



Winter/Spring 2019

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 2019:

- 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.

USATF-Maine Membership Registrar is: Roseanne Francour, e-mail address: membership@maine.usatf.org or Tavi Norton, tavi.norton@gmail.com. Other membership inquiries: Valaree Foss, metrkfld@gmail.com

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> .

- **USATF-Maine membership:** All paper membership forms must be sent to the address on the form. Date of Birth (DOB) verification must accompany each form. This means a copy of the individual's birth certificate. If an athlete's DOB has already been verified during the 2018 membership year or before there is no need to resubmit documentation.

- All USATF-Maine Clubs must renew online 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 online 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: clubs@maine.usatf.org.

All USATF-Maine Club Coaches and Volunteers Background Check Policy: USATF-Maine Club Coaches and Volunteers must all have a background check done through NCSI.

(<http://www.usatf.org/Resources-for---/-groups-officials-/Certification/Background-Screen.aspx>.)

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, USATF membership is \$30/year. Cost per background check is \$16.00 per coach/volunteer and must be paid with a major credit card at the time of screening. Scan a copy of your driver's licence or passport before beginning the background check process as you will be required to attach a jpeg copy within the background check program. Background screening process web site is:

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

USATF currently requires the members of the following groups to take a USATF background screen: National Office Staff, Board of Directors, registered coaches, certified officials, authorized agents, National Team staff, National Committee Chairs, Association leadership, Youth Committee members, AAC Committee Members, AAC Event Leaders, all meet volunteers in an official capacity, Youth Camp staff, vendors with access to athletes, and all RunJumpThrow event organizers. These individuals must have a USATF membership, have successfully completed the appropriate USATF

background screen, and have successfully completed SafeSport training before having contact with athletes, and in any event, within sixty (60) days of assuming such position within USATF.

USATF SafeSport Online Training Steps:

1. Go to: www.safesport.org
2. Click on: Sign In (upper right corner)
3. Either sign in to your account or click on: Register.
 - a. If you signed in to your existing account, **please make sure your account is associated with USA Track & Field and you have your current membership number associated with your account.**
 - b. If you clicked on Register, please fill out the form and click on: save. **Make sure to add your USA Track and Field membership and include your current USATF Membership Number** (this is how we will track your training completion). Sign in to your account.
4. Click on: the smiley face in the upper right corner.
5. Click on: Learning Dashboard.
6. You will need to launch and complete the SafeSport Training Course, following the directions contained therein. The course takes about 1.5 hours to complete.

As we begin the New Year of 2019, 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 2018 we'd like to see the USATF-Maine's competitor's number's increases in the Open and Master's age divisions.

Awards presented at the Annual Banquet in the fall of 2018

2018 USATF Hershey National Junior Olympic Track & Field Championships.

There were quite a few Maine youth members who attended the 2018 USATF Hershey National Junior Olympic Track & Field Championships. The

following four athletes finished within the top eight place winners.

8&U Boys Shot Put: Nicholas Deschambault, placed 7th over all with a distance of 6.72m (22.00.75 feet).

9-10 Boys 1500m Race walk: Daniel Smith placed 2nd with a time of 9:13.96.

11-12 Girls 1500m Race walk: Sarah Bush placed 8th with a time of 8:38.00.

11-12 Boys 1500m Race walk: Rowan McDonald placed 2nd with a time of 8:54.92.

15-16 – Girls 1500m Race walk: Izabelle Trefts placed 1st with a time of 17.28.45

Records Broken at the 2018 Maine Youth Championships

11-12 Girls 400 gram turbo javelin: Maranada Pert from the Blue Hill TC with a distance of 109' 01".

Girls 13-14 High Jump: Josie Harrington from the Wiscasset TC. 5'02" (ties with others)

13-14 Girls Pole Vault: Leah Frazee, representing the Brewer TC with a height of 9'06.25".

13-14 Boys Triple Jump: Nigel Katende from the Lewiston TC with a jump of 40'6.25".

13-14 Boys 400m Dash: Nigel Katende from the Lewiston TC with new time of 54.26.

13-14 Girls 4x100m Relay: Representing the Gorham TC - Alyvia Caruso, Kyla Piacitelli, Emma Green, Sydney Connolly with a time of 54.61.

Awards for Team Points from the 2018 Maine Youth Championships were presented at the annual meeting last fall.

Small Club Team Point Award: Augusta Recreation with 110 combined team points.

Coached by; Kevin Russell, Jeff Bilodeau

Medium Club Team Point Award: Windham Recreation with 139.33 combined team points

Coached by; Phillip Jackson

Large Club Team Point Award: Panther TC Combined team points of 251pts.

Coached by; Dan Roy & Others

2018 Master Athlete of the Year:

Arthur L. Murray Jr., from the Lewiston area.

