

September 2024



USATF Lake Erie Newsletter

Lake Erie Association Annual Meeting

The LEA Annual Meeting was held on Sunday, Aug. 25, 2024 at the Brecksville Library. Here is a link to the minutes:

<https://lakeerie.usatf.org/getattachment/Events/2024/USATF-Lake-Erie-Association-Annual-Meeting/2024-USATF-Lake-Erie-Association-Annual-Meeting-Minutes.pdf>

Officer Changes

Congratulations to **Jim Henson**, our new Vice President, and **Sheri Liebschner**, our new Secretary. They were elected at the Annual Meeting and their terms will start Jan. 1, 2025. **Dave Woytek** and **Doug Glass** remain as President and Treasurer. All terms run through Dec. 31, 2028.

Thanks to **Brian Jones**, outgoing Vice President, and **JoAnn Kitchen**, outgoing Secretary. We appreciate your years of hard work on behalf of the Association!

Where to Officiate

For officiating opportunities at **SPIRE**, click on the following on-line applications:

College/University Meet Officials Application: https://docs.google.com/forms/d/e/1FAIpQLScIFPURqv7enilb5A8a0WcNwyNhrKW2AqwL8fgoJ4At5MClw/viewform?usp=sf_link

High School/Youth Meet Officials Application: https://docs.google.com/forms/d/e/1FAIpQLSexZPLwDsCoS4B0osDyBKL24Wlg-9VBMVVSnuceTYzxp-g/viewform?usp=sf_link

NEOITC High School Meet Officials Application: https://docs.google.com/forms/d/e/1FAIpQLSeYHbZEJJeHsFz-ZWKX3P4FOh5T1H2ncO9GG85h-ksWAQpDg/viewform?usp=sf_link

Applications are due by 11:59 pm on September 30, 2024.

For additional information, please contact **Sue Powell** at: spowell@spireacademy.com

For officiating opportunities at **Youngstown State University**, click here: [https://www.lightningtiming.com/Meetinfo/2024-25 YSU Indoor Schedule and Application Forms.pdf](https://www.lightningtiming.com/Meetinfo/2024-25%20YSU%20Indoor%20Schedule%20and%20Application%20Forms.pdf)

For additional information, please contact **Donald Groubert** at groubert.ysuindoortrack@gmail.com

The application window for **2025 USATF Championship meets** (Indoor, U20 Outdoor and Senior outdoor) is now open! Click on "Application for Selection" at noc.mach2k.net. Applications close on October 15.

The "Big 3" championship meets are open to all National and Master level officials, but every certified official can complete an application for consideration to other meets such as the Masters Indoor and Outdoor championships, the Youth Indoor and Outdoor championship, and the National Junior Olympics. These meets also have their own application forms.

From the President—By Dave Woytek

It has been an extremely exciting summer because of the 2024 Olympic Games in Paris. If you were like me, you probably tried to stream in the afternoon live and then watch it again at night, during prime time.

The United States won the most medals overall and in Athletics they won (14) gold medals, (11) silver medals and (9) bronze medals for a total of (34). But do not let us forget the Para Athletes. They won (10) gold medals, (14) silver medals and (14) bronze medals for a total of (38) medals.

Now it is time to start planning for 2025! The Board of Directors and Committee Chairs are working hard to schedule all of next year's Track & Field meets and Road Races.

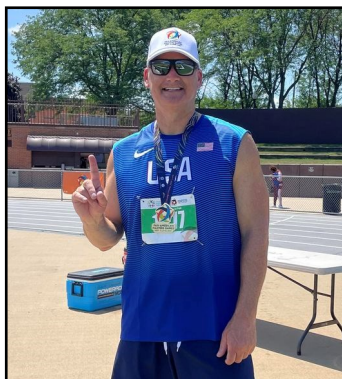
Another major task we are trying to complete this year is revising our Associations Bylaws to be more in line with USATF National Bylaws. I have created a committee to help rewrite the bylaws. As soon as the bylaws are ready, they will be sent out to all members for comment. After a brief period of time, there will be an electronic vote on whether or not to approve the new bylaws.

