



Board of Athletics—Compiled Committee Reports ***March 21, 2017—Compiled by Association Secretary J.R. Heberle***

Associations Report

Dave Shrock (president@pacific.usatf.org)

Newly USATF President Vin Lannana's Listening Tour is stopping in Stanford on Saturday, 1 April after the conclusion of the Stanford Invitational. Lannana has already held several around the country with positive feedback as he outlines his vision for our organization and takes questions from the audience. All are welcome, and early arrival is encouraged so you can take a front row seat!

Pacific Association elected Board of Directors

Election: Nominations close Tuesday, 21 March after nominations are taken from the floor. There will be then 30 day voting period where all eligible Board of Athletic Members (*not general membership*) will vote electronically, with certified results announced at the 16 May BoA meeting in Sacramento.

Pacific Association Committee Elections: Nominations for all elected Committee positions open at the 16 May meeting and will remain open for a 30 day period. After that time, nominations close and shortly after an electronic ballot will be sent to all membership of each committee over 18 years of age for a 30 day voting period.

After submitted ballots are tabulated, certified results will be announced electronically and posted on the association website with a target completion date of 31 July for contested positions.

For full election procedures, refer to our Association bylaws, article 5 at: <http://www.pausatf.org/wp-content/uploads/2015/04/paBy-LawsRevi.19.2015.3.17.pdf>

Accreditation: 2016 accreditation documents have been submitted with no further action required, signaling full compliance. The Pacific Association was awarded \$3000 for a 2015 Association Excellence Award. This money must be used for marketing and program promotion.

Officials Certification: Due to the abrupt retirement within the Officials Committee, the national office has taken over the recertification processing and distribution of Tokyo Quadrennium ID badges. Officials shirts are being mailed to officials from the national office in batches, with full distribution by the National Junior/Senior Championships in June.

Volunteer Guide and compliance forms: The national office is implementing an on-line process for volunteer guide, signed compliance form process. This will necessitate all association volunteers to access and sign the compliance form, regardless if you have submitted a 'hard-copy' of the form before. All BoA members will be emailed instructions...stay tuned.



Legacy email use now mandatory: Beginning at the start of the year the national office has begun to communicate only with association leadership and committee chairs electronically via the legacy email set-up years go. If you have not yet active your legacy email account or have let it lapse, contact Luke Fimreite at luke.fimreite@usatf.org to get you set-up/re-established. The email can be 'folded into' your yahoo, aol, Hotmail, or google email for easier access.

Women's Track & Field

Dena Evans (womenstrackandfield@pacific.usatf.org)

We have an outstanding lineup of open track and field opportunities available to PA athletes (and fans!) this spring. In addition to the strong lineup of traditional weekly fixtures, please keep a heads up for:

- The PAUSATF Open Track & Field Championships, June 11 at College of San Mateo
- Stanford's Payton Jordan Invitational (May 5) will be sponsored by Flotrack, with great web coverage, additional support of non-distance event fields, etc. Unfortunately for our field event athletes, this meet will have track events only.
- The USATF Outdoor Championships will be in Sacramento, June 22-25. Watch our nation's best qualify for London 2017. Tell your friends and make plans now!
- The Tracktown Series will expand with a stop at Stanford on June 29th. This is a high level meet with an exciting concept. There is a possibility of community involvement events, and other participatory elements. Visit <https://www.gotracktownusa.com/> for more info. With the USAs just down the road, several top athletes should still be in town to participate in this new event, and some local athletes will be able to stay home for more top competition.

All info can be found at: <https://www.pausatf.org/track-field/>

Athletes, if you haven't yet signed up for the PAUSATF Grand Prix, you're missing out on a great season-long competition, as well as some great prize money (\$15,000 total!). Don't delay, sign up today!

<https://www.pausatf.org/wp-content/uploads/2014/07/2017-PAUSATF-TF-GP-info-appl.pdf>

Congratulations to our 2017 Elite Athlete Development Grant Awardees! This cohort was our strongest bunch in memory. Let's get behind these folks as they work toward Sacramento and London in 2017!

<https://www.pausatf.org/paf-2017-elite-athlete-grant-winners-announced/>

Have an issue? Please be in touch!

