



# UPDATE!

## **2005 MEMBERSHIP**

This is the only newsletter we are planning to send out for 2005. Renew now with the page 3 membership form. 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. USATF gets only \$4.50 for your online membership and \$5.50 otherwise.

## **SANCTIONING**

Pacific Northwest Track & Field is authorized by USATF to sanction competitions in track & field, racewalking, and long distance running (road running, cross country, and mountain/ultra/trail). This service provides affordable liability insurance for events that otherwise could not be held. Contact the PNTF Office for more information.

## **USATF MEETING CLOSE TO HOME**

This year's Annual Meeting will be held in Portland from Dec. 1-5. If you've never been to a convention like this, you should give it a try. Sport committee meetings are generally open to anyone, though not everyone gets a vote.

If you would like more info or need a registration form, call our office and we'll mail you one (206) 433-8868.

## **RESIDENCY EXCEPTIONS**

USATF's Regulation 7 allows an athlete to become a member of an Association where s/he does not reside by agreement of the two Associations. This is done so the athlete can compete for a club in that other Association. In such cases, the athlete should get his USATF card where the club is registered, and he should put the name of the club on his USATF card. This is especially important in cross country championships where the athlete's club affiliation is carefully checked.

## **AWARDS DINNER FEB. 4**

Pacific NW Track & Field will host its annual awards dinner on Friday, February 4, 2005 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 31. 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!

## **RENEW YOUR MEMBERSHIP IN USATF NOW. THIS IS THE ONLY REMINDER FOR 2005.**

## **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. 13 PNW Association Youth Cross Country Championships at Lower Woodland Park in Seattle. Qualifying is not required, but entries must be received by Nov. 10. For info, call Darryl in Federal Way: 253 839-4964

7:30 a.m. registration  
8:30 a.m. course preview  
9:00 a.m. young men 17-18 5 km  
9:30 a.m. young women 17-18 5 km  
10:00 a.m. intermediate boys 15-16 5 km  
10:30 a.m. intermediate girls 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](http://www.pntf.org). To compete, all youth athletes must have a 2004 or 2005 USATF membership card. Cards for 2005 will be available at the meet for \$15 and proof of age. Bring a copy of birth certificate to the race.

Nov. 20 Region 13 Cross Country Championships in Salem, OR. Runners must qualify and REGISTER at the Association Championships to compete.

Dec. 11 National J.O. CC Championships in Schramburg, IL Runners must qualify and REGISTER at the Regional Championships to compete.

## MASTERS ATHLETICS

Congratulations to PNW athletes who won USATF national championships this year.

10K XC: Regina Joyce, F45 (Dec. 2003)  
100 meter: Steve Robbins (M60)  
1500 meter: Karen Steen (F40)  
2000m sc: Karen Steen (F 40)  
5,000 & 10,000: Bill Iffrig ( M 70)  
High jump: Martha Mendenhall (F45)  
High jump: Jack Hoyt (M40)  
Hammer: Tim Shannon (M40)  
Weight Pent: Tim Shannon (M40)  
Decathlon: Jack Hoyt (M40)  
50-Mile Trail: Marlis DeJongh ( F 50)  
Weight & superweight: Laurie Jinkins ( F 40)

## EVERYBODY'S DOING IT

Do we have your attention? You will notice that we have referred you to our website in several places in this issue. As time goes by, organizations are turning more to the internet to communicate with members. PNTF is doing it too!

It will soon be too costly, too time-consuming, and too old-fashioned to mail out a newsletter. We know that almost everyone has a computer or has access to one. We expect that one of these days, we'll just ask you to look for info for yourselves.

## INDOOR TRACK & FIELD FOR ALL AGES/LEVELS

Jan. 16, 2005 Open/High school age meet #1  
Jan. 30, 2005 Open/High school age meet #2  
Feb. 13, 2005 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](http://www.directathletics.com).

