



UPDATE!

LAST NEWSLETTER BY SNAIL MAIL

Very soon, the new PNTF webmaster will have our site completely up to date, and it will not be necessary to mail out a newsletter to Pacific Northwest USATF members any longer.

The site will give current info for youth, masters, and open, as well as general info on Pacific Northwest events.

Members will not be mailed a reminder to get a USATF card for the next year's competition opportunities.

Keep in mind that you can always call our office with a question or to request that specific info be mailed to you.

For membership renewal for 2006, use the form on page 3 or sign up online at www.usatf.org.

Athletes, coaches, parents, and supporters may join USATF through the Pacific Northwest Association if they reside in western Washington. Donations are tax deductible! Do not send your membership to our office. Send to the address on the form on page 3 or get your card online. If you are not planning to make a donation, our Association actually profits more from your card if you get it online.

SANCTIONING

Pacific Northwest Track & Field sanctions over 120 local events per year. Because of the liability insurance provided with a sanction, it is possible for many races to take place that otherwise could not afford the coverage.

RESIDENCY EXCEPTIONS

USATF's Regulation 7 allows an athlete to become a member of an Association where he or she does not reside by agreement of the two Associations involved. If you are one of these athletes, it is essential that you get your card through the Association where your club is registered, not online. If you get it online, the system puts you in the Association where you live, not where your club is located. Be sure to put the name of your club on your USATF card. This is especially important in cross country national championships where the athlete's club affiliation is carefully checked. Call our office if you have any questions: (206) 433-8868.

AWARDS DINNER FEB. 3

Pacific NW Track & Field will host its annual awards dinner on Friday, February 3, 2006 at the College Club, 505 Madison St. in downtown Seattle. Social hour is at 6 p.m. and dinner at 7 p.m.

We will recognize Athletes of the Year in the open and masters divisions as well as contributors to our sport.

Dinner Chairman, Char Engelhardt, will be mailing out invitations to all adults who had USATF cards this year, but anyone may attend. Bring a friend.

Reservations are required by January 30. Call Char to reserve your place: (425) 489-9433 evenings. Don't miss out on an opportunity to socialize with fellow PNW athletes and supporters. See you there!

WHAT MAKES A CHAMPION

The PNTF Open and Masters Committees choose certain road races every year to be championships. For the last several years, both committees have chosen the same events: Fremont 5k, Beat the Bridge 8k, Super Jock'nJill Half Marathon, and the Issaquah Rotary 10k.

The champions must be members of USATF for the current year. Tell your friends who may not have a card to get one! Sometimes race winners aren't the champions because they aren't members.

JR. OLYMPICS — A PROGRAM FOR YOUTH AGES 18 AND UNDER

Nov. 12 PNW Association Youth Cross Country Championships at Lower Woodland Park in Seattle. Qualifying is not required, but entries must be received by Nov. 9. For info, call Darryl in Federal Way: 253 839-4964 or e-mail him at fwtrack@hotmail.com

8:00 a.m. registration begins
9:00 a.m. course preview
9:30 a.m. young men 17-18 5 km
10:00 a.m. young women 17-18 5 km
& intermediate girls 15-16 5 km
10:30 a.m. intermediate boys 15-16 5 km
11:00 a.m. youth boys 13-14 4 km
11:30 a.m. youth girls 13-14 4 km
11:45 a.m. course preview
12:30 p.m. midget boys 11-12 3 km
1:00 p.m. midget girls 11-12 3 km
1:30 p.m. bantam boys 10 & un 3 km
2:00 p.m. bantam girls 10 & un 3 km

Entry form may be downloaded from the PNTF website: www.pntf.org. Race fee is \$5.00. To compete, all youth athletes must have a 2005 or 2006 USATF card. Cards for 2006 will be available at the meet for \$15 and proof of age. Bring a copy of birth certificate to the race.

Nov. 19 Region 13 CC Championships at Plantess Ferry Park in Spokane, WA, site of the 2006 National J.O. CC Championships. Runners must qualify and REGISTER at the Association Championships to compete at Regionals. For more info, contact Kim at kkutsch2@comcast.net

Dec. 10 National J.O. CC Championships in Providence, Rhode Island. Runners must qualify and REGISTER at the Regional Championships to compete at nationals. Info is available at www.RIJOXC.com

PNW NATIONAL CHAMPIONS

Brad Walker: pole vault—indoor, outdoor, & 2nd in World T&F Chmps & ranked # 1 in the world Winter XC Nationals in Vancouver, WA Feb. 12, '05
Gale Pfueller M 60

Bill Iffrig M 70

Indoor Chmps in Boise, ID March 11-13, 2005

Tony Young M 40 800 meter & mile

Bev LaVeck F 65 3,000 meter racewalk

White River 50 Mile July 30 — Hal Koerner

Nat. Masters T&F in Honolulu Aug. 4-7

Karen Steen F 40 2,000 steeplechase (record)

Martha Mendenhall F 45 100, 200, high jump

Bill Iffrig M 70 5,000 & 10,000 meters

Bob Prather M 50 5,000 meters

Tim Shannon M 40 shot, discus, hammer

continued on page 4

USATF MOVES FORWARD

Many changes are on the horizon for members of USATF. Ideas under consideration are

- 1) having a permanent membership number instead of a different one every year, and
- 2) having your membership run for one full year from date of issue, instead of expiring at the end of the year.

Of course, improvements come with a price. In 2007, the membership fee will increase, but so will member benefits.

