

2018 Service Award Recipients

Awarded to those membership who have provided dedication and service to the Pacific Association on through-out the years.

Bill Bartel



I started working at track meets as a volunteer in about 2006 when my kids were participating. Dennis Boyle happened to notice that I was at a lot of meets and asked if I would be interested in becoming certified. I did so, and since that time have worked my way up to a master level official. While I have now been selected for a number of national USATF meets, I continue to work all levels of track and field including high school meets on dirt/cinder tracks. I have also been the Officials Training Chair of PAUSATF for the past two years and am responsible for setting up our annual clinics. I look forward to continuing to working as an official and hope my contributions to PAUSATF encourage others to get involved as much as possible.

Andy Crawford



Andy Crawford has been competing in distance running for 20+ years. After finishing up his collegiate eligibility, he served as volunteer assistant coach for M/W Cross Country at Alfred University (NY) for 1 year while in graduate school. The following year he was head coach for M/W Cross Country, M/W Indoor T&F, and M/W Outdoor T&F where he was the sole coach of 90+ student athletes, while still being a full-time PhD student studying Glass Science. Also during his tenure as a Ph.D student, he served as Open Men's Team Captain and on the Board of Directors for the club team (Genesee Valley Harriers) he competed on in upstate NY. Following a move to the west coast in 2011, he has been a member of the Pacific Association for 7 yrs, where he currently competes as a member of Wolfpack Running Club. He also

serves as VP and Men's Team Captain of the club.

Andy became the LDR Committee Chair in May 2017, and continues in that role today. He has not only headed the continuation of the LDR Grand Prix series for Road, XC, and MUT, but has overseen the addition of new events for all three factions, especially road where he has been the main driver to bring in new venues to help grow interest and membership. He continually challenges the status quo of the LDR committees operations, and presses forward for improvement with the already impressive organization. He has fine-tuned the LDR Guidelines, updated the prize money procedures, and successfully kept the committee meetings to 60 minutes. Andy is also a USATF Level 1 certified coach and a USATF certified official. He has officiated at PA road and cross country races. Andy also is a member of the finance committee of the PA Board of Athletics, and works closely with the communications committee.

In addition to his service to the Pacific Association of USATF, Andy volunteers his time at local road races in the bay area, serving where needed as a course marshal, awards announcer, lead cyclist, or general consultant.

J.R. Heberle



J.R. began his involvement with USATF Pacific by becoming a certified official in 2005. He has been a starter at various levels of meets within the association, including the USATF Outdoor Championships, Pac-12 Championships, Big Sky Championships, California Community College State Championship, and USATF Pacific Youth Championships. At Stanford, he is a track referee and officials coordinator for starters. He has provided photofinish for the California Community College State Championship, Big Meet (cal v. Stanford), and Golden West. J.R. is one of approximately eleven USATF officials in the country certified as an electronic measurement judge. He has served on the electronic measurement crew for two NCAA D1 Outdoors, six USATF Outdoors, two Olympic Team

Trials, and the World Outdoor Junior and World Indoor Championships. He has taught clinics in electronic recording and/or electronic measurement in Sacramento, Indianapolis, Columbus, Tempe, and San Mateo.

By 2011, J.R. had been appointed to the USATF Pacific Board of Athletics as an At-Large member. In 2013, he was elected to the Board of Directors as Secretary. After two terms as Secretary, he was elected Treasurer in 2017.

Prior to residing in the Pacific Association, J.R. was a captain of the cross country and track & field teams at the California Institute of Technology.

Clyde Lehman



After serving thirty-five years as a full-time high school teacher and coach (18 yrs. at Jesuit High School in Sacramento and seventeen years at Nevada Union High School in Grass Valley), I assumed that my coaching career was over. However, in 2012 I was approached by three seventy-year-old distance runners in need of a coach. These athletes opened my eyes to Masters track and field, and I became a masters' track coach who focused on distance runners. We started a team, and it proliferated to a group of thirty-five distance runners. Then in 2016, we created the Sierra Gold Masters Track and Field Festival and invited Masters athletes from across the country. This year we will celebrate our fourth consecutive year. The Festival has attracted some of the very best masters' track and field athletes in the world. Moreover, we will have open athletes also join our Masters athletes on June 15, 2019, for our fourth Festival.

