



Compiled Committee Reports Tuesday, January 17, 2023

Associations Committee Report

Dave Shrock (acechair@usatf.org)

2023 Annual Meeting By the numbers: 825 total attended our 2022 annual meeting in Orlando
Previous years: 915 for our hybrid for 2021; 927 participated in our 2020 virtual meeting, while 896 attended our last fully in-person meeting in Reno in 2019.

Mark your calendars: Our 2023 Annual Meeting will once again be held at the Hilton-Buena Vista, Orlando from Thursday, 30 November to Sunday, 3 December.

Annual Meeting Document Library: For informative on-demand presentations and meeting reports you are encouraged to reference the annual meeting document library. [Click here for link](#)

Coaches Committee Report

Dave Shrock (coaches@pacific.usatf.org)

Association Level 1 School: 58 coaches attended this Zoom offering from 13-15 January. The school lead instructor was April Smith (Fresno), with Dr. Parker Daniells (Jessup Univ-Rocklin), Dr. Chris Richardson (Cerritos), and Simone Terry (Phoenix) as instructors. Long time lead instructors Dave Shrock and Ken Grace retired this year as it has been determined that the Level 1 program will remain online.

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

Legacy Coaches Award: The 2023 recipient is long time East Bay youth and community coach Christine Chapon for her work with Youth and the Running for a Better Oakland program.

[Click here for Christine's list of contributions](#)

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 its 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 Spring meeting...date TBA.



Master's Track& Field Committee Report

Joy Upshaw (coachjoyupshaw@gmail.com)

General :

USATF has required everyone to trim their budgets by 15%, including Masters.

The Masters mentorship program that was instituted at last year's Outdoor National Championships for first time national championship competitors was a tremendous success! 22 first time athletes were paired with more veteran athletes to help them navigate their first national championships. It was awesome! Shout out to Athlete Rep Colleen Barney for her leadership with this program!

A representative from Drake Relays made a quick presentation that they will continue to host the Rex Harvey masters exhibition event at the Drake Relays this coming year 2023.

A Strategic Plan was presented for Masters which includes exhibition events at the 4 Journey to Gold Meets.

Rules:

Proposed and Approved Code of Conduct for athletes and those that travel with them (family, coaches, trainers, etc.) for our national and international meets.

A report was given from the Anti-Doping Subcommittee. You can obtain a lot of information by going to our masters website and looking under "For Athletes" and then "Anti-Doping"

Upcoming Meet Notes:

A group presented at the upcoming WMA meet in Torun. The venue is the same as 2019 and the schedule will be nearly identical as well. The deadline for registration is January 31, 2023.

A report was given by Greensboro, NC regarding our upcoming July 2023 Outdoor Nationals. Greensboro is excited to have us!

NCCWMA 2023 championships will likely not be held in Mexico as previously thought, but instead be held in San Jose, Costa Rica. More information on this meet, will be posted soon.

Throws Championships 2023 will be held Aug 4 - 6 in Lisle, Illinois.

The Track and Field Center at Gately Park in Chicago gave their bid for the 2024 Indoor Nationals. We determined it would not be possible to do that meet at that venue in 3 days so we decided to accept the bid from Chicago as a 4 day meet.

Mt. SAC presented a bid for our 2025 Outdoor National Championships. The stadium is completely renovated and Mt. SAC is excited at the prospect of hosting a Masters Championships. A motion was made, seconded and passed unanimously!! I am particularly proud of this bid as I spearheaded it while I was USATF U20 Head Coach this summer. Brian Yokoyama was one of the Men's National Coaches with me (also director of special events at Mt. Sac) and I proposed that Mt.Sac host a Masters meet! The approved bid is the culmination of those discussions. Yay! Team work!

LDR Report

Andy Crawford (andrewbyroncrawford@gmail.com)

Road:

- The 2022 Road Grand Prix has concluded, with a full series of events. Year-end Standings are posted on the PA website.
- Sactown 10mi hosted the USATF Masters National 10 mile Championship in April for the first time, and they will host again in 2023.
- CIM once again hosted the USATF National Marathon Championship, and it was a fast day for many runners. - The 2023 Road Grand Prix Schedule has been finalized, and is posted on the PA website.

Cross Country:

- The 2022 XC Grand Prix has concluded, with a full series of events. This was one of our most highly attended and successful XC Grand Prix in many years. Year-end Standings are posted on the PA website.
- The PA successfully hosted USATF Club XC National Championships in Golden Gate Park, San Francisco in December. Despite inclement weather and a tree collapse forcing a course re-route mid-event, event management and all involved pivoted to allow the remaining races to still occur.
- The 2023 XC Grand Prix Schedule is posted on the PA website, with a Note about the increase in year-end prize purse to \$8,000, and going deeper for Open Team and Open Individual.

Mountain-Ultra-Trail:

- The 2022 MUT Grand Prix has concluded, with a full series of events. Year-end Standings are posted on the PA website.
- MUT has shifted their calendar to start with Quad Dipsea in November and conclude in October.
- The 2023 MUT Grand Prix Schedule has been posted on the PA website, and will include a mix of Ultra Trail, Ultra Road, and Trail races (unfortunately the Mountain race has been canceled).

Dates:

LDR Committee meetings for 2023 are TBD

Communications Committee Report

Cynci Calvin, Chair (ccrun@ncbb.net)

Social Media

- Verity Breen continues to do a great job with the Facebook page. <https://www.facebook.com/pausatf>

- Just in time for the Dec. National Club Cross Championships Verity got the PA's Instagram account up and active. <https://www.instagram.com/usatfpacificassoc/>

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

- The investigation of these two broadcast email systems continues.
 - * I recently used the USATF platform to send out Charlotte Sneed's January USATF Pacific Newsletter to our entire membership, which entailed downloading all those emails (11,000+) from the Membership category and uploading them to a list within the platform.
 - * Unfortunately there were two errors worth correcting to resend the newsletter, but that went well too and emphasized the need to have a proof reading system in place.
 - * The end of January is the date the current 6 month contract with Constant Contact ends. At that point I recommend we go month to month, until a decision is reached on whether or not to discontinue CC and go with the USATF system.
- Pro's & con's of each platform (same as the Nov. Committee Report's edition):
 - * 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 email so the sender of the email defaults to the generic 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 continue to accumulate a list of questions for the Sport 80 email campaign help team, and 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

- I have received several comments about the site not being mobile phone-friendly. Fixing this is important since so many people view website content on their smart phones. I anticipate that this will be an expensive process, and I will look into ways and costs and consider it for a budget item for 2024. If anyone has ideas/information about this send it to me.
- The Youth Committee's Communication Committee Chair continues to be unavailable to help out, and this creates time-consuming tasks for me, plus I am not as closely connected to the Youth Committee as others. Masters Track & Field and Open Track & Field are also lacking Com Com reps. Please outreach to your committees to find Com Com reps.
- Updating the front page slide show.