Masters Track & Field

Joseph Ols (masterstf@pacific.usatf.org)

1) Congratulations to PA MTF's own Irene Obera, *USATF's 2016 Masters Athlete of the Year!!!*

<http://www.usatf.org/News/McLaughlin-and-Obera-named-USATF-Youth-and-Masters.aspx> But could she ever top that? yup, congratulations to our Irene, a *WMA 2016 Best Masters Athlete!!!* <https://www.world-masters-athletics.org/2016aoy.htm>.

2) ASAP please submit your/others' 2016 performances for PA MTF's first ever(?) Grand Prix awards, as discussed in 2016 Email Blasts (April 23, June 1 & 21, Aug 29). Deadline extended until April 1 2017, no joke, otherwise per <https://www.pausatf.org/wp-content/uploads/2016/06/mtf2016PAGrandPrix-3.pdf>

3) Coed 40+ Master's Mile on the track at San Francisco State University Saturday, April 1st. Entries for this event should be sent directly to tomlyons@sfsu.edu with name, age, and club affiliation. **There is NO entry fee for the Masters Mile**, but as in past years, they will accept donations to the Mike Fanelli Scholarship Fund which supports the Track/XC programs at SF State.

4) Save the Date – Sunday June 4 for PA USATF's MTF T&F Championships.

- Wonderful Leroy Milam has been retained as Meet Director again
- Leroy's most favorite Results/Timer in the world (Aliya Dibrell of AdkinsTrak West) is also under contract
- Special thanks to PA VP Irene Herman again(!) volunteering to Clerk.
- Request put in Feb 22 to San Mateo College for their facilities ... a few reminders, and still waiting on them.
- USATF's Registration System has also been broken / inoperable since Feb 22, and have 4 emails in to the responsible full time USATF employee. Shall call his supervisor on Monday March 20, and soon thereafter his supervisor (USATF CEO Max Siegel) if still no response, as directed by USATF MTF Chair on Friday March 17.

5) Save the Dates – PA MTF major meets:

1. Sat May 20 Sierra Gold MTF Festival <http://sgmtff.org/>
Bigger \$1000 / \$500 awards for WR/ARs, better medals, huge new ¼ million \$\$ color videoboard, USA's top MTF announcer, add'l prizes ... and earlier end-time! :-)
2. Sun May 28 Bay Area Senior Games T&F Championships
<http://www.bayareaseniorgames.org/sports-track-field>
3. **Sun June 4 PA USATF's MTF T&F Championships** <https://www.pausatf.org/masters-track-field/>
4. Sat June 10 Sonoma Senior Games T&F Championships <http://winecountrygames.com/choose-a-sport/track-field/>
5. Sun June 11 PA USATF's Open T&F Championships <https://www.pausatf.org/track-field/usatf-pacific-open-track-field-championships-meet/>
6. Sat June 17 Pride Meet <http://pridemeet.org/>
7. TBD September **Western Region MTF Combined Event Championships**
8. All our national & int'l meets http://usatfmasters.org/cal_bigmeets.htm

6) We plan to have a 2017 PA MTF Grand Prix, so train and enter lots of PA meets. Prob similar to last year, to be finalized once we complete the 2016 awards...

7) After nearly 3yrs of planning, we've ordered an Ultraweight Set (98lb, 200lb, 300lb) so we might have Ultraweight Pentathlons sometime soon! Unfortunately, only lightest of the 4 cartons arrived – other 3 (and 3 to other MTF associations) have been lost in transit ... prob a criminal employee of the shipping company, to get ~1 cent/lb as steel scrap. Fingers crossed replacement set will be made & shipped (and not stolen) in time for this season. Kudos to Gary Schmidt working to create on an Ultraweight Throwing Area in the Pacific Assoc (no, they're not the same as other Throws).

8) It's not official so hate to tempt fate, but *Congratulations* and *Thanks* to Clyde Lehman for (in)formally being awarded the *2018 USATF MTF National Combined Event Championships* here in PA!

9) Big thanks to our volunteer PA MTF Committee Directors:

Clyde Lehman – Clubs, Grand Prix, his meet & now 2018 Combined Events Championships
Joy Upshaw – Sprints & Women's Rep
Gary Schmidt – Throws
Paul Troppy – Throws

10) I remain Chair of PA MTF, and remain on the USATF MTF Exec Committee but in a new role – from Secretary to Liaison for Corporate Track & Field.

