



Board of Athletics—Compiled Committee Reports ***September 16, 2014—Compiled by Association Secretary J.R. Heberle***

Association Report

Dave Shrock, President (president@pacific.usatf.org)

Pacific hosts Associations Workshop:



Pacific Workshop attendees with Outstanding Assoc. Award

The Pacific Association played host to USATF's leadership at the annual Association Workshop the weekend of 15-17 August in Sacramento. Over 140 association leadership came from as far as Hawaii and Maine to participate in a workshop format meeting to better serve our membership. The Sacramento Sports Commission sponsored many events including a Sacramento River cruise and dinner in Oldtown Sac. During the Awards Luncheon the Pacific was once again awarded an Outstanding Association award for being one of the top 12 associations nationwide...which was made possible by all your tireless work, so thank you all!

For a report on activities, read some of our attendee's reports below:

From Jere' Summers:

I had the opportunity to attend USATF's Associations Workshop with other PAUSATF leadership in Sacramento. This workshop is for USATF Association leadership from around the country to participate in a series of workshop to aid in the betterment of our services to membership. It is a great opportunity for Pacific Association leadership to network with other association members as well as share ideas and questions for USATF experts and leave with answers.

Among the topics we discussed are marketing strategies, XC-T&F GrandPrix set-up and administration, risk management, member outreach, branding, and insurance. If you would like to know more about any of the above topics, I would gladly share.

Some information highlighted at the workshop:

Run Jump Throw

USA Track & Field and Hershey teamed up to create Run Jump Throw (RJT), a hands-on learning program that gets kids excited about physical activity by introducing them to the basic running, jumping and throwing skills through track and field. *(Editor's note: or the Pacific Association, Maura Kent of the Revolution Express and Charlotte Sneed of the Cheetah's TC have volunteered to be our Association coordinators)*

Anyone can organize an RJT event, it equips you with tools to organize an event. RJT offers a selection of twenty learning stations for organizers to choose from, including dynamic warm-up, running form and technique, standing broad jump, softball throw and one-legged hop. The program culminates with a non-competitive track meet where kids can apply new skills and celebrate their achievements.

USATF Rewards

Last year, USATF launched an awards program that allows fans to earn points for prizes to engage fans. Join the program and start earning prizes. www.rewards.usatf.org

Safe Sport Program

By the end of 2014, USATF will fully implement Safe Sport, a program geared toward providing a safe environment for athletes to train and compete. Safe Sport teaches participants in the sport to recognize, reduce, and respond to misconduct. www.safesport.org

University of Phoenix Partnership

The University of Phoenix will be the Official Education Partner. This new partnership will allow for elite athletes and USATF's constituents to receive tuition reductions and scholarships. www.phoenix.edu

From Shirley Connors:

The workshop was very informative and I hope the Associations and Indianapolis can communicate and accomplish at least one half of the ideas presented. My interests were the USOC mandated Safe Sport initiative for officials and coaches; the Youth Run-Jump-Throw outreach program, and working with the National Office on more effectively marketing our Associations. I will try to find out if PAUSATF can offer clinics to cover the test and information regarding the Safe Sport initiative (The Officials' Clinic Committee has met and set up dates for our clinics, so I need to get going on curriculum and access to test). I will also keep in touch with Central Cal Association regarding clinics. I feel we should be able to involve elite athletes with Youth Run, Jump, Throw initiative as well.

From Virginia Simms and Don Harding:

It was great to learn that USATF is committed to:

- Developing a program to keep our children safe through the Safe Sport Initiative
- Reaching out to introduce track and field to children at an early age through the Run, Jump, and Throw Program.
- Recognizing and rewarding the associations for their hard work in keeping the sport of track and field alive.

Updating Committee Operating Procedures:

To come into full compliance, the Men's T&F, Paralympic and Coaches Committees have submitted operating procedures for acceptance by the BoA and their respective committees. Women's T&F and the Athletes Committee still need to submit procedures while Master's T&F need to update their before the November BoA meeting.

Move towards standardized e-mails:

In an attempt to standardize e-mails, the national office has created association specific e-mails for associations, as an example, our association's is: XXXXXXXXXX@pacific.usatf.org. All committee chairs are requested to implement these e-mail accounts, while membership should keep a look out for the new e-mails.