2018 USATF – Maine Certified Officials Awards

Presented to:

Emily Cartwright - 2018 USATF – National Level

David Torrey 2018 USATF – National Level

Jessica Pollard - 2018 USATF – National Level

Matthew “Matt” Mueller - National Level

Martin “Marty” Kahler – Master Level

2018 USATF-Maine Volunteer of the Year Award

Presented to :Tavi J. Norton

For her years of commitment in supporting the association as beginning a past board member of USATF-Maine, a parent, coach, an individual willing to step in when and where needed.

2018 USATF-Maine President’s Award:

Dr. Thomas “Tom” Eastler for his many years of support and dedication to the sport of track and field, race walking, and cross-country. And for his support of the Maine Association of United State Track and Field. This award was presented to posthumously to his family at his memorial service.



FARMINGTON — Thomas Eastler, who helped make racewalking a high school sport in Maine and contributed to its popularity throughout the state and nationally, died Thursday, August 30, 2018 at age 73.

The Farmington resident, who was also a professor of natural sciences at the University of Maine at Farmington for 41 years, was a USA Track & Field official for 30 years and coached racewalkers from around Maine, including two of his children who went on to the Olympic trials and two Olympic

games in racewalking.

Now, Maine is one of only two states where racewalking is a high school sport — the other is New York, though only girls can participate there.

“He was the father of the racewalk,” Michael Burnham, assistant executive director of the Maine Principals’ Association, said Friday. “He was certainly an ambassador for the sport, and the entire MPA community is saddened by his passing. He was a wonderful gentleman who impacted the sport of track and field.”

Along with New York, Maine is the only state that offers high school athletes the chance to compete in the racewalk. The sport is defined by two main criteria that distinguish it from running slowly: first, that the athlete maintain constant contact with the ground with at least one foot; and secondly, that the leg remain straightened from the moment of first contact with the ground to the point it passes under the body.

Eastler died at his home in Farmington from complications of cardiac and kidney disease, his family said. His love of racewalking dates to his days as a graduate student at Columbia University in New York City in the late 1960s, where he was visiting a local gym and spotted a man practicing.

“My dad was always interested in athletics, and he was in the gym and saw a man doing a really funny walk,” said Eastler’s daughter, Gretchen Fishman, of Boxford, Massachusetts. “He was always a curious, intellectual man, so he went up to the guy and said, ‘What are you doing?’”

That guy, it turned out, was Shaul Ladany, an Israeli Holocaust survivor, world record holder and two-time Olympian who in 1972 survived the Munich Massacre, an attack on Israeli Olympic athletes during the Munich Olympics.

It was Ladany who taught Eastler to racewalk in New York City, and he competed there recreationally before moving to Maine in 1974 to teach at the university and live on a farm.

He passed his love for the sport on to his children and became an advocate for racewalking as a high school sport across the state, working in the early 1990s to get the MPA to recognize it as an official track and field event.

He also published a children’s book, “Racewalking? Fun!” that has been distributed by USA Track & Field and in schools across Maine.

“Getting that advancement to take place with the MPA and getting racewalking to be a competitive piece of Maine’s high school track and field, that was a major goal of Tom’s and it was accomplished,” said Don Berry, a longtime friend and the officials liaison for both indoor and outdoor track and field with the MPA. “It was one of those really amazing things that happened in our lives as far as the sport is concerned.”



Thomas Eastler, left, supports his son Kevin Eastler, pictured in the Air Force shirt, during a racewalk around the year 2006.



Thomas Eastler, left, pictured in 2003 with racewalking athletes and his son, Kevin Eastler, third from right.

Bangor Daily News – August 2018 and **Photos**
courtesy of **Gretchen Fishman**
Rachel Ohm Staff Writer

Officials' Report 2019

Don Berry, Certification Chairman

There are several positive happenings that have taken place. One of our “young” officials, Jessica

Polland, has been selected to receive a Young Officials grant and will receive a grant check for \$500 from this program. All of the Maine officials who have applied for this program have been selected have done outstanding officiating and several are now doing National meets. I take great pride in the watching them working now at this level. Several of our officials are doing the New Balance Indoor and Outdoor meets.

On the sad side of our program, we lost two outstanding officials – Tom Eastler and Larry Dyer. Tom was the driving force that got our racewalk program introduced into the high school outdoor program. Tom also served at the National level. Larry had been involved mostly in Southern Maine programs for years.

I still have concerns with the background checks. Some of you have paid for your membership and have not completed your Background Checks. You are not a certified official until this is done. Please get it done! The background check has to be done every two years. The SafeSport program has to be done online and has to be done every four years, so most of you are all up to date with that. All new officials have to do both of these programs.

