

# GET ON TRACK

Official Newsletter of USATF Ohio Association Spring 2009

## *FROM THE PRESIDENT*

The Ohio Association website ([www.usatf.org/assoc/oh](http://www.usatf.org/assoc/oh)) is always a place for useful information on meets and events in your association. Check it often; it usually answers many of your questions.

I want to inform you of the many changes that occurred during the annual meeting of USATF in Reno.

1. Restructuring of the Board of Directors took place at the opening session on Wednesday, December 3 2008. The board will now be reduced from 29 members to 15 members. The current board will have the look and feel of an executive committee. By the time you read this our new board will be on the way to reality. The hope is that the new board will be in place prior to the end of the first quarter of 2009.
2. I was elected Chair of the Association's Committee and look forward to the opportunity to lead the Associations at the national level for the next four years. I will continue to be your President and would welcome your comments and suggestions.
3. Our own Ohio Official's Certification Chair, Len Krsak was elected as the National Official's Chair. I'm sure you will hear more from him.
4. Stephanie Hightower was elected President of USATF. We look forward to her leadership over the next four years.

This gives me great pleasure to see so many people from Ohio working at the National level.

Next year the annual meeting will be held in Indianapolis and I would encourage you to make that drive if only for a couple of days. I talked to a few people from Ohio who went to Reno and attended the meeting for the first time. They stated that it was a real "eye opener on how everything occurs".

One of the goals this year will be to work with Gary Morgan to help the various associations contact local elite athletes to increase their participation in the association's events. More on this to come.

Look for many changes over the next few months as we try to increase communication between the Associations's Committee and the local associations.

**President's comments continued on the next page.**

The next item to come out of the annual meeting is that the background screening process going to the National office. Beginning January 1, 2009 the national office will begin processing the background screening of the coaches and volunteers. More information will be going out to the youth clubs soon. It was evident to us that not all coaches and volunteer of the clubs participated in the background screening process. I encourage you as parents of youth athletes to check our website often to see if your club coaches appear on the list of those in good standing.

The 2009 Association Workshop will be August 27-30, 2009 in Des Moines, Iowa. If anyone is interested in attending the workshop please contact one of your board members for information.

We are also continuing to move forward in obtaining a Level II Youth Coach Program. We have many committed to making this happen. Stay tuned for more details in the coming months.

Thanks for your support as we move into the next Olympiad.

Karen Krsak  
President, Ohio Association

## **2008 JUNIOR OLYMPIC CROSS COUNTRY**

### **Ohio Association Champions**

#### **BANTAM GIRLS 3K**

Elise Barbour, Scioto TC, 14:07

#### **BANTAM BOYS 3K**

Josh Rivers, Marion TC, 13:01

#### **MIDGET GIRLS 3K**

Emiyah Kelly, Capital City, 11:53

#### **MIDGET BOYS 4K**

Michael Mangus, MVTC, 10:50

#### **YOUTH GIRLS 4K**

Mara White, WWTC, 16:08

#### **YOUTH BOYS 4K**

Brandon Townsend, MVTC, 13:53

#### **INTERMEDIATE GIRLS 5K**

Christine Moon, Unattached, 20:49

#### **INTERMEDIATE BOYS 5K**

Jordan Redd, MVTC, 17:37

#### **YOUNG WOMEN 5K**

Melanie Wallenberg, MVTC, 20:29

#### **YOUNG MEN 5K**

Alex Koksai, Unattached, 16:56

### **Region 5 Champions**

#### **MIDGET BOYS 3K**

Troy Schutz, Unattached, 10:24

#### **YOUTH GIRLS 4K**

Mara White, WWTC, 16:14

#### **YOUTH BOYS 4K**

Brandon Townsend, MVTC, 13:57

### **National All Americans**

#### **MIDGET BOYS 3K**

Michael Mangus, MVTC, 10:36, 14<sup>th</sup> place

# ITEMS OF INTEREST

## NATIONAL COMMITTEE CHAIRPERSONS



**The Ohio Association of USATF now has three National Committee Chairpersons.**

**From left to right: Len Krsak, Officials Committee; Karen Krsak, Associations Committee, and Vince Peters, Race Walking Committee**

## NEWSLETTER

Starting in 2009 the Ohio Association will publish two newsletters (actual dates to be determined). However to better serve our members we will also be sending out e-mail messages at least monthly to our members. In order for you to receive these e-mail messages, each member will have to enter their e-mail address on their 2009 USATF membership application, since we will be getting our e-mail addresses from the National office data base. If you did not put your e-mail address on your membership application you can go to the member's only section on the National web page and update your profile to include your e-mail address.

