



Message from USATF Adirondack President Bill Quinlisk

The 2021 General Membership Meeting of the USATF Adirondack Association was held Sunday, September 12, 2021, at Elm Road Park in Delmar, NY. The Association membership has voted, and the following individuals were elected:

- Vice President (Kristen Hislop)
- Secretary (Kristen Wilson)
- Youth Committee Chair (Molly Goodrich)
- At-Large Adult Running Clubs (John Sestito)

Thank you to everyone who voted, and for those individuals listed above who are volunteering their time and effort for another two-year term ending in September 2023. The following positions will be up for election in 2022:

- President
- Treasurer
- Long Distance Running (LDR) Chair
- Track & Field Chair
- Member at Large – Youth Clubs

As the fall road racing and XC season heats up, it's still not too late to renew your 2021 [USATF Membership](#). There are several [useful video tutorials](#) to help you with the renewal process, linking multiple profiles to a single account, etc.

Lastly, tickets are on sale for the **3rd annual Capital Region Track, Field and Cross Country Hall of Fame** induction banquet to be held on **Saturday, Oct. 23**, beginning at 4:30 p.m. at the Albany Marriott on Wolf Road in Colonie. You may [purchase tickets online](#) (\$55 for adults, \$45 for students) or print out a ticket request a paper form to mail in.

Chosen in 2021 were distance runners Erin Davis (1997) and Keelin Hollowood (2013) of Saratoga Springs and Steve Szumachowski (1934) of Mont Pleasant, as well as sprinter Dick Edmunds (1957) of Glens Falls, middle distance star Alicia Crowd-Anderson (1997) of Greenwich, horizontal jumper Leah Moran (2016) of Stillwater and Holy Names, weight thrower Joe Zelezniak (1970) of Mont Pleasant and track official Chris Petersen of Johnstown, who passed away suddenly in February. She will enter the hall with husband Dave Petersen, a 2020 inductee who built successful boys' and girls' track programs as a coach at Fonda-Fultonville.

In addition to Dave Petersen, inductees from 2020 include sprinter Izaiah Brown (Amsterdam 2015); distance runners Ray Trail (Mont Pleasant '35-36), Katie Twarog Moulton (Colonie '01) and Krissy Haacke (Shaker '93); Olympic qualifier Ysanne Williams (Albany '98); hurdlers Jeff York (Troy '89) and Madalayne Smith (Saratoga Springs '10); pole vaulter Jared O'Connor (Shenendehowa '04); and coaches Frank Myers (Colonie) and Roberto Vives (University at Albany).

LDR Update

The [43rd Freihofer's Run for Women](#) will happen in 2021! Like many women in their 40s we are pivoting and reacting to our surroundings. To best serve our community we are offering an in-person event in downtown Albany on **9/25/21** AND a virtual event that allows you to run/walk **between 9/19 and 9/26**. You choose how you want to participate in this event all about empowerment, community and happiness.

There are so many facets to the event. Did you know there are many teams? The team awards this year are sterling silver jewelry. If already registered, you can still create a team. Your options are: Mother/daughter, sister/sister, Grandmother/mother/daughter, Great grandmother/ grandmother/mother/daughter, Friends and family, Corporate, USA Track and Field and High School. The HS team is not just for girls on a high school run team. Create your own HS team of friends, swimmers, band members - you get the picture - and join us!

Not everyone can run/walk the event, but everyone can get involved. Our volunteers are what keeps this event moving forward. This year we will have a volunteer dinner/meet up at the Armory at Russell Sage College on **Wednesday, September 22, 2021**. Volunteers will pick up dinner, their shirts and assignments. If you participate, please thank those people in bright pink! If you'd be willing to help us out we would love to have you....[sign up here!](#)

After Freihofer's, next up in the LDR Series is the [Adirondack Marathon Distance Festival](#) on October 3rd, 2021 in Schroon Lake, NY. This event will serve as the **Adirondack Association Half Marathon Championship**. This is a beautiful course and very well run event; if you've never run it, it needs to be on your bucket list. [Register here!](#)

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

Track & Field / XC Update

The [Saratoga XC Classic](#) (SXCC) is scheduled for Sunday, October 31, 2021 at the Saratoga State Park. This 5k will also serve at the **Association's Open/Masters XC Championship**. There will also be a youth 2k/3k, a perfect tune up for JOs a week later. At this time, the Spa Park has still not issued the necessary permit, but we anticipate this event will go on as scheduled. Look for registration to open as soon as we have the green light from the Spa Park.

It is worth noting that holding events at the Spa Park has become increasingly difficult due to park administration. It is possible, if not likely, that this will be the last year we hold the SXCC race at the Spa Park. So, if you ever wanted to run this iconic course, for the first time or one last time, consider signing up for what will be the 20th anniversary of this event.

Please note that current USATF event protocols require a) proof of vaccination or b) a negative COVID **PCR** test within 7 days of the event. Currently, **Rapid antigen tests are not acceptable due to [Saratoga County](#)** exceeding the 5% positivity rate threshold.

USATF Masters 5 km Cross Country Championship - On **October 17**, we return to Cross Country racing with the USATF Masters 5 km Cross Country Championship at the historic Franklin Park Course in Boston, MA on October 17. Championships have been contested on this turf for over a hundred years. Fall colors should be vibrant and it's always a good time to discover the Freedom Trail and other sites around Boston. [Click here for registration](#) and more event information.

USATF National Club Cross Country Championships and the USATF Masters National Grand Prix Ceremony
Finally, join your fellow masters runners at the largest Masters LDR event of the year -- the USATF National Club Cross Country Championships in Tallahassee, FL on December 11. This World Class course is arguably the best Cross Country course in the US. If you have never run this course, you are really missing something. We will also be hosting the awards ceremony for the 2020/2021 Masters Grand Prix and there will be a celebration that evening for the elite and masters athletes. The host hotel for masters runners is the Hotel Indigo. They have reserved 50 rooms for the USATF group at \$149. Secure your room now [here](#).

Officials Update

Think About Becoming An USATF Certified Official

Have you ever thought about becoming an USATF official and weren't sure about this as a hobby and where to find information and knowledge?

Well, let us help you out. Go to the USATF website, click on Programs, then on this page scroll down to Officials and click on the box.

On this page, you will find Quick Links and Resources. Go to either or both links to find information about judging the different events of the field portion of T & F, training videos, presentations of clinics from previous National Annual Meetings and much, much more. The resources also include Paralympics rules and guidance.

There's much information available to you on-line which should answer any question or concern you may have. You can contact me, Steve George (518 928 6875 mobile) for any additional information.

Officials Town Hall Zoom Meeting

The National Officials Committee (NOC), led by Mike Armstrong, has scheduled a Town Hall Zoom meeting for Tuesday, September 28, 2021 at 8:30 Eastern time to share information about the NOC and the executive board, as well as their purpose, function and responsibilities. Members of the executive board will be available to answer any questions anyone may have.

The meeting will benefit all officials, particularly new officials and certification chairs, wanting to know about the NOC and the many roles it has. If you did not receive the message from Mike or in need of the link to the zoom meeting, please contact me at officials@adirondack.usatf.org and I will forward the information.

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 John Pusateri, Sanctions Chair at sanctions@adirondack.usatf.org.

USATF Adirondack Leadership Team

Executive Committee

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

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vicepresident@adirondack.usatf.org
secretary@adirondack.usatf.org
treasurer@adirondack.usatf.org

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

Sanctions Chair – John Pusateri
Newsletter Editor – Craig Evans
Association Office – (518) 233-4979

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