

**Minutes of the Pacific Northwest Track & Field / USATF Pacific Northwest Association
Board Meeting held August 21, 2023**

President Ken Emerick called the meeting to order at 7:02 p.m. online via Zoom. The following were present:

PRES	Ken Emerick	YTH	Holly Genest	OTC	Bob Springer	A-L	Carole Langenbach
VP	Carol Coram	OPEN	Tony Monroe	ATH	Trisha Steidl	A-L	Patti Petesch
SEC	Paul Kiehn	MAST	George Mathews	ATH	Derek Holdsworth	A-L	Ed Viering
TRES	Melita Aquino	COAC		ATH		A-L	Jim Ryan
IPP		OFF	Geof Newing	ATH		A-L	
Other Assoc. Attendees	Darwin Peters		Shartrice Peters		Bob Langenbach		

I MINUTES AND EXECUTIVE REPORTS

- A. Secretary's Report, Paul Kiehn: Noted that there was a quorum present. The minutes for the June 19 meeting were emailed out. The minutes were accepted. Reminded participants to raise their hand & wait to be recognized by the chair to speak or to make a motion (ref. attachment 6)
- B. Treasurer's Report, Melita Aquino: Attachment 1 reflects status as of August 2023, and the report was accepted.
- C. Membership Report: Tracy Pleiman not present. E-mailed report (attachment 2)
- D. Vice President's Report: Carol Coram. Noted that she finished 3rd in her masters age group in the Rock & Roll 1/2 marathon - Congrats Carol! Derek Holdsworth, who was introduced at our last board meeting, has agreed to be one of our athlete representatives, and was unanimously accepted by acclamation. Welcome Derek! Carol has contacted several other candidates & is continuing to work to fill the remaining athlete rep vacancy.
- E. President's Report: Ken Emerick.
 - 1. Introduced Darwin Peters, head coach for King Cobras & Shartrice Peters, also from King Cobras, who expressed their interest in learning more about the administration of PNTF. Welcome Darwin & Shartrice!
 - 2. Offered congratulations to the Youth, Open, and Masters committees for conducting successful PNTF championship meets this past year.
- F. Sanctions / Office Manager's Report: Carole Langenbach. Carole reported that we have 158 sanctions so far in 2023 and already have 1 for 2024.

II OLD BUSINESS

- A. **Athlete board vacancies.** Carol Coram: See above for report.
- B. **Accreditation / By-laws.** Patti Petesch: Received updated statistics from National office, Greg Mohl will send out summary. Noted there will be 6 proposals for changes in Accreditation process to be voted on @ National Meeting. PNTF is on probation & will need to submit an improvement plan. Noted that we have 3 different financial accounting entities: Youth, PNTFO, and PNA.

III NEW BUSINESS

- A. **PNTF Annual Meeting.** Kenny Emerick: Sept 17 @ WIAA offices in Renton, Carole Langenbach noted we have the facility reserved from 11:00 to 3:00; Lunch social @ noon, participants must arrive by 12:30 to be allowed to vote (allows time to verify membership - Paul & Carole); need to provide WIAA with certification of liability insurance (Carole will handle).
- B. **2023 Board nominations.** Kenny Emerick: Carole Langenbach to lead nomination committee for board proposed candidates for President & Treasurer. Kenny's term is complete and we will need to vote for a new President, Melita can still be nominated & serve another term for Treasurer.
- C. **PNTF Annual Meeting Procedures for Voting.** Bob Springer, Patti Petesch: Noted that the current by-laws requiring a caucus of members within their category may not be the best way to handle a theoretical situation if more than 80 members were to show up for the Annual meeting. Some discussion of alternatives, but options could require a clarification revision to by-laws. Topic may need further review. In order to provide more organization & leadership for potential caucuses (if/as needed), Kenny assigned Tony Monroe & George Mathews as the leaders of the Athletes caucus; Bob Springer & Geoff Newing for Officials, Holly Genest & Kevin Jackson for Coaches.
- D. **USATF Annual Meeting.** Kenny Emerick / Patti Petesch: Orlando FL, Nov 30 - Dec 3. Patti will lead delegation & the committee to identify our PNTF delegates. We'll have a minimum of 12 votes, but Patti expects we could have as many as 13-14 pending review of the updated Association statistics. National wants 1/3 of the delegation to be 10 year athletes - which can present challenges. Patti noted that PNTF will pay for the registration fee (about \$210) for

