



# Winter/Spring 2016 Newsletter

## **President's Letter:**

### **Valaree Langley-Foss – USATF-Maine President**

Athletes, Club Directors, Parents, Officials, Coaches, and Volunteers,

Here are some important things to remember as we begin 2016:

- USATF requires all new and renewable membership registrations to have a valid email address. If you elect to register or renew as a member directly online with USATF Youth Membership must pay the amount of \$20.00. Our Maine association gives a discount to all Youth Memberships if received via snail mail; we charge only \$15 for the mailed-in registrations. (Refunds are not issued by USATF or USATF-Maine if you over pay!) Adults, Volunteers, Coaches over the age of 19 are charged \$30/calendar year for USATF memberships. All renewable membership ID numbers will be the same USATF number assigned to you back in 2014. For new members will be issued a new permanent membership number and the ID number won't change from year to year.
- If renewing or registering directly with USATF-Maine only money orders, town/city or organized club checks will be accepted as payment. Purchase Orders will be accepted, but not personal checks. Date of Birth verification is required, please send copies of athlete birth certificates or copy of passport photo page with the membership application. If DOB

has been previously verified there is no need to resubmit documentation.

USATF-Maine Membership Registrar is: Brenda Brenda's e-mail is: [brenda.oldfield@maine.edu](mailto:brenda.oldfield@maine.edu)

## **On Line Membership: \_**

<http://www.usatf.org/Products---Services/Individual-Memberships.aspx>

- USATF has now “gone green” (paperless). All Event Sanctions must now be done directly online with USATF. A major Credit Card is required. Web address is: <http://www.usatf.org/Products---Services/Event-Sanctions.aspx> .
- All USATF-Maine Clubs must renew on line with USATF. Please remember that a major Credit Card is required. Web site address: <http://www.usatf.org/Products---Services/Club-Memberships.aspx> New Clubs must go directly on line with USATF. The USATF web site area is: <https://www.usatf.org/mgmt/clubs/NET/apply.aspx>

Organizational/Club Membership – Club Practice Insurance Information & Forms  
<https://www.usatf.org/clubs/application/forms/USATFClubPracticeInsurance.pdf>

If you have questions, USATF-Maine's Club Registrar is: Wendy Serbent 5 Sunset Terrace St. Waterville, ME 04901 e-mail is: [pwserbent@yahoo.com](mailto:pwserbent@yahoo.com)

### **All USATF-Maine Club Coaches and Volunteers Background Check Policy:**

USATF-Maine Club Coaches and Volunteers must all have a background check done through TC Logic. No other background checks will be accepted. Background Checks have been implemented by USATF to:

- Promote a safe, nurturing, and supportive athletic environment in which youth athletes can pursue their athletic goals;
- Provide an environment where parents can feel good about allowing their child to participate in the sport of track and field.
- Maintain the sport of track and field as a hostile environment for those who would seek to harm youth athletes.

Please note that this screening is not intended to serve as a pre-employment background-screening program, nor can screening guarantee that incidents of abuse by coaches/volunteers will not occur. Background screening is designed as a preventative risk management tool, but does not ensure inappropriate behavior will not occur.

All coaches and volunteers over the age of 19 must be current year USATF members. Cost per background check is \$8.00 per coach/volunteer and must be paid with a major credit card at the time of screening. Background screening process web site is:

<http://www.usatf.org/About/Programs/Background.aspx>

As we begin the New Year of 2016, the association will be involved with many track and field meets in the coming months as well as other aspects of the sport. I sincerely hope that within the coming months of 2016 we'd like to see the USATF-Maine's competitor's number's increases in the Open and Master's age divisions.

