

2016 Masters Track & Field Committee and Subcommittee Meeting Minutes

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USATF Masters Track & Field
General Committee Meeting
Hilton Hotel, Orlando Florida
8 – 11pm
December 2, 2016

MTF Delegate Registration beginning 7:25am by MTF Secretary J. Ols.

Opening Remarks – Gary Snyder

Active Athletes – Latasha Key

Roll Call of Delegates ('H' designates Here)

- *H Adirondack:* [Richard Choppa](#) - 518-783-0816
- *H Alabama:* [William Murray Jr](#) - 205-969-1848
- *Alaska:*
- *H Arizona:* Sabestine Onyepunuka - 480-857-8724
- *H Arkansas:* [Louis Sasser IV](#) → Mike Armstrong - 479-970-0700
- *H Border:* [Steven Purchase](#) - 708-250-1202
- *Central California:* [Jerlene Powell](#) - 702-985-7892
- *H Colorado:* [Jerry Donley](#) - 719-635-1264
- *H Connecticut:* [Deborah Petruzzello](#) → James Barber - 860-754-7207
- *Dakotas:* [Myron Loberg](#) - 701-540-5437
- *H Florida:* [James Griffin](#) - 954-299-7333
- *H Georgia:* [Tina Klein](#) - 404-509-4913
- *Gulf:* [Bill Collins](#) - 713-491-3248
- *H Hawaii:* Vincent Costello - 808-852-2040
- *H Illinois Co-Chair:* Susan Hallen - 815-626-1948
- *Illinois Co-Chair:*
- *H Indiana:* [Robert Thomas Jr](#) → Chris Buckler - 317-201-1934
- *H Inland Northwest:* [Jeff Schaller](#) - 509-332-3148
- *H Iowa:* Jim Walczyk (*Wal Check*) - 319-393-4918
- *Kentucky:* [Terry Foody](#) - 859-277-5291
- *H Lake Erie:* [Jeffrey Gerson](#) - 440-473-0636
- *H Long Island:* [Robert Lemke](#) - 516-826-4658
- *Maine:* [Christine Lipsky](#) - 207-234-2455

- *H Maine:* Jim Fecteau
- *H Michigan:* [Jacqueline DeVose](#) → Robert Hall - 313-623-3029
- *H Mid-Atlantic:* Sue Nesbihal - 267-241-3714
- *Minnesota:* [Tom Langenfeld](#) - 952-920-4624
- *Missouri Valley:*
- *H Montana:* Alan Cress - 406-586-5543
- *Nebraska:* [Mark Kostek](#) - 515-941-6085
- *H Nevada:* [Martha Watson](#) - 702-656-6279
- *H New England:* [Michael Travers](#) - 617-686-3485
- *H New Jersey:* [David Friedman](#) - 732-251-5673
- *New Mexico:*
- *New York:* [Neil Fitzgerald](#) - 917-279-7345
- *H Niagara:* [Lawrence Guilford Jr](#) → Perry Jenkins - 585-993-8799
- *H North Carolina:* [Roderick Bell](#) - 704-886-8686
- *H Ohio:* Duane Gosa
- *Oklahoma:*
- *Oregon:*
- *H Ozark:* Ed Rowold
- *H Pacific:* Brooks Esser - 408-353-6564
- *H Pacific Northwest:* [Ivars](#) Ilkstrum → George Matthews 206-619-5267
- *H Potomac Valley:* [Thomas Jones](#) - 301-352-3806
- *San Diego-Imperial:* [Stevie Kleinstuber](#) - 619-244-7691
- *H Snake River:* [Jack Ward Jr](#) - 208-322-0286
- *H South Carolina:* Norman Venyah - 843-325-5294
- *H South Texas:* Debbie Romero
- *H Southern:* Byron Turner - 225-614-8801
- *H Southern California:* [F Eugene Driver III](#) - 323-753-1867
- *H Southwestern:* [Lester Mount](#) - 214-766-2854
- *Tennessee:* [John Carter Jr](#) - 615-757-3959
- *H Three Rivers:* [Mark Schwartz](#) - 412-362-5511
- *Utah:* [Tony Glover](#) - 801-641-9567
- *H Virginia:* [Ross McDonald](#) - 804-893-1364
- *West Texas:* [Chris Lonngren](#) - 806-791-1774

- *West Virginia:* [Bob Medley](#) - 304-389-8981
- *H Wisconsin:* [Stanley Druckrey](#) - 414-764-0170
- *Wyoming:*

5 At Large + 35 Assoc Delegates + Active Athlete Delegates

Appointment of At-Large Members starting with Region Coordinators who do not have voting rights

Selection of Active Athletes

Election of Active Athletes Representative on the Executive Committee (MTF Committee all leave the room for Active Athletes Meeting, unless one is a member of both Committees)

MTF Committee notes that, as in previous years, initial vote resulted in a tie between Latashia Key & Venus Jewett.

Since MTF Committee business must resume, AA Runoff Election was decided to be held during the Sat 11:30 – 1:45pm MTF Committee meeting.

Determination of Election Presentations and Q&A (which may be conducted in different order in afternoon meeting)

MTF Committee Chair

2 candidates running: Rex Harvey & Robert Thomas
Steve Cohen moved to close nominations, Bill Murray 2nded
Rex Harvey was elected.

MTF Committee Vice Chair

1 candidate running: Jerry Bookin-Weiner
Lester Mount nominated Mark Cleary, Mark accepted
Steve Cohen moved to close nominations, Bill Murray 2nded
Jerry Bookin-Weiner was elected.

MTF Committee Treasurer

Steve Cohen moved to elect Carroll DeWeese by acclamation, Bill Murray 2nded
Accepted by acclamation.

MTF Committee Secretary

2 candidates running: Joseph Ols & Amanda Scotti

Steve Cohen moved to close, Bill Murray 2nded
Amanda Scotti was elected.

2019 Indoor Bid

Winston-Salem`

Reports of Past and Future Indoor Championships

As he did the day before, Steve Cohen spoke very long, forcefully and impassioned that MTF Committee should not award any entity in North Carolina a bid for anything involved with MTF, even if that's the only option for MTF (because North Carolina rule that public restrooms for males should be used only by males, and public restrooms for females should only be used by females, per biologic definitions of males/females).