INDOOR TRACK & FIELD FOR ALL AGES/LEVELS

Jan. 15, 2006 Open/High school age meet #1

Jan. 29, 2006 Open/High school age meet #2

Feb. 12, 2006 Open/High school age meet #3

These meets will be held in the Dempsey Indoor Facility on the U.W. campus and are not affiliated with the WIAA. Youth athletes: do NOT wear your school uniform. All athletes may enter online at www.directathletics.com.

CROSS COUNTRY CHMPSHPS

Nov. 6 PNW Chmps/Northwest Regional

Chmps at Lower Woodland Park

New 2,000 meter loop course

Masters men & women 6 km 9:30 a.m.

Open women's 6 km 10:15 a.m.

Open men's 10 km 11:00 a.m.

USATF card required (2005 or 2006 for \$20 on day of race)

Entry fee is \$15 day of race. Prize money for top 3 open runners and top 2 in each 5-year division of masters 40+

Regional Medals to top 3 in all divisions.

See www.cnw.org for more info.

Nov. 19 Fall Nationals for open/masters in

Rochester, NY. Entry only via online:

www.usatf.org.

USA TRACK & FIELD MEMBERSHIP INFORMATION

Membership in USATF is available to residents of the United States: athletes, coaches, officials, administrators, parents, and supporters. Members join USATF through the Association where they live. Use the form below for new memberships or renewals in the Pacific Northwest Association, which includes all of western Washington. The 2006 membership year begins on November 1, 2005 and ends on December 31, 2006.

- * Photocopy the form below or cut it out of UPDATE!
- * Use two numerals in each box for date of birth and date of application * September 18, 1950 would be 09-18-50
* November 3, 2005 would be 11-03-05
- * Identify all areas of the sport in which you intend to participate, using the codes provided below
- * Contributions are greatly appreciated! Mark the appropriate box to earmark your donation.
- * If you are not a U.S. citizen, list the country of which you are a citizen.

FEES: Send fees in the form of a check or money order made out to PNTF. We cannot accept credit cards.

Adults 19 and over: \$20

Youth 18 and under: \$15 Proof of birthdate MUST accompany all youth applications, even renewals.

Acceptable proof: copy of birth certificate, passport, or enlarged copy of driver's license. The year of birth determines the competition division for youth. An athlete who turns a certain age any time during 2004 must compete at that age all year long.

BENEFITS: Accident insurance coverage in sanctioned events; periodic national publication; local newsletter, the UPDATE! and participation in championship events.

SPORT CODES: Indicate all sport areas in which you are active:

T = track events RR = road running RW = race walking XC = cross country running
F = field events MT = mountain/trail running U = ultra marathon running

MEMBERSHIP CATEGORIES:

AT = athlete

DA = Disabled athlete

AD = administrator

PA = parent

OF = uncertified official

OA = Association certified official

ON = Nationally certified official

OM = Master certified official

CH = uncertified coach

C1 = level I certified coach

C2 = level II certified coach

C3 = level III certified coach

ONLINE OPTION: For fastest service, sign up for membership online through USATF's website: www.usatf.org

new member? renewal?
Previous year's # _____

PRINT OR TYPE ALL INFORMATION BELOW

Send to: Pacific Northwest Track & Field
4264 Van Horn Lane
Bellingham, WA 98226

sex M/F _____ age today _____ date of birth ____/____/____

U.S. citizen? _____ if not, what country _____

Fees: youth \$15 with proof of birthdate
adults 19 and over \$20

phone _____ membership categories ____/____/____

club name _____ sport codes ____/____/____/____

e-mail address for quick USATF # _____

Membership # will be affixed here

Last name/first name _____

Donation: _____ to youth, open,
masters or general fund (circle one)

Address _____

Total fees enclosed _____

City _____ state _____ zip _____

date of application ____/____/____

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FALL 2005

COACHING EDUCATION

Nov. 25-27, 2005 USATF Level One T&F
School at Pacific Lutheran University
in Tacoma, WA. Contact Tyler Wingard
at USATFLevelOne@excite.com.
Dec. 16-18, 2005 USATF Level One T&F
School at Eastern Wash. U. at the Spokane
Campus. Contact the Inland Northwest
Assoc. at CheneyTrackClub@aol.com.

For info on the Pemco Clinic or for
general coaching ed info, contact Bryan
Hoddle at bhoddle@comcast.net.

PNW CHAMPIONS

Wt. Pent Texas 8/13 Tim Shannon M 40
Wt & Superwt Seattle 9/10 Leon Joslin M 90
World Masters in San Sebastian, Spain 8/22-9/3
Martha Mendenhall F 45 high jump
Jack Hoyt M 40 2nd decathlon
Stephen Robbins M 60 2nd 100 & 200 meter
World Masters Games in Edmonton 7/22-7/31
Regina Joyce W 45 1500 & 5,000 meters

U.W. OFFICIATING SCHEDULE

2006

Jan. 14 Husky Indoor Preview
Jan. 15 Open/HS Meet #1
Jan. 28 UW Invitational
Jan. 29 Open/HS Meet #2
Feb. 11 Husky Classic
Feb. 12 Open/HS Meet #3
Feb. 24-25 Mountain-Pacific Chmps
March 4 NCAA Last Chance Qualifier
Check www.gohuskies.com for more info

JAN. 21, 2006 ANNUAL OFFICIALS DINNER
AND MEETING. WATCH FOR YOUR
INVITATION IN EARLY JANUARY

PNTF CONTACT INFO

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