### **Brunswick Parks & Rec Department**

In 2015 the Brunswick Recreation Department introduced a winter running series for youth athletes. The athletes' ages ranged from age five

to 15. These youth athletes were able to compete in running events, including relays and race walk. This year, the Brunswick Rec. Dept. will be continuing the program and adding the youth shot put. Boys and Girls eight **and under** will be putting the four-**pound** shot; **ages nine to 12** will put the six-**pound shot**; **Girls 13 to 15 years** will also put the **six-pound shot** while **boys 13 to 15 will put the 4kg-shot**. Indoor Shots will be provided for competition by the Brunswick Rec. Dept. **No steel shots will be allowed.** This is a developmental program for the Brunswick Rec Department in conjunction with USATF-Maine to promote the program. In order to participate, a youth athlete must have a current year USATF membership number or renew their existing USATF ID number. Athletes may renew their membership on the day of the meet. Ribbons will be awarded for places one through six in each age group. These developmental meets lead up to the 2016 USATF-Maine Indoor Championship meet at **New Balance Field House** at University of Maine – Orono campus which will be held at the end of Feb 2016.

### **2016 USATF-Maine Programs**

#### **2016 USATF-Maine Indoor Championship**

**Meet:** On February 28, 2016 the association will be host the USATF-Maine Indoor Championship Meet at the **New Balance Field House** at University of Maine – Orono campus for all age divisions – Youth to Masters. In 2015 there was an increase in attendance in all age groups, we are hoping to see even more growth in participation this year.

**2016 Youth Summer Meets:** Preliminary meet entry fees will remain the same at \$2.00 per athlete. When the tentative 2016 summertime developmental schedule becomes available it will be posted on our web site. [www.meusatf.org](http://www.meusatf.org). For All USATF-Maine Clubs that wish to hold a meet at your local venue, please contact Ron Kelly at: [youth@maine.usatf.org](mailto:youth@maine.usatf.org) OR call him at (207) 745-4781 (Cell).

**Youth Summer Program Club Awards:** The 2015 Club Awards went to: **Small Club-**Falmouth T& F team, coached by Gregory St Denis and Steve Virgilio; **Medium Club-**Augusta Track & Field Club Coached by Taylor Harmon; and **Large Club-**Panthers Track & Field Club coached by Dan Roy. The association began this club size category award program in 2011 based on the number of USATF registered youth club member. The categories are: Small Club registrations: 0-30; Medium Club registrations: 31-60; and Large Club registrations: 61+ athletes.

### **2015 USATF-Maine Officials Awards**

- Mary Helen Baldwin – National Level USATF Certified Official
- David Baldwin – National Level USATF Certified Official
- A third award has yet to be presented

### ***MUT***

*Dustin Williamson, Chairman*

2014 saw the first official USATF Maine Trail Championships at Bond Brook trails and while in 2015 we took a brief hiatus, I am excited to announce that the 2016 USATF Maine Trail Championships will be on Sunday, June 19 at Leavitt Area High School in Turner as part of the Father's Day 5K. Look for registration info soon. The championships will continue each year on Father's Day.

There are many mountain and ultra events in New England so if your feet and lungs are up for an adventure challenge, be sure to check these websites: [www.usatfne.org](http://www.usatfne.org) or [www.meusatf.org](http://www.meusatf.org) Go for a hike, run long, or hit the trails: Maine has great places to do it all. See you on the trails!

### ***2016 USATFME OFFICIALS REPORT***

*Donald Berry, Maine Certification Chairman*

The first item that I want to address is the thanking of all of the officials who did such a great job with the State indoor and outdoor meets last season. As well as, all of the league

meets/championships and USATFME summer program. No other association has as many athletes per capita as we do in our summer programs. Secondly, The New England meet – did I ever get complaints from out of state coaches! If you run on the inside of the track or pass someone on the grass, the Maine officials are going to see it and call it. What a great meet it was and you all did a superb job. The great step forward of being compensated in these meets is rewarding to all of us. I want you all to know that the respect that you have from coaches, Maine Principals Association, parents and athletes continues to grow. I am so very pleased to be involved with such great organization. We have almost reached the 100 officials mark. How far we have come from the CMP building in Augusta.