Others commented that North Carolina facilities have been a wonderful host for MTF in the past, popular with athletes and organizers.

Others commented they are one of the few Indoor Facilities available for MTF any year (as well as the only one bidding this year) so we shouldn't permanently hurt MTF's relationships with this facility over something they/we had no control over.

Also, since this is a private facility, the Bathroom Rule doesn't apply to our Championships regardless.

Vote was taken whether to hold 2019 Indoor Nat'l in Winston Salem with result of 57 Yes, 11 No

Jim Flanik motion to destroy ballots, Jerry Bookin-Weiner 2nded
Passes unanimously by voice vote

USATF Masters Track & Field
General Committee Meeting
Hilton Hotel, Orlando Florida
2 – 4pm
December 2, 2016

Opening Remarks – Gary Snyder

We need to move very fast, since so much is on this meeting's agenda

Media Report

Bob Weiner showing montage of 2016 TV coverage

Active Athlete issues, verifying USATF Sanctioned competition w/i 2yrs

7-minute talks by Rex Harvey and Robert Thomas for Chair position

5-minute talks by Mark Cleary and Jerry Bookin-Weiner for Vice Chair position

5-minute talks by Amanda Scotti and Joseph Ols for Secretary position

2018 (and possibly 2019) Outdoor National Championships

Spokane Washington presentation

July 25-29 2018 ideally, but 2+ other weekends would work

Both years would work, but medium-strong preference for 2018
over 2019

Vince Lannana – Approx 10 min talk and Q&A about being candidate for USATF
President

Ames Iowa Presentation

Last weekend in July 2018, v, possibly same 2019

Question raised to vote on and accept bid packages for both 2018 and
2019 Outdoor National Championships. Accepted by acclamation.

Vote taken to accept the Spokane bid for 2018
Overwhelmingly passed with exception of 5 opposed

Vote taken to accept the Ames bid for 2019
Overwhelmingly passed with exception of 3 opposed

USATF Masters Track & Field
General Committee Meeting
Hilton Hotel, Orlando Florida
11:30am – 1:45pm
December 3, 2016

Awards for Past Chairs

Special awards were presented in recognition of the service of the past chairs of the MTF Committee, including Gary Snyder. The awards, specially cast statues, were presented to Jerry Donley and George Mathews and will be delivered separately to Jim Weed and Barbara Kousky.

Active Athlete Runoff Election – Latashia Key

The necessary revote was held and the result was 23 votes for Latashia Key and 20 votes for Venus Jewett. Latashia Key will serve for the next year as Active Athlete Representative on the MTF Executive Committee.

Request for motion to destroy ballots by Latashia Key.
Steve Cohen so moved. Joseph Ols 2nded.
Motion called unanimously passed by voice vote

Financial Presentation – Carroll DeWeese

MTF is requesting \$145K
MTF is the only nominally self-funding committee
Motion from Carroll that “MTF accept the budget subject to modification of the Executive Committee based on funding level changes from nat’l organization.” Mark Cleary 2nded
Passed unanimously by voice vote

WMA Delegate Election

Decided there shall be a Roll Call of Delegates when collecting ballots.

Note that per Exec Committee vote, only 1 vote is being cast despite 2 openings, with the top 2 vote-getters assuming the 2 WMA Delegate positions. The remaining candidates will be Alternate Delegates.

Additional Delegate Candidates accepted from the floor, creating the list below.

Results from most-to-least vote tallies.

18 Robert Tomas – WMA Delegate with four-year term ending in

2020
14 Gary Snyder – WMA Delegate with two-year term ending in
2018
6 Mark Cleary
6 Venus Jewett
5 Bill Murray
4, Carroll DeWeese, Jim Flanik, Sue Hallen
2 Jerry Bookin-Weiner
1 Marilyn Mitchell, Duane Gosa
1 Robert Clark
1 Blank (Abstention)

Records – Lester Mount on behalf of Jeff Brower:

Motion made, 2nded, accepted unanimously by voice vote for proposed
list of new ARs (USATF MTF American Records)

Awards – Mary Trotto

Class of 2016: 19 word records, 53 ARs, 178 national titles

See posted Awards Committee Report

Motion made to accept Awards Committee recommendations, 2nded by
Bob Weiner

Accepted unanimously by voice vote for list of Awards

Rule Changes:

Ivan Black moved to accept Rule Changes recommended by MTF Exec
Committee, 2nd by Phil Byrne.

Accepted unanimously by voice vote.

Club Council:

Mark Cleary discussed rationale and made motion:

“MTF shall establish a Club Council for clubs to express concerns and
resolve issues at national championships.”

Motion Tabled by voice vote

Gary Snyder gave thanks to Robert Thomas and Joseph Ols.

Gary Snyder closed the meeting.

Executive Committee Conference Call
9:00 PM Eastern Time
June 22nd, 2016

Present: Joseph Ols, Mark Cleary, Robert Weiner, Gary Snyder, Lester Holt, John Oleski, Steve Cohen, Jerry Bookin-Weiner, Jim Flanik, Bill Murray, Christel Donley, Jerry Donley, Robert Thomas, Rex Harvey

Excused Absences (conflicting USATF business): Latasha Keys, Carol DeWeese

Christel Donley gave a quick review/report about how to get a visa online to Australia.

Outdoor Nat'l Championships:

Officials - won't be a problem for nationals (working with Lou)

Timing - will be the 'regular crew'

Transportation - Gary will have a car, and can shuttle people. Jim also can

Awards – Gary will coordinate with Mary

Athlete Banquet – has 'always' on Sat, but msg it will be on Fri this year, so tbd

Exec Committee Meeting will be Thurs 6pm

Team Trophies – Mark states trophies have taken 1yr to arrive last 2 yrs.

Gary says he will get them right this year

Media – Grand Rapids media will have to drive out, but will be there

Throwing area might presently be illegal (not flush) ... *this must be corrected before meet.*

General issue is to catch finer points during site inspection (e.g., non-throwers inspecting secondary throwing areas). Specific issue has been resolved to create a legal ring this time (not throwing off artificial turf).

Gary/Steve will talk to Jeff W re Poles.

