

**Minutes of the Pacific Northwest Track & Field / USATF Pacific Northwest Association  
Board Meeting held August 18, 2025.**

Vice President Ivars Ikstrums called the meeting to order at 7:05 p.m. online via Zoom. The following were present:

|                              |  |  |                |   |               |  |                   |
|------------------------------|--|--|----------------|---|---------------|--|-------------------|
| PRES                         |  | YTH  | Holly Genest   | OTC   | Bob Springer  | A-L  | Carole Langenbach |
| VP                           | Ivars Ikstrums                                 | OPEN   | Tony Monroe    | ATH   | Trisha Steidl | A-L  | Jim Ryan          |
| SEC                          | Paul Kiehn                                     | MAST   | George Mathews | ATH   |               | A-L  | Patti Petesch     |
| TRES                         | Melita Aquino                                  | COAC   | Kevin Jackson  | ATH   |               | A-L  |                   |
| IPP                          | Kenny Emerick                                  | OFF  |                | ATH   |               | A-L  |                   |
| Other<br>Assoc.<br>Attendees | Paula Everdell<br>Carol Coram<br>Tracy Pleiman | Emma VanRheenen<br>Nathan VanRheenen<br>Emma L. VanRheenen |                | Nathan VanRheenen Jr.<br>McArthur VanRheenen<br>Xavier VanRheenen |               | Quincy VanRheenen<br>Suzanne Kiehn<br>Bob Langenbach |                   |

## I MINUTES AND EXECUTIVE REPORTS

- A. Secretary's Report/Minutes. Paul Kiehn. Recognized the great job Andy Martin did with the website articles highlighting PNTF athlete results for the 3 National championships this past summer (J.O.s / Masters / USATF). Shortcuts to those website pages will be in the relevant sections below. Mentioned that George Mathews captured gold for hammer & weight throw, and bronze for shot put in his age group at Masters Nationals. Noted that a quorum was present. Draft minutes for the June 16, 2025 meeting were emailed out for comments and feedback has been incorporated. Motion to accept the June BOD minutes, minutes were accepted.
- B. Treasurer's Report: Melita Aquino: PNTF finances in good shape with approximately \$140k in the bank, with a few outstanding checks for prize money. Report accepted. August summary will be included later & as attachment 1.
- C. Membership Report: Tracy Pleiman. Reported numbers for current month + last years. See attachment 2.
- D. Sanctions: Carole Langenbach reported we have a total of 161 sanctioned events so far in 2025, down slightly from last year, but still a good number.
- E. Office Manager's Report: Carole Langenbach. Nothing to report.
- F. Vice President's Report: Ivars Ikstrums. Commented on the support PNTF officials provided to the J.O. Regionals meet hosted by Inland NW in Spokane, as well as the NCAA Division I championships & Nike Outdoor Nationals. Also gave a special thanks to the officials that supported our Association/Regional Masters meet, especially those that stayed until the end to help with weight throw events.
- G. President's Report: Ron Atkins. Not present / No report.

## II OLD BUSINESS

- A. **September Association Annual Meeting:** Carole Langenbach. Confirmed September 21st date & location of WIAA Headquarters, 435 Main Avenue S. in Renton. Check in will start at 11:30, lunch & social hour at 12:00, business meeting to follow.

## III NEW BUSINESS

- A. **By-laws revision regarding nominations for elected office:** Carole Langenbach. Carole had sent the new language out via email, which now requires that nominations and seconds be provided to the nominating committee (Carole) not later than 7 days prior to our PNTF Annual meeting. Motion to accept by-laws revision, motion passed.
- B. **December USATF Annual Meeting information:** Carole Langenbach. No information from National office has been provided to date, anecdotal rumor is that it may be hybrid with very limited in-person participation, supported virtually via Zoom meetings - Details TBD. **UPDATE:** After our BOD meeting, some additional information came out of the National Office. In summary, they confirmed it will be hybrid meeting in 2025, with 3 delegates per Association attending a smaller in person meeting in Orlando FL on December 5th & 6th, supported by virtual sessions. Registration will be \$350 per attendee for in-person, and \$150 per attendee for virtual. For the next 4 years, the Annual meeting will alternate between this hybrid approach and a full scale in-person only meeting. Registration will open for this year's meeting on Monday, August 25. The schedule of meetings will be available at the same time. Anticipate most will travel to Orlando on Thursday & depart on Sunday. Note some details are still TBD; presumably a schedule will have specifics on the in-person & virtual plenary + side sessions, virtual voting, etc. & I assume that virtual session login information will be provided at a later time to the registered virtual attendees.