I returned in December from the USATF annual Meeting in Houston. I was again the recipient of the John Davis Finalist Award for humanitarian efforts by leadership, fellowship and the developmental welfare of others. I am indeed honored to represent our Maine association on the executive board of the NOC as its parliamentarian; and as many of you know, I will be running for the Chair position of the NOC.

There are a couple of things that need to be pointed out to Maine officials:

- 1) Your \$30 membership fee is due as soon as possible.
- 2) As officials, we are required to complete the SafeSport program, which is available at SafeSport Training: <http://safesport.org/take-the-training/>. This program online takes about 1.5 hours to complete. I will be doing as part of the clinics this year this certification. The completed certification form should be returned to me.
- 3) The executive board of the NOC last Spring approved an increase to \$20 as our four-year certification fee. This is an increase of \$5 from the past many years.

Last spring, I was assigned the task of coordinating the selection of ten “young” (under 40) officials to work as officials for the major USATF meets. We had over 30 applications and in the final voting by the NOC Executive Board

the selection of the ten was completed. Two of those recipients were Maine officials – **Dustin Williamson and Lee Jackson**. They both worked the National JO meet in Jacksonville, FL. (*BTW I did not vote!*) Several other Maine officials also officiated at the Region 1 JO meet in Fitchburg, MA. **Tom Menendez** has been selected as USA Junior Team Coach for this year's World Race Walk Cup to be held in Rome in May.

With the help of other Master officials, I have again this year generated the exam for high school coaches. I will have copies of the exam with me at the clinics. This is being done at the request of the MPA Indoor and Outdoor Track Committees.

I will have all the rulebooks with me at the Clinics: in Augusta at the Buker School/Rec Center, in Gorham at the Gorham Rec Center, in the Orono area, Mt Ararat in Topsham, and at Mt. Blue in Farmington. I will post the dates for these as soon as they are confirmed.

### ***Race Walking***

*Tom Menendez, Race Walking Chairman*

Lewiston High School track standout Kayla Allen kicked off the race walk season in top form December 26, 2015. On Saturday at the USM Relays she successfully defended her Mile Race Walk title with a time of 7:40.75, which was also a meet record. She was followed by Siana Emery of Greeley HS in 8:14.09, Hailey Bickford of Gorham in 8:14.09 and Moira Burgess of Monmouth Academy in fourth at 9:26.43. Kayla's National Leading time also qualified her for the prestigious Milrose Games in February as well as New Balance High School National Championships in March.

In the boys race Spencer Dunn of Edward little won in a meet record time of 7:06.82, followed by Mat Syphers of EL in 8:23.97 and Ben Quimby of Old Town in 9:16.98.

On December 27, Kayla and former LHS teammate Nicole Court-Menendez, a senior at Dakota Wesleyan University, headed west to Rochester, N.Y. where both competed in the USATF National Indoor Race Walk

Championship. Kayla placed 2nd in the junior age group with a time of 26:34.57. Her performance established a new State of Maine record and qualified her for the Junior National Outdoor Championship to be held in June in California. Nicole, racing for the first time this season, and coming off only two weeks of training, raced well enough to qualify for the NAIA College Nationals for a school record seventh consecutive time.

Next up for Nicole will be to return to school in Mitchell, South Dakota, where she will continue to train and compete in the teams' indoor track meets culminating at her appearance at NAIA Nationals in Johnson City, Tennessee. Kayla will be heading to the Dartmouth Relays where she plans to improve on her mile time while training for the rest of the season in preparation for The New Balance High School Nationals in New York City.

Maine was heavily represented with six athletes at the Dartmouth Relays on January 10, 2016. Kayla Allen placed second, improving on her National leading time with a 7:40.22. She was followed by Sydney Sirois, St. Doms, second, in 7:56.52, Siana Emery, Greeley HS, third, in 8:07.87, Hayley Bickford, Gorham HS, 7th in 8:54.02 and Moira Burgess, Monmouth Academy, 10th, in 9:20.69. On the boys side, senior, Spencer Dunn placed second in 7:07.42.