Here are the steps for the BG Checks:

The Steps to complete/renew the USATF Officials Background check

Go to the USATF Website. Sign-in at the top of the page where it asks for your membership number and your password. If you do not have the password it will ask you to obtain one.

This will take you to a sign-in page at <https://www.usatf.org/myUSATF/index.asp> to sign -in again.

Once you have done this you will be taken to the Menu page and your name will appear on this page (<https://www.usatf.org/myUSATF/menu.asp>) On the menu at the top of the page go to the RESOURCES FOR.... And click on Officials and you will be taken to

<http://www.usatf.org/Resources-for---/-groups-officials-.aspx> In the left-hand side of the page click on Background check and SafeSport. <http://www.usatf.org/Resources-for---/-groups-officials-/Certification/Background-Screen.aspx>

At the bottom of the page click on Begin the Application. Remember you will need a scan jpeg copy of your driver's license, Passport or State ID. The cost for this check is \$16. If you have any questions with this please contact me.

Two of our members continue to serve on the National Rules sub-committee- Dustin Williamson and Courtney Kromko.

There were three clinics this year in Augusta at the Buker Center on March 24th, The Gorham Recreation Center on March 31st, and the Orono Municipal Building Council room on April 7th.

The State High School Championships on June 1st are: Class A – Lewiston, Class B – Brewer, and Class C – has not at this time been determined (it will not be Mt. View HS in Thorndike as the athletic director just resigned) {possibly Cony or Foxcroft Academy}. Maine will also be hosting the New England HS Championship at Thornton Academy on June 8th.

Finally, I want to thank all of our officials for the great work you all do.

MUT (Mountain Ultra Trail Running)

Dustin Williamson, Chairman

The 2018 USATF Maine Trail Championships were held in conjunction with the Leavitt Father's Day 5K in Turner. Tom Menendez was the Maine Trail Champion. The 2019 USATF Maine Ultra Championships were held in May as part of the Riverlands 100 in Turner. We had two USATF participants: Beau Langevin and James Gawle. Congratulations on an outstanding achievement.

The 2019 season is underway, yet there are no plans for any USATF Maine Mountain, Ultra or Trail

Championships at this time. There are, however, several trail competitions in Maine so be sure to check online for the dates. Maine has some fantastic terrain for some mountain and trail running, I'll see you out there.

Youth Athletics Programs

Ron Kelly, Youth Athletics Chairman

USATF Maine Junior Olympic State Track and Field qualifier will be held at Scarborough High School on June 22-23 for ages 18 and under at 10am. More information will be available in May on how to register for this event on the www.maine.usatf.org website. The top 6 in each event will qualify for the Region 1 Championship to be held July 11-14 on Long Island. Qualifiers from this meet will qualify for the USATF Hershey Junior Olympic National Championship at Sacramento, California on July 22-28.

USATF Maine Youth summer series will begin June 27 at 4 sites across the state. Ages 15 and under will be eligible to compete. Meets are held June 27, July 3, 11, 18, 25. The qualifying meets will be held August 4 and the State Championship will be held August 10.

For further information you can email rkelly01@maine.rr.com or call 745-4781 in the evenings.

Web Site & Facebook: On the Association's web site, <http://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@gmail.com.

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@gmail.com

USATF-Maine also has an active Facebook web site: www.facebook.com/groups/usatfmaine.

2019 USATF-Maine Elected and Appointed Committee Chairs and Co-Chairs

Elected 2019 Officers

President: Valaree Langley-Foss – metrkfld@gmail.com

Vice President: Martin Kahler - vicepresident@maine.usatf.org

Secretary: Mark Dennett - secretary@maine.usatf.org

Treasurer: Dennis Kunces – treasurer@maine.usatf.org

Appointed 2019 Chairs & Co-Chairs

Men's Track & Field: vacant

Women's Track & Field: Stefanie Worster – metrkfld@gmail.com

Race Walking: Tom Menendez – racewalking@maine.usatf.org

Master LDR: vacant

Men's LDR: vacant

Women's LDR: vacant

Cross Country: Ron Kelley – rkelly01@maine.rr.com

Masters Track & Field: Kevin Russell - masters@maine.usatf.org

Youth Athletics: Ronald Kelly - youth@maine.usatf.org

Officials: Donald Berry - officials@maine.usatf.org

Club Registrations: Wendy Serbent – clubs@maine.usatf.org

Membership Registrar: Roseanne Francour – membership@maine.usatf.org

or tavi.norton@gmail.com, other membership questions: metrkfld@gmail.com

Sanctions: Valaree Langley-Foss – metrkfld@gmail.com

MUT: Dustin Williamson - mut@maine.usatf.org

Para Athletics: Stephen Foss – paraathletics@maine.usatf.org

Communications: vacant

General Information and Inquires: metrkfld@gmail.com