MTF Officers Nominating Committee (info in separate email)

Phil Byrne might chair this for us – we have 120 days to do so, with a committee including at least 1 active athlete

At annual meeting, we will elect a WMA representative.

Get your Perth reservations in ... Bob W is getting a free breakfast thrown in for us at team hotel. Suggestion to put into FAQ that we recommend athletes get medical evacuation insurance

USA TEAM HOTEL FOR WMA AVAIL OCT 20-NOV 10: FOUR POINTS PERTH

<https://www.starwoodmeeting.com/events/start.action?id=1601278041&key=30DDEBC8>
Starwood Hotels Reservations (888) 625-4988 and ask for "USATF World Masters rate"

Travel Assistance program:

11 have applied for Travel Assistance program. 8 men, 3 women. 4 have been to many world meets already, so not the focus of this program. July 24th deadline (a ~week after nationals).

Region hotel deals – national office furious if MTF is getting any kickbacks. Not happening at nat'l level, asking about regional level. Nothing than free rooms for USATF personnel helping at the meet (officials, etc.).

Albuquerque convention bureau called re another offer for their track, on our days. We cannot move the meet back, but maybe forward.

Crowd funding idea from John Oleski:

Go Fund Me template John is creating for athletes to help get to WMA

Gary will add wording on any MTF entry form that athletes are subject to in or out of competition testing.

Gary & Jeff will work on a few changes to AR form to maybe include such wording, as well as other issues.

Executive Committee Meeting
Hilton Hotel, Orlando Florida
Noon – 2:50pm
December 1, 2016

Elections (Gary Snyder):

Officers: at Gary's request, Joseph Ols committed to being ready Fri ~7:30am to handle changes to Delegates for voting purposes. Joseph Ols communicated that he prefers Emails (of delegate changes) over handwritten scraps of paper.

Latasha Key announced she has revised the process for Active Athlete voting, and codified responsibilities of Active Athlete Representative on the Executive Committee

Gary announced that Active Athletes shall stay in the room for their elections (major change from the past, when Active Athletes went into hallway to conduct their business)

Nat'l Championship Location Bids (Robert Thomas):

There is 1 bid for Indoor national championships (Winston Salem)
3 bids outdoors (Iowa State [6 shot put rings!], Sacramento (no bid package yet!), Spokane)
Winston Salem scheduled for ~10:15am presentation
3 Outdoor bids scheduled to present after Media Presentations (2pm and thereafter)

Budget (Carroll DeWeese):

MTF is on track to spend ~\$165K this year
Get your expenses in!!
Nat'l has given us ~\$107K for 2016
We are asking for \$145K for 2017
We dipped into our Reserves ~\$30K, so we hope to stop the bleeding
Nat'l finances are a moving target, since Nat'l Budget is evolving dramatically

Joseph Ols moved to accept the proposed budget submitted by Carroll, which may be amended based on approvals by actual financial funding by USATF Nat'l budget committee
Bill Murray 2nd
Voice vote, unanimously approved

Perth WMA Championships:

New Free Uniforms were a big hit amongst the athletes!
Team Hotel was very popular as well – saved a lot of money, popular with athletes for that, and as central location for info/support
Relays – changed a few things, and went pretty well.

Daegu (South Korea) upcoming WMA Championships:

Team Hotel – due to supply/demand, a discount might not be possible.

No hotels are close.

Novatel Ambassador is only one that serves western food

Korea Airlines has tickets >=\$900 from US

Uniforms – no new info, seems to be the same as Perth deal

Round-The-Horn of how long Exec Committee members need in the MTF
General meetings

Steve Cohen mentions that USATF Nat'l has no official position re holding events in North Carolina regarding their bathroom / etc. law other than to say USATF is “sensitive” to this issue.

Robert Weiner points out there ~ definitely will be a change in governor
Legislature does not change

House Bill 2 is only about “Further extension of State Law” Charlotte

Gary Snyder said the MTF Committee will not take a position on North Carolina politics but will defer to the delegates to hear the Winston-Salem presentation and decide for him/herself how to proceed

8 In favor

3 Opposed

Records

Sandy Pashkin (for WMA WRs) and Jeff Brower (USATF ARs) shall present together at the Friday noon meetings so that Jeff does not have to present twice.

WMA Delegate Election

4yr term – 2-4 so far appear to be running for that

If Rex wins MTF Chair, that would free 2yrs of his WMA term

In the past, top 'N' took open positions in that order of open positions (longest held to shortest)

However, we could wait until the next WMA meeting, but Sandy points out that this would disadvantage us (US) not having a voting representative

If we appoint someone now, that will avoid a US floor-fight at WMA

Rex “I move that the Senior delegate at NCWMA have authority to appoint

full contingent of votes, for open positions.”

Jerry Bookin-Weiner 2nded

Motion carried unanimously by voice vote

Club Council – Mark Cleary

There has been a Club Council for Open competition, there isn't one for MTF ... maybe there should be.

Gary suggests to Mark he creates a Motion for Fri / Sat to create such a committee or other need he sees.

Rule Changes – see the Rule Change Document for complete descriptions of proposals and rationales:

Pole vault issues, 15 & 16. If a pole is longer than the crossbar height and knocks off the bar (which wouldn't happen were the pole shorter), that would be considered a fair attempt.

Reject the suggestion for the Pole Vault rule change, and to keep the Rule as it is.

Rex moved (Jim 2nded) “MTF Committee suggests rejection of the suggested Rule changes 15 & 16”

Voice vote, accepted with all Yea except for one Nay

Publish the change from 38 to 39.

Jeff Brower is the one changing the WMA Website

Mark Cleary 2nded it.

Consensus approval

18 Superweight doesn't have to be thrown from cages

20 Bands don't have to be metal

Both approved by consensus of current practice

25-29 age band for MTF competition:

Rex Harvey w/ Robert Thomas' accepted friendly amendment Moves that “MTF Committee to amend proposal to include 25-29 athletes age group for national and regional championships and to approve that proposal.”

Voice vote

All but 2 approve, so passed

Item 44: Withdrawn (by Gary)

Item 45: Gary states MTF supports this

Item 29: MTF exception:

Moves that MTF recommends an MTF Exception to Item 29 Rule Changes.