### ***Remembering Taylor Harmon***

*Valaree J. Langley-Foss*

*2015-2016 USATF-Maine President*

One day in 1944, a mother gave birth to a boy child who became known as Taylor Harmon. Thoughtout his growing years as a child, I can only image what a terror he might had been.

Over the years, Taylor had days when he was good natured, but also getting down out right mad. I saw all sides of this man and we did have our own spats and parted our ways until our next encounter. He going his way, and me going mine. (He liked a good "verbal fight" within reason).

Taylor enjoyed working with "his" youth

athletes right on up through high school level of competition. When Taylor yelled orders at the youth athletes they acted promptly. It didn't matter what event, running, throwing or jumping, he was there building the kids confidence in themselves. If you were doing well, he'd yell, if you were doing poorly, he'd yell even louder; the "kids" got the message. Keep trying and the event will come, and through hard work by the kids, their confidence in themselves grew.

Behind the scenes, Taylor coached athletes on an individual basis. He took athletes to training camps and to regional and national competition meets and competitions. He didn't ask for anything in return. Taylor was even working on receiving his USATF Coaching Level 3 Training Certificate.

Over the years, Taylor served on USATF-Maine's Executive Board as a coach and as cross-country co-chair. He invited the board to his home for meetings; he fed us well on his own dime). He was a private and very giving man

As the years went by, USATF-Maine started an Awards Banquet for the youths, clubs and special recognition of individuals. I believe the year was 2002, this was the year that the USATF-Maine President's Award and the award was only the second one presented to an individual. That person was Taylor Harmon. He was a very proud man to receive the award.

As the years passed, one day in early July 2015 at a track meet at the Cony high school T&F facility, knowing Taylor had served in the US Army, I had come right out and asked him, *"Taylor, were you a drill Sargent in the Army?"* I just had to know because when Taylor barked orders at his youth team athletes, the kids "jumped" into action. His reply was, *"Why no, NOT ME! I only took orders – duties that my Sargent gave us for the day. I never wanted to be a drill sergeant, I just did my duties."* Many were around and heard his answer and we all had a good laugh, even Taylor laughed, shook his head and smiled.

So there you go. Taylor was never a drill sergeant in the military, but you couldn't prove that to me when the kids sprang into action by his

commands.

At the 2015 USATF-Maine Youth State Meet, Taylor received another award, that being; The Award is given in Recognition of Years of Dedicated Service To USATF-Maine during the Cross-County Season and Track & Field Summer season. For his Support in helping make the Youth T&F, and the Cross Country program grow.



After the USATF-Maine Youth State meet statistics was compiled, under the direction of Taylor, USATF - Maine Presented the Medium Club Award to the Augusta Recreation Track & Field Team with a combined scores of the Female & Male Team with a combined score of 145 points.

Taylor Harmon – USATF Certified National Level Official.  
1944 to 2015.

"Honorary Drill Sargent on the Golden Oval in the sky"

FB page: <https://www.facebook.com/Coach-Taylor-Harmon-an-extraordinary-man-533616000139583/timeline>

Memories. Oh such stories we all have; this being one of many.

**Web Site & Facebook:** On the Association's web site, [www.meusatf.org](http://www.meusatf.org), you'll find a listing of sanctioned meets for all ages. Official's news, Maine USATF Executive Board Minutes / Agenda's, New & Renewing USATF Membership, Forming a USATF Registered Club, Archived information, and much more.

If you have suggestions/comments regarding improvement of the web site please contact the Webmaster by clicking on at the bottom of the web site page or and send your suggestions to [metrkfld@myfairpoint.net](mailto:metrkfld@myfairpoint.net).