Membership increases over 7000!

Membership chair Irene Herman reports we now have over 7100 members entering into Cross Country season which continues our top ranking in membership of all 57 associations, (*Southern California and New England are the next two in size*).

2014 USA Track & Field Championship

John Mansoor (pausatf@aol.com)

Overall the meet went very well with good spectator attendance in spite of warm temperatures on the weekend and other sporting events (soccer and baseball) going on in Sacramento at the same time. Meet marks were also good including distance marks on the first two days when the meet was at night and temperatures were cool.

The first ever Capitol Shot held outside the stadium at the State Capitol in downtown Sacramento was a great addition with good crowds, good marks and lots of media attention. The athletes very much enjoyed this event as well as the meet overall.

A benchmark of 22,000 spectators for the four day meet was established by the National body for getting the meet again in 2017. Sacramento far surpassed that with a total attendance of 35,000 proving once again that Sacramento is an excellent venue for Track & Field in the United States. Sacramento holds the attendance record for the Trials set in 2000 with 175,000 spectators.

The LOC was a work in progress with many new faces on the Sacramento Sports Commission. While there are a variety of areas that can be improved overall the LOC performed well. The Pacific Association part of the LOC went well with George Kleeman, John Murray and Shirley Connors amongst many others doing a great job as usual.

The new Sac State venue was very well received with the 1.5 million dollar track upgrade and the new buildings at the north and south end of the stadium. In spite of synthetic turf on the infield we were able to hold the discus inside the stadium leaving only hammer and javelin outside.

Discussions are underway now for the 2017 Championship.

2016 Junior Olympic Track Championship

In addition to the 2017 USA Championships the Sacramento Sports Commission is bidding for the 2016 Junior Olympic Track Championships using Sac State as the venue. This bid will be given at the Convention this year.

Master's Track & Field Committee

Joseph Ols (josephols@verizon.net)

2014 MTF PA T&F Championships - Review

- 165 athletes pre-reg'ed; 18 reg on the day = 183 total athletes
- \$4420.00 net reportedly collected from USATF website + \$685.00 on the day = \$5105.00
- Total reported expenses was \$2956.98 (note, to save costs, 2014 Medals were purchased in 2013).
- So 2014 Net Income to PAUSATF was \$2148.02 (\$11.74 per registered athlete).

2014 MTF Western Region Combined Events Championships - Sept 13-14

- PA is believed to be unique in the Western Region, with a Combined Events Championship, and one of the few in the nation.
 - Although our attempted Isocathlon did not occur, the President of IAUM (Int'l Assoc. of Ultra Multievents) has asked PA again to consider holding a 2015 Championships.
- From initial plans through present, we believe perfect equal opportunity has been and shall continue to be given to both Male & Female athletes, with Decathlon Championships believed per all USATF MTF rules / regulations / guidelines, AND USATF MTF Combined Events National Championships, AND all aspects of Title IX.
- A lot of FUD and problems have been raised over this meet by a squeaky wheel conveying purposeful misinformation (aka Lies) and going around others to coerce PA to do the bidding of one single athlete who wants to others to work for her, without doing any positive work herself (no lack of negative energy, work and results, though). This has resulted in:
 - PA personnel not following guidelines, rules, and Title IX for Equal Opportunity
 - Continued problems in a variety of ways
 - A large time & energy drain for PA volunteers
 - Fear of reducing or eliminating PA Combined Events MTF meets going forwards, which have been built up over years to this point

Notable Contributions

- With Cynici's help (and many other investments) the PA MTF Schedule I believe has been truly excellent for many years, and has continued to improve in 2014
- PA MTF Committee *Director of Throws* Gary Schmidt has done a wonderful job putting on Throwing Meets
- Many outstanding athletic accomplishments, led by Irene Obera F80-84
 - Nine World Records (7 outdoor; 2 indoor)