Thoughts, questions, assistance (for you ... or for us)? Again, would love to find someone willing to determine PA MTF Records, at your self-paced schedule.

Youth Committee

Charlotte Sneed (pa.youthcommittee@gmail.com)

The 2017 Youth Track and Field season commenced in March with two club hosted meets. Seven more club hosted meets are scheduled to be held this spring, prior to the youth championship meets beginning in June.

LDR Committee

Tom Bernhard (LDR@Pacific.usatf.org)

LDR Committee Chair Elections

The election process was discussed at the 3/12 committee meeting. Neither Tom Bernhard (Men's Chair) nor Verity Breen (Women's Chair) will be running for reelection.

LDR Banquet

The banquet was held on 3/12 at the Basque Cultural Center in South San Francisco. Attendance was down this year, probably due to the late date and having the banquet on the same date as a Road GP race. The 75 people who did show up were treated to an excellent talk by newly inducted Masters Hall of Fame member, Pete Magill. Over 85 awards were handed out, including a Lifetime Service Award to long time XC Grand Prix scorer Les Ong.

2017 Road Grand Prix

- The 2017 PA Road GP Schedule has been finalized and is on the website at: <https://www.pausatf.org/road-racing/annual-road-racing-grand-prix-schedule/>. Note: the Silicon Valley Turkey Trot will not be part of the Grand Prix for 2017 or probably ever again. Their organization wants each race, including the elite heat to be profitable. This is an impossible goal.
- Two races have been conducted so far but unfortunately neither has been scored due to issues with the FTP server.
- The next race in the schedule will be the Stow Lake Stampede 5K, put on by the Impala RT. It will be held on the old, but very popular, Zippy 5K course.

2016 Ultra GP

- 3 Grand Prix races so far:
 - 1: Jed Smith 50k road race with 65 finishers, including 28 PA members, 17 men and 11 women.
 - 2: Riverbank One Day Classic (24 Hour track race) with 34 'finishers', including 11 PA members, 9 men and 2 women. The overall winner was Courtney Dauwalter from Colorado who ran 625+ laps to set a new American Record and qualify for the US 24 Hour World Team. Several American Records were set and at least one other qualified for the US 24 Hour World Team. PA Members Paul Broyer ran 540+ laps and Stacey Costa ran 510 laps. Bill Dodson ran 307 laps.
 - 3: Way Too Cool trail race with 700 finishers, including 70 PA members, 53 men and 17 women.
- The next GP race will be the American River 50 Mile combination of road and trail on April 1. Registration is still open with 143 spots available. So far there are 491 entrants. The complete Ultra GP schedule may be found at: <https://www.pausatf.org/ultra-running/usatf-pacific-ultra-grand-prix-schedule/>

2016 XC GP

- The 2017 PA XC GP Schedule appears to be final at this point and may be found at: <https://www.pausatf.org/wp-content/uploads/2017/03/XC2017Sched.htm>

Race Walking Committee

Jon Price (jprice@unr.edu)

The 2017 schedule of race walks is posted on the Pacific Association website. Our first races were the women's and men's one-mile races at the All Comers track and field meet at UC-Berkeley on Saturday, January 21. The next races of the Pacific Association Grand Prix Championship Series are the women's and

men's 3,000-meter races at Mount Diablo High School in Concord on Sunday, April 23. The first youth meet with judged race walks will be the Shor-Sheppard Classic at De Anza High School in El Sobrante on Saturday, April 22. In January and February, Introduction to Race Walk Judging and Officiating clinics were held in Reno, Sacramento, and San Mateo, where a few new Apprentice Judges were trained.

Coaches Committee

Dave Shrock (coaches@pacific.usatf.org)

Level 2 School registration is now open: A rare So-Cal Level 2 School will be hosted at CSU Fullerton from 17-22 July. [Click here for information](#), and early registration is suggested as this school will sell-out quickly. Pacific resident coaches are also encouraged to apply for two \$500.00 Pacific Association Foundation grants. [Click here for Pacific Association Level 2 Coaching Scholarship application](#) (closes 9 April).