If you have news pertaining to any Maine USATF athlete of all age groups interesting for posting on our web site, please forward the

information to: [metrkfld@myfairpoint.net](mailto:metrkfld@myfairpoint.net) or to: [coachgreen79@gmail.com](mailto:coachgreen79@gmail.com); [communications@maine.usatf.org](mailto:communications@maine.usatf.org)

USATF-Maine also has an active Facebook web site:

<https://www.facebook.com/groups/361448066411>

/

## **2016 USATF-Maine Elected and Appointed Committee Chairs and Co-Chairs**

### **Elected 2016 Officers**

**President:** Valaree Langley-Foss – [metrkfld@myfairpoint.net](mailto:metrkfld@myfairpoint.net)  
**Vice President:** Martin Kahler - [vicepresident@maine.usatf.org](mailto:vicepresident@maine.usatf.org)  
**Secretary:** Mark Dennett - [secretary@maine.usatf.org](mailto:secretary@maine.usatf.org)  
**Treasurer:** Dennis Kunces - [dennis.kunces@gmail.com](mailto:dennis.kunces@gmail.com)

### **Appointed 2016 Chairs & Co-Chairs**

**Men's Track & Field:** Rolland Ranson - [menstrackandfield@maine.usatf.org](mailto:menstrackandfield@maine.usatf.org)

**Women's Track & Field:** Stefanie Worster – [metrkfld@myfairpoint.net](mailto:metrkfld@myfairpoint.net)

**Race Walking (Co-Chairs):** Thomas Eastler - [eastler@maine.edu](mailto:eastler@maine.edu)

Tom Menendez - [menendezmon@yahoo.com](mailto:menendezmon@yahoo.com)

**Master LDR:** Allan Geiser – [mhawk916@yahoo.com](mailto:mhawk916@yahoo.com)

**Men's LDR:** Martin Kahler - [vicepresident@maine.usatf.org](mailto:vicepresident@maine.usatf.org)

**Women's LDR:** Darcy Murphy - [Downeastunlimited2015@gmail.com](mailto:Downeastunlimited2015@gmail.com)

**Cross Country (Co-Chairs):** Co-Chair: Allan Geiser – [mhawk916@yahoo.com](mailto:mhawk916@yahoo.com)

Kevin Russell: [lhstrack@gmail.com](mailto:lhstrack@gmail.com)

**Masters Track & Field (Co-Chairs) -** Rolland Ranson - [menstrackandfield@maine.usatf.org](mailto:menstrackandfield@maine.usatf.org)

Kevin Russell: [lhstrack@gmail.com](mailto:lhstrack@gmail.com)

**(THROWS):** Kim Schwickrath - [jgray14@maine.rr.com](mailto:jgray14@maine.rr.com)

**Youth Athletics (Co-Chairs):** Ronald Kelly - [youth@maine.usatf.org](mailto:youth@maine.usatf.org)

**Officials:** Donald Berry - [officials@maine.usatf.org](mailto:officials@maine.usatf.org)

**Club Registrations:** Wendy Serbent - [pwserbent@yahoo.com](mailto:pwserbent@yahoo.com)

**Membership Registrar:** Brenda Oldfield - [brenda.oldfield@maine.edu](mailto:brenda.oldfield@maine.edu)

**Sanctions:** Valaree Langley-Foss - [metrkfld@myfairpoint.net](mailto:metrkfld@myfairpoint.net)

**MUT (Co-Chairs):** Dustin Williamson - [mut@maine.usatf.org](mailto:mut@maine.usatf.org)

**Para Athletics Co-Chairs):** Ronald Oldfield – [paoldfield@hotmail.com](mailto:paoldfield@hotmail.com)

Stephen Foss - [foss.stephen921@gmail.com](mailto:foss.stephen921@gmail.com)

**Communications (Co Chairs):** Heather Hoisington - [coachgreen79@gmail.com](mailto:coachgreen79@gmail.com)

Marty Thornton - [communications@maine.usatf.org](mailto:communications@maine.usatf.org)

**General Information and Inquires:** [metrkfld@myfairpoint.net](mailto:metrkfld@myfairpoint.net)

**2015 USATF Region I JO XC Championships  
11/22/2015 - Results**

Deerfield Park - Smithfield, RI

**2k Run CC 8 & Under Division Girls:** 2 Flaker, Emerson  
07 Scarborough 7:48.38; 19 VanDongen,  
Amelia 07 Una 8:43.91

