

## USATF East Region Newsletter

Don Lawrence, USATF East Region Representative  
Spring 2014



Dear East Region Association,

Spring 2014 Track & Field is alive and well in the EAST, from local High School State Qualifiers action to the Penn Relays! Best of luck to all the athletes, coaches and officials who are toeing the line, taking splits and raising flags as part of the greatest sport in the world...**USA Track & Field!**

### News from the National Office:

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#### Legacy emails May 1<sup>st</sup>.

##### All USATF Association officers Legacy emails:

All 57 associations are receiving USATF Legacy emails, which will help with the retention of information and better communication with members throughout the country. **Kelsey Mims, Constituent Services Coordinator**, and will be the primary contact in regards to your USATF Legacy Email.

**The 2014 Rule Books** are now available for purchase online at the USATF Store. Certified Officials and Approved Clubs can purchase the books at a discounted rate of \$5 at the following link.

<http://www.usatf.org/store/showProductDetail.asp?item=7001> Please circulate this link to your Officials Chair.

**Association Manual:** Updates have been made to the online Association Manual, including the accreditation chapter. Please let us know if you see anything that still needs to be updated or corrected. The manual is located on the [Association Resource Center](#).

**USATF and NIKE sign long term contract:** The new partnership marks an ongoing commitment from NIKE to the sport in a sponsorship that extends from 2017 through 2040. The long-term partnership significantly increases the overall support for Track & Field for athletes throughout the United States.

### Race Walker Maria Michta, Long Island Association

#### Michta earns second USATF Athlete of the Week honors!

Her record-setting performance at the **2014 IAAF World Race Walking Cup in Taicang, China**, May 3. Just one month after breaking the 14-year-old American **20 km race walk record**, Michta raised the bar once again. The 27-year-old finished Saturday's event with a time of 1:30:49, besting her own record by a full 20 seconds. On May 31<sup>st</sup> at the **USA 5Km Race Walk Championships** as part of the **Freihofer's Run for Women** in Albany, NY Maria put the "pedal to the medal" (pun intended) as she shaved off 18 sec off of Debbi Lawrence's 1991 American 5 km Record, walking 21:57.



Adirondack Association presents:

**USA 5 Km Race Walk Championships Saturday May 31st Empire State Plaza, Albany, NY**  
**36th anniversary Freihofer's Run for Women 5Km, IAAF Silver label 5K**

### Upcoming Regional/National Championships



### **USATF EAST Region Open Track & Field Championships**

June 21<sup>st</sup>, Univ. Albany, Albany, NY

<http://www.usatf.org/Events---Calendar/2014/USATF-East-Region-Open-Track---Field-Championships.aspx>

### **USATF EAST Region Masters Track & Field Championships**

June 28/29, Howard Community College, Columbia, MD

<http://www.usatf.org/Events---Calendar/2014/USATF-East-Region-Masters-Outdoor-Track---Field-Ch.aspx>



### **USATF Club Nationals Track & Field Championships**

July 11/12 Seattle-Tacoma WA... [usatf.org](http://www.usatf.org)

### **Association Meetings ~ Sacramento, CA Aug 15-17, 2014**

Adirondack, Connecticut, Long Island, Maine, New York, Mid-Atlantic, New England, New Jersey, Niagara, Potomac Valley, Three Rivers

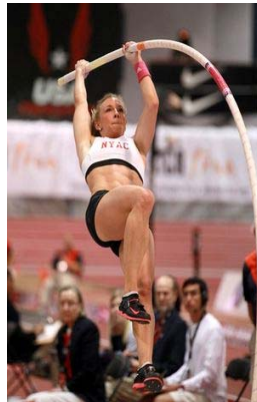
#### ***News from Associations:***

- **USATF-NJ Open & Masters Track & Field Championships June 14th**  
Georgian Court University, Lakewood.
- **USATF Niagara Association Open and Masters Outdoor Track & Field Championships June 21st At Penfield High School**
- **Three Rivers Association Championship June 21-22**  
California University PA
- **USATF New England Open/Masters Championships June 29<sup>th</sup>**  
Regis College, Weston MA (Combined open/masters meet)
- **USATF Long Island Open and Masters Outdoor Track & Field Championships July 2nd**  
Huntington High School Huntington, NY

## **MEB...BOSTON MARATHON ONE FOR THE AGES**

April 21, 2014 With front running determination and tremendous fan support, Meb Keflezighi (San Diego CA) won the 118th B.A.A. Boston Marathon, the first American man to do so since Greg Meyer in 1983.

## **USATF making memories, one Association event at a time!**



*If you have news items/pictures you would like to submit, please send them to: [walk2agoal@gmail.com](mailto:walk2agoal@gmail.com) for inclusion in these e-newsletters. Please advise your sports committees that submissions are welcome.*

### **Contact Information:**

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