Another milestone in the evolution of our team was to create a diverse and complete track and field team that includes sprinters, jumpers, throwers, and distance runners. As a result, the Sierra Gold Masters Track and Field Team began in 2017. In just two years our team finished second in the 2018 National Masters Outdoor Track and Field Championships competing against 118 teams.

The beginning of 2019 shows that the Sierra Gold Team is poised for yet another great year because the team finished eighth out of 92 teams with just eight of our athletes making the trip to North Carolina. This small group of incredible athletes had thirteen first places, five seconds and two third-place finishes. Moreover, these athletes set three world and three American Records. Indeed, 2019 will be very exciting for the Sierra Gold Team.

I want to thank the following folks for their kindness, leadership, and mentorship for helping a very grateful coach. A huge thank you: Dave Shrock, Irene Herman, Leroy Milam, and Joseph Ols !!!

John Lilygren



to our sport.

A lifelong Track fan, I was a distance runner in high school and college (UC Davis). In 1981 I answered an ad in the San Francisco Chronicle calling for new officials. I started as a Timer and Finish Judge at Stanford. I eventually migrated to Field Events, specializing in Pole Vault. That's when I became a Field Event fan. I Have been selected as a Pole Vault Official for 1 Olympic Trials, 2 USATF Indoor National Championships, 3 NCAA Outdoor D1 and 2 NCAA D2 Championships.

Since 2014 I have been coaching Cross Country and Track & Field at Carlmont High School. I have found a new sense of enjoyment in working with young people and introducing them

Angie Longworth



Angie has been running on the Pacific Association circuit for over 20 years. She has been a long time active member with the Impala Racing Team. She was an open runner when she joined the team and has had the opportunity to experience racing from open, to Master, to now 50+ (or as we used to call it- senior division). She has raced in every adult circuit we have in the Pacific Association, Roads, both long and short, Cross Country, MUT, and even in Master's track. She also participates in the Master's USATF National events when they do not conflict with PA racing.

Angie has not only been an active racing participant on the Pacific Association circuits, she has held many positions within her running team (positions from member- at-large, secretary, treasurer, and President). She actively volunteers for a variety of running community activities, anything from being a course monitor at a race, to helping at track meets, packet picket up, to pace leading at half marathons. She volunteered her time to several pace groups, including the Nike Women's marathon/ half marathon, Oakland marathon, and a variety of trail races (like Dirty Secret, Blood, Sweat and Beers). She has volunteered to pace runners through Western States 100 and helped support runners at the Tamalpa volunteers station during the Western States 100 race (far side Rucky Chucky).

A few years ago Angie became an LDR Official and helps when she is not running the race. She is looking forward to getting back into officiating a few more races this year.

For the past 2 years Angie has been the Pacific Association LDR Women's Chairperson, working together with the Men's (and overall chair) Andy to manage and steward the LDR activities for Pacific Association. These activities have included a few unusual events including the need to cancel a couple of races and postpone a race due to extreme wildfires. Both chairs have had to manage expectations of passionate PA members when dealing with these cancellations and other events such as which races to include on the circuit! Angie has stepped in when no one volunteered to host the LDR awards banquet this year.

Angie's education is in Chemical Engineering and she is a Project Management Professional at her day job, but she has always been interested in training philosophy and has a certificate in health and exercise from UC Berkeley Extension and, she recently attended the USATF Level 1 coaching training and passed the Level 1 Exam! This spring she will be volunteering her time helping with the Tamapla Bobcat youth track club.

Margaret Sheehan



When Irene Herman became Pacific Association President in 2009, she appointed Margaret and Bruce Coleman as members at large on the Board of Athletics. Being neighbors within half mile, Irene, Margaret and Bruce would carpool to meetings from Walnut Creek to Sacramento. Carpooling is a good way to have productive discussion. After a year in office, Irene, appointed Margaret to chair the taskforce to form the foundation. She did her research and was resourceful and within 6-9 months presented the BOD with the articles of incorporation for the Foundation. After a short review, it was signed by Margaret, as Incorporator, and submitted to the State of California for approval and filing as a 503C(3), Non-Profit Corporation on May 22, 2011. George Kleeman was the first Foundation President.

Margaret is a soft-spoken gentle soul. She is a hardworker and doesn't disappoint when she sets her heart on setting a goal. Her ethics and professionalism are qualities every Board wishes for.

This Service Award is long overdue to Margaret but everyone must know that without Margaret's willingness and resourcefulness, the Foundation would have not come to fruition.