



February 2021

NEWSLETTER

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Message from USATF Adirondack President Bill Quinlisk

Don't forget to renew your individual membership for 2021 at <https://www.usatf.org/home/top-utility-nav-content/membership>. USATF has once again updated their national website. All memberships are now being channeled through 'USATF Connect'. If you are renewing your membership, you must first update your 'USATF Connect' profile. This can be challenging. I suggest that you use the link for "Contact Support" if you have any difficulties. The national office staff has been surprisingly responsive. They have also created support videos to help you on the way. Club memberships can be renewed using the same link above.

Our hard working, newly elected Long Distance Running Chair, Michelle Merlis, has created an innovative approach to the 2021 USATF Adirondack LDR Grand Prix. Complete details have been posted on our website at: <https://adirondack.usatf.org/news/2021/2021-grand-prix-series>

The Adirondack Association is excited to partner with the other USATF Associations in NY State (New York Metro, Long Island and Niagara) and Meet Director, Russ Ebbets, to produce a major summer track & field meet – The 2021 Empire State Classic scheduled for July 24th at SUNY Cortland. Each NY Association will enter 3 competitors per event for both men and women. Ages 15+ are eligible to attempt to qualify. We plan to use our 2021 Adirondack Open Track & Field Championships (Date and Site TBA) as our qualifier meet to self-choose our entries. Info is posted on our website at: <https://adirondack.usatf.org/events/2021/2021-empire-state-classic>

The Adirondack Association is planning a series of "Learn by Watching" clinics this spring/summer for all area coaches of all levels with renowned combined events coach Harry Marra. Harry Marra has returned from Eugene, OR to the Capital Region. He is best known as coach of decathlon world-record holder and Olympic gold-medalist Ashton Eaton. Clinic plans are being worked out and we hope to announce complete details in next month's newsletter.

USATF Masters - <https://usatfmasters.org/wp> have announced their national championship schedule for 2021. While some events have been canceled and others are dependent on national, state and local COVID restrictions and guidelines, there is optimism that many live, in-person Master national championship events will be held this year. Adirondack Master LDR runners have a unique opportunity with four national Master LDR Championships within driving distance. The Masters National One Mile Road Championships is scheduled for Saturday, June 4th in downtown Rochester, NY. This event is being planned in conjunction with USA Cycling's Rochester Twilight Criterium featuring many of the top cyclists in the country and promises to be a spectacle. Highlands, NJ, which is adjacent to Sandy Hook and the Gateway National Recreation Area, will host the Masters National 12k Road Championships on Sunday, September 19th. Sunday, October 19th will see the Masters 5k Cross Country Championships in the Boston, MA area. The preferred course is Franklin Park in Boston but a new course in Attleboro, MA is being considered due to permit issues in Boston. Attleboro is close to Providence, RI. This date is only six days after the re-scheduled 2021 Boston Marathon. November 14th will see the Masters National Half Marathon held in Syracuse, NY. This is one week after the scheduled date for the 2021 NY Marathon. This looks like an exciting year for local Master (ages 40+) LDR runners who wish to make a splash on the national scene.

Jan. 1, 2021 marks the start of a new Olympiad. USATF certified officials must renew their certification for the next 4 years. Information about officials' certification is available at: <https://adirondack.usatf.org/information-for/officials>

New officials are always welcome. If you have any questions, please contact USATF Adirondack Officials Committee Chair Steve George at officials@adirondack.usatf.org or USATF Adirondack Officials Certification Chair Joe Shufelt at harvshu@aol.com

The USATF Adirondack Association is still looking for a volunteer to serve as our national SafeSport representative. Contact President Bill Quinlisk at president@adirondack.usatf.org if you are interested and would like more details.

USATF ADK LDR Grand Prix is Back for 2021

With respect to the unique situation we continue to find ourselves in, we have conscientiously modified how we will deploy the 2021 USATF ADK Grand Prix with hopes that the changes for this year will maximize our competitive opportunities to find ourselves on true race start lines.

The main goal is to provide as many opportunities for safe in-person competition as possible over the course of the year. We welcome USATF members to review the rules for individual and team competition [here](#). If you have not already done so, you can renew your USATF membership for 2021 [here](#).