One major change in the bylaws is to add (3) new members as part of the Board of Directors for a total of (7) members. (2) of the new members will be Members At-Large and (1) being the Past President. Since we do not have a Past President, we will vote on (3) Members At-Large. We will have another electronic vote on the Members At-Large if the revised bylaws are approved.

With the approval of the new bylaws, we will need nominations for the (3) Members At-Large. If you are interested, please let me know and I can discuss the position in depth with you.

Lastly, I want to thank all the members (Athletes, Officials, Parents, etc.) for all your support of the USATF Lake Erie Association. If it weren't for you, we wouldn't have an association! Good luck to all!

Pictures from the Pan-American Masters Games. L to R—Adam Eibling, gold in M50-54 javelin; Jerome Payne, fifth in M50-54 200m and sixth in 100m; Don Chapman, fifth in M65-69 hammer) Photos by Sheri Liebschner.



Pan-American Masters Games

From July 13 – July 17, Cleveland hosted the 2024 Pan-American Masters Games at Baldwin Wallace University. It was a major event of the International Masters Games Association (IMGA). The games had athletes from all over the world.

I want to express my heartfelt thanks to all of the officials and volunteers from the Lake Erie Association for helping me put this event together. Your attention to detail made it an exceptional experience for all the athletes.

It was the Lake Erie Association that really hosted. In addition to the (34) Lake Erie Association officials, the Association did all the planning and provided the following equipment:

- Laser aluminum measuring sticks for use in vertical jumps.
- 30 meter fiberglass measuring tapes for use on the vertical and horizontal jump runways.
- 100 meter fiberglass measuring tapes for use in the throws.
- World Athletics implement inspection kit.
- (3) Sets of sector marking tape and ground stakes.
- (2) Sets of shot put, disc, javelin and hammer implements for each age group (42 different implements).

The above list doesn't even account for the personal equipment our local officials brought to the meet.

I can talk about all the negative things at the games such as the food, housing issues, and water but we dodged all the severe weather and athlete issues and were able to get the games completed on schedule.

When it was all over, we had:

- 810 athletes registered from 41 different countries. Of which, 782 competed (only 28 no-shows).
- 782 athletes competed in 2,125 events (total of 2,125 entries).
- Only 115 scratches during the meet.
- Only (9) DQs during the meet.
- (3) Canadian Master Records.
- (4) American Master Records.
- (1) World Master Record.

Thank you again for your hard work, professionalism, and willingness to step in and help where needed to make the 2024 Pan-American Master Games happen.

Dave Woytek
Pan-American Master Games Athletics Sport Chair



Incoming LEA Secretary Sheri Liebschner is an active athlete. Here she is competing in the long jump at the Pan-American Masters Games.

Results and Information

Juniors

The 2024 USATF Lake Erie Junior Olympic Track & Field Championships were held Saturday, June 17, at SPIRE. Several athletes qualified to go on to regionals and nationals. Results are here:

<https://www.athletic.net/TrackAndField/meet/563339/results>

Several young athletes had good results at the 2024 USATF National Youth Outdoor Championships. Excellent results were turned in by **Oliver Wooten** (first in boys' 11-12 1500m race walk with a personal best of 11:09.50), **Preston Himes** (fourth in boys' 11-12 high jump with a personal best of 1.25 meters), **Harper Lyon** (eighth in girls' 9-10 javelin with a personal best of 10.22 meters), **Lucas Thomas** (first in boys' 11-12 3000m in 10:26.29, fifth in 1500m in 4:55.55, seventh in javelin with 23.92m), **Evan Thomas** (sixth in boys' 9-10 1500m in 5:17.69) and **Nolan Thomas** (ninth in boys' 8 and under 1500m in 6:31.23).

In addition, the Oberlin Spikes boys' 11-12 4x800 relay team of **Henry Wooten**, **Preston Himes**, **Cameron Lyon** and **Oliver Wooten** finished second.

