

USATF Pacific Board of Athletics

Compiled Committee Report: Nov 12, 2019

Race Walking

Jon Price (jprice@unr.edu)

The final race of the USATF Pacific Association's Race Walk Grand Prix Championship Series for 2019 was held on Sunday, September 29, in William B. Pond Park in Sacramento. Robyn Stevens won the women's 10K race with a time of

49:02 (84.66% age graded) and the 20K at 1:41:54 (84.38%). Nick Christi won the men's 10K with a time of 43:01 (86.41%) and the 20K at 1:34:48 (81.59%). Awards (gift certificates at Trader Joe's) for the 2019 Grand Prix were presented.

Age-graded athletes: 1 st to Karen Stoyanowski (81.10% average of 3 races)

2nd to Nicolle Goldman (77.32%)

3rd to Michael Bennett (75.76%)

Men: 1 st to Mark Green, 2 nd to Michael Bennett, 3 rd to Paul De Meester

Women : Karen Stoyanowski and Nicolle Goldman tied for 1 st , 3 rd to Robyn Stevens.

Volunteer of the Year: Dr. Ann Gerhardt, race-walk judge at numerous Pacific Association open & youth races. Grand Prix standings, results, registration forms/information for race walking are posted at <https://www.pausatf.org/race-walking/>. The 2020 Grand Prix schedule is pending, depending in part on dates of Pacific Association open, masters, and youth championships.

As noted in the previous report, the Race Walk Committee has several new officers, who are appointed by the Chair.

Robyn Stevens, 1 st Vice President, will help with scheduling Grand Prix and Youth race walks in 2020 and beyond, updating the committee's operating procedures, as needed, and coordinating with instructors for sessions on race-walking technique for interested athletes, including open, youth, and masters. Nicolle Goldman, 2 nd Vice Chair, is handling age grading, updating Grand Prix standards, and posting results on the Pacific Association website. Susan Mears, Secretary/Treasurer, is responsible for obtaining Association and Western Region medals for individual championship meets and Grand Prix awards, taking minutes of committee meetings, and preparing a budget for the 2021 year and beyond. As Chair, Jon Price will coordinate lining up judges for Grand Prix and other races (including

Youth, with the help of Beth Price, Race Walk Liaison to the Pacific Association Youth Committee), alert athletes about

upcoming races (including updates on the website), coordinate with the Officials Committee for clinics for new Race

Walk Judges and Race Walk Officials, participate in Board of Athletics meetings, serve on the National Race Walk Committee (and as a Delegate to the USATF annual meeting), and update forms, as needed, for USATF race walking.

Long Distance Running

Allan Stanbridge, LDR Master's Chairperson

Road Racing

The current Grand Prix season is drawing to a close with only three events left, The Silicon Valley Turkey Trot 5k for Open Men and Women scoring only on November 28 ,the California International Marathon on December 8, and the Christmas Relays on December 15.

Bids have been accepted for the first half of the 2020 Grand Prix races and will be voted on at the LDR meeting on November 17.

Cross Country

The regular season of meets has concluded to be followed by the annual P.A. Championships on November 17 in Golden Gate Park. This year's meet is being put on by the LDR committee with direction and assistance from various Clubs. This meet will serve as a kickoff to the

December 2020 National Club Championships.

Mountain, Ultra, Trail

The 2019 season concluded at the Ruth Anderson 50 Miles and 100k races in October at Lake Merced. This year's season saw the introduction of Trail Half Marathon races added to the schedule.

RESULTS at the NATIONAL LEVEL

Jenny Hutchings ran a time of 2:50:36 at the recent New York City Marathon to break the American Record in the F55-59 division. Her age-graded 97.7% placed her 7 th . all time on the U.S. Women's Marathon list.

Chessa Adsit-Morris, age 36 of Santa Cruz won the 2019 USATF Trail Marathon Championships on November 2, in Moab, Utah.

USATF Masters 5k Cross Country Championships, October 12, San Diego, CA

M40-44 Neville Davey 2 nd .

M45-49 Mark Yuen 2 nd .

M50-54 Ivan Lieben 1 st .

M70-74 Don Porteous

M75-79 Len Goldman 3 rd .

W40-44 Kelly Couch 3 rd .

W50-54 Hronn Godmundsdotti 3 rd .

W60-64 Mo Bartley 2 nd .

TEAM.

M40-49 West Valley Track Club

W40-49 Impala Racing Team

W60-69 Impala Racing Team

W70-79 Impala Racing Team

USATF 1 Mile Road Championships, August 23, Flint, Michigan

W40-44 Vanessa Lordi, 2 nd .

W60-64 Ruby Ghadially 3 rd .

Team

W60-69 Impala Racing Team

Coaches Committee

Dave Shrock (coaches@pacific.usatf.org)

Upcoming Level 1 School:

The association Level 1 School will be held once again at Chabot College Sat-Sun, 18-19 January over the MLK Holiday weekend.

We will once again be offering ten full scholarships to the school. Please contact Coach Shrock at the email above for scholarship and school registration information.

Association SuperClinic:

The Athletic.net SuperClinic will be held Saturday 1 Feb at SacCity once again. This full day clinic features Olympians, Olympic coaches with leading regional coaches discussing training in four event areas which you may choose from throughout the day. Go to the www.pausatf.org/coaches page for details.

Associations-Coaches Committee

Dave Shrock (aecchair@usatf.org)

The USA SafeSport Committee has completed a UASTF audit as it does all it's Olympic sports which is overseas, and it determined that it needs all USATF administrators, coaches, officials, and volunteers to complete the SafeSport Core Training by 31 March, 2020...not 31 Dec, 2020 as previously communicated.

There will be two face-to-face training sessions at the Reno Annual Meeting for those in attendance.

Below is an email sent to all Association leadership and officials answering many of your questions:

1) Why do I need to update my SafeSport when I was told it was good until 31 December 2020? U.S. Center for SafeSport administrators recently completed an audit of USATF and determined that all members that completed SafeSport more than two years ago must take the current SafeSport Training. Please understand this is beyond the control of USATF and mandated by SafeSport and the USOPC.

2) Who has to update their SafeSport Certification? Any association officer or committee chairs who have not completed the SafeSport course within the past two years. This is a "rolling" window (*just like the NCSI background screen*). So for today, anyone who did SafeSport before 12 November, 2017 will need to complete the Core SafeSport Training Course.

3) What is the deadline to complete this? Though current SafeSport certification will be good until the end of 2020, we are asking you to renew your certification by March 31, 2020 because of a change in the time frame given by the U.S. Center for SafeSport.

4) Where to renew SafeSport? You renew at <https://uscenterforsafesport.org>, and then click on training and education. If you do not have a profile with SafeSport, you will need to create one. Please note that this is different than your USATF membership and, therefore, will be different than your USATF profile. You will enter your USATF membership number as a part of your profile so that your compliance can be recorded.

5) How long will this SafeSport renewal take? The Core SafeSport Training Course will take 1.5 – 2 hours to complete.

6) Is there a cost to renew SafeSport certification? There is no cost.

7) What is the future requirements of SafeSport? Beginning in 2020, an annual refresher course will be required. This refresher course will take 20-30 minutes to complete.

8) If you have questions or run into a problem: You can get assistance at safesport@usatf.org