\* National Web page link: <https://www.usatf.org/events/2025/2025-usatf-annual-meeting>

## IV COMMITTEE REPORTS

### A. **Youth:** Holly Genest.

1. Holly noted that in past years the Youth committee supported coaches by providing scholarships for level 2 training, however with no level 2 courses being offered this year, they provided level 1 scholarships for 4 coaches.
2. 7 Youth developmental meets conducted this past year, with participation ranging from 500 to 700 athletes.
3. J.O. numbers were down slightly this year overall, with about 1200 athletes participating in our Association meet (compared to 1500 in 2024), about 1400 at Regionals in Spokane, and 7,000 at Nationals this year. Late notice of location of J.O. Nationals caused some PNTF clubs to attend the AAU meet instead.
4. PNTF had 159 athletes competing at J.O. Nationals in Savannah Georgia. Of those, we had 79 All-American performances, 13 first place finishes, and Kim Beard broke the National record for women's 17-18 hammer throw. **Congratulations Kim!** Holly also noted that 20 PNTF athletes had All-American performances in more than 1 discipline. Shortcut to full PNTF results: <https://pacificnorthwest.usatf.org/jotf25recap>
5. PNTF J.O. XC will be Nov. 15 at Magnuson Park in Seattle.
6. The 2026 PNTF Association T&F meet will be June 26-28 at Mt. Tahoma H.S.. PNTF will also host Regionals next year, and those will also be competed at Mt. Tahoma H.S. July 9-12.
7. Location for J.O. Nationals is TBD at this time.

### B. **Open:** Tony Monroe. Noted that we are struggling to get traction with post Youth / U20 / NCAA athletes to compete in our PNTF Open championship meets. Will continue to do outreach to improve engagement with those athletes. Noted some USATF championship highlights: The Moll sisters will be going on to Worlds in pole vault. Also noted the performances of Katie Burnett & Isaiah Harris. Shortcut to full PNTF results: <https://pacificnorthwest.usatf.org/outdoortf25#results>

### C. **MUT:** Trisha Steidl. Successful PNTF Youth/Open/Masters championships at Cougar Mountain. The 28 youth participants were a slight increase over 2024. Shout out to Holly & Melita for their help & support to the event, and Trisha appreciated that we had prize money to hand out to the top placing athletes this year. Also asked about potential financial support for our top MUT athletes to travel to international meets. Response was to have those athletes send an email request to the appropriate committee chair (Youth / Open / Masters) and Melita.

### D. **Masters:** George Mathews. Our Association / Regional meet in July went well and George thanked the officials & volunteers who supported it. Noted he'd like to attract even more athletes to this event, with our meet occurring just 1 week prior to Nationals this year, will try to do better to de-conflict in 2026. George also noted that West Seattle Stadium will be undergoing construction of ADA improvements & new lighting, so that it will be closed between October & June 2026. Will need to monitor status for potential impact to J.O. combined & Masters meets next year. Shortcut to full PNTF results from the National Championships: <https://pacificnorthwest.usatf.org/news/2025/pacific-northwesterners-win-six-titles-at-usatf-ma>

### E. **Race Walk:** Katie Burnett. Not present / no report.

### F. **Athletes:** Trish Steidl asked about our Association XC championships this year, Carole replied that Club Northwest had agreed to organize this year's meet, which is scheduled for November 9th at Lincoln Park.

### G. **Para Athletics:** Carol Coram. Para National Championships were held this year along with the USATF championships in Eugene OR.

### H. **Coaches:** Kevin Jackson. Level 1 class is now blended online / zoom. No Level 2 or 3 were offered this summer, but there should be classes scheduled for Winter quarter. See Attachment 3 for education pathway.

### I. **Officials:** Geof Newing. Not present / provided info to Bob Springer for Officials.

### J. **Officials Training & Certification:** Bob Springer. Noted that an issue with the PNTFO trailer wall has been corrected with thicker plywood. Sent an email with fall XC meets. We currently have 78 certified officials within PNTF and another 13 that are in process.

### K. **SafeSport:** Kenny Emerick. Nothing to report. Holly noted that she was asked to audit 18 year old athletes within PNTF for SafeSport compliance, but she had no way to do so.

### L. **Communications:** Teo Smith. Not present / no report.

### M. **Associations Admin:** Patti Petesch. Noted there was a general lack of information coming out of the National office.

**Closing comments:** Happy Birthday today to Jim Ryan! 🎉🎂

The meeting was adjourned at 8:15 p.m. The next PNTF board meeting will be our Annual in-person meeting on Sept 21, 2025. It will be at the WIAA office at 435 Main Avenue S. in Renton, starting @ 11:30 for check in, 12:00 for lunch & social hour, with the business meeting following. Our November 17th meeting will be via Zoom @ 7:00 pm.