each delegate. In addition, a motion was presented for a stipend amount, and after a discussion & amendment, the decision was to provide a stipend in the amount of \$800 to defray expenses (airline tickets, hotel, meals) for delegates, however it was noted that delegates should still expect to spend between \$500 - \$900 out of pocket.

- E. **Identify Annual Banquet Chair, planning committee.** Kenny Emerick: Andy Newing has agreed to help out, and Kenny added Holly, Carole L., and Melita to the planning committee.

IV COMMITTEE REPORTS

A. **Youth:** Holly Genest.

1. Great turnout @ J.O. meets this past summer; >1300 at our PNTF Association meet; >1500 @ Regionals.
2. We had 479 PNTF athletes compete @ National J.O.'s at Hayward Field in Eugene, 16 took 1st place in their events, and 2 established new National records in their age groups. Quenton Lanese established new records in both the 1500 & the 3000 for 12 year olds, and did it running both races the same day! Kimberly Beard broke her own record in the 16 year old Hammer Throw. Congrats Quenton & Kimberly! PNTF athletes also had 6 second place finishes, and there we 61 All-American performances.
3. Youth Association XC meet will be Nov. 11th @ Magnuson Park.
4. Youth XC Regionals will be Nov. 18th, hosted by Inland NW Assoc. & held in Farragut State Park, Athol, ID.
5. Youth XC Nationals will be Dec 9th & held in Louisville Kentucky

- B. **Open:** Tony Monroe. 5 PNTF Athletes performed well at the 2023 PAN AMERICAN U20 CHAMPIONSHIPS. Ethan Coleman won the 5000m race, and Jaicieonna Gero-Holt won the Heptathlon, which is an impressive feat for an athlete who just completed her Sophomore year in High School - competing against College aged athletes. Similarly, Sidney Collier of Cascade Striders also just completed her Soph. Year in HS, and finished 3rd in the 3000 Steeplechase (Ref attachment 4). Tony also noted that Hana Moll, yet another HS athlete, broke her own U20 record at the World championships in Budapest (Ref attachment 5).

<https://www.milesplit.com/articles/337631/the-hser-moves-on-hana-moll-punches-ticket-to-world-final>

- C. **MUT:** Trisha Steidl. Shared results from the PNTF Trail Championship @ Cougar Mountain. (Ref attachment 3). The US Trail Running Conference will be Oct 18-20 in Mukilteo, WA.
- D. **Masters:** George Mathews. 124 Athletes competed at a very successful PNTF Open/Masters Championships held at West Seattle Stadium. George noted some unfortunate vandalism that forced cancellation of the Steeplechase event, and also vandalism at the equipment trailer, which forced an upgrade of the locking mechanism. George also won 2 National championship weight throw events in his age group - Congrats George! Carole Langenbach also noted that our PNTF Open/Masters XC championships will be held @ Lincoln Park on Nov. 5th, our LDR championships are the Seattle Marathon 10k on Aug. 26th, the Redmond Half-a-thon, and a 5k at Magnuson Park.
- E. **Race Walk:** Katie Burnett not present - no report.
- F. **Athletes:** Derek Holdsworth reported on the local PNTF athletes participating at the Worlds in Budapest (Ref attachment 5).
- G. **Coaches:** Kevin Jackson not present. No report.
- H. **Officials:** Geof Newing. T&F season has concluded & now getting ready to support the fall XC season.
- I. **Officials Training & Certification:** Bob Springer. We have 90 certified officials within PNTF: 26 Apprentice, 20 Association, 20 National, and 24 Master level. Planning for 4 training seminars next year in Jan-Feb timeframe, details will be determined later.
- J. **SafeSport:** Kenny Emerick noted requirement for club athletes to become SafeSport compliant when they turn 18. Patti noted that there are coaches who are active at the club level but are not 3-step compliant, and the SafeSport reporting and feedback system is not working well. It is an issue Nationwide.
- K. **Communications:** Vacant / No report.
- L. **Associations Admin:** Patti Petesch.
1. Noted that Willie Banks was re-elected to a 2nd term to the IAAF (now WA) board.
 2. Noted that for meet sanctions, they must pay their fee prior to be recognized as USATF sanctioned.
 3. Noted that National committee budgets are getting cut 5-15%, and there are ongoing IT issues @ National.