**3k Run CC 9-10 Division Girls:** 59 Harvey, Sylvia 06  
Una 13:32.45

**3k Run CC 11-12 Division Girls:** 7 Aponte-Clarke, Sierra  
03 Una 11:09.29

**4k Run CC 13-14 Division Girls:** 53 Applebee, Hailey  
01 Brunswick 15:58.63; 65 Ashby, Micaela 02 Brunswick  
16:25.34; 92 Morin, Madison 02 Brunswick 17:51.21;  
94 Porter, Alexis 02 Brunswick 18:34.31; 98 Foster, Anna  
02 Brunswick 18:44.54; 99 Robinson, Natalie 01  
Brunswick 18:54.09; 109 Stevens, Katie 02 Brunswick  
21:10.41.

**5k Run CC 15-16 Division Girls:** 14 Taylor, Madison 00  
Una 20:26.36; 15 Parent, Laura 00 Una 20:26.43;  
35 Rogers, Annika 99 Una 23:09.95

**2k Run CC 8 & Under Division Boys:**  
17 Harvey, Tait 07 Una 8:06.60; 61 Christie, Ian 07 Una  
8:54.86; 101 McCannell, Jake 09 Old Town 10:41.50.

**3k Run CC 9-10 Division Boys:** 30 Veilleux, Reece  
06 Una 11:50.51; 116 Goldey, Sameul 06 Una 14:51.07.

**3k Run CC 11-12 Division Boys:** 38 Goodbody, Marcus  
03 Una 10:54.26; 47 Patterson, Tyler 03 Una 11:07.10;  
78 Harvey, Leif 03 Una 11:40.99; 81 Palmer, Eli 04 Una  
11:43.83; 100 Bateman, Oliver 04 Una 12:10.05; 123  
Robinson, Ryan 03 Una 13:21.44.

**4k Run CC 13-14 Division Boys:** 18 Coffin, Tristram 01  
Scarborough 13:31.00; 19 Berry, Lisandro 01  
Scarborough 13:36.00; 40 Shaughnessy, Will 02  
Scarborough 13:58.61; 53 Coffin, Connor 01 Scarborough  
14:15.59; 62 Willey, Aiden 01 Scarborough 14:30.37;  
71 Allaire, Griffin 02 Scarborough 14:36.51; 107  
Christie, Angus 02 Una 15:26.33.

**5k Run CC 15-16 Division Boys:** 10 Brown, Isaiah 99  
Una 17:06.62; 12 Dall, Nicholas 00 Una 17:16.54.

**2015 USATF National JO XC Championship  
Results from Albuquerque, NM  
December 12, 2015**

**3k Run CC 11-12 Division Girl's:**  
73 Sierra Aponte-Clarke 03 Una 12:36.5

***USATF Maine Youth Summer Track and Field  
Program***

*Ron Kelly, Youth Athletics Chairman*

The USATF Maine youth summer program begins with the USATF Maine 18 and under Association Championship and Region 1 Qualifier at Scarborough High School on June 18-19. Track and field events will be held on Saturday and the second day of the multi events will be held on Sunday. Entry for this meet will begin May 1<sup>st</sup>. Look for further info on the USATF Maine web site later this year.

The Youth 15 and under summer series will begin Thursday, June 30 with meets at four locations across the state. Age divisions are 8 & under, 9-10, 11-12, 13-14, 15(must be an 8<sup>th</sup> grader during the 15-16 school year). Meets will be held each Thursday leading to up to the Qualifying meets to be held Thursday, August 4 at four locations. Qualifiers from the August 4 meet will advance to the State Championship to be held at Cony High School on August 13. Last year 1100 athletes competed at the state championship. For additional information email Ron Kelly at [rkelly01@maine.rr.com](mailto:rkelly01@maine.rr.com).