Upcoming

The 2024 USATF Lake Erie Association Junior Olympic Cross Country Championships will be held Saturday, Nov. 9, at Columbiana High School. Details here:

<https://lakeerie.usatf.org/events/2024/2024-lake-erie-association-junior-olympic-cross-co>

Para Athletics

Northeast Ohioan Brittni Mason won two silver medals in the Paralympic Games, held this summer in Paris. Brittni competed in the Women's T47 category (Upper limb/s affected by limb deficiency, impaired muscle power or impaired passive range of movement) and medaled in the 100m and 200m events.

Jenna Fesemyer, also of Northeast Ohio, competed in the T54 category (Limb deficiency, leg length difference, impaired muscle power or impaired passive range of movement) for wheelchair races and finished ninth in the 5K, 13th in the marathon, and 15th in the women's 1500m.

The United States won 10 gold, 14 silver, and 14 bronze medals in Track and Field (Athletics). The United States finished third in the overall medal count.

With USATF recertification happening this year, you can also get certified in Para Athletics. You can go to www.atfusa.org to get all of the information you need to get certified. With the Olympics/Paralympics coming to LA in 2028, this could be a great opportunity

Long Distance Running

Women's 6K Championships

On July 13, Canton hosted the 2024 USATF Women's 6 KM Championships. This road race was part of the USATF Running Circuit, and points and prize money were awarded to the top ten places. Annie Rodenfels won with a time of 18:03. LEA officials **Mike Edelman, Carmen Fontana, Tom Koskinen, Karen McKeehan, and Kelli Pastore** were there to make sure everything went well. Special thanks to **Phil Pillin** for coordinating all this. We were delighted to have a national championship in our Association and to see some of the best distance runners in the country.



And they're off! Photo by Phil Pillin

Road Race Series

The Road Race Series is back for 2024, with six races on the schedule.

Results from the first three races (Memorial Mile in Boardman, Bay Days in Bay Village, Friday Night Lights in Mentor) are below. The remaining races in the series are the Akron HalfMarathon, Sept. 28: Youngstown Peace Race, Oct. 6: and the Lake Erie Association Cross-Country championship, Columbiana, Nov. 9.

Further details on the Road Race Series are on the Association website: <https://lakeerie.usatf.org/news/2024/2024-usatf-lake-erie-road-race-series-rules>

Current Road Race Series leader board (top 3 win prizes at the end of the year)

Open Men

James Mooney, Mark Grogan, 15 points; Cody Dawson, 12 points

Open Women

Becca Schulte, Ashton Swinford, 15 points; Catherine Joecken, Macy McAdams, 12 points

Masters Men

Donald Porz, 18 points; Michael Edelman, John Fernandez, Luke Stecki, 15 points

Masters Women

Sheri Liebschner, Jeannie Rice, Cindy Wildman, 15 points

Ultrarunning

Congratulations to **Walter Orwin** of Chagrin Falls, who as a 63-year-old placed first in his age group in the Jackpot 100, a 100-mile road race held in Henderson, Nevada, in February.

Results and Information

Open/Masters

The **2024 USATF Lake Erie Association and Midwest Masters Open/Masters Championship** was held on July 6, 2024 at SPIRE. 192 athletes participated, with 62 of those being LEA members. There were many fine performances; results here:

<https://usatf-prod-cdn.azureedge.net/lang-en-US-quality-65-cache-2-6/getattachment/Events/2024/2024-Lake-Erie-Association-Open-Masters-Championsh/lake-erie-association-and-midwest-regional-results.pdf>

Thanks to **Adam Eibling** for sharing this video of the event!

<https://www.youtube.com/watch?v=ubBOHHBMh0g>

Cleveland hosted the **Pan-American Masters Games** in July. A fuller report is elsewhere in the newsletter, and the results are below. There are some excellent pictures on the Eastern Buckeye Track Club Facebook page and on the event website.

