

USATF Pacific Board of Athletics

Compiled Committee Report: January 15, 2019

Membership Report

Irene Herman (president@pacific.usatf.org)

Total membership total 2717 (Januar 12, 2019) adult members: 1769 and youth 948. Coaches: 277. LDR: 1347 and Race walk 96 , No para-athlete youth, 4 para-athlete adult.

Associations Committee

Dave Shrock (aecchair@usatf.org)

SafeSport

At the Annual Meeting many presentations throughout the meeting gave additional background and training regarding SafeSport. A waiver is being developed for use of causal, non-official volunteers such as rakers, implement shaggers, hurdle/garment crew, etc. Rollout should occur during the indoor season.

Technology troubles

If you are frustrated by not being able to access the USATF website or administrative functions...you are not alone. Over the summer our USATF website and ancillary functions suffered collapse and the office acknowledged it will be a long-term fix.

Annual Meeting Election Results:

IAAF Representative – Willie Banks (*will not replace Stephanie Hightower until the IAAF Council meeting in Sept'19*); General Comp Division BoD Rep- Chris Pasko, Youth Division BoD Rep- Tricia Myers, at-large BoD positions: Jill Pilgrim and Kristie Kilough-Ali.

President Vin Lananna status:

Mike Conley reported that at the January BoD meeting further discussion will take place on whether to uphold or withdraw the temporary suspension.

Coaches Committee

Dave Shrock (coaches@pacific.usatf.org)

Up-coming clinics

19-20 January – Assoc Level 1 School to be held at Chabot College, Hayward. As in the past eight full scholarships will be available to any association member coach who applies. Applications are available via the [www.pausatf](http://www.pausatf.org) coaches page.

2 February - Tenth Annual West Coast SuperClinic – This one day clinic sponsored by the coaches committee held at Sacramento City College will feature many Olympians and coaches in endurance, sprints/hurdles, jumps and throws areas. Registration and info is available on the www.pausatf.org coaches page.

9 February – Logan Willie Davenport Olympian Clinic – After a two year hiatus, Lee Webb who is now retired from Logan HS is bringing back the Olympian Clinic with a great line-up once more of Olympians a and top presenters. This sit h nation's best learn-by-do for youth to adults. Registration and info is available on the www.pausatf.org coaches page.

Coaching competence criteria added to Coaches Registry starting January 2019

Beginning in January of 2019 all coaches will need to demonstrate coaching competence to be a member of the Coaches Registry. Coaches may either submit a coaching resume outlining coaching expertise measured by years coaching and/or success of athletes coached; or complete either a USATF, USTFCCA course.

Coaches will have all of 2019 to submit their resume or complete a coaching education course. Further information is linked on the www.usatf.org coaches page.

You do not need to be a member of the Coaches Registry to coach locally, though to obtain coaching credentials for any national championships.

LDR Report

Allan Stanbridge (runallan@yahoo.com)

LDR completed very successful Grand Prix seasons in Road, Cross Country, and MUT [Mountain, Ultra, Trail]. Due to the Camp Fire, the PA XC Championship was delayed 1 week, and 1 Road Grand Prix series event was canceled from the scoring, but will still offer PA prize money at the rescheduled event. LDR will be evaluating a policy to put into place for future such circumstances effecting our Grand Prixes.

- Completed the organization and schedule of all three Grand Prix Series for 2019. The MUT series will be incorporating 2 Trail races of sub-marathon distance, in our efforts to morph the Ultra series to a true M-U-T series. The road series will have an additional, new, team relay event and another new event on the short series. The early February race has been removed, as we stick to our calendar guidelines more strictly.

- Annual Awards and Banquet will be held on Sunday, February 17 at the Laughing Monk Brewery in San Francisco.

-USATF Club Cross Country Championships were held in Spokane, Washington on Saturday, December 8. The P.A. was well represented by a large number of Clubs and individuals. Jorge Maravilla of the West Valley Track Club won the Men's 40-44 Championship.

- Jen Hitchings, age 55, of SRA Elite broke the American 10k age group record at the Thanksgiving 10k in Sacramento. Her times was 37:27, age graded 97.2%.