Respectfully submitted,  
Paul Kiehn,  
Secretary, USATF Pacific Northwest Association

Attachments:

- 1) Treasurer Summary
- 2) Membership Report
- 3) Coaching Education pathway

**Attachment 1 - Treasurer Summary (update w/ August numbers from Melita when available....)**

| Description  |  | Summary Amount      |
|--|--|---------------------|
| Checking balance as of 01/01/2025                      |  | \$21,359.98         |
| Total credits  |  | \$35,805.57         |
| Total debits   |  | (\$19,443.74)       |
| <b>Checking Ending balance as of 6/11/25:</b>          |  | <b>\$37,721.81</b>  |
| <b>Savings Ending balance as of 6/11/25:</b>           |  | <b>\$100,191.65</b> |
| <b>TOTAL BANK BALANCE:</b>                             |  | <b>\$137,913.46</b> |
| Checks written not cashed:                             |  | -\$704.00           |
| Mastercard outstanding charges:                        |  | \$0.00              |
| <b>Cash Balance:</b>                                   |  | <b>\$137,209.46</b> |
| <b>General Fund Total*</b>                             |  | <b>\$79,202.79</b>  |
| GFT* calculation: Cash Balance less Committee Balances |  |                     |

  

| PNW TF Treasurer Summary - June 2025 |                         |                   |                       |
|--------------------------------------|-------------------------|-------------------|-----------------------|
|                                      | 1/1/25 Starting balance | 2025 Transactions | Balance as of 6/11/25 |
| Youth:                               | (\$1,505.00)            | \$1,505.00        | \$0.00                |
| Open:                                | \$9,666.38              | (\$960.89)        | \$8,705.49            |
| Masters:                             | \$15,361.55             | \$347.40          | \$15,708.95           |
| Officials T&C:                       | \$7,201.82              | (\$1,477.69)      | \$5,724.13            |
| Membership 25 (11/24-10/25):         | \$0.00                  | \$27,868.10       | \$27,868.10           |
| Membership 24 (11/23-10/24):         | \$1,848.00              | (\$1,848.00)      | \$0.00                |
| Sum:                                 | \$32,572.75             | \$25,433.92       | \$58,006.67           |

\*Membership 24 has outstanding 2024 distributions to Membership Chair and PNA

| Status             | Check # | Amount     | Memo                    | Category      | Check recipient |
|--------------------|---------|------------|-------------------------|---------------|-----------------|
| WRITTEN NOT CASHED | 1490    | (\$200.00) | 11/24 XC club prize     | Open          | Goose           |
| WRITTEN NOT CASHED | 1520    | (\$300.00) | 5/18 10K Road Champ     | Open          | Holly McIlvaine |
| WRITTEN NOT CASHED | 1527    | (\$100.00) | 5/18 10K Road Champ     | Masters       | Kris Haldeman   |
| NOT YET WRITTEN    |         | (\$104.00) | Clinic projector screen | Officials T&C | Paul Kiehn      |

**Attachment 2 - Membership Report**

**August 2025 (current):**      **August 2024 (YoY Comparison)**

|               |                |
|---------------|----------------|
| Youth - 2374  | Youth - 2158   |
| Open - 402    | Open - 640     |
| Masters - 971 | Masters - 1143 |
| Clubs - 82    | Clubs - 82     |

**Attachment 3 - Coaching Education**

**USATF COACHING EDUCATION**

# PROFESSIONAL PATHWAY

PRE-COURSE (Optional)    BEGINNER    INTERMEDIATE    ADVANCED

- Developmental Coach Program** (Optional)
- Bridge to Level 1 Program\*** OR **Level 1 Program**
- Level 2 Sport Science\*** OR **Level 2 Program\*\***
  - // Combined Events
  - // Endurance
  - // Jumps
  - // Sprints, Hurdles, Relays
  - // Throws
  - // U20
- Level 3 Program\***
  - // Combined Events
  - // Endurance
  - // Jumps
  - // Sprints, Hurdles, Relays
  - // Throws
  - // U20

**CONTINUING EDUCATION & SPECIALIST COURSES**  
Minimally require a current USATF membership to enroll.

- USATF Campus
- Cross Country Specialist Course
- Marathon Specialist Course
- Podium Coaches Camp

\*Exclusive option for Developmental Coaches to upgrade to a Level 1 Coach.  
\*\*Must hold a current Level 1 certificate to enroll. Pre-requisite course for first-timers.  
\*\*\*Must return as an alumni to complete another event discipline.