- Five additional American records (3 outdoor; 2 indoor)
- Nine national titles (6 outdoor; 3 indoor)
- Ten national championship medals
- World or American Records in 10 events:
 - 60m indoors: 10.37 (WR)
 - 80m Hurdles: 19.62 (WR)
 - 100m: 17.07; 16.91; 16.81 (three WRs)
 - 200m indoors: 36.53 (WR)
 - 200m outdoors: 35.69 (WR);
 - 200m Hurdles: 48.27; 42.24 (two WRs)
 - 400m indoors: 1:34.25 (American record)
 - 400m outdoors: 1:33.80 (American record)
 - Long Jump: 2.93 (American record); 2.94 (American record)
 - Shot put indoors: 6.76 (American record)

LDR Committee

Tom Bernhard (ldr@pacific.usatf.org)

Road Grand Prix

Seven events completed, all results official, no open issues or protests

XC Grand Prix

Four events completed no open issues or protests known at this time

Ultra Grand Prix

14 events completed, no protests

LDR Committee Meetings

Minutes of the 3/16 and 5/26 committee meetings have been posted online

<http://www.pausatf.org/data/ldrminutes.html>

Minutes of the 9/7 committee meeting will be posted within two weeks.

The next LDR Committee meeting is scheduled for 11/16 immediately following the PA Cross Country Championships in Golden Gate Park. The agenda items for this meeting will include:

- New bids for the 2015 PA Road GP
- A discussion and vote regarding a change to PA LDR Rule 4.6
- A discussion and vote regarding a change to PA LDR Rule 19.3
- Discussion and vote regarding a proposal to modify the Ultra GP timed event rules
- Discussion of a revised end-of-season payout schedule for the Road and XC GPs

LDR Ultrarunning Subcommittee

Bill Dodson (bill.dodson@yahoo.com)

Our Grand Prix participation continues to go well with 207 Men and 111 Women. The largest division is 40-49 for both Women and Men. In our Under 30 division, Women outnumber Men by 12 to 9. After Hans Schmid runs Quad Dipsea, we will have 6 Men in the 70+ division, up from 3 last year. So far this year we have completed 13 events with a total of 17 races and have 5 more races to go.

We are having some pretty intense competition, both for individuals and teams. Currently each of our 3 team divisions (Men, Women and Mixed) is led by a different club. Of the 12 individual division winners last year, only one is leading this year. Actually it is really two - Jean Pommier won 40-49 last year and is leading 50-59 this year. This will be Jean's 8th straight division win - in 2006 as a novice ultrarunner he finished 10th.

We added a Timed Event this year, the PCTR SF Summer Solstice 24 hour run at Crissy Field. Lisa Hughey, 34, our most promising young women ran 131.564 miles, thus getting the attention of the US team coordinator for the World 24 hour championships. The last I heard she is 5th on the list for next year or later.

This was the first Timed Event we have included for many years and we discovered that the scoring rules no longer fit the greatly changed nature of ultrarunning. We will vote on a plan to modify the rules at our next LDR meeting on November 16.

The only other Association we know of that has an Ultrarunning Grand Prix is Southern California. They currently have 49 runners and 32 races in their series – with no team competition. There are other Ultrarunning GP's in the US but they are not in the USATF.

PA women - we have an outstanding group of Ultrarunning women in the Association. Here is a brief overview from youngest to oldest:

Yiou Wang, 29, is well known on Road and XC. She ran her first Ultra in 3:53:28 at the Skyline 50K, setting a new women's course record by almost 21 minutes. Skyline is one of the oldest ultras in the US, so this is quite an achievement. She was expected to set a new record in the Tamalpa Headlands 50K but she fell and injured her quad. We anticipate seeing great things from her in the future.

Rory Bosio, 30, was our Female Ultra Runner of the Year in 2013. She continued to excel this year by winning the women's division in the 118K Laredo Ultra Trail Run in Italy. She was 18th overall in a field of 596.

Lisa Hughey, 35, ran almost 132 miles in 24 hours as mentioned above. She also had an outstanding run at the tough Ohlone 50K Trail Run, finishing only 8 minutes after Darcy Africa from Colorado, one of the best in the US.