This was her fourth age group American Record in 2018. The others were in the 5k, 10 miles, and Half Marathon (at our own PA Half Marathon Championship event on the Road Grand Prix).

- USATF Road Runners of the Year, 2018

Jen Hitchings, Female 55-59

Tom Bernhard, Male 65-69

- USATF Road Grand Prix Champion Female age 40-44: Virginia Cordi of Strawberry Canyon Running Club.

A new race has been added to the 2019 Cross Country Grand Prix Series. The Golden Valley Harriers will host the new race on November 2 at the Lagoon Valley XC course located midway between Fairfield and Vacaville.

MTF Committee

Joseph Ols (masterstf@pacific.usatf.org)

TWO Email Blasts were recently been sent. The following on Dec 11:

PA201CommReportsJan.docx

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Dear PA MTF Comrades,

- 1.) The MTF season is now Auld Land Syne, so the deadline to nominate yourself / others for our 2018 PA MTF Grand Prix awards is 11:59pm Dec 15, 2018! <http://www.pausatf.org/wp-content/uploads/2018/05/MTF2018PAGrandPrix.pdf>
- 2.) Our biggest result from USATF Conf in Columbus is that PA MTF won the right to host the 2021 USATF MTF Outdoor T&F Championships in Sacramento, so a great chance for all to go to nationals since they are coming to us!
- 3.) At this Rules Change year (every other year), the largest was expanding all MTF relays to 5-year age groups for records and nat'l competitions. Existing records for 30-39, 40-49, ... (really 30+, 40+, ...) shall apply to 30-34, 40-44, ... with the new 35-59, 45-49, ... records initially vacant [unless any current record was set by members all 5+yrs over the min age, which is v unlikely]]. A nice MTF conference recap is <https://www.mastersrankings.com/rankings/usatf-annual-meeting-highlights/>
- 4.) Congratulations to all PA athletes at the WMA World MTF Championships in Malaga, Spain! I rcvd these 3 replies to my prev request for PA MTF performances:
 - Joy's Jackrabbits: "**Debbie Hoffman**: 400m 6th W55, **Jennifer Hedges**: 6th 80mh, 5th 300mh, 9th HJ, 5th LJ, 6th TJ W50, **Colleen Barney**: 100m, 200m W50, **Peter Grimes**: 2nd 100mh 4th 400mh, M55, **Terry Parks**: HJ M55, **Liz Roberts Parks**: SP W45, **Joy Upshaw**: 1st 200m, 1st Long Jump, 1st 4x100m (World Record!), 3rd 80m hurdles, 3rd 100m"
 - Sierra Gold: "**Lynne Hurrell** w84 1st 4x400m relay (World Record!), 3rd 5,000m, **Durelle Schimek** w50 2nd javelin, **Makie Ohler** w56 3rd half marathon, 3rd in team cross country, 3rd team half marathon; m70 team cross country 4th **Drue Mathies** and **Gordon Keller**; m60 long jump **Bob Thurman** 5th; m70 steeplechase 5th **Gordon Keller**; m45 shot put **Richard Harrison** 6th; w55 10,000m 5th and 5,000m 7th **Makie Ohler**; w65 hammer **Patti Baker** 8th. Additionally, the following athletes all had top 15 finishes-- w65 **Kathy Slouber** (shot put, discus, hammer and weight throw); w55 **Inka Mim** 10k and cross country."
 - <https://www.theunion.com/news/sports/track-field-local-athletes-shine-at-masters-world-championships/>
- 5.) Speaking of **Makie Ohler**, she not only rocks the track, but rolls & rules the road, winning 1st place at WMA's Marathon world championship in Toronto!
- 6.) Our USATF MTF website (independent of and more reliable than USATF site, which is to be rewritten from scratch) has been updated. Keep checking Big Meet info <http://usatfmasters.org/wp/upcoming-events/>, incl registering for upcoming World Indoor MTF Championships March 24-30 in Torun, Poland www.usatfmasters.org/wp/2018/10/everything-you-need-to-know-about-the-2019-indoor-wma-championships-in-poland and USATF nat'l indoor MTF championships March 1-3 in Winston-Salem, North Carolina.
- 7.) Apologies for my PA Club omission in prev email blast, caught by Marty Beene "Looks like you left out the Lake Merritt Joggers & Striders team score of 3 points, which had us tied for 99th place."