Future Level 1 School dates:

In addition to the traditional MLK Weekend School (2018: 13-14 January) Coaching Education Chair Dave Bartholomew is researching hosting a Level 1 in late August or early September. Information will be posted on the coaches website: www.pausatf.org/coaches/

2016 PA Legacy Coach Award Recipient: Bob Shor



Every runner who races in Bay Area, knows him, if not by name at least by his familiar figure, poised before the starting line, pistol raised to the sky, booming voice commanding every attention, "Runners, ON your mark!" over 120 times a year.

No one in north San Francisco bay history has done more to support track and cross country than Bob Shor.

He has been ubiquitous in the 48 years of his contributions to Pacific Association track and cross country. "Born, raised, and thrown out of Brooklyn," Bob's interest in running began in high school where he ran cross country and track (4:45 mile), but even then he often helped out by firing the gun at the start of races. Bob continued running cross country and the one and two-mile track events at Pennsylvania Military College, graduating in 1962 as a 2nd Lieutenant. After college he served in Vietnam and obtained the rank of US Army Infantry Captain. Even in the military, Bob started races, volunteering at high school meets while doing a stint at Ft. Polk in Louisiana. After the military Bob moved to Arcata where he lived for 7 years and worked as assistant track and cross country coach at Humboldt State University. In Arcata, he served as starter at local high school and college meets and for AAU events in Oregon. In 1976, Bob moved to Santa Rosa and continued running for health and recreation but not as a competitor. Several years later, Bob encouraged his daughter to join the Santa Rosa Express. She eventually lost interest in running, though Bob did not. In 1989 he began assisting Doug Courtemarche who was then the Express head coach. In 1992, he took over Doug's position which he held for over two decades, and still coaches.

Locally, hundreds of young runners from 7 years old to high school age, including several who went on to gain college scholarships and become running super stars, began their careers with the Santa Rosa Express. Those athletes mentored by Bob included **Sarah Bei** (2001 Pan Am Games steeplechase winner) and **Julia Stamps** (six-time All American in cross country and track at Stanford, six-time national team member) and **Kim Conley** (US Olympian at 5,000 meters in 2012) and local top runner Trina Cox. Bob was also the Pacific Association's Youth Committee Chair for many years, and is still active in the committee with its cross and track programs.

In 2010 Bob lost a third of one lung in surgery to remove a cancerous tumor which leaves him a bit

shortwinded as he peddles his bike up and down the hills of Howarth and Spring Lake Parks on workouts with his young Santa Rosa Express protégés.
Currently Bob is fighting liver cancer, and is in our thoughts and prayers.

PAUSATF Foundation

George Kleeman (*george_kleeman@comcast.net*)



PACIFIC ASSOCIATION USATF FOUNDATION

We funded six Coaches Scholarships for the Level 1 Coaches' Clinic in January and 10 for Elite Athlete Training Program in February. In addition, we will give two \$500 scholarship grants to supplement to two Coaches to a Level 2 Coach Clinics to be held in Los Angeles later this spring. Three of the directors have also been attending a Marketing class at Sac State, which is raising funding by donation for the Foundation. The class has about 110 students in about 18 groups who are each working to develop group marketing plans.

The following athletes received the Elite Athlete Training Grants for 2017.

\$1000 Grants

Last	First	Home Town	Event
Goodman	Kaitlin	Davis	5000/10000
Jackson	Dominique	Carmichael	800m
Patterson	Elizabeth	Santa Cruz	High Jump
Spencer	Kendall	Foster City	Long Jump
Stevens	Robyn	Mountain View	Race Walk
Trafton	Stephanie	Galt	Discus
Wallace	Lauren	Sacramento	800m

\$500 Grants

Last	First	Home Town	Event
Barr	Erika	Sacramento	Steeplechase
Cridebring	Alycia	Sacramento	5000
Liebold	Collin	Mountain View	5000
Mc Kee	Megan	San Jose	Hammer
Tsolis	Victoria(Tori)	San Jose	1500m

Three of the directors have also been attending a Marketing class at Sac State where the students have a class project to develop a marketing plan to funding by donation for the Foundation. There are 18 groups with each developing their own marketing plan as part of their grade this semester.