Item 46:

Many spoke on need for this.

Suggest on ongoing Council (perhaps 2 conf calls / year).

Awards procurement, and awarding ceremony – minimum standards for many things.

**USATF Masters T&F Executive Committee Meeting
December 3, 2016, 4pm
Orlando, Florida**

Attendees

Rex Harvey, Chair	Sandy Pashkin
Jerry Bookin-Weiner, Vice Chair	Jerry Donley
Carroll DeWeese, Treasurer	Crystal Donley
Amanda Scotti, Secretary	Mark Cleary
Joseph Ols,	Sue Hallen
Jeff Schaller	Lester Mount
Gary Snyder, (left early)	Jim Pierce
John Oleski, (left early)	Phil Wright
Ruth Welding	Stephen Cohen
Duane Goza	Latashia Key -Active Athlete Rep
Marilyn Mitchell	Bob Weiner
George Matthews	Phil Greenwald

Rex Harvey

Opened the meeting on time; 4pm

Gary Snyder passed the Chairmanship to **Rex Harvey**

Rex Harvey would like to implement more member surveys directed at both committee members and athletes, with the goal of explaining what the Masters committee does, provide a “big picture”. Additional Goals being to improve communications; the primary method being email. Rex would like the various committees to attend to communication problems.

Bob Weiner

Pointed out that Sandy Triolo was the appointed social media person for MTF. Asked that Sandy prepare a report to present at the ABQ meeting. The question was asked if social media should be a role of the Active Athlete Rep. **Sue Hallen** responded that she has seen nothing about MTF on social media. It was agreed that MTF needs an active social media presence, linked to from the usatfmasters.org website and that a request be made to Jeff Brower (webmaster) to link all via the USATF and WMA websites.

Latashia Key pointed out that the MTF Facebook page currently lists 4,000+ members and the MTF Twitter Acct. currently lists 1,000+ followers. Latashia stated that neither account is masters-centric and is contributed to by nonmasters and that we do not know who the administrators of these accounts are.

Rex Harvey

Stated that it is the duty of the Chair to make appointments, that he may instigate some and that former Chairs would need to be reappointed. **Stephen Cohen** added that the old members maintain their positions until new appointments are completed. Per **Jerry Bookin-Weiner**, committee members are appointed by the committee chairs and approved. **Steven Cohen** volunteered to remain as Chair of the Anti-Doping Committee and Midwest Region. **Rex Harvey** also stated that it was his understanding that the Chair appoints Regional representatives. **Jerry Bookin-Weiner** contributed that per the Operating Procedures that applies “for those regions that do not elect a chair, the chair can make appointments.”

Rex Harvey stated that one of his overriding goals is to Simplify and Clarify Operational Procedures. The Operating Procedures were last modified ten years ago. He would like to work on refining the MTF Bid package, that it is currently full of inconsistencies.

Sandy Pashkin clarified the regional chair appointments procedures and **Rex Harvey** requested that each region submit in writing what they intended to do. **Lester Mount** asked who speaks for the regions as they’re made up of various associations. **George Mathews** contributed that there is no definition of how to conduct the regional elections, but that the ‘old school’ way is no longer appropriate. Some associations don’t have a chair so it is unclear who would be voting.

Per **Jerry Donley** the regions do have procedures and structure for their chair selections, found at the national convention, but they don't always attend. At the Mid America Regional Masters Championship meet they hold a meeting and a Regional chair is elected. Donley stated that other Regions would have to come to the national convention to hold their elections, and if they do not, and a chair is appointed for them, they'll certainly come the next year.

Stephen Cohen asked if a majority of associations do attend the annual convention

Rex Harvey asked if there was a procedure. **Cohen** responded that his region does have meetings to schedule their meets and compile their calendars to avoid scheduling conflicting meets.

Sandy Pashkin commented that the NW Association held their meeting at this National convention and that 6 out of 7 associations were represented and they duly elected their chair per procedure. **Sandy Pashkin** asked for a motion to approve the selection of **George Mathews** as NW Chairman and it was seconded and passed.

Marilyn Mitchell asked if it made more sense to hold meetings at Regional Championships as it would likely increase participation. **Rex Harvey** stated that reviewing operating procedures was being considered. **Sandy Pashkin** said that operating procedures are written and cannot be changed

George Mathews stated that the Associations are too vast to allow meetings

Rex Harvey responded that perhaps we could allow the regions to hold local meetings then submit their selections to the Executive Committee and that we could request regions submit plans for approval or modifications by chair. **Rex Harvey** also said we should request written definitions of anything we don't currently have. **Latashia Key** said that she is working on the definition for the job of Active Athlete Rep AND on procedures for Active Athlete Rep elections

Gary Snyder said that Phil Byrne did an excellent job overseeing the election process this year and is a good example of a neutral party running elections. **Rex Harvey** added that Phil (or someone) should also serve as a parliamentarian and be selected by the Chair and that the parliamentarian needs to be familiar with Roberts Rules of Order.

Carroll DeWeese stated that many of the discussed topics are USATF law – that MTF may want to create ad hoc groups to see if any of this is useful or outdated information, is it information we already get from USATF. We may need a follow up group to oversee

Carroll DeWeese said that we need a rep of our own to oversee the legal and operating procedures and to create and review procedures

Rex Harvey said that the parliamentarian would oversee and make corrections

Rex Harvey stated that he believed the regional coordinators are part of the executive committee

Stephen Cohen read aloud 'Section 9' regarding who makes up the committees

George Mathews asked for a new topic: that he would like to see meetings debriefed, perhaps there should be an orientation for first-timers. He suggested that the Masters committee should take this on as we have a unique way of running our meetings. A refresher would be good too.

Sue Hallen agreed that there is a lot of familiarity and assumptions made among the masters meetings that everyone knows everyone and knows what is going on. **George Mathews** suggested Roberts Rules of Order be implemented.

Rex Harvey stated that another item that needed to be taken care of was developing a strategic plan; it was last revised in 2005. Should the committee start from scratch?

George Mathews said that starting from scratch would be a huge ordeal and recommended updating the existing plan instead. **Jerry Bookin-Weiner** said that he could do the job.