Joseph Ols
Chairman MTF - PA USATF
Liaison, Corporate T&F - USATF MTF

The following Email Blast was sent Jan 5:

Fantastic news for the New Year: the first large program ever(?) giving money to MTF athletes -- up to \$2000 per USATF MTF or MLDR athlete competing in WMA World Indoor Championships March 24-30 in Torun, Poland <https://wmaci2019.com/> Note: Deadline for entries is **January 29th 2019!**

READ MY WORDS BELOW, OR GO STRAIGHT HERE to apply <http://usatfmasters.org/wp/team-usatf-torun-w1-program/>:

USATF nat'l is proud America's Open T&F team regularly wins the most Olympic and IAAF world championships medals. USATF also has the most elite MTF athletes (and dominates world Masters Rankings, with Britain & Germany well behind), America rarely wins WMA championship meets because we don't get enough top athletes to these meets, usually in Europe or Asia.

Between \$60,000 and \$125,000 (over 1/2 of USATF MTF yearly national budget!) will be available for 3 types of awards:

1. Travel assistance \$\$ to athletes ranked in the top six in the World (based on current mastersrankings.com data within the time period 1 January 2017 to 28 January 2019): \$400 for 1st, \$350 for 2nd, \$300 for 3rd, \$250 for 4th, \$200 for 5th, and \$150 for 6th, up to a maximum of \$1000 per athlete.
2. Money for medal winners (the amount depends upon the total amount that is donated to the program by the end of the Championships), all in addition to \$\$ above with an max of \$1000 athlete in addition to the \$\$ above. If the total estimate of \$125,000 is donated then the amounts are anticipated to be:
 1. \$400 for each gold, \$200 for each silver, \$100 for each bronze, in individual events
 2. Same amounts per medal to ALL FOUR team members for relay and other team events (LDR and Racewalk) (e.g., a gold in a 4 x 200m relay would mean \$400 for each of the four team members).
3. Money to "Championship Facilitators" who encourage top performing athletes to consider competing, help them become comfortable with any obstacles, and assist them in making their travel arrangements. This could include PA MTF Clubs, Coaches, etc. [Click here to become a Championship Facilitator!](#)

It takes \$\$ to give \$\$. Since ~half of the money we wish to give away hasn't been raised yet we would really appreciate you or anyone you know (company, foundation, etc) to please donate! <http://usatfmasters.org/wp/2018/12/w1-program-get-involved/>

The formal launch of this program is made possible by the fact that the USATF National Office, through CEO Max Siegel and COO Renee Washington, has stepped forward and allocated up to \$25,000 from USATF (over and above the regular MTF and MLDR budgets) towards this effort. In addition, an anonymous donor has pledged another \$25,000 as a base for a matching donation program. So, we have those \$50,000 in pledges so far, subject to raising an additional \$50,000 and more. After only a few days and with no formal solicitation, an additional \$10,000 has been committed, bringing the total to approximately \$60,000. In addition, virtually all members of the MTF Executive Committee have made individual commitments to contribute.

Congratulations to our 2018 PA MTF Grand Prix winners!

Thanks to Clyde Lehman (and to Inka Mims whom he says did all the work again!) to determine our 2018 PA MTF Grand Prix winners. Plaques will be created for 1st, 2nd, 3rd places in each category, and available for pickup at Bay Area PA Board of Athletics meetings (see website) and 2019 PA MTF T&F Championships this summer (tentatively scheduled to be Sunday June 9th).