Magdalena Boulet, 41, also well known, is new to Ultrarunning. She finished 2nd woman in her first ultra, the North Face 50 Mile Challenge in the GG Headlands in December. She then won the Way Too Cool 50K women's division missing the course record by only 4 minutes, finishing 10th overall out of 1026 finishers. She will be running in the 50K Trail USATF National Championship in Bend, OR on September 21.

Suzanna Bon, 50, was our Female Ultra Runner of the Year in 2012. She continued to excel as 1st woman in the Flagstaff to Grand Canyon 100M and 2nd woman in the Bryce 100M runs.

Meghan Arbogast, 53, often referred to as the Queen of Ultrarunning, moved from Oregon to Cool this year. It was great to have her join our Association. She has too many achievements to list, but one of them is finishing Western States in the top 10 women in the latest 8 years, including 2nd at age 49.

Others – Without details, others who maybe should be on the list are: **Jenny Capel**, 41; **Beverly Anderson-Abbs**, 50; **Roxanne Woodhouse**, 51; **Diana Fitzpatrick**, 56 – and I may have missed some more.

Race Walking Committee

Jon Price (jprice@unr.edu)

The Pacific Association's Race Walking Committee will hold its final Grand Prix race on Sunday, October 26, in Sacramento – a 20-kilometer race walk that is also the Western Region 20K Championship.

Previous races in the Grand Prix series were the 1-mile (Los Gatos, February 15), 1-hour (Kentfield, April 6), 5,000-m (San Mateo, June 1), 3,000-m (South Lake Tahoe, August 10), and 10-km (Sacramento, September 7). In addition, the Race Walking Committee supported judging at the Bay Area Senior Games (1,500-m and 5,000-m, May 10, with a repeat scheduled for November 9) and at several youth meets (Shor-Sheppard Classic on April 19, PA Youth Championships on May 31, PA Junior Olympics Championships on June 21, and Region 14 Junior Olympics Championships on July 5). PA judges also volunteered at several USATF national events throughout the year and held clinics for new judges and race walking officials. Planning is under way for the 2015 season.

Youth Cross Country Subcommittee

Charlotte Sneed (cheetahs@rocketmail.com)

The 2014 Pacific Association Youth Cross Country Season is prepared to begin in late September. Pacific Association youth clubs are set to host six regular season meets.

Teams hosting meets include:

- Santa Cruz Track Club
- Castro Valley Track Club
- Contra Costa Cheetahs
- Team Analysis
- Palo Alto Lightning
- Phoenix Gliders

The Pacific Association will be hosting both the 2014 Pacific Association Youth Cross Country Championships on November 23, 2014 as well as the 2014 Region 14 Cross Country Championships at the Willow Hills Cross Country Course in Folsom, California. These events qualify athletes to compete in the 2014 USATF National Cross Country Junior Olympics to be held December 13, 2014 at Whispering Pines Golf Course in Myrtle Beach, South Carolina.

Officials are requested for all three events.

Officials Committee

Mike Bower (mike.pausatf@gmail.com)

1. Annual Meeting (Aug 24 – UCDavis)
 - a. ~ One of largest turnouts in recent years (90+)
2. Training schedule set:
 - a. ~Jan 10 (ARC); Jan 24 (Chico); Feb 8 (Serra); Feb 21 (Freedom H.S.); Mar 7 (Rocklin)
 - b. ~Reno, South Bay, Marin* - not set at this time
3. Outreach Program to H.S. coaches (rules) and their volunteers (mini-clinic)

Coaches Committee

Dave Shrock, chair (coaches@pacific.usatf.org)

Upcoming Coaching Schools and Clinics:

17-18 Jan	Sat-Sun	Level 1 Coaching School	Chabot College, Hayward
31-Jan	Sat	West Coast SuperClinic	Sacramento City College
7-Feb	Sat	Willie Davenport Olympian Clinic	Logan HS, Union City
21-Feb	Sat	Pioneer Coaching Forum/Clinic	CSU East Bay, Hayward

Legacy Coaching Award Nominations Now Open:

In recognition of the many influential coaches who have served in our association who have selflessly strengthened our sport(s) through teaching, mentoring, and promoting our profession, the Coaches Committee is asking for nominees for the Legacy Coach Award. Criterion will be weighted heavily on coaches who were not only great coaches, but who also inspired and trained/mentored many of us to become coaches ourselves...hence the idea of a Legacy Coach Award.