## SEPTEMBER SEMI ANNUAL MEETING

The September Semi Annual General Meeting will be on September 13<sup>th</sup> at the Sharon Woods Spring Hollow Lodge in Columbus. Time of meeting and the agenda will be on our web page in September.

## 2009 USATF OUTDOOR TRACK & FIELD SCHEDULE

May 31 <sup>st</sup> Open & Masters	Columbus Track & Field Classic	Jessie Owens Stadium Columbus, OH	Curtis Stitt 614-563-5165	Youth,
Jun 7 <sup>th</sup>	Northwest Track Classic Youth	Trotwood Madison H S Trotwood, OH	Harold Martin 937-837-5069	
Jun 13 <sup>th</sup>	Worthington Summer Classic & USATF Ohio District Meet Youth (Qualifier for Ohio Association Meet), Open & Masters	Thomas Worthington H S Columbus, OH	Rich Leonard 614-323-0445	
Jun 13 <sup>th</sup>	USATF Ohio District Meet Youth (Qualifier for Ohio Association Meet)	Muskingum College New Concord, OH	Doug Joy 740-450-2690	
Jun 14 <sup>th</sup>	USATF Ohio District Meet Youth (Qualifier for Ohio Association Meet)	Springfield H S Toledo, OH	Terri Ellis 414-392-8674	
Jun 14 <sup>th</sup>	USATF Ohio District Meet Youth (Qualifier for Ohio Association Meet)	Yellow Springs H S Yellow Springs, OH	Vince Peters 937-767-7424	
Jun 14 <sup>th</sup>	USATF Ohio District Meet Youth (Qualifier for Ohio Association Meet)	Taft H S Cincinnati, OH	Jim Engel 513-608-8766	
Jun 20 <sup>th</sup>	Dayton Gems-Elite Invitational Youth, Open & Masters	Location to be Determined Dayton, OH	Lois Woods 937-610-2850	
Jun 20 <sup>th</sup>	Dayton Track Classic Open & Masters	Welcome Stadium Dayton, OH	Bob Jones 937-837-2754	
Jun 27 <sup>th</sup> & Jun 28 <sup>th</sup>	Ohio Association Junior Olympics Youth (Qualifier for Region 5 Meet)	Trotwood Madison HS Trotwood, OH	Fritz Spielman 937-212-9693	
Jun 30 <sup>th</sup> to Jul 5 <sup>th</sup>	USATF Youth Athletics National Youth	Eastern Michigan Univ. Ypsilanti, MI	Jacqueline Devose 313-934-0126	
Jul 9 <sup>th</sup> to Jul 12 <sup>th</sup>	Region 5 Junior Olympics Youth (Qualifier for USATF National Junior Olympics)	Laidley Field Charleston, W VA	Paul Gilmer 304-343-0128	
Jul 18 <sup>th</sup>	Pataskala Last Chance Meet Youth, Open & Masters	Licking Heights H S Pataskala, OH	Duanne Gosa 614-554-3875	
Jul 23 <sup>rd</sup>	Miami Valley Open Youth, Open & Masters	Yellow Springs H S Yellow Springs, OH	Vince Peters 937-767-7424	
Jul 28 <sup>th</sup> to Aug 2 <sup>nd</sup>	USATF National Junior Olympics Youth	North Carolina A&T State Greensboro, NC	Frank Davis 919-477-8179	

(See the Ohio Association web page for additional District Meets and any changes to above schedule.)

# YOUTH ATHLETICS

## 2009 IAAF WORLD CHAMPIONSHIPS

July 8<sup>th</sup> to 12<sup>th</sup>, 2009, Bressanone, Italy

The World Youth Championships are for 15, 16 and 17 year old athletes.

For the first time, the team will be selected using a trials process. The trials event will take place at Eastern Michigan University in Ypsilanti, Michigan on June 30 and July 1. As is the case with our elite athletes and their teams, our youth athletes will be able to 'select themselves' based on how they perform at a qualifying meet. To qualify for the trials meet, athletes must: be a 2009 USATF member, hit a qualifying standard and have a current US Passport. (Please note, as the team will depart for Italy on July 3<sup>rd</sup>, no athlete will be allowed to participate in the trials event without a Passport).

See <http://www.usatf.org/events/2009/IAAFworldyouthchampionships> for more information and updates.

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## RANDOM DRUG TESTING STARTING IN 2009

There will be random drug testing for the Intermediate Girls/Boys and Young Men/Women age groups.

Testing will be done at the Youth Athletics Championships and the Junior Olympics National Championships

Read up on what is banned, many over the counter drugs are on the banned list.

