



May 2021

NEWSLETTER

Vol. 3 No. 5

## Message from USATF Adirondack President Bill Quinlisk

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Things are starting to finally look up for spring events! Federal (CDC) and New York State guidance is changing (for the better) week to week it seems, so the best advice is to keep checking both the [USATF National](#) and [Adirondack Association](#) websites frequently for news and upcoming events. There are also some important and exciting updates below regarding our Youth, Open and Masters Outdoor Championships, Empire State Championships, LDR Grand Prix and more....so keep reading!

Many of you have been [renewing your individual memberships](#), and with events finally coming up in the next few months, a note about age verification. In the past, officers of the Adirondack Association were able to submit the necessary documents on behalf of Association members, which we often did in advance of youth meets. That has changed; all age verification is now done using USATF Connect and supported by the National Office. If you or your athlete require age verification, that now must be done [5 business days in advance of an event](#). The Adirondack Association is not able to expedite or submit documents on behalf of members.

News from the national and world stage; at the Oregon Grand Prix/Journey to Gold Meet on Saturday 4/24, Rudy Winkler, originally of West Sand Lake and a graduate of Averill Park HS, threw 268' 11" in the hammer event, a toss that is leading the world at this time. A personal best by over 10 feet, Rudy's throw moved him into second place all time in the United States in this event. The current American record was set by Lance Deal in 1996 at 270' 8.75". Congratulations to Rudy, a former Adirondack Association youth member!

One last note; Kim Skylstad has resigned as Vice-President of the USATF Adirondack Association for personal reasons. Per our Bylaws (Article 9.C.3) the Board has named Kristen Hislop as her successor until the September annual election. Thanks to Kim for her outstanding service and to Kristen for stepping up!

## LDR Update

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With nearly a two month break between races, this year's Grand Prix will pick back up at the end of May with the Bacon Hill 5K on Saturday, May 22.

Additionally, a few more races have been added to the schedule: the Clifton Park Freedom Mile (registration opening soon) on Sunday, July 4 and the Freihofer's Run for Women on Saturday, September 25.

The final note as it relates to the current schedule is that the Adirondack Marathon Distance Festival has been moved to Sunday, October 3.

With two races behind us, here are the currently remaining races for 2021:

Sat., May 22 - [Bacon Hill Bonanza 5K](#)

Sat., June 5 - [LifeSong Dash 5K](#)

Sun., June 20 - [The Utica Roadrunner Summer Sizzle 5 Mile Road Race](#) (association open and masters 5 Mile championship event)

Sun., July 4 - [Clifton Park Freedom Mile](#)

Sat., September 25 - [Freihofer's Run for Women](#)

Sun., October 3 - [Adirondack Marathon Distance Festival](#) 26.2M and 13.1M (13.1M will serve as association open and masters half marathon championship event)

The full list of races as well as series information can be found [here](#).

## Youth Update

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Due to the extenuating circumstances caused by the COVID-19 pandemic throughout the country, Rule 306 Junior Olympics Program (found in 2021 USATF Competition Rules) cannot be followed in its entirety. Therefore, the Youth Division, with support and cooperation from the Association Executive Committee and endorsement of the National Office, has decided that for the competition year 2021, **local Association and Regional Championship meets will not serve to qualify youth athletes** into the National Junior Olympic Track & Field Championship in Jacksonville, Florida on July 26 - August 01, 2021

Although there will be no advancement requirements (Association or Region), suggested "Guidelines of Participation" for **direct entry** into the 2021 USATF National Junior Olympic Championships will be provided shortly. These guidelines will be posted on-line ([www.usatf.org](http://www.usatf.org)) and on [athletic.net](http://athletic.net) (registration site). Athletes and coaches are encouraged to review these suggested "Guidelines for Participation" when considering entry into this National Championship.

Adirondack will be holding an open meet for youth (as well as open and masters) athletes in June; see below for more details.

## Track & Field Update

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We have a date for the 2021 USATF Adirondack Outdoor Track & Field Championships, which will be held at Taconic Hills High School on **Sunday, June 20, 2021**. This event will be open to Youth, Open and Masters athletes. Depending on NYS COVID guidelines, we anticipate the meet may be run in two sessions, morning and afternoon. We expect to have registration open in the next few weeks as we sort through the most recent CDC and NYS changes as it relates to outdoor events. More to come!

Also, the [Empire State Track & Field Classic](#) will be held on **Sunday July 25, 2021 at SUNY Cortland**. Looking forward to this great event and a strong showing by our Association!

We are still working on a facility and 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.

## Event Sanctioning

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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](mailto:sanctions@adirondack.usatf.org).

# USATF Adirondack Leadership Team

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## Executive Committee

President - Bill Quinlisk  
Vice President – Kristen Hislop  
Secretary – Kristen Willson  
Treasurer – John Pusateri

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## Board of Directors

Officials Chair – Steve George  
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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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