Main results: <https://finishtiming.trackscoreboard.com/meets/595759/events>

Men's relay: <https://drive.google.com/file/d/1objhID0oDsLWKAUDAIPG3naSFQsxd9CN/view>

Women's relay: <https://drive.google.com/file/d/1ZAAeKV4dkdZ2jlbmzc3kkT0xHL7bg1mG/view>

Congratulations to **Phil Pillin**, who participated in the 20/24 USATF National Masters Outdoor T&F Championships in Sacramento, Calif., in July.



Don Groubert throwing a 98-pound weight. Groubert is ranked #8 in the country for the Ultra-Weight pentathlon. (Photo by Larry Ventress)

LEA athletes **Don Groubert** and **Alex Johnson** competed in the 2024 USA National Masters Throws Championships on Sept. 7-8 in Lisle, Ill. The first day was a regular throws pentathlon, where the athletes threw hammer, shot, discus, javelin and weight. The second day, Don and Alex also competed in the Ultra-Weight Pentathlon and Super Weight event, where athletes throw five progressively heavier weights. I didn't get to watch them because I was officiating the women's 60-69 and 70+ age groups—and those women were awesome. See more from Alex on the Bell Lap page.

Upcoming

2/9/2025 Lake Erie Association Indoor Championships - Geneva, Oh.

2/20-23/2025 USATF National Masters Indoor Championships - Gainesville, Fla.

3/23-20/205 World Masters Athletics Indoor Championships - Gainesville, Fla.

USATF hasn't announced a site for the 2025 National Masters Outdoor Championships.

Cross Country—by Phil Pillin, Cross Country Chair

The USATF Lake Erie Association will host its Open/Masters Cross Country Championship in conjunction with the Association Junior Olympics Cross Country Championship on Saturday, Nov. 9 at Columbiana High School. Details for both events are here: <https://lakeerie.usatf.org/events>

LEA will have a three race cross country series leading up to the Open/Masters Cross Country Championship. Lake Erie Open and Masters Athletes who compete in two of the three events and the November 9 Championship will receive a Lake Erie Association T-shirt. To receive an email entry form, contact **Phil Pillin** at xc@lakeerie.usatf.org.

Saturday, September 21, is the Lordstown Open/Masters meet at Lordstown H.S. The race begins at 8:15 am and the entry fee is \$10.00. Day of meet entry only.

Saturday, September 28, we will run at the YSU/Mill Creek Park Open/Masters 5km CC Meet at 9:00 am.

Saturday, October 12, is the Columbiana HS Open/Masters 5km CC Meet at 9:00 am. Day of registration only.

Other National Open/Masters Cross Country Events

The 2024 USATF Masters 5K Cross Country Championships, hosted by T.E.A.M Boulder, will take place on **Saturday, November 2nd**, in Boulder, CO.

Saturday, December 14, is the USATF Club Cross Country Meet in Tacoma, WA . This is an Open and Masters event that has become a very popular event for teams.



Runners line up at the start at Columbiana High School.

News for Officials—by Dave Woytek, Certification Chair

How to Recertify

As with any Summer Olympic year, Track & Field becomes popular and membership numbers typically increase. But on the other hand, it is also recertification time for officials, and we lose numerous officials because of all the new requirements such as SafeSport. In the coming months, more detailed information on re-certification will be provided. The typical steps will be:

Renew your USATF Membership (if necessary).

Update your photo (if you desire) on your USATF Connect profile.

Complete Safe Sport training (if expired).

Complete and receive a current background screen (if expired).

Complete the Recertification Application Form and acknowledge you have read and understand the Officials' Code of Ethics and Officials' Performance Guidelines.

Pay the Association Certification Fee through your USATF Connect profile.

Pass the basic USATF rules review test (all officials). National and Master level officials must also pass the advanced review test.

