

LAW OFFICE OF STEPHEN B. COHEN

900 RIDGE ROAD, SUITE K

MUNSTER, INDIANA 46312

Telephone: (219) 836-1171

Facsimile: (219) 836-2003

Email: lawsbc@gmail.com

Website: www.stephenbcohenlaw.com

July 19, 2016

To: National Masters Track and Field Athletes

From: Stephen B. Cohen, Midwest Region Masters Coordinator

Re: 2016 Report from Midwest Region Coordinator

I. General Facts:

This has been a good year for Midwest Masters Athletes. In addition to both an Indoor and Outdoor Midwest Region Masters Track and Field Championships events held at Carthage College in Kenosha, WI (Meet Director – Jeff Watry) and at Carroll University in Waukesha, WI (Meet Directors Stephen B. Cohen and Shawn Thielitz, Coach of the Carroll University Cross Country and Track and Field Teams). It is very important to recognize the support of our Midwest Masters Region Competitions from the Track and Field Athletes at Carthage College and Carroll University. Without the help of these young, talented and intelligent student athletes, our Midwest Masters athletes would not be able to enjoy such well organized, managed and run competitions.

Special praise must be accorded to the USATF Wisconsin Association, its President, Jay Preston and its official of all things –Patrick Pretty. In addition, there is no way I can give enough thanks to the Wisconsin Association Track and Field Officials and Race Walk officials.

ANALYSIS OF ATHLETES ANSWERS TO
2016 MIDWEST MASTERS QUESTIONNAIRES

II. PART OF MIDWEST MASTERS REGION COORDINATOR REPORT

The attached questionnaire was answered by 76 out of the 107 original entries to the Midwest Masters Region Outdoor Track and Field Championships held on June 26, 2016 (next year's Meet to be held on June 25, 2017). 84.4% of the entrants expressed their desire to have this Meet remain at Carroll University and only 7.8% of the entrants expressed a preference for

another venue (some who also suggested remaining at Carroll University), namely: the Chicago area; Central Illinois; LaCrosse, Wisconsin; Carthage College (the Venue for the past 5 years Indoor Midwest Region Masters, combined with the National Masters Heptathlon Championships; and a couple suggestion to rotate the Meet with Carroll University in Waukesha, WI and other venues. Interestingly, one participant suggested Minneapolis, MN in the Mid-America Region.

There was little opposition to Drug Testing at the Masters Region Championships with one donation to promote Masters Region drug testing. One participant, however, objected to the extra cost of drug testing, another thought drug testing was a waste of money, and another stated “nobody cares at this age. We hardly train. It’s only for the PR” and the most pro-active statement was “there should be drug testing. I know someone who is taking steroids and competes”!

While there was little preference for a same day competition clinic (very few athletes showed up for a free clinic at the Benedictine University Clinic at Nationals even though we had some of the top Physical Therapists in the Chicago area). Here, are responses by those who suggested topics for a Clinic, if one is offered:

1. Injury prevention and recovery (the most often mentioned topic).
2. Race Walk technique.
3. “Learn By Doing”.
4. Officials training – electronic and laser measurement
5. Masters Training Programs
6. Javelin and High Jump
7. Active Clinic not just sitting and listening
8. Healthy eating for runners
9. Types of training for 300 – 400M runs for old athletes.
10. Any training or technical tips would be appreciated
11. Pre-race warm ups and nutrition
12. Coaching, Philosophy

III. MIDWEST REGION MASTERS ASSOCIATION ACTIVITY

With great delight, I can report, with the exception of West Virginia (which apparently is holding Seniors Competitions), all of the Midwest Region Associations have held at least one Masters competition in 2016. Illinois, Indiana, Kentucky, Michigan and Wisconsin have held both Indoor and Outdoor Association Championships. Ohio and Lake Erie have held Outdoor Association Championships. With the exception of Illinois, that scheduled an Outdoor Championship the evening before the Midwest Outdoor Championships, there was a better coordination of Association Championships allowing for the maximum number of competitors at all of our Midwest Meets.

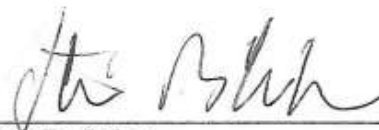
It is also important to note that most of the Midwest Region State Senior Associations have moved their competitions to either May or August. This change in dates permits the Meet Organizers to avoid conflicts with major High School or College Season football and soccer events.

No dates have been confirmed for the 2017 Midwest Region Masters Indoor Track and Field Championships, but the 2017 Outdoor Midwest Region Masters Track and Field Championships is scheduled to be held at Carroll University in Waukesha, Wisconsin on June 25, 2017.

IV. DRUG TESTING

With the addition of region surcharges, I can state, as Chairperson of the Masters Drug Testing and Substance Abuse Committee, that I expect that one or more Region Masters Indoor and/or Outdoor Championships may be designated for Drug Testing in 2017. Individuals testing of Masters Athletes setting National or International records could be tested out of competition and are encouraged to seek voluntary drug testing within 48 hours of a record setting event in order to give authenticity to the athlete's record and rule out the possible use of illegal substances by the record setting athlete. It is important that all Masters Athletes make sure their fellow athletes understand that Drug Testing could affect any Masters Athlete engaging in competition at a USATF sanctioned event including the National or Region Championships – not just winners or those setting a record, but anyone that the USADA representative may designate. All Masters athletes should check the USADA website, get a USADA drug handbook, check out any medications being used, check the ingredients in over the counter medications (ie, Sudafed), and, if one needs a Therapeutic Use Exemption (TUE) apply for it early rather than waiting until the last minute or after testing positive. And, if you have a TUE and it expires or is about to expire and you are still using the same medication or the substance still may remain in your system, renew your TUE.

I look forward to continuing to act as your Midwest Region Coordinator during the next quadrennial.



Stephen B. Cohen
Age 75-79 Masters' Athlete