Sprints/Hurdles:

- 1- Joy Upshaw - 3.78
- 2- Irene Obera - 3.70
- 3- Gary Wuest - 3.50
- 4- Bob Thurman - 3.48
- 5- Doug Holland- 3.40

- Jumps:
- 1- Richard Harmon - 3.31
 - 2- Gary Wuest- 3.23
 - 3- Joy Upshaw- 3.20
 - 4- Jack Squires- 3.16
 - 5- Bob Thurman- 2.97

Throws: 1- Elsbeth Padia- 3.84
2- George Patterson, Sr - 2.96
3-Gary Wuest- 2.87
4- Stephen Adelman- 2.81
5- Terry Noyes- 2.80

Distance: 1- Lynne Hurrell - 3.64
2- Makie Ohler- 3.48
3- David White- 3.37
4- Bryan Mayberry- 3.09
5- Gordon Keller- 2.97

All-Around: 1- Joseph Ols- 27.80

2- Gary Wuest- 24.49
3- Joy Upshaw- 23.15
4- Bob Thurman- 16.41
5- Irene Obera- 14.70

Clubs: 1- Sierra Gold T&F Club - 325
2- San Francisco T&F Club - 155
3- Joy's Jackrabbits T&F Club - 130
4- Mount Diablo T&F Club - 45
5- Sierra Racewalkers - 28

Employers: 1- OLS Controls - 147
2- Division of Measurement Standards - 66
3- Joy's Jackrabbits T&F Club - 60
4- Kaiser Permanente - 30
4- Hawaiian Airlines - 30

Race Walking Committee

Jon Price (jprice@unr.edu)

The first races of the USATF Pacific Association's Race Walk Grand Prix Championship Series for 2019 will be held on Saturday, January 19, at the University of California, Berkeley track, in conjunction with the Cal All-Comers track and field meet that day. The Women's One-Mile Race Walk will start at 10:30 a.m., and the Men's One-Mile Race Walk will follow immediately afterward. Medals will be awarded to the top three women and top three men in the race walks.

Additional Grand Prix Race Walks are scheduled for June 9 (5,000-meters in San Mateo), June 15 (3,000-meters in Grass Valley), and September 29 (10-kilometers in Carmichael/Sacramento area; this will also be the USATF West Region 10K Championship Road Race, with medals awarded to the top three women and top three men in each five-year age group). We may also have the One-Hour Postal race if volunteers step forward to organize it.

Grand Prix standings, results, registration forms/information for race walking are posted at <https://www.pausatf.org/race-walking/>.

New Race Walk Judges are needed, particularly to cover several Youth meets throughout the season. Two clinics on "Introduction to LDR Officiating and Race Walk Judging and Officiating" are offered this year – January 12 in Sacramento and February 9 in Union City. An syllabus for this new class, along with guidelines for advancement from Apprentice to Association-level Judge and a new LDR-Race Walk Umpire's Incident Report form are posted at <https://www.pausatf.org/officials/officials-training-tools-rules/>, along with many other handy forms and exercises for teaching officials.

Officials Committee

Phil Leake, Chair (pgal1@sbcglobal.net)

NCAA D1 West Regional X-C Meet, Haggin Oaks, Sacramento CA

Officials Clinics

1/12/19 American River College

Today, the first of three officials clinics was held at American River College. Special thanks to Jeannette Powless and Rick Anderson and the X-C/Track and Field Program for hosting this event. Thanks to Bill Bartel (Training Chair), Jim Hume (Certification Chair), Ajay Padgoankar (Rulebooks), the Officials Executive Committee and all who volunteered their time to teach new and experienced officials. Upcoming Clinics will be at Logan HS in Union City, CA and at CSU Chico, both in February.

2019 USATF National Meets Official Selections

Congratulations to the following officials on their selection

2019 D1 NCAA West Regional T&F Meet May 2019

Officials selections and assignments have been made and preparations for the meet are ongoing for the meet on May 22-25, 2109

2019 Junior Olympics, Sacramento CA, July 2019

Officials application period is now open until March 15th. Applications are available via the USATF NOC webpage. Applications will also be mailed to the PAUSATF Officials Mailing list in January. With the great need for officials, the time of year (as it is the same week as the National USATF meet) and the need for our newer officials to gain more experience on a national stage, all officials are strongly encouraged to apply.

Officials Mentoring Program

With the reworking of the program (now headed by Joe Van Zant) and input from the Executive Committee, we look forward to further educating newer officials with the wealth of knowledge imparted by the veteran officials. ALL officials are encouraged to participate in this program to enhance their existing knowledge and practices to become more well trained. Any questions about the program can be addresses to Joe, Bill Bartel (Training Chair) or myself.