City - Training Workshops **ONLY** (9:30)
- 4) Jan 23 – Chico – SafeSport Certification Clinic **ONLY** (9:30)
  
- 5) Jan 23 – UC Berkeley – Training Workshop (*Umpiring*) + all-comers meet (10:30)
- 6) Jan 31 – Serra High School, San Mateo (10:00)
- 7) Feb 6 – Santa Cruz - Training Workshops **ONLY** (9:00)
- 8) Feb 6 – UC Berkeley – Training Workshops (*Wing Gauge, Umpiring, Implement Inspection*) + all-comers meet
- 9) Feb 6 – UC Davis – Training Workshops (*Starter, Umpiring & Implement Inspection*) + all-comers meet

*\*Workshops do not get someone Certified – they are purely to introduce the skills needed to run an event*

**Final Clinic Information & Registration will be forthcoming.**

- **SafeSport** is the program required by USATF that needs to be completed by ALL officials.
- **SafeSport** Certification Clinics will be offered at ARC, Chico & Serra H.S.

## **Coaches' Committee**

*Dave Shrock (coaches@pacific.usatf.org)*

All Youth Club Coaches and Volunteers will need to complete the SafeSport Program. Youth Coaches must meet this requirements before your club's membership will be approved and activated in the USATF system for 2016, and beyond. **THERE WILL BE NO EXCEPTIONS TO THIS RULE**

The following 90min training sessions will be provided free of charge:

**Sat., 9 January** (12:00-1:30pm) during Official's clinic at American River College

**Sat, 30 January** (3:30-5:00pm) during HOKA Coaches SuperClinic at Sacramento CC

**Sun, 31 January** (10:00-11:30am) during official's Clinic at Serra HS, San Mateo

### **Level 1 Scholarships available to Pacific Association members**

Our Pacific Association Foundation has made available eight full scholarships to attend either the Sacramento or Chabot Level 1 Schools. Submission deadline is Sunday, 223 November at 5:00pm. Click on the QR Code for info link.

The Pacific Association will host two Level 1 Schools this winter:

**19-20 December** at Sacramento City College

**16-17 January** at Chabot College, Hayward

**30 January:** 2016 annual association's coaches committee meeting will take place during lunch at the Association's HOKA SuperClinic at Sacramento CC.

**Legacy Coach Award:** Nominations close 31 December for those coaches who have reached beyond win/loss statistics to better our sports. Refer to the association's awards page under the services header for further information and nomination form.

For further information on coaches listings, refer to the coaches page under the services header or the following QR Code:



## **Masters Track & Field**

Joseph Ols (masterstf@pacific.usatf.org)

### **2016 MTF PA T&F Championships**

- Leroy contacted, in hopes he can again be Meet Director
- Dates examined to pick good day for our championships, and to help coordinate all PA MTF Meets
  - Bay Area Sr Games (*Rick Milam*) T&F Meet      May 29 at College of San Mateo
  - USATF PA Assoc MTF Champs.      TBD
  - Pride Meet      June 11 or 12
  - USATF Western Regional Open      Perhaps June 11-12, site TBA
  - Sonoma Sr Games      June 18
  - Trkac Grass Valley MTF/Open meet      June 25
  - MTF Western Regional MTF Champs      TBD (probably in So Cal)
  - USATF MTF Championships      July 14-17, 2016 Grand Rapids, Michigan

### **2016 MTF PA T&F Grass Valley T&F Meet**

- PA's Trkac Racing Team is planning a world class 1-day track meet probably Saturday, June 25 in Grass Valley, Ca. The meet will be PA USATF Sanctioned and offer all common USATF MTF events, with the exception of the steeple chase.
- Trkac Racing Team Team runners have attended many USATF Pacific Association, USATF's National Indoor/Outdoor Championships, World Masters' Championships, as well as Pacific Association and National Cross Country Championships.
- One Trkac coach put on The National Masters' Decathlon/Pentathlon Championships in Grass Valley in 1995. Pres Clyde Lehman is newly on the PA MTF Committee and a new BoA voting member, and has 37 years coaching experience.

### **New PA BOA MTF Rep**

- Please welcome Clyde Lehman as PA's newest Board of Athletics voting member, per above

### **Athlete Support**

- Like nearly every quarter, a number of PA USATF MTF athletes request information, answers or other support, and these are all delivered promptly and informatively as needed/possible, to the best of MTF Committee's knowledge.

2015 USA TF Pacific final membership numbers and growth comparisons					
Membership	20-Jan-15	22-Sep	2013	2014 % growth	10/31/2015
Total	2652	7500	6911	7308 4.70%	7656
<b>Coaches</b>			436	18.57%	517
Level I					302
Level II					103
Level III					21
Fundamental					20
<b>Officials</b>			318	349 10.00%	381
Apprentice					71
Association					190
National					51
Master					63
<b>Adult Athletes Totals</b>	1436		2663	2910	2854
Racewalking					
40 & Older TF					1169
T&F 19-39					1140
MUT-Ultra					1377
LDR			2000	2297	2106
Cross Country					1914
<b>Youth 3-18 totals</b>	900		3378	3544 9.53%	3912
RW youth					211
TF			3285	3463 9.49%	3799
XC					1620
Racewalking			171	196	111
<b>Para Ath Adult</b>			13	12	11
Para Youth Athlete					2

quadrennium trend: 2012 - 6836 | 2103 - 6911 | 2014 - 7308 | 2015 - 7656