



# Compiled Committee Reports Tuesday, November 15, 2022

## Associations Committee Report

Dave Shrock ([acechair@usatf.org](mailto:acechair@usatf.org))

### **2022 USATF Annual Meeting Information:**

The 2022 USATF Annual Meeting will be fully in person:

registration/information website: <https://www.usatf.org/events/2022/2022-usatf-annual-meeting>

### **Dates:**

Thursday-Sunday, December 1-4, 2022.

There will be an in person Associations Workshop on Thursday, 1 December from 8:30am-4:30pm.

*All association officers and members are encouraged to attend*

### **Registration Fee:**

\$300.00 (*effective November 1, 2022*)

### **Location:**

Hilton Orlando Lake Buena Vista

1751 Hotel Plaza Boulevard, Lake Buena Vista, FL 32830

*(same as previous years - across the street from Disney Springs)*

### **Hotel Cost:**

\$159.00 plus tax per night (*with tax will be \$178.78*) for sgl or dbl/dbl accommodation

### **Hotel Information:**

The link to book the hotel will be provided upon confirmation of registration. **If a room is booked without registration, the reservation will be cancelled.**

**Credit card will be required at hotel booking.** The credit card will be used as a guarantee in case of "no show". Incidentals will be charged to the credit card left on file in the hotel.

If your hotel room is covered by a USATF Travel Authorization (TA), you will be required to book your own room and provide a credit card and the room charges will be moved to the master bill and covered by USATF.

### **Orlando airport (MCO) to hotel shuttle:**

Mears is offering a \$2 discount each direction (\$14 vs \$16)- [Click here to book the MCO-Hotel shuttle](#)

### **Pacific Delegate-Participant Caucus:**

Thursday, 1 December 20 minutes after the conclusion of the opening session on the Hilton Buena Vista pool deck, adjacent to the registration desk.

### **2022-2028 USATF Strategic Plan:**

USATF is rolling our 2022-2028 Strategic Plan 'Journey to Gold' which will help shape our future organizational goals towards the LA 2028 Olympic Games. More information will be available at the Annual Meeting in December. [Click here to view the plan](#)

## **Coaches Committee Report**

Dave Shrock ([coaches@pacific.usatf.org](mailto:coaches@pacific.usatf.org))

**10-11 December:** *Save the date!* Shannon Rowbury Women & Coaches Clinic December in San Francisco as part of the National Club Cross Champs event. Details TBA.

**Level 1 Schools:** Coaching Education Level 1 schools are being offered online moving into 2023. The traditional Pacific Assoc School on Dr. Martin Luther King weekend (*14-15 January '23*) will be online with Lead Instructor April Smith taking over the clinics for the retiring Dave Shrock and Ken Grace.

The Pacific Association welcomes three new instructors to our ranks: Parker Daniells (Wm Jessup Univ), Art Ignaczak (Stanford), and Charlotte Sneed (Contra Costa Cheetahs)

**Athletic.net SuperClinic:** The 12<sup>th</sup> edition will resume at Wm. Jessup University in Rocklin on Saturday, 4 February. [Click here for info and registration.](#)

**Coaches Badges:** Thanks to an Associations Grant, the Youth Committee lead by LaDonna Aubert, with the assistance of Cris Houston and Dave Shrock, continues to offer a coaches badging program to better protect our athletes by identifying 3-step compliant coaches. Since it's start two years ago, 146 coaches have taken advantage of this free program and ordered badges. Additional members coaches who also have a current background screen and SafeSport certificates may apply at: <https://forms.gle/914hcCKbCyL7NypRA>. All cards will be available at the PA Youth Cross Country Champs.



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## **Communications Committee Report 13-November-22**

Cynci Calvin, Chair ([ccrun@ncbb.net](mailto:ccrun@ncbb.net))

**Social Media - USATF Pacific Facebook Page unpublished status was reversed and is now functioning just fine.** <https://www.facebook.com/pausatf>

- Dave Shrock outreached a Meta contact friend of his, who was able to have a team review the case.
- On October 1, the team who reviewed the case reversed the status and the page was again functioning.
- The Meta Team review concluded the page was incorrectly blocked.
- Thank you Dave!