How to Upgrade

This is also an excellent time for individuals to upgrade their discipline levels. The biggest issue I encounter is that certain disciplines at one level do not exist at the next level. Please go to the following link for the National Official's Certification Regulation: <https://www.flipsnack.com/USATF/certification-regulation-fdc9wnn1w/full-view.html>

I have also created (3) forms to help all officials wishing to upgrade their disciplines. The forms are as follows:

If you would like to upgrade from an Apprentice Level discipline to an Association Level discipline, please click on the following link: <https://forms.gle/Rf94urACPrHA4Gv16>

If you would like to upgrade from an Association Level discipline to a National Level discipline, please click on the following link: <https://forms.gle/DfhreSMC8vo9QyZQ9>

If you would like to upgrade from a National Level discipline to a Master Level discipline, please click on the following link: <https://forms.gle/gHvMq6Jrb1draskC7>

Congratulations to our National Outstanding Officials!

In 1986, the USATF National Officials Committee created a National Outstanding Official Award. This award is an opportunity for each association to demonstrate their appreciation to officials for their dynamic officiating, contributions to the organization and support to the athletes. The Board of Directors and the committee chairs voted on the Outstanding Service Awards. This year's Lake Erie Association recipients are:

James Henson

JoAnn Kitchen

Donald Porz

Dave Woytek.

Why Sanction an Event? By Dave Woytek, President

Sanctions, what are they and are they needed?

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 race walking 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. Only USATF Sanctioned Events are eligible for National and World Records. Once the event has satisfied the sanction requirements, the event's application for sanction is approved.

Most governmental entities including cities, counties, state highway departments, parks and community centers require general liability insurance for all events. A sanction provides cost-effective event insurance, with best-in-class coverage. Events that are already insured may waive the insurance coverage and pay a lower sanction fee. Events that waive liability insurance still gain the other benefits of a USATF sanction.

USATF Sanction includes Liability Insurance, Sport Accident Insurance for USATF Member Athletes, Volunteer Event Medical Coverage, Calendar Promotion, Records, and other additional benefits that each association may provide to its sanctioned events.

For more information on USATF's general liability program summary of insurance, go to the following link: <https://www.flipsnack.com/USATF/general-liability-insurance-plan-descriptions/download-pdf.html>

For more information on USATF's event medical professional liability program summary of insurance go to the following link: <https://www.flipsnack.com/USATF/usatf-event-medical-professional-liability-program-summary/download-pdf.html>

The cost of the sanction depends on how many entrants are participating in the event. Part of the sanction is the cost to the National USATF National Office, and the other part goes to the Local Association. There is a discount if the event organizer is a USATF Member Organization. As an example, an event with 501 to 1,000 entrants would cost \$545 (\$370 to the National Office and \$175 to the Local Association). If the event organizer is a USATF Member Organization, the cost would be reduced to \$445—\$370 to the National Office and \$75 to the Local Association). See a complete list of costs here: <https://www.usatf.org/associations/lake-erie#Event%20Sanction%20Fees>

Obtaining sanctions for an event also helps the local association. In addition to the small fee the association receives, LEA also is required to have (45) sanctioned events every year to be accredited for the USATF Annual Meeting.

Sanction Frequently Asked Questions: <https://www.usatf.org/home-old-olympic/top-utility-nav-content/event-insurance-sanctions/sanctions-faqs>

Sanctioning Video Tutorials: <https://www.usatf.org/home-old-olympic/top-utility-nav-content/event-insurance-sanctions/sanction-management>

Sanction Application: <https://usatf-prod-cdn.azureedge.net/lang-en-US-quality-65-cache-2-6/getattachment/Home/Top-Utility-Nav-Content/Sanctions/Sanctions-Forms/Application-for-Sanction.pdf>

For more information or help with sanctioning an event, please contact the USATF Lake Erie Sanction Chair at sanctions@lakeerie.usatf.org or call (216) 469-3828.

Safe Sport

USATF is committed to working collectively with our members and supporters to strengthen a positive environment within our sport that promotes the safety, respect and prevention of abuse on all levels (emotional, physical, sexual, etc.) for all members of the national governing body.