Rex Harvey stated that as a group those present should expect to be barraged with emails from him; if becomes too onerous to let him know. **Rex Harvey** also said that there will be conference calls and requested new procedures regarding those. **Jerry Bookin-Weiner** suggested 30-second time limits on monologues. **Ruth Welding** suggested group emails, those allow everyone to reply and comment. **Rex Harvey** said he would like to ask for a time limit regarding email replies.

Bob Weiner brought up the subject raised by **Mark Cleary** in an earlier Annual meeting committee meeting; wanting to clarify Mark's ideas are regarding a Club Council. It was asked if this a matter for the Inclusion Committee/Diversity Committee, presided over by James Sebastian, the new Arizona masters chair. **Phil Greenwald** asked if Mark's idea was to have a clubs advisory committee where club heads get together to decide policies. **Rex Harvey** said rules for clubs should be looked over. **Phil Greenwald** said that there was currently a Club Council working on matters such as which athletes are eligible to compete, but that USATF said it was too broad. As there was confusion with the title Club Council, it was suggested that if a new council were established, it be called a Club Advisory for clarification.

Phil Greenwald suggested, "carve-outs" for youth and masters and pointed out that the USATF Governance Handbook does cover everything not listed in the rules. Per **Sandy Pashkin**, for masters to make exceptions, they need to put it into the operating rules. **Bob Weiner** suggested a subcommittee.

Rex Harvey stated, "USTAF exists to collect Olympic and Championships medals. We have to show that our requests for funding help their goal. They love our successes and positive media; we need to show them our worth. To make our program more prestigious is one of my goals. We need to expand the program, to go beyond those who use it just as a means to stay in shape. Our first responsibility is to have fair and honorable competition."

Stating that our championships need to be organized and run well, **Rex Harvey** asked, "What value can we provide to those who participate, other than a medal?" And he suggested eight places on the awards stand (three medals, five ribbons) at nationals. **Bob Weiner** suggested participation certificates for all entrants. Providing souvenir bibs w/ the athletes name was a suggestion.

Sue Hallen asked what we could do to bring more people to meets and that there was a challenge regarding finding sponsorship due to national office policies, stating, for example that UCS doesn't handle masters throwing implements but we still have to use them as a sponsor. **Carroll DeWeese** suggested that MTF purchase and provide implements. **Sue Hallen** said it would be nice to be able to allow M-F on site in order to buy needed equipment at meets. **Jerry Bookin-Weiner** said that since Rex is our spokesperson, the first email to go out about topics like this should go to Rex, **Carroll DeWeese** said that if a question/matter is a money concern, it can go to him

Carroll DeWeese recapped the treasurer report he had given at an earlier meeting stating that if we get \$150,000 from the National Office we can stick with the estimated budget. He also stated that revenue might bring in the necessary \$30,000, which would rebuild up our depleted reserves allowing us to be more aggressive next year.

Rex Harvey commented that we are still only seeing ½ of 1% of the overall budget from the National Office; we need to provide our value to them. Rex also stated that per Bill Shelton, our official rep to the USATF Board that masters, associations, and youth account for 95% of the membership and that per Bill Shelton, the board will not act w/out receiving specific goals. Bill Shelton is open to helping us.

Jerry Bookin-Weiner mentioned the current Youth law suit and Rex Harvey commented that that is a good argument for keeping peace. Per Rex Harvey, Carroll DeWeese provides an example of how to run our business.

Announcements:

Rex Harvey appointed **Sandy Pashkin** as the chair appointee on the executive committee
Rex Harvey also stated that he had asked **Robert Thomas** to become a member of the Games Committee to focus on organizational aspects; Robert has needed expertise with working with hotels, travel, etc.
Rex Harvey stated that he would like a current meet manual, **Carroll DeWeese** offered to update the current meet manual, stating that having an up-do-date one assists potential meet bidders
Rex Harvey stated that we need to update the masters rep list. **Joseph Ols** said that he received it from Desiree Friedman and would send it to Rex

Carroll DeWeese asked who is authorized to OK Expenditures.

Latashia Key addressed the issue that our website is unattractive, that she would like it drastically updated it to make it more appealing and simplified. Latashia also said it would be helpful to be able to include a website and Twitter link with our online email signatures so that those we email are able to easily access these things.

Lester Mount stated that getting anything done by the National office on our website isn't easy. That requests and emails are not responded to. **Sandy Pashkin** said that there was no webmaster for a while, but that Daniel Zwede is now the current webmaster for the national office.

Rex Harvey inquired whether we should check the seed marks on entry forms to avoid fake marks. WMA requires meet/date of seed marks for legitimacy. Sandy said we could spot check it but to avoid making the process too onerous, don't make it mandatory, or we'll lose registrants.

Stephen Cohen asked if the idea of adding 25-29 year old ages to masters meets had been shot down from a discussion at a previous meeting. Rex Harvey stated that he would like to look at picking up that group up to fill the 'hole'; as athletes in those age groups who are not elites, have few places to compete.

Rex Harvey stated that he may like to revise the number of MTF vs. MLDR WMA representatives. Currently there are three from MTF and two from MLDR. In Perth there were 250 track athletes compared to LDR's 13. Ratio should be changed to 4 MTF, 1 MLDR. Per **Sandy Pashkin**, WMA recognizes the NGB for masters Athletics in the USA only as USATF MTF and only recognizes that chair (Rex Harvey).

Phil Greenwald stated that, regarding the upcoming meet in Daegu, South Korea, the relay team selection process can be found on the USATF website, and that the selection committee needs finalizing. There may also be a budget increase for taking trainers. **Carroll DeWeese** asked for a follow-up from Phil regarding WMA money not yet received. Going forth, WMA will now hold the money rather than the LOC's.

Mark Cleary addressed the issue that it is getting harder for athletes to have access to tracks to train. He suggested a national initiative; asking elite athletes to speak to schools to encourage participation and to use well-known athletes as leverage for getting access to tracks and facilities. **Sandy Pashkin** noted there are insurance and security issues.