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## COACHES BACKGROUND SCREENING

Notice to parents of our youth athletes. Not all of our club coaches/volunteers are having a background screening performed. We can not force background screening. However, if you want to know if the coaches/volunteers working with your son or daughter have gone through and passed the background screening process, go to [www.usatf.org](http://www.usatf.org) and do the following: click on About/Program/Criminal Background Check Program, then click on volunteers/coaches in good standing. Then enter Ohio or your club number to find out if your coaches/volunteers are on the list of coaches/volunteers in good standing with USATF.

Notice to clubs. The process for obtaining background screening is being changed from a de-centralized process (Associations performing the background screens) to a centralized process where all background checks will be processed via an online portal provided by a third-party vendor. Information on how this will be handled can be found on the Ohio Association web-page.

# LONG DISTANCE RUNNING

## USATF NATIONAL CLUB CROSS COUNTRY CHAMPIONSHIPS

In December 2008, the RUNOHIO – Second Sole Racing Team, the defending USATF Women National Club Cross Country Champions, traveled to Spokane, Washington to defend their team title. With four runners in the top sixteen, Kara Storage (6<sup>th</sup> – 22:08), Leigh Daniel (9<sup>th</sup> – 22:11), Tara Storage (14<sup>th</sup> – 22:31), and Melissa Converse (16<sup>th</sup> – 22:35), the RUNOHIO team held their own against the best in America. With one runner from last year's winning team out with injuries and another missing the race due to a death in the family, the RUNOHIO team finished a strong fifth place overall with Carmen Baxter rounding out the team scoring to secure the final team prize money.

The 2009 USATF National Cross Country Championships will be held on December 12<sup>th</sup> in Lexington, Kentucky.

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## 2009 USATF GRANT

The Ohio Association requested and received a \$ 2,000.00 Long Distance Running grant from the USATF National Office. The grant will be used to establish a Long Distance Running series.

## OFFICIALS CORNER

The USATF Ohio Association made its mark at the USATF Annual Meeting. Two of our excellent long time officials were inducted into the Officials Hall of Fame, Ron Althoff and Jim Grey, posthumously. Both individuals have worked meets at all levels including the Olympic Games. It's an honor well deserved and earned and both Ron and Jim's families were there to celebrate the occasion. Additional news from the annual meeting, Karen Krsak is now the Chair of the Association's Committee and Len Krsak the Chair of the Officials Committee. Len is replacing Linda Melzer who has done an outstanding job over the last seven years acquiring benefits for official's nation wide. Another Ohio official that has made her mark is Stephanie Hightower; she is now the President of USATF.

Official's certification for the new Olympiad is well under way. Remember I cannot re-certify anyone without a USATF membership number, which is a different number than your certification number. Any questions regarding re-certification please do not hesitate to call 614-899-6073 h, 614-395-4592 c or e-mail n2track@aol.com. For the last Olympiad, the Ohio Association had 285 certified officials. As of February 16, 2009 the Ohio Association has 105 officials certified for the 2009-2012 Olympiad. As you can see, we have a challenge ahead of us.

An Ohio Association Officials Clinic was conducted on Sunday, January 25, 2009 at Capital University, Bexley, Ohio. Five presenters gave the following presentations: Starting by Fred Thomas; Throws by Brian Stephens; Long/Triple Jump by Mike Kempf; High Jump by Steve Lower; and Pole Vault by Kip Kinn. Sixty five officials attended the clinic. In addition to the presentations 2008 Ohio Association Officials Awards were presented to 42 officials. The Ohio Association Official of the Year was Lloyd Martin.

Plans are on the way for the 2010 clinic. If you would like a certain event or topic discussed at the clinic or would like to be a presenter please contact me.

I have the NCAA and USATF rule books available again for 2009.

Len Krsak  
USATF Ohio Association  
Certification Chair

### **2008 NATIONAL YOUTH CHAIR'S AWARD**

Fred Thomas was given this award in appreciation of his many years of service and outstanding contributions to youth T&F and XC programs across the United States.

His dedication and support has played a vital role in the development of youth athletics.

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## **USATF OHIO ASSOCIATION OFFICERS**

President – Karen Krsak

Vice President – Lloyd Martin

Secretary – Linda Melzer

Office Manager/Treasurer – Fritz Spielman

Membership/Sanctions – Brenda Martin

Chairman of Youth Athletics – Fritz Spielman

Chairman of Track & Field – Duane Gosa

Co-Chairman for Long Distance Running – Eric Furth

Co-Chairman of Long Distance Running – Matt DeLeon

Chairman for Race Walking – Vince Peters

**USATF OHIO ASSOCIATION**  
**WWW.USATF.ORG/ASSOC/OH**

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