Race directors (and everyone else) are also welcome to learn how their event can be a part of the series [here](#).

To get things started, we officially have our first race of the series: the **Schenectady Firefighters Cancer Foundation Run 4 Your Life 5K** on Saturday, March 27 at Central Park in Schenectady. This race will also serve as the USATF ADK 5K Championship Race. You can register to be a part of the event [here](#).

As events are added to the series, they will be shared on our [website](#) and through our [Facebook](#) page as well as through periodic emails to members. We look forward to seeing you -- from a distance -- at the races!

Winkler Update

A review of the recently released World Leader Lists compiled by *Track and Field News*, reflects that former USATF Adirondack member, Rudy Winkler of West Sand Lake and Averill Park High School, produced the number one hammer throw in the world for 2020. His throw at Walkill, New York on July 26 was 264' 9" (80.79 meters). At 263' 7," Rudy also accomplished the second longest throw of the year. Mr. Winkler competes under the banner of the New York Athletic Club, and is now positioned well to qualify for the U.S. Olympic track and field team that will be competing in Tokyo this summer. Rudy was selected as a member of the inaugural class of The Greater Capital Region Track, Field and Cross Country Hall of Fame. He was chosen in 2018, his first year of eligibility.

Hall of Fame Seeking Candidates

The Greater Capital Region Track, Field and Cross Country Hall of Fame is accepting candidates for its fourth class of inductees and has decided to combine the third and fourth classes in one ceremony in the fall of 2021. Eligible candidates include track and cross county standouts, road racers, coaches and contributors whose achievements occurred primarily in the Capital Region. Nominees must be at least five years removed from high school, but need not be retired from the sport. Nominations will be accepted through April 15. Nomination forms are available at the hall's website, www.crtfcchof.weebly.com .

Inductees chosen for the third class in 2020 include sprinter Izaiah Brown (Amsterdam 2015); distance runners Ray Trail (Mont Pleasant '35-36), Katie Twarog Moulton (Colonie '01) and Krissy Haacke Dillabough (Shaker '93); Olympic half-miler Ysanne Williams (Albany '98); hurdlers Jeff York (Troy '89) and Madalayne Smith (Saratoga Springs '10); pole

vaulter Jared O'Connor (Shenendehowa '04); and veteran coaches Dave Petersen (Fonda-Fultonville), Frank Myers (Colonie) and Roberto Vives (University at Albany).

Membership

[USATF Connect](#) is now active. This is the new portal for membership and includes SafeSport compliance, background screens and other important information for athletes, coaches, and clubs.

Membership prices are \$25.00 for youth and \$40.00 for adults. Clubs and members are still encouraged to purchase their memberships during the COVID-19 pandemic as fees contribute to Association programmatic and organizational budgets, especially now that restrictions are being lifted. It is important we unify during this downtime to ensure we can rebound with as little damage as possible. To renew your membership, use the following links.

[Individual Membership/Renewals](#)

[New Member Club/Renewals](#)

Event Sanctioning

A USATF sanction is an official designation issued by USATF, through a local Association, which approves and licenses the holding of a competitive track & field, long distance running or racewalking event in the United States. The sanction is also a contract, which evidences the event's commitment to follow national and international rules and regulations of the sport and to provide a safe environment for the participants and spectators. Once the event has satisfied the sanction requirements, the event's application for sanction is approved.

The benefits of sanctioning your event include increased prestige, liability insurance, sport accident insurance for athletes, calendar coverage, records and dispute resolutions. If you are interested in having your event USATF sanctioned, please contact Kristen Hislop, Sanctions Chair at sanctions@adirondack.usatf.org.

USATF Adirondack Leadership Team

Executive Committee

President - Bill Quinlisk

Vice President – Kim Skylstad

Secretary – Kristen Willson

Treasurer – John Pusateri

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Board of Directors

Officials Chair – Steve George

Long Distance Running & Cross-Country Chair – Michelle Merlis

Track & Field and Race-Walking Committee Chair – Craig Evans

Youth Committee Chair – Molly Goodrich

Member-at-Large (Adult Clubs) - John Sestito

Member-at-Large (Youth Clubs) – Kari Deer

Past-President – Abby Atkins

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Additional Board Support

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