## CROSS COUNTRY CHMPSHPS

Nov. 7 PNW Chmps at Lower Woodland Park  
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 (2004 or 2005)  
See [pntf.org](http://pntf.org) or [cnw.org](http://cnw.org) for entry details.  
Nov. 21 NW Regional Chmps at Pier Park in Portland, OR. See [www.usatf-oregon.org](http://www.usatf-oregon.org) for complete details. 5 mile 10 a.m.  
NOTE: No Club Ballard Turkey Trot this year.

Dec. 4 Fall Nationals for open/masters at Portland Meadows in Portland, OR. Entry only via online: [www.usatf.org](http://www.usatf.org)  
Jan. 2005 Seattle Open, exact date tba  
See [www.clubbard.com](http://www.clubbard.com) for info.  
Feb. 12-13, 2005 Winter Nationals for open/masters; USA Team Trials for Jrs/ Open: Fort, Vancouver, WA.

# 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 2005 membership year begins on November 1, 2004 and ends on December 31, 2005.

- \* 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, 2004 would be 11-03-04
- \* 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](http://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 \_\_\_\_/\_\_\_\_/\_\_\_\_

**PACIFIC NORTHWEST TRACK & FIELD**  
4261 SOUTH 184TH STREET  
SEATAC, WA 98188-4569

**Non-Profit Org**  
U.S. Postage  
PAID  
Permit #3783  
Seattle, WA

**Editor: Carole Langenbach**  
Phone/fax (206) 433-8868

## **FALL 2004**

### **COACHING EDUCATION**

**Jan. 2005 TENTATIVE—USATF Level One**  
T&F School at the U.W. Check at  
[www.gohuskies.com](http://www.gohuskies.com) in December.  
**Feb. 4-6, 2005 Pemco All-Sports Clinic at**  
SeaTac Doubletree Inn: for more info,  
see [www.allsportsschool.com](http://www.allsportsschool.com)  
For general coaching ed info, contact Bryan  
Hoddle at [bhoddle@comcast.net](mailto:bhoddle@comcast.net).

### **OFFICIATING CLINIC**

An advanced clinic will be held for certified  
officials on November 21 at the U.W. Dempsey  
Indoor facility beginning at 9 a.m. Please RSVP  
to Bob Springer if you are planning to attend:  
[Bobspringer2@comcast.net](mailto:Bobspringer2@comcast.net) or (206) 722-6520.  
For training sessions for new officials, see the  
[pntf.org](http://pntf.org) website for the January/February info.

### **PNTF ANNUAL MEETING**

At the PNTF Annual Meeting held on Oct. 18,  
2004, these officers were re-elected:  
**President: Patti Petesch (206) 684-7086**  
**Vice-Pres: Derrek Berkompas (253) 761-9628**  
**Secretary: Bob Langenbach (206) 433-8868**  
**Treasurer: Gwen Robertson (425) 392-1500**

### **U.W. OFFICIATING SCHEDULE** 2005

**Jan. 15 Husky Indoor Preview 9 a.m.**  
**Jan. 16 Open/HS Meet #1 9 a.m.**  
**Jan. 28 Friday 2 p.m. part of Invite**  
**Jan. 29 UW Invitational 9 a.m.**  
**Jan. 30 Open/HS Meet #2 9 a.m.**  
**Feb. 12 Husky Classic 9 a.m.**  
**Feb. 13 Open/HS meet #3 9 a.m.**  
**Feb. 25-26 Mountain-Pacific Chmps 9 a.m.**  
**Mar. 5 NCAA Last Chance Qualifier 9 a.m.**  
**Mar. 19 Outdoor Husky Preview 9 a.m.**  
**April 30 UW vs WSU Dual Meet 10 a.m.**  
**May 7 Ken Shannon Invitational 9 a.m.**  
**May 14 Ken Foreman Invitational 9 a.m.**

For spring & summer officiating, see the  
[pntf.org](http://pntf.org) website.

### **PNTF MISSION STATEMENT**

To promote, develop, and administer the  
sport of "athletics" (track & field, long  
distance running, and racewalking) through-  
out Western Washington.  
PNTF meetings are open to everyone. Join us!

**We need to build for the future. Get involved!**