Rex Harvey scheduled the next meeting to be held on Friday, February 17 in Albuquerque

Rex Harvey adjourned the meeting

2015 MTF Expenses and Revenue by Area of Responsibility

Date	Num	Description	Amount
Active Athlete			-4,356.00
3/24/2015	901034 Latashia Key	2015 MTF Indoor	-511.74
6/16/2015	901144 JP Morgan Chase Bank NA-Key/L-7/22/2015-IND/ATL/JAX/ATL/IND	2015 Outdoor	-356.00
9/12/2015	901114 Latashia Key	2015 Active Athlete Misc	-3,488.26
Adminstrative			-976.26
3/25/2015	901036 Mary Trotto	2015 MTF Indoor	-220.00
3/31/2015	901137 Telespan - Masters	Executive Committee Call	-28.76
5/31/2015	901138 Telespan -MTF	2015 Conf Call	-2.17
5/31/2015	901142 Telespan -MTF	Executive Committee Call	-41.87
6/30/2015	901145 Telespan - Masters	2015 Executive Committee Call	-32.71
8/31/2015	901154 Telespan	Committee Call	-6.07
9/30/2015	901151 Telespan	Committee Call	-9.63
10/20/2015	901152 Telespan	Executive Committee Cal	-61.11
10/31/2015	901153 Telespan	Executive Committee Call	-67.69
12/3/2015	901190 PSAV Presentation Services-Cottonwood A&B Masters Meeting	2015 Annual Meeting	-506.25

Awards			-2,000.00
2/1/2015	901011 Mark Sobel	2015 Awards	-476.00
3/7/2015	901028 Mary Trotto	2015 Awards Pins	-383.00
6/15/2015	901068 South Shore Outdoor	2015 Awards Plaques	-311.55
7/20/2015	901078 Mary Trotto	2015 Awards Misc	-127.62
7/21/2015	901083 Mary Trotto	2015 Awards Banquet	-111.97
7/30/2015	901088 Mary Trotto	2015 Awards Banquet	-589.86
Chair			-5,605.75
2/1/2015	901136 Gary Snyder	2015 LOC Meeting for Outdoor Championships	-265.77
5/18/2015	001055 Gary Snyder	2015 MTF Indoor	-402.52
5/18/2015	901141 JP Morgan Chase Bank NA-Thomas	2015 MTF Outdoor Vice Chair Rep Chair	-413.41
8/25/2015	901107 Gary Snyder	2015 WMA Championship	-3,343.99
9/12/2015	901116 Robert Thomas	2015 Vice Chair Misc	-640.00
12/29/2015	901181 Gary Snyder	2015 Annual Meeting	-540.06

Combined Events			-3,000.00
3/25/2015	901040 Jeff Watry	2015 MTF Hept	-1,045.76
7/5/2015	901075 TrackforLife Meet Services	2015 Combined Events Championship	-1,000.00
7/30/2015	901087 William Murray	2015 Combined Events Championship	-954.24
 East Region			 -5,596.26
11/15/2015	901135 Howard Community College East Region Surcharge	2015 East Region Indoor	575.00
2/1/2015	901009 Jerry Bookin-Weiner	2014 East Region Laser	-63.31
5/27/2015	901139 Marathon Printing Inc.-Masters Bibs	2015 East Region Bibs	-479.20
6/1/2015	901059 Marathon Printing Inc.-Masters Outdoor Bibs	2015 MTF East Region Bibs	-479.20
7/5/2015	901077 Hasty Awards	2015 East Region Medals (05151358)	-549.92
7/20/2015	901080 Jerry Bookin-Weiner	2015 East Region Sanction Fee	-175.00
7/30/2015	901084 Howard Community College	2015 East Region Track Rental	-1,500.00
11/17/2015	901157 Hasty Awards	Order # 09151996	-2,085.98
11/17/2015	901158 Hasty Awards	Order # 09151962	-838.65

Games Committee				-28,065.01
10/11/2015	901119	2015 NSG To USATF Masters Check 10742	2015 National Senior Games Credit	3,000.00
2/1/2015	901010	Gary Snyder	2015 LOC Outdoor	-265.77
2/1/2015	901014	Gary Snyder --PBI/ATL/GSO/ATL/PBI	2015 MTF Indoor Travel	-255.90
2/1/2015	901015	Laurie Boemker -- PVD/CLT/PVD	2015 MTF Indoor Travel	-248.70
2/1/2015	901016	Carroll DeWeese -- DTW/GSO/DTW	2015 MTF Indoor Travel	-372.18
2/4/2015	901020	Rex Harvey -- PHX/IAH/CLT/IAH/PHX	2015 MTF Indoor Travel	-482.70
2/9/2015	901021	Jim Fanik -- CLE/CLT/CLE	2015 MTF Indoor Travel	-342.70
3/7/2015	901025	Sandy Pashkin	2015 MTF Indoors	-99.98
3/16/2015	901064	JP Morgan Chase Bank NA - Latashia Key	2015 MTF Indoor	-403.70
3/24/2015	901032	Laurie Boemker	2015 MTF Indoors	-234.00
3/24/2015	901033	Carroll DeWeese	2015 MTF Indoors	-339.35
3/25/2015	901035	Bill Murray	2015 MTF Indoor	-793.85
3/28/2015	901041	Len Krsak	2015 MTF Indoor	-697.84
3/31/2015	901043	Finishtiming LLC	2015 MTF Indoor	-5,645.94
3/31/2015	901061	EAN Services, LLC - DeWeese -- Car Rental	2015 MTF Indoor	-526.26
3/31/2015	901062	JDL Fast Track, LLC	2015 MTF Indoor Patches Credit	374.90
4/3/2015	901048	Jim Flanik	2015 MTF Indoor	-329.00