Coaches submitted for consideration should have mentored former athletes to become successful coaches in their own right, in addition to: - mentored former athletes - coached for a period of time in the Pacific Association - exhibited qualities of ethical coaching - contributed to several aspects of the association, while promoting the sports of USATF - candidates could come from any level of coaching.

The deadline for submission of nominees is 31 December, with announcement of the recipient(s) in February

at the West Coast SuperClinic. For additional information and award criteria for all Pacific Association awards plus past award winners, refer to: <http://www.pausatf.org/data/awards.html>.

Prohibition of Jewelry Lifted in High School Track and Field

Effective with the 2015 high school track and field season, the prohibition of jewelry will be eliminated. "The wearing of jewelry ordinarily presents little risk of injury to either the competitor or opponents," National NFHS T&F Liaison Becky Oakes said. "Elimination of the rule allows officials to focus on meet administration directly related to actual competition".

Coaching Transitions:

New Collegiate Coaches: Combined events specialist **Kendra Reimer** has been appointed head T&F coach at San Francisco State after Cross coach **Tom Lyons** filled the interim position for over a year. A multi events athlete at Texas A&M, Reimer has coached previously at DIII Claremont-Mudd Colleges in So-Cal.

Kyle Whitmore, previously at Hercules HS has been hired part-time to coach T&F at Diablo Valley College in Pleasant Hill, while former head coach **Shelly Pearson** remains Cross Country coach. CC San Francisco has appointed Col. of San Mateo assistant **D'Marcus Williams** to head its T&F programs on a part-time basis.

Missing from the Track: Randy Sturgeon passed away on 4 September after a long bout with cancer.

Editor of the widely read National Masters News, along with coaching at several San Joaquin area high schools including Del Campo, El Camino, Cordova and more recently Granite Bay, Sturgeon also coached with association clubs Buffalo Chips and River City Rebels.

Ernie Bullard, who succeeded Bud Winter at during San Jose State's 'Speed City' era passed away 21 August after a series of illnesses. Bullard coached the Spartan thinclads from 1970-1984 before moving south to his alma mater USC. A noted technician, motivator and author, Bullard coaches two world record holders and numerous NCAA Champions during tenure at San José State.

Calling all T&F Schedules:

All coaches from any levels are encouraged to submit your T&F meet information to association master scheduler Bill Hawkes at: Flojo2134@gmail.com

Please include: dates, days, meet name, venue, contact e-mail or website, contact phone number.

Para Athletics Committee

George Rehm (paraathletics@pacific.usatf.org)

The Paralympics Track and Field Championship went very well this last June at the College of San Mateo. Much praise goes to our local PAUSATF officials for adapting to the unique needs of this athletic group and with working with the more experienced officials from Southern California and other national officials. The US Olympic Committee folks expressed much praise and even commented that one would never know that the local officials were working their first para meet.

Special thanks to Sonny Maynard for recruiting the officials; Charlie Sheppard for doing the Para trainings and being my guru during all of this; Fred Baer moving things forward; Sharon Kelleher of the Reikes Center for the getting the volunteers; Peter Tapia for working with USADA and helping out where ever; and President Dave Shrock for being my rock during the competition. We hope to see if the Paralympics will come back in 2016.

A byproduct of this event was the development of promotional bookmarks to promote the Paralympics and the PAUSATF Para Athletes. A special thanks to Cynci Calvin's CIM promotional bookmark to inspire our promotional materials.

Lastly with the Paralympics, several local people with disabilities came out to the event as spectators or as competitors. I talked with some of the spectators and their family members about the PAUSATF. We'll see if this event will result in more participants with disabilities.

The only other item to report is the development of Operating Procedures and PAUSATF by-laws amendments. Special thanks to George Kleeman for the great editing.

Communications Committee

Cynci Calvin (ccrun@ncbb.net)

Com Com 2015 PA/USATF Budget sent to Committee members and approved.

