



April 2021

NEWSLETTER

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Message from USATF Adirondack President Bill Quinlisk

Don't forget to [renew your individual membership](#) for 2021. Member clubs should also renew. USATF has once again updated their national website platform. All memberships are now being channeled through their new system called 'USATF Connect'. If you are renewing your membership, you must first recover your old membership account and then migrate it over to your new 'USATF Connect' profile. This can be challenging. We strongly recommend watching the [tutorial video](#) before proceeding with any membership. It is unfortunate that the new system is not very user-friendly.

Our good friend Steve Vaitones, the Executive Director of the neighboring USATF New England Association, has shared their [Association's 'cheat sheet'](#) with special tips on navigating the membership renewal process and even tips on the initial membership sign-up process. If you use the New England Association 'cheat sheet', do not use their link to contact their office if you have any problems. Instead contact: office@usatf.adirondack.org

If you do have problems with your membership, you can also use the "Contact Us" link found at the bottom of the [USATF homepage](#). Fill out the General Contact Form and supply as much information as you can about your difficulties. The national office staff has been surprisingly responsive. Also - if you are trying to affiliate with a USATF Adirondack member club during your membership process and are unable to find your club name, it may be that your club hasn't renewed their membership for 2021. Contact your club administrator.

We hope to be able to announce a spring/summer clinic, cross country and track & field schedule in our May Newsletter. One of the hold-ups is our inability to book facilities. We anticipate the easing of restrictions in the near future.

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 the Top 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.

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 – schedule, sites, cost, etc. – in next month's newsletter.

Jan. 1, 2021 marked the start of a new Olympiad. USATF certified officials must [renew their certification](#) for the next 4 years.

LDR Update

Two events now in the books for the 2021 LDR Grand Prix! Most recently, the Schenectady Firefighters Run 4 Your Life 5k was held March 27th and served as the USATF Adirondack Association 5k Road Championship. Congratulations to Jonathan Lindenauer (Men's Open Winner), Karen Bertasso-Hughes (Women's Open Winner), Erin Lopez (Women's Masters Age Graded Winner) and Derrick Staley (Men's Masters Age Graded Winner). Also congratulations to the Age Group winners: Erin Lopez (F4044), Anthony Giuliano (M4044), Matt Conant (M4449), Judy Guzzo (F5054), Daniel Flanagan (M5054), Kristen Hislop (F5559), Ed Menis (M5559), Colleen Brackett (F6064), Derrick Staley (M6064), Ralph Feinstein (M6569), Martha Degrazia (F7074), Edward Fertik (M7074), and Nancy Johnston (F7579).

Individual and Team standings [have been posted](#). Note that in order to be scored, you must have been a current (2021) USATF member on the day of the race. It is also important to enter you correct USATF number during race registration. If you forgot or entered the wrong number, or if you have any questions/request for revisions, please contact ldr@adirondack.usatf.org.

Additionally, we have added other events to the series! The full list of races as well as series information can be found [here](#).

Officials Update

The following ADK Association members have completed the official's certification for the current Olympiad, 2021 to 2024. The certification process includes completing the rules review segment, the background check and SafeSport course, along with a submitting a list of officiating responsibilities completed in the last four years.

Masters Level

Fred LaVack, Melanie LaVack, Carl Matuszek, Bill Quinlisk, Dee Shufelt, Joe Shufelt, Lee Townsend

National Level

Chet Boehlke, Steve George, JoDee Shufelt, Kathy Sullivan

Association Level

Al Heywood, Bill Martin, Pete Sheridan, Kristen Willson, Don Woods

A big **thank you** to the above officials for their hard work and dedication to supporting events in and around our Association!

The Adirondack Association is in need of additional certified officials to have a current and active accreditation from the National office. As one gains experience and knowledge with the rules of track and field, cross country, trail races, road races and Para-Athletes, one has the opportunity to work at other competitions throughout the country.

If anyone is interested in getting more information, contact Steve George at officials@adirondack.usatf.org

Track & Field Update

We are still working on a location and date for 2021 USATF Adirondack Outdoor Track & Field Championships, but we have a little more clarity on the high school outdoor season, which will end on June 15th. It's likely that we will not be able to rent a facility before that date; however, that leaves about 6 weeks before the [Empire State Track & Field Classic](#) to be held July 24, 2021 at SUNY Cortland. We will announce a date and location as soon as it is finalized. We hope to send a strong contingent of ADK athletes to Cortland to represent our Association!

We also expect to announce a date for the second running of the [Night of Miles](#), to be held between late June and early August.

For Masters athletes, there is the [Connecticut Masters' Games](#) being held on Saturday, May 22, 2021. This year's event will be held at Veteran's Memorial Stadium in New Britain, a quick two hour drive from Albany. Registration is open.

Hall of Fame Nominations

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.

Due to the pandemic, inductions for the third class had to be postponed in September. The committee recently decided that a tentative rescheduled date for the spring of 2021 would not be practical, either.

Eligible candidates include track and cross country 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](#).

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

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Vice President – Kim Skylstad
Secretary – Kristen Willson
Treasurer – John Pusateri

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