

# Niagara News

Spring 2008 - Issue #4



## President's Message

Dear *Members of the Niagara Association*:

With our upcoming **2008 Niagara Association Junior Olympic Outdoor Track & Field Championships** right around the corner on **June 21st**, I wanted to point your attention to the **Win With Integrity** program. This important USATF program is an initiative aimed at educating youth, parents, educators, and coaches about the positive results that come from leading a physically active, drug-free lifestyle while living with integrity. Champions of track and field work directly with young people around the nation. For more information please visit: <http://www.usatf.org/about/programs/WinWithIntegrity/>.



In addition to our *Junior Olympic Championships*, the Association has two new *Trail Championships* for **2008**, which we are all excited about. Please read the details on **page 5**. These *Trail Championships* complement our four *Road Race Championships* in **2008**, see **page 5** for details.

Aspiring Officials please pay special attention to **Jim Glinesky's** *Notes from the Officials' Chair* on **page 2**. Through the end of April *Jim* is offering a **\$20 discount** on the **Officials' Certification Test**. Normally \$30, *Jim* is offering the Test for \$10 to current USATF Members. New USATF Members can join and take the Test for \$39.95. Get Certified!

Feel free to contact me either by phone **(315) 889-5168** or email [spinedoctor229@hotmail.com](mailto:spinedoctor229@hotmail.com).

Best of luck for a great spring-summer season.

Sincerely, **Russ Ebbets, DC**

## New Sanctioned Event & Certified Course Logos in 2008

Look for these three new logos on the websites and entry forms of your favorite events this year. The logo on the left is granted for use to our **Sanctioned Events**. The center logo is granted for use to our **Sanctioned Events** that are run on a **Certified Course**. The logo on the right is granted for use to events run on a **Certified Course**. A *Sanction* is granted to events planning and promising to follow the **Rules of Competition and Safety** in accordance to USATF. A *Certified Course* is granted to events that measure their run course in accordance to procedures and standards set forward by USATF.





## Notes from the Officials' Chair



The new 2 color, Navy Blue and Red, **USATF Official Shirt** is now available. To order your shirt go to [www.usatfofficials.com](http://www.usatfofficials.com), then click on uniforms/equipment, then click on shirts. You will then get an order form in PDF format. Orders start shipping April 15th.

Also available at [usatfofficials.com/uniforms/equipment](http://usatfofficials.com/uniforms/equipment) is an order form for the new **USATF logo patch** which you can order to sew over the old patch on any uniform items you may already have. The old 3 color official shirt may still be worn with the new logo patch sewn on.



My top priority this year is to increase the number of certified officials in our Association. We have an incentive currently in effect for new Association level officials. Niagara Association will give all new officials a **\$20 discount** on their \$30 certification fee. I have prepared an

information packet for new officials with all materials required to certify. If you would like copies to hand out to prospective officials, let me know and I'll send them to you. You can contact me at: [jglinsky@rochester.rr.com](mailto:jglinsky@rochester.rr.com).

As an incentive to help me in my recruiting effort, I'm offering currently certified officials **\$10 off the re-certification fee** for the 2009-2012 Olympiad for each new official they refer to me who becomes certified prior to 31 July 2008. Anyone is able to refer 2 new officials, their re-certification will be free. Prior sign-ups are excluded. Members of Niagara Association Board of Directors are excluded.

Heads-Up: Our **Niagara Association Junior Olympic Outdoor T&F Championships** is scheduled for **June 21st at Nazareth College in Rochester**. We are meeting at Nazareth College on the April 23rd to assess our needs. I will probably need 12 officials for the meet. There will be a modest fee. Lunch will be provided. E-mail me with your availability and assignment preferences. I will do my best to honor your preferences but nothing is guaranteed.

Re-certification for the **2009-2012 Olympiad** will begin as soon as I receive the new rules reviews. I expect that the new rules review will be sometime around August. Important reminder: It is now a requirement to be a USATF member to certify as an official. Any current officials who are not USATF members will be required to join USATF in order to re-certify. Sign up online at: [www.usatf.org](http://www.usatf.org) or contact **Kevin P. Lucas** at 585-421-9626.

Congratulations to all Niagara Officials who were selected to work National Meets:

Indoor Nationals: **Kim Cross-Boyce** and **Paul Kosek**.

Junior Outdoor Nationals: **Jo Cross** and **Paul Kosek**

Olympic Trials: **Perry Jenkins, Kathy McLymond, Tom Priester, Jim McCaul, and Larry Callahan**

Welcome new Officials: **Steve Losey, Chris Snyder, Todd Baum, Dan Moscicki, Don Rhoades, Lawrence Guilford, Edward McCarthy, Kent Longacre, and Russ Ebbets**.

Become a Certified USATF Official today.

Thanks you. **Jim Glinsky**

## Renew Your USATF Niagara Membership Online

**Niagara Association** members can easily renew their membership online or through the mail for one, two, three, or four years. Each multiple year membership is discounted;

**1 Year – 2 Years – 3 Years – 4 Years**

**Adult** \$29.95 - \$54.95 - \$79.95 - \$99.95

**Youth (18 & under)** \$19.95 - \$39.90 - \$59.95 - \$79.80

For hard copy application to mail in, please visit: [www.usatf.org/membership/application/](http://www.usatf.org/membership/application/).

Be sure to check out **Member Benefits** at: [www.usatf.org/membership/benefits/](http://www.usatf.org/membership/benefits/)





## USATF Niagara Sanctioned Event Calendar



4/19/2008	Anew Run 5 km	Jamestown	Sheryl Waterman	716-661-3894	<a href="mailto:swaterman@use.salvationarmy.org">swaterman@use.salvationarmy.org</a>
4/19/2008	Bicentennial Heritage 5 km Run	N. Tonawanda	Craig Bacon	716-439-7324	<a href="mailto:craig.bacon@niagaracountv.com">craig.bacon@niagaracountv.com</a>
4/19/2008	Muddy Sneaker 20 km Trail Run	Italy	Tim Ratkowski	585-217-1879	<a href="mailto:goose@roadsarepoison.com">goose@roadsarepoison.com</a>
4/26/2008	Maryvale FAMA 5 km	Cheektowaga	Rick Martin	716-633-8303	<a href="mailto:rmartin686@msn.com">rmartin686@msn.com</a>
4/26/2008	School Belle 5 km Run	Ithaca	Brenda Ruden	607-339-6275	<a href="mailto:mrudan@twcnv.rr.com">mrudan@twcnv.rr.com</a>
4/26/2008	Envirun 5 km	Goat Island	Dharma Iyer	716-445-9684	<a href="mailto:iegp1c@aol.com">iegp1c@aol.com</a>
4/27/2008	Stomp Out Stigma 5 km Run & Fun Walk	NiagaraUniversity	William Newton	716-286-8503	<a href="mailto:wjn@niagara.edu">wjn@niagara.edu</a>
4/27/2008	BPAC 6 Hour Distance Classic	Amherst	Peggy Hillary	716-649-4147	<a href="mailto:peggyran25@aol.com">peggyran25@aol.com</a>
5/3/2008	Louis J. Billittier Memorial 5 km Run/Walk	