The meeting was adjourned at 8:35 p.m. PNTF Annual meeting scheduled for Sept. 17 @ WIAA offices in Renton (Lunch social @ 12:00, meeting @ 1:00 pm). The next regular board meeting will be online / Zoom on Nov. 20, 2023

Attachments:

- 1) Treasurer Summary
- 2) Membership Report
- 3) MUT Report
- 4) PNTF notable performances @ Pan-am U20 championships
- 5) PNTF competitors & notable performances @ World championships in Budapest
- 6) Robert's Rules basics

Attachment 1 - Treasurer Summary - August 2023 status

Description		Summary Amount	PNW TF Treasurer Summary – August 2023			
Checking balance as of 01/01/2023		\$41,558.56	1/1/23 Starting balance	2023 Transactions	Balance as of 8/15/23	
Total credits		\$46,408.17	Youth:	\$13,881.00	(\$13,881.00)	\$0.00
Total debits		(\$37,144.30)	Open:	\$13,348.34	(\$2,231.79)	\$11,116.55
Checking Ending balance as of 8/15/23:		\$50,822.43	Masters:	\$20,451.16	(\$3,260.13)	\$17,191.03
Savings Ending balance as of 8/15/23:		\$117,115.28	Officials T&C:	\$6,832.03	(\$1,151.36)	\$5,680.67
TOTAL BANK BALANCE:		\$167,937.71	Membership 23(11/22-10/23):	\$0.00	\$41,458.00	\$41,458.00
			Membership 24(11/23-10/24):	\$0.00	\$0.00	\$0.00
			Sum:	\$54,512.53	\$20,933.72	\$75,446.25
Checks written not cashed:		\$2,028.00				
Mastercard outstanding charges:		\$0.00				
Cash Balance:		\$165,909.71				
General Fund Total*		\$90,463.46				
GFT* calculation: Cash Balance less Committee Balances						
Outstanding Checks						
Status	Check #	Amount	Memo	Category	Check recipient	
WRITTEN 1/16 - replacement	?	(\$100.00)	11/19/22 XC prize	Open	Seattle Running Club	
WRITTEN 8/7	1335	(\$1,900.00)	reimbursement UCS HJ equipment:	Masters	George Mathews	
WRITTEN 8/16	1336	(\$28.00)	mailing officials ID cards reimburse	Officials T&C	Bob Springer	

Attachment 2 - Membership Report (YOY change)

August 2023:	August 2022
Youth - 1935	Youth - 1605
Open - 607	Open - 582
Masters - 690	Masters - 630
Clubs - 87	Clubs - 6

Attachment 3 - MUT Report

Cougar Mountain Trail Race Series / PNTF Trail Championship results - 14.5 mile course
Saturday, August 12, 2023

Masters Men & Women:

Place	Name	USATF Member	Bib No	Age	Gender	Gun Time	Pace
1	Jonathan Dreher	2050234124	252	42	M	1:52:33.0	0:07:45.7
2	Uli Steidl	2050035527	350	51	M	1:56:04.2	0:08:00.3
3	David Messenheimer	2050190101	281	42	M	2:02:39.0	0:08:27.5
4	Tommy Brooks	2050233249	182	40	M	2:35:32.8	0:10:43.6
5	Andy Brassington	2050234329	177	65	M	3:17:20.8	0:13:36.6