This tab explains what USATF means by three-step compliance, who's required to be compliant, and how to get it: <https://www.usatf.org/safe-sport>

You can find USATF members who are three-step compliant here: <https://www.usatf.org/safe-sport/safe-sport-compliant-list>

Are you a parent who wants to understand more about how Safe Sport keeps your child safe? Here are resources for parents. <https://www.usatf.org/safe-sport/parent-resources>

For questions or comments about Safe Sport, please contact **Safe Sport Coordinator, Brian Jones, at asvc@lakeerie.usatf.org**.

The Bell Lap



Alex Johnson is now ranked tenth worldwide in the M40-44 throws pentathlon. Alex competed at the USA National Masters Throws Championships. He won the throws pentathlon at that event and placed third in the super weight and fourth in the ultra pentathlon. Way to go, Alex!

Interested in joining a running club? Here is a list of the current USATF-affiliated clubs in the Lake Erie Association:

<https://usatf.sport80.com/public/widget/2>

The National Officials' Committee puts out a great monthly newsletter for USATF officials. Anyone can subscribe here:

<https://us2.list-manage.com/subscribe?u=1a0346e06922886956c10c4e0&id=e4884c838e>

USATF Lake Erie has teamed up with Final Score Sporting Goods in Parma to offer Lake Erie Association members USATF Lake Erie apparel (Shirts, jackets, hats, and pants). Items can be ordered on their website:

<https://fssportinggoods.com/collections/usatf>

If you are a certified official "Certified Official" can be added to most items. All apparel is welcome at LEA meets but some may not be acceptable at USATF National meets.

Directory of Officers and Committee Chairs

President—Dave Woytek, president@lakeerie.usatf.org

Vice President—Brian Jones, vicepresident@lakeerie.usatf.org (Jim Henson's term begins Jan. 1, 2025.)

Secretary—JoAnn Kitchen, secretary@lakeerie.usatf.org (Sheri Liebschner's term begins Jan. 1, 2025)

Treasurer—Douglas Glass, treasurer@lakeerie.usatf.org

Club Chair—JoAnn Kitchen, clubs@lakeerie.usatf.org

Membership Chair—JoAnn Kitchen, membership@lakeerie.usatf.org

Sanctions Chair—JoAnn Kitchen, sanctions@lakeerie.usatf.org

Officials Chair—Dave Woytek, officials@lakeerie.usatf.org

Recruiter—Phillip Pillin, recruiter@lakeerie.usatf.org

Communication Chair—Frank Martinek, communications@lakeerie.usatf.org

Newsletter Chair—Karen McKeehan, kmckeehan@sbcglobal.net

Youth Chair—Brian Jones, youth@lakeerie.usatf.org

Men's T&F Chair—John Matune, menstf@lakeerie.usatf.org

Women's T&F Chair—Tony Longino-Thomas, womenstf@lakeerie.usatf.org

Masters T&F Chair—Donald Porz, masters@lakeerie.usatf.org

Men's LDR Chair—Luke Hickman, mldr@lakeerie.usatf.org

Women's LDR Chair—Karen McKeehan, wldr@lakeerie.usatf.org

Masters LDR Chair—Douglas Glass, mastersldr@lakeerie.usatf.org

MUT Chair—Joe Jurczyk, mut@lakeerie.usatf.org

Cross Country Chair—Phil Pillin, xc@lakeerie.usatf.org

Race Walk Chair—Ken Vogt, racewalking@lakeerie.usatf.org

Coaching Education Chair—Chip Johnson, Chipluvs2run@aol.com

Association—Dave Woytek, president@lakeerie.usatf.org

Athlete Advisory Committee—Kelly Reblin, KReb13@hotmail.com

Para Athletics—Ken Vogt, paraathletics@lakeerie.usatf.org

Women's Commission Representative—Kelly Reblin, KReb13@hotmail.com

Webmaster—Frank Martinek, communications@lakeerie.usatf.org

Office Administrator—JoAnn Kitchen, secretary@lakeerie.usatf.org

Co-Office Administrator—Frank Martinek, communications@lakeerie.usatf.org

Safe Sport Coordinator—Brian Jones, asvc@lakeerie.usatf.org