6/15/2015	901070 Rex Harvey	2015 MTF Indoor	-180.00
6/15/2015	901071 Rex Harvey	2015 WMA Outdoor	-2,000.00
6/16/2015	901142 JP Morgan Chase Bank NA-Armstrong	2015 Outdoor	-625.18
6/16/2015	901143 JP Morgan Chase Bank NA-Harvey	2015 Outdoor	-537.75
7/5/2015	901076 UCS	2015 MTF Hammers	- 270.00
7/15/2015	901148 JP Morgan Chase Bank NA-Carlisle	2015 Outdoor	-524.20
7/15/2015	901149 JP Morgan Chase Bank NA-Flanik	2015 MTF Outdoor	-428.70
7/15/2015	901150 JP Morgan Chase Bank NA-Pretty	2013 Outdoor	-424.20
7/21/2015	901082 Carroll DeWeese	2015 National Senior Games	-344.28
7/27/2015	901185 EAN Services, LLC- Rental Car, Flanik, James Jacksonville, FL	2015 MTF Outdoor	-441.68
7/30/2015	901089 Finishtiming LLC	2015 MTF Outdoor	-8,385.50
7/30/2015	901090 Jim Carlisle	2015 MTF Outdoor	-286.00
7/30/2015	901093 Carroll DeWeese	2015 MTF Outdoor	-421.00
7/30/2015	901094 USATF	2015 MTF Outdoor	-296.86
7/30/2015	901095 Mike Armstrong	2015 MTF Outdoor	-655.40
7/31/2015	901096 William Murray	2015 MTF Outdoor	-743.00
8/3/2015	901186 James Carlisle-Reimbursement-	2015 MTF Outdoors	-286.00
8/18/2015	901098 Len Krsak	2015 MTF Outdoor	-678.95

8/18/2015	901101 Jim Flanik	2015 National Senior Games	-274.00
8/18/2015	901102 Peter L. Taylor	2015 MTF Outdoor	-859.75
8/18/2015	901103 Jim Flanik	2015 MTF Outdoor	-189.40
12/9/2015	901160 George Leaf	2015 MTF Hurdle Tapes	-300.00
12/18/2015	901169 Robert Thomas	2015 Site Visit	-218.90
12/31/2015	901183 Rex Harvey	2015 MTF Outdoors	-1,031.29
Hall of Fame			-707.50
12/9/2015	901159 Mary Trotto	2014 MTF Awards (HOF)	-112.50
12/12/2015	901163 South Shore Outdoor	2105 MTF Awards T029940	-595.00
Historical Committee			-2,999.68
3/28/2015	901042 Carmel Business Systems, Inc.	2015 Historic Archives	-1,799.81
12/29/2015	901178 Carmel Business Systems, Inc.	2015 History - Invoice 7965	-899.87
12/29/2015	901179 Ken Stone	2015 History	-300.00
Marketing Campaign			-333.86
4/16/2015	901050 Robert Weiner	2015 MTF Indoor & MIP Media	-333.86

Masters Invitational Program				-3,638.85
3/7/2015	901029 Mark Cleary		2015 MIP US Indoors	-268.01
3/7/2015	901030 Emmanuelle McGowen		2015 MIP US Indoors	-250.00
3/16/2015	901063 JP Morgan Chase Bank NA		2015 MIP Travel	-445.04
3/25/2015	901038 Mark Cleary	2015 MIP to Boston	USATF Nationals	-409.70
3/31/2015	901065 Marriott Business Services - Hotel - Mark Cleary		2015 MIP Travel	-614.58
5/18/2015	901056 Mark Cleary		2015 MIP Des Moines	-300.26
5/18/2015	901057 Charmine Roberts		2015 MIP Des Moines	-250.00
6/16/2015	901073 Mark Cleary		2015 MIP	-102.59
12/18/2015	901170 Mark Williams		2015 MIP	-300.00
12/18/2015	901171 Jill Vollweiler		2015 MIP	-300.00
12/18/2015	901174 Mark Cleary		2015 MIP Postage	-98.67
12/23/2015	901176 Theodore Towse		2015 MIP	-300.00
Media				-11,697.15
2/15/2015	901022 Robert S Weiner		2015 MTF Media Travel	-3,796.29
4/16/2015	901050 Robert Weiner		2015 MTF Indoor & MIP Media	-2,775.28
10/12/2015	901127 Robert S Weiner		2015 Media Misc	-5,125.58

Mid-America Region			-6,012.68
2/1/2015	901013 Christel Donley	2015 Mid-America Patches	-215.46
2/3/2015	901019 Larry Staton	2015 Mid-America Support	-300.00
3/7/2015	910026 Jim Weed	2015 Mid-America Indoor	-774.88
3/17/2015	910031 Jim Weed	2015 Mid-America Indoor	-1,388.78
8/25/2015	901108 Jim Weed	2015 Mid America Championship	-1,250.00
9/3/2015	901109 Jim Weed	2015 Mid America Championship	-450.00
9/3/2015	901110 Christel Donley	2015 Mid America Championship	-198.74
9/9/2015	901112 Jim Weed	2015 Mid America Championship	-150.00
9/12/2015	901115 Christel Donley	2015 Mid-America Championship	-187.69
11/16/2015	901187 Christel Donley	Hasty Awards Shipping	-63.05
11/17/2015	901155 Christel Donley	2015 Mid-America Medals	-650.54
11/17/2015	901156 Christel Donley	2015 Mid-America Patches	-215.31
12/17/2015	901167 Myrle Mensey	2015 Ozark Meet	-168.23

Midwest Region			-5,174.08
4/27/2015	901051 Prime Time Timing	2015 USATF Midwest Masters	-1,400.00
4/28/2015	901053 Stephen B. Cohen	2015 Midwest Region Misc	-1,728.98
5/18/2015	901054 Stephen B. Cohen	2014 Midwest Region Outdoor Advance	-1,700.00
7/30/2015	901085 Carroll University	2015 Midwest Masters	-345.10
National Masters News			-5,000.00
10/11/2015	901126 National Masters News	2015 NMN Stipend	-5,000.00
NW Region			-600.00
4/16/201	901049 Eastern Washington University	2015 MTF NW Clinic	-600.00
Racewalking			-826.63
2/1/2015	901012 Darlene Backlund	2014 RW Stamps	-62.10
10/15/2015	901129 Bobby Baker	2015 RW 5K	-85.84
12/23/2015	901175 Ray Funkhouser	2015 RW Certificates	-246.69
12/29/2015	901180 Ray Funkhouser	2015 Race Walk	-432.00