### **Broadcast Email Service: Constant Contact (CC) vs. USATF**

- The investigation of these two broadcast email systems is ongoing. I have been using the national USATF platform to send out the Youth XC meet promotions, and I used it for one LDR promotion. In so doing I have learned how to download up-to-date lists of current members in the LDR and Youth categories.
- I am accumulating a list of questions for the Sport 80 email campaign help team.

- I am also compiling a list of instructions for PA eblast senders to use to try out the system.
- *Updated 11/13* pro's & con's of each platform:
  - \*USATF Pros: 1) It's FREE; 2) membership lists are updated quickly.
  - \*USATF Cons: 1) I have not been able to update my [communications@pacific.usatf.org](mailto:communications@pacific.usatf.org) email so the sender of the email defaults to the generic [communications@usatf.org](mailto:communications@usatf.org); 2) I have not been able to upload our own lists currently being used on the CC platform; 3) The system does not have a "library" for us to upload images and pdfs, so for repeat use of such items they will need to be stored someplace else; 3) USATF will have full access to all our eblast communications; 4) if doable, downloading and converting our CC lists to CSV files, and then uploading them to USATF's platform will be time consuming.
  - \*CC Pros: 1) Very robust system; 2) current users are familiar with how to use it; 3) the CC library of photos, graphics, pdfs is extensive and convenient; 4) we have a large number of categorized lists for specific targeting.
  - \*CC Cons: 1) expensive (\$2,478/year; \$1,416/6months); 2) requires regular updating of lists by downloading newer members from the USATF site, then uploading to CC.
- I will add #s1, 2, 3 of the "cons" above to my list of questions for the Sport 80 support team to review and offer assistance in resolving.

### **PAUSATF.org**

- Website is working well.
- As Com Com Chair and Website Content Manager, I fill in for Committees lacking a volunteer to do their updates and send blasts. The Youth Committee's Communication Committee Chair continues to be unavailable help out, and I am hoping this will change. Masters Track & Field and Open Track & Field are also lacking volunteers to assist with eblasts and website updates.
- Updating the front page slide show.
  - \*I am going to see if updating the slide show with photos from the 2022 Awards Banquet might be feasible. Then we could do this each year with photos of our award winning athletes and key volunteers be they from the banquet or otherwise.
  - \*Here are some requirements for anyone interested in submitting photos (email to [ccrun@ncbb.net](mailto:ccrun@ncbb.net)) for this:
    - \*300 DPI (hi res), clear (not blurry), happy subjects, .jpg or .png files
    - \*Group photos are preferable.
    - \*A mix of genders throughout the slide show is preferable,
    - \*Categories are: Youth TF, Youth XC, Road Racing, XC, MUT, Open TF, Masters TF, Race Walking, Officials, Coaches

### **Dave Shrock's Association Newsletter Suggestion**

This certainly falls into the wheelhouse of the Communications Committee. It could be done using the committee reports combined with the BofA Meetings' minutes. If no one else is willing to try this, I will, and I will report back on the amount of time it takes. It would be issued on a quarterly basis since BofA meetings do not occur on a monthly basis. It would also make good use of the Committee reports and encourage these to be submitted, and the BofA minutes.

**Thank you as always to our Committee Website Content Managers/eblast senders:** John Lilygren (Officials), Tom Bernard, Andrew Crawford, Les Ong (LDR), Tori Busto (Racewalk), Dave Shrock (Coaches/PA), Angie Longworth (PA Secretary).

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## **Pacific Association Board of Athletics Committee - Race Walk Chair**

**Report** (November 15, 2022) *Robyn Stevens (dreamngold@gmail.com)*

**2023 Race Walk Grand Prix Schedule:** Jon Price will help coordinate judges and officials.

**Feb 4, Saturday — 1-Mile, Berkeley All-Comers.** Men and Women separate. First race of the meet.

**Feb 18, Saturday — 1500m, Berkeley All-Comers.** Men and Women separate. First race of the meet.

**Mar 4, Saturday — 3,000m, Berkeley All-Comers.** Men and Women combined. First race of the meet. Note: One of our very own, Adeline Johnson, has signed with U.C. Berkeley and will begin her Freshman year. If memory serves me correct, our own Arun Vatturi's daughter and recent Junior Olympic race walker, Rithika Vatturi, is also a student at U.C. Berkeley.