- NEW WEBSITE: LOOKING AHEAD (see page 2 for the plan for the new Website's launch)
 - Paid website administration staff
 - Sean Dulany of SMD---Designs.com was hired to develop the new WordPress---based pausatf.org. He will continue to provide technical assistance.
 - Alia Gray will be the coordinator of the website updates.
 - We will preview the new site at the Sept. 16 BoA Meeting.
 - **One of the primary goals of the website renovation is the enabling the sports committees to perform their own page updates. This will keep the administration fees at a minimum.**
 - PA/USATF Committee chairs will assign a person from their committees to perform their committee's website updates (more details on page 2).

- CAL TRACK & RUNNING NEWS
 - The print version was issued a few weeks ago, and I have heard that many were disappointed in its small size. I would suggest at this time to exercise patience, as I know this is a big transition time for CTRN. I will outreach to the editor and publisher to find out their plans for future issues and for the integration of website material.
 - In praise of the CTRN, excellent material was published online (including at pausatf.org) highlighting California athletes competing at the National Outdoor TF Championships. This blending of print and online material is part of the overall plan discussed last September. Always remember that these items are offered to us at no charge.
 - Dave Shrock provided this information from CTRN's Publisher, Larry Eder:
 - "Regarding the CTRN, I had an opportunity to speak at length with Larry Eder in Eugene during with World Youth Champs, and he gave me the following updates:
 - CTRN plans on three print editions per year (the previous [volume 39, number 1] we received late July was a PA specific 'catch---up edition' highlighting the Sacramento National Champs), with up to six electronic editions e---mailed to members on an annual basis.
 - Larry, who is now based out of Palo Alto after a long hiatus in Wisconsin, will lead the efforts with Christine Johnson remaining Editorial Director.
 - As in the past, Larry needs everyone's help with less time---sensitive articles and member profiles that can be published in both electronic and print medium.
Christine and Cynci will be updating us soon.
 - I agree with Cynci in that we need a long term view of what is occurring and will continue to utilize our own Association resources to keep our membership informed in all the print and electronic mediums available to us."
 - Mark Winitz suggested that as the website expenses decrease following the launch of the new website, we allocate funds to pay for journalists and public relations people to provide more content.

New Website (pausatf.org) Launch Timeline/Procedure

Sept. 16: New Website Preview at Pacific Association Board of Athletics meeting

Sept. 17- 24:

- Each Committee's chair is to assign a committee member to become a "Committee Website Content Manager," to perform their committee's website updates.
 - Once assigned, these Committee Website Content Managers need to contact CynCI Calvin at ccrun@ncbb.net.
 - Committees include: Youth, Road Racing, Cross Country Running, Ultra Running, Track & Field, Masters Track & Field, Race Walking, Elite Athletes, Officials, Coaches, Executive Board, Administration (general PA forms, Medical, Members/Clubs, Awards).
 - Some of the Committees may want to combine the pages and place them under one Committee Website Content Manager (i.e. Track & Field and Masters Track & Field).
 - Skills required: basic Microsoft Word document skills and familiarity with using the Internet
 - Additional skills desired: WordPress, html codes
- CynCI will outreach to specific Committee members and ask them to review the beta version of the new website to find broken links, inaccurate or outdated material, and report these findings and possible fixes to CynCI at ccrun@ncbb.net.

Sept. 17-Sept. 30

- Committee Website Content Managers will be instructed on how to update their pages and provided with a username and password for logging onto their page.
- Each will receive a printed manual with step-by-step procedures outlined.

October 1: Launch of the NEW pausatf.org

- At this time, the current pausatf.org pages will no longer be available.
- A database of all the current pausatf.org files will be stored on the new site. They will be accessible upon request.
- All questions and needs are to be directed to Alia Gray at aliatgray@gmail.com.

Additional Notes

- All prior discussions about the new website involved the need for photographs and videos.
 - We need PA/USATF Committees to be proactive in sending in this material.
 - A PA/USATF dropbox.com account will be established to make it easy for members to upload their material.
 - We can use older material as well as material from recent events. If you have material that would be of interest to the association, please stay tuned for the dropbox.com account information and plan to send it to us there.
- More goals to improve the website based on membership participation include the following: timely receipt of results, standings, pending records, and top performances

