

LDR Committee Meeting

17 Nov. 2019

Golden Gate Park, 12:30pm

In Attendance: Angie, Andy, Carl, Don, Tom, Irene, Allan, Ryan Crowley, Charlotte Sneed, Nakia, Mark Winitz, Dave Ahn, Jason Reed, Andy Chan,

In order: 12:30

Agenda

Road

- 2020 RGP bids to vote on: Urban Cow HM, Clarksburg HM, CIM, SVTT5k - 2020 RGP Final Schedule. SSVTT hasn't submitted bid yet.

Clarksburg, November 8th: voted to add to circuit- Note that this date will likely change to either November 1st or November 15th.

Urban Cow, Oct 4th : voted to add to circuit

CIM: bid says expects to sell out in July, but SRA says they will hold 15 codes for PA to use up until October 15th.

Question was asking if there are there other marathons interested in PA?- none submitted this year, we had SF bid last year, but that is in July.

- Do we vote them in but lower the point value of the race since it has been hard for PA runners to enter. Lower to 1.5 point value.

Voted on these 4 options:

- CIM vote in at 2.0 points (0 votes)
- CIM vote in at 1.5 points (6 yes)
- No CIM (0 votes)
- CIM vote in at 1.0 points if we make everything else 1.0 (including the Half Marathons) (4 yes votes)
- CIM yes (8 yes, 2 abstain)

SVTT5k

- *Didn't submit a bid yet.*

MUT

- 2020 GP Schedule update, Jean sent last night. Attach copy to notes.

- Vote on proposed rule changes from last meeting - Trail Series discussion/finalization

- Vote on Mt/Trail on scoring Rule 3.0 Competition: Scoring Individuals. (9 Yes, 0,0)
 - 3.0 Competition: Scoring Individuals
 - Runners may run as many races as they wish, but will be scored in no more than seven (7)
 - They will be scored for every event in which they earn points, but only their seven highest scores will be the ones finally added to determine their Grand Prix total.
 - **At least one scored race must be a race designated Trail or Mountain. (Note: races on the MUT schedule are designated as Mountain, Ultra or Trail).**
 - No more than **four** of these may be in races with scoring factor greater than 1.0 and no more than one may be in a race with a scoring factor of 2.0.

- Vote on Rule 10. Season (Grand Prix) Entry Discount (9 Yes,0,0)
 - 10. Season (grand Prix) Entry Discount
 - Each age-group **MUT** Grand Prix season champion will receive a 50% discount on entries into the following season's Grand Prix races, provided that the entrant submits his/her application by the pre-race entry deadline (i.e. the date after which a standard entry becomes a late entry with a surcharge.)
 - If the series includes the Western States 100, no discount is available for that race.
 - As with Grand Prix prize money (Rule 9), an age-group champion must score in at least three races in order to receive this consideration. **If the age group winner does not meet the three-race minimum requirement, then the discount rolls down the division. If no one in the division meets the three-race requirement, then the discount will go to the 2nd place runner in the division with the highest participation.**

- Acceptance of new Trail Division (basically a short series for MUT)
 - Before the vote, we had women, men and mixed. We voted to add Trail team as a new division. Scoring will be five runners with at least two women. Runners could be scored in one of the other divisions and Trail. It will be scored without submission. This will allow teams to get involved without running the long races.

XC

- XC Rules updates

- Lots of crop top questions. Several teams want to wear them. Will take this as a separate issue to discuss soon.
- Need to add a rule about master's runners who want to run both Master's and Open races- they must pay for both races, have two bibs.

- Initial feedback about PAXC Champs and improvement points for next year

- Possible change the Master's Men 5 mile to stay within the normal XC race loop (cut out the last 800 m hill).
- Positive feedback about start, course, shirts, etc...

-2020 Club Nationals update

- Let's make our PA Championship the Western Region Championships, have the same course as the Club Nationals.

General/Other

- doping and thyroid meds.

- as people age their thyroid production decreases, go to dr. gives them thyroid meds, we see lots of this in the older age groups. USATF has to abide by USADA rules. We will bring this up at the Convention.

- PA awards banquet update- Overall PA awards banquet, will be posted within the week.

- USATF Annual Meeting in Reno, come join us! First weekend in December.

- 2020 Marketing Action Plan: We have a table and cloth and tent. Will put these at other races to promote PAUSATF. Angie and Andy will put together plan.
- Team scoring: fewer person teams scored after full teams- in the past the committee voted to have 4 person team scored after 5 person team. In order to implement this option, we need to be able to update the scoring program. How to update the code? Jason will review the code and assess how long it will take. Tom to send code to Jason for evaluation.
- Road sub-committee- Can we have another person do Road Grand Prix coordinator; do we have anyone interested.

Master's 5k may be in March (Carlsbad 5000) may be near the same time as the Impala SLS race.

Adjourn: 2:00 motion and approved.

Pacific Association 2020 Road Grand Prix *Tentative Schedule*

Date	Race	Location	Points Weight	Series (Individual)
March 7 th	NorCal John Frank Memorial 10 Miler	Redding	1x	Long
March 22 nd	Oakland Marathon Team Relay	Oakland	1.5x	N/A
March 29 th	Stow Lake Stampede 5k	San Francisco	1x	Short
April 5 th	Credit Union Sactown (10 Mile)	Sacramento	1x	Long
April 19 th	Rotary Club of Los Gatos Great Race (4 Mile)	Saratoga to Los Gatos	1x	Short
May 3 rd	The Mile of Truth at Devil Mountain Run (1 Mile)	Danville	1x	Short
May 25 th	Reach for a Star 5k	Brisbane	1x	Short
June 7 th	Hit the Road Jack 10k	Sonoma	1x	Short
July 4 th	Morgan Hill Freedom Fest 5k	Morgan Hill	1x	Short
July 12 th	Across the Bay 12k	San Francisco	1x	Long
October 4 th	Urban Cow Half Marathon	Sacramento	1.5x	Long
November 1 st or 15 th	Clarksburg Country Run Half Marathon	Clarksburg	1.5x	Long
December 6 th	California International Marathon	Sacramento	1.5x	Long
December 20 th	Christmas Relays	San Francisco	1.5x	N/A

Pacific Association 2020 MUT Grand Prix *Tentative Schedule*

Date	Race	Sac	Bay	Mtn	Trail	50K	50M	100K	100M
Feb 1	Jed Smith	X				R			
Feb 22	Mt Umunhum 12K**		X	T					
Mar 7	Way Too Cool 50K	X				T			
Mar 14	Pioneer Spirit Trail 50M Nationals	X					T		

Apr 13	Mt Diablo 50K		X?			T			
May 9	Quicksilver 100K		X					T	
May 16	Silver State Half??	X			T				
May 17*	Ohlone 50K		X			T			
Jun?:	The Ridge 23K or China Camp Half		X		T				
Jun 21*	Broken Arrow 26K or 11K**	X		T					
Jul 18:	Tahoe Rim Trail 100M**	X							T
Aug:	Skyline 50K		X			T			
Aug:	Star City Half		X		T				
Aug 29:	Tamalpa Headlands 50K		X			T			
Sep:	Dick Collins Firetrails 50M		X				T		
Oct 10:	Ruth Anderson 50		X			R	R		
Total		6	10	2	3	7	3	1	1

*: Sunday

** : new events = 4