Place	Name	USATF Member	Bib No	Age	Gender	Gun Time	Pace
1	Nicoleuurma	1920374764	185	41	W	2:26:37.0	0:10:06.7
2	Molly Montague	2050231412	282	46	W	2:49:27.0	0:11:41.2
3	Tessa Burchardt	2050234506	347	47	W	3:36:25.4	0:14:55.5

Open Men & Women:

Place	Name	USATF Member	Bib No	Age	Gender	Gun Time	Pace
1	Mike Rossi	2914936691	294	32	M	1:50:42.7	0:07:38.1
2	Zeth Peterka	2050023846	289	23	M	1:51:59.5	0:07:43.4
3	Nick Stenger	2050013712	300	30	M	1:55:14.2	0:07:56.8

Place	Name	USATF Member	Bib No	Age	Gender	Gun Time	Pace
1	Barret Gray	2050234250	260	25	W	2:00:08.1	0:08:17.1
2	Erin Fredrickson	1709470528	256	30	W	2:02:21.1	0:08:26.3
3	Erin Wagner	1920398557	348	27	W	2:03:48.7	0:08:32.3
4	Kennedy Rufener	2020947418	295	28	W	2:06:10.8	0:08:42.1
5	Kristi Williams	2050039243	309	39	W	2:22:13.0	0:09:48.5
6	Emm Cafferata	2050009928	351	15	W	2:35:51.3	0:10:44.9

Attachment 4 - PNTF notable performances @ Pan-am U20 championships

Place	Name	Event	Performance
1	Ethan Coleman	5000m	14:44:58
1	Jaicieonna Gero-Holt	Heptathlon	5463 pts.
2	Ella McRitchie	Pole Vault	4.25m / 13-11¼
3	Grant Buckmiller	400m	46.58
3	Sydney Collier	3000m Steeplechase	11:25.04

<https://pacificnorthwest.usatf.org/events/2023/2023-pan-american-u20-championships>

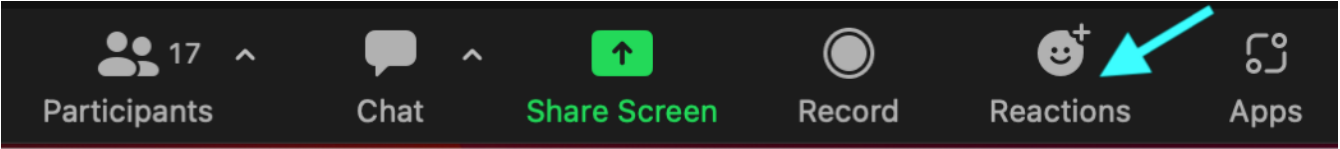
Attachment 5 - PNTF competitors & notable performances @ World championships in Budapest

PLACE	NAME	EVENT	HOMETOWN	PERFORMANCE
6	Nia Akins	800m final	Seattle, WA	1:57.73 ^{PB}
9	Hana Moll	Pole Vault final	Olympia, WA	4.50m / 14-9
43	Isaiah Harris	800m	Lewiston, ME	1:48.00
50	Joe Waskom	1500m	Snoqualmie, WA	3:47.26
Q	Nia Akins	800m 1st rd	Seattle, WA	1:59.19
Q	Nia Akins	800m semi-final	Seattle, WA	1:58.61 ^{PB}

<https://pacificnorthwest.usatf.org/events/2023/2023-world-athletics-championships>

Attachment 6 - Robert's Rules basics: Get recognized by the chair

1) Reminder to raise hand to be recognized by the chair, either via your screen video, or in your Zoom menu box at the bottom of the screen (select "Reactions" to get to the "raised hand" symbol).



2) Raise your hand when you'd like to ask a question or make a comment regarding the **current** discussion / motion. ***Don't bring up a new topic or make a new motion in the meeting until the discussion on the current topic / motion / report out has been acknowledged to be closed by the chair.***

3) Refer to the .pdf for Roberts rules - simplified, for some additional info & tips.

Respectfully submitted,
Paul Kiehn,
Secretary
USATF Pacific Northwest Association