



July 2021

NEWSLETTER

Vol. 3 No. 7

## Message from USATF Adirondack President Bill Quinlisk

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Results for the 2021 USATF Adirondack Outdoor Track & Field Championships, held at Taconic Hills High School on Sunday, June 20, 2021, [have been posted](#). Athletes who finished in the Top 3 of the Open Division of each event have qualified for the [Empire State Classic](#), being held on **Sunday July 25, 2021 at SUNY Cortland**. An email was sent to qualified athletes on July 3<sup>rd</sup> with instructions on how to confirm their participation. Responses are needed by 11:59pm EDT on Wednesday, July 7<sup>th</sup>. If you believe you qualified for the ESC but did not receive the email, please contact Craig Evans at [trackandfield@adirondack.usatf.org](mailto:trackandfield@adirondack.usatf.org). Thanks to all who participated, as well as our volunteers and officials. We cannot hold events like this without you!

**We have some available spots for the ESC in most events.** Current USATF Adirondack Members (ages 15+ as of the event) can [use this form to nominate an athlete](#) for participation in the Empire State Classic being held at SUNY Cortland on Sunday, July 25<sup>th</sup>. For each event the athlete wishes to be considered for, please enter a corresponding verifiable seed time/mark. You may provide a link to the result if available. Note that for field events requiring implements, the mark must have been established using USATF Open weights and measures for that event.

**Nominations are open until 11:59pm Sunday, July 11<sup>th</sup>.** After that time, the official Adirondack Association team will be finalized and announced.

Also, there is a **4 Mile Road Race at the Empire State Classic** that features [teams from each Association](#). The race will start at 9:00am on July 25<sup>th</sup> and will be run on the SUNY Cortland campus. Teams will be comprised of up to 7 runners in 6 age groups, male and female. Top 4 finishers in each category count. The age groups are under 20, 20-39, 40-49, 50-59, 60-69, and 70+. If you would like to be considered to represent the Adirondack Association at this event, [please submit your information here](#). Teams will be named in mid-July.

## LDR Update

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It was a beautiful 4<sup>th</sup> of July for the most recent [LDR Series event](#), the Freedom Mile in Clifton Park. Congratulations to Alex Hislop (4:31) and Erin Lopez (5:30) for getting the wins, and a big “thank you” to [everyone who came out](#) for this fun 1 mile road race.

Looking down the line, we will have a variety of distances offered up, including the Freihofer’s Run for Women on 9/25, the Adirondack Marathon Distance Festival (10/3) and the Stockade-athon (11/14).

We continue to feel incredibly grateful to be able to offer series competition this year and are very thankful to the race directors who have elected to be a part of our series and produce these races as well as the runners who have chosen to show up and run in them -- thank you all for helping to make this happen!

As always, full series information, the most up-to-date schedule, and scoring can be [found here](#).

## Youth Update

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Congratulations to Gavin Winacott from Anamart Racing in Saratoga Springs for his 5<sup>th</sup> place finish in the 3000m at [the 2021 USATF National Youth Outdoor Championships](#) held in Rome, GA. Gavin's time was 11:21.61. He also had a Top 10 finish in the 1500m with a time of 5:19.74. Congratulations Gavin!

The 2021 National Junior Olympic Track & Field Championship will be held in Jacksonville, Florida on July 26 - August 1, 2021. Details are available at the [event website](#).

## Track & Field Update

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It's official! The second running of the [Night of Miles](#) will be held on **Friday evening August 6<sup>th</sup> at Shenendahowa High School**. The Night of Miles will feature a 1 mile run on the track, with divisions for different age groups and genders. This event is for athletes of all ages, USATF members and non-members alike. The NoM was a big hit in its first year, where we also saw a new America Record set by Marisa Stera-Strange of 5:27.09 for the W55-59 age group. Races for youth begin first at 5:00pm with the Elite divisions running around 9:15pm. Stick around for the Elimination Mile at the end; it's a blast to watch or run! Complete details are [on the event website](#), and registration is open.

Other opportunities for outdoor track include the [HMRRC Track Series](#), which starts Tuesday, July 06<sup>th</sup> at 6:00pm and running through August 10<sup>th</sup> at Colonie High School. The [Syracuse Chargers](#) host a similar series at Cazenovia High School for our members that live in the western portion of the Adirondack Association.

## 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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Vice President – Kristen Hislop  
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Treasurer – John Pusateri

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## Additional Board Support

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