**Point of Contact** for our U.C. Berkeley All-Comers are Jennifer Oliver, Mo Saatara, and Robyne Johnson.

**(TBA) Jun — 5,000m, this race is usually in conjunction with our Pacific Association Outdoor Track & Field Championships.** I have not received a confirmed date from our Track & Field or LDR Chairs. I have Vacaville High in Vacaville as a backup location.

**(TBC) July 10-16 (one of these dates) — 1-Hour, Vacaville High School track facility.** Morning. **Point of Contact** for Vacaville High School is Adam Wight (Vacaville High Principal), Cecil Connley (Vacaville School District and PR), Coach Pop (Vacaville High Head Football and Track Coach), and Robyn Stevens (Olympian alumni).

**(TBC) October 1 — 10-km and 20km, Fair Oaks** in Carmichael or if we can get the road certified we'll have it in Sacramento, race coordinator is Martin Ross and the Sierra Race Walk Club.

### **2023 National and International World Athletics Race Walk Events:**

**Jan 15 — 35km USATF Race Walk National Championship** Santee, CA

**Feb 11 — Millrose Games — 1 Mile Race Walk** NYC

**Feb 16-18 — USATF Indoor National Championships — 3,000m Race Walk** ABQ, NM

**Feb 25-March 9 — Pan Am Cup 20km Race Walk Trials** TBD **March 25 — Dudinska50 35km**  
World Athletics Gold Label Race Walk Tour, Dudince, Slovakia

**April 15-16 Pan Am Race Walking Cup** Managua, Nicaragua

**April 29 — Penn Relays (5,000m)**

**April 23, May 6, May 21, June 3** World Athletics Gold Label Race Walk Tour championships  
(Warsaw POL, Rio Maior POR, Podebrady CZK, A Coruña SPN)

**July 6-9 — USATF Outdoor Championships** Eugene, OR **Aug 19-27 — World Championships,**  
**Budapest** W20km Aug 20 (Sunday) at 7:15AM, W/M35km Aug 24 at 7:00AM

**Oct 29 & Nov 4 — PAN AMERICAN GAMES** Santiago, CHL *USATF Pacific Board of Athletics Compiled*

**2023 Masters and Senior Championship Race Walk Events:** <https://usatfmasters.org/upcoming-masters-track-and-field-events/>

**March 10-12 — USATF Masters Indoor Track & Field Championships** Louisville, KY

**March 26-April 1 — WMA Indoor Track & Field Championships** Torun, Poland **October (usually 2nd week of October) — Senior Huntsman Games** Utah

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## Masters Track & Field Committee Report 15-November-22

Joy Upshaw, Chair

From: **Joy Upshaw** < >  
Date: Mon, Nov 14, 2022 at 4:58 AM  
Subject: PA Masters 11/15/22 REPORT for Board of Athletics Meeting  
To: USATF Pacific Secretary <[secretary@pacific.usatf.org](mailto:secretary@pacific.usatf.org)>

Great News!

On October 23, 2022 we had our Pacific Assoc Championships combined with the Western Regional Championship at Chabot College in Hayward, California!

We had approx 175 athletes and 25 Officials help to create a great event!

There were many first-timer Masters competitors & observers who enthusiastically made new friends and experienced friendly competition, who said they are excited to either get back to racing again or want to start it up! Yes!!

Amanda Scotti was the meet director who did a great job with details.

Jim Manha coordinated officials, and Kyle Robinson, Head Coach of Chabot College, provided facilities & equipment.

Mark Cleary, Western Regional Director, was happy to combine the championship with our venue & group.

Having combined with the Western Regional, our Pacific Association made approx \$5000+ for our program.

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## Open Track & Field Committee Report 15-November-22

Fred Baer, Chair

*Projected 2022 Final Report (but subject to review):*

### 2022 PACIFIC ASSOCIATION USATF T&F GRAND PRIX – FINAL STANDINGS

ATHLETE	EVENTS	POINTS	AWARD
Robyn Stevens	RW	6,317	\$3,000
Matthew Leach	1,500-10K	6,080	\$2,500
Sarah Jane Underwood	800m	5,195	\$2,000
Miles Smith	800m/1500m	5,118	\$1,000

Fabio Fornarelli	1,500m	2,741	\$ 500
Sarah Gayner	3k/5k	2,529	\$ 300

Registrants without submitted qualifying marks included:

Terrence Maxwell

Robert Qualls