Rankings			0.00
Records			-2,696.13
2/1/2015	901008 Jeff Brower	2015 Records Transition	-748.86
10/11/2015	901121 Jeff Brower	2015 MTF Outdoor	-1,522.29
10/11/2015	901122 Jeff Brower	2015 MTF Combined Events	-424.98
SE Region			-6,000.00
3/31/2015	901044 Maxwell Hamlyn	2015 MTF SE Region Indoor	-1,621.41
3/31/2015	901045 Maxwell Hamlyn	2015 MTF Indoor	-951.45
7/30/2015	901087 William Murray	2015 Combined Events Championship	-279.13
8/25/2015	901105 Maxwell Hamlyn	2015 SE & National Meets	-1,754.49
8/25/2015	901106 Southeast Masters Track & Field Association	2015 SE Region Meet	-500.00
12/9/2015	901162 Hasty Awards	2015 SE Region Awards (Hasty 12150413)	-893.52
Secretary			-1,441.36
12/12/2015	901164 Joseph Ols	2015 MTF Outdoor	-1,441.36

SW Region			-2,581.40
3/7/2015	910027 U. S. Express Track Club	2015 SW Indoors	-1,000.00
5/18/2015	901058 Lester Mount	2015 SW Region Awards	-786.40
10/11/2015	901124 SWUSATF	2015 SW Regional Outdoors	-795.00
Team Manager			-9,185.26
5/18/2015	901184 JP Morgan Chase Bank NA-Key/Latashia	2015 WMA Team Support	-1,852.10
8/17/2015	901146 JP Morgan Chase Bank NA-WMA-Athlete Housing	2015 WMA Team Support	-2,976.13
9/12/2015	901116 Robert Thomas	2015 Vice Chair Misc	-988.93
10/15/2015	901128 David Craig	2015 WMA Team Support	-1,607.53
10/21/2015	901131 Philip Greenwald	2015 WMA Team Support	-2,717.37
10/21/2015	901132 Philip Greewald Airfare To Lyon	2015 WMA Team Support	-1,696.20
8/19/2015	WMA Surcharge 2015 WMA Lyon Shirt Sales	Profits from WMA Shirt Sales (901104)F	4,248.00
12/31/2015	43700 WMA Surcharge 2014 WMA Budapest	Non-Payment of Surcharge	-1,595.00

Throws			-6,052.62
11/15/2015	901134 Seattle Masters Athletic Club-Masters Surcharge-2015 MTF Throws	Throws	800.00
12/17/2015	901168 Jerry Bookin-Weiner	2015 MTF Throws	-429.14
4/3/2015	901046 Jerry Bookin-Weiner	2015 SW Region Indoor	-72.09
4/3/2015	901047 Jerry Bookin-Weiner	2015 MTF Indoor	-781.51
4/27/2015	901052 Jerry Bookin-Weiner	2015 Throws Misc	-19.08
7/20/2015	901079 Jerry Bookin-Weiner	2015 Throws Shipping	-152.29
7/30/2015	901086 Hasty Awards	2015 Throws Medals	-235.95
7/30/2015	901091 Jerry Bookin-Weiner	2015 MTF Outdoor	-1,198.42
8/18/2015	901097 Hasty Awards	2015 Throws Awards	-235.95
8/18/2015	901099 Jim Burgoyne	2015 Throws Shipping	-81.06
8/18/2015	901100 Jerry Bookin-Weiner	2015 Throws Shipping	-31.71
9/12/2015	901117 Jerry Bookin-Weiner	2015 Throws Championship	-1,099.44
9/12/2015	901118 John Seto, Reblin Corporation	2015 Throws Championship	-936.63
10/11/2015	901120 Hasty Awards	2015 Throws Awards	-64.62
10/11/2015	901125 Jerry Bookin-Weiner	2015 Throws Equipment	-175.73
12/9/2015	901161 Tim Edwards	2015 Throws	-1,339.00

Treasurer			-2,321.77
2/1/2015	901017 Carroll DeWeese	2015 MTF Treasurer Quicken	-111.29
3/25/2015	901039 Carroll DeWeese	2015 WMA Outdoors	-1,412.40
12/12/2015	901165 USATF Payment For Airfare	2015 Annual Meeting	-243.20
12/12/2015	901166 Carroll DeWeese	2015 Annual Meeting	-554.88
Vice-Chair			-2,500.00
2/27/2015	901023 Robert Thomas - IND/DCA/GSO/CLT/IND	2015 MTF Indoor	-601.70
3/25/2015	901037 Robert Thomas	2015 MTF Indoor	-453.67
9/12/2015	901114 Latashia Key	2015 Active Athlete Misc	-385.08
9/12/2015	901116 Robert Thomas	2015 Vice Chair Misc	-1,059.55
Website			-1,145.00
10/17/2015	901130 JEFF D. Brower	2015 MTF Website Maintenance	-1,145.00

West Region			-6,000.00
2/28/2015	901024 Mark Cleary	2015 West Region Travel	-51.02
6/16/2015	901072 Mark Cleary	2015 West Reg Misc	-1,608.34
6/27/2015	901074 Mark Cleary	2015 West Region Outdoor	-1,872.36
7/20/2015	901081 So Cal Track Club	2015 West Region Officiating Costs	-1,895.00
12/18/2015	901172 Hasty Awards	2015 WR Awards -- Order # 10152951	-346.81
12/18/2015	901173 So Cal Track Club	2015 WR Meet Timing	-226.47

This report excludes all 2015 drug testing expenses and all transfers from one account to another to cover deficits. The 2015 USATF funding for MTF was \$101,800. Including all expenses, MTF spent about \$150,000 in 2015.

Carroll DeWeese
 MTF Treasurer
 932 Purdy
 Birmingham, MI 48009
 USA

248-642-4256 (home)

carrolldeweese@comcast.net

MTF Funds Balances as of February 27, 2016

MTF Revenue and Savings

\$ 10,485.00	Donations and Savings
30,059.75	MTF Surcharges
107,192.00	USATF 2016 Budget for MTF

2016 MTF Expense

-8,265.71	2016 Expenses to date
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Independent MTF Sub-Account Savings

\$ 3,762.37	East Region
4,409.37	Throws
382.49	West Region
2,800.00	Contributions for Marketing
45.03	Midwest Region
372.67	Southeast Region
4,248.00	WMA Surcharge

MTF Net Worth for 2016 is currently \$155,490.97 as of 2/27/2016.

Carroll DeWeese
MTF Treasurer
932 Purdy
Birmingham, MI 48009
USA
248-642-4256 (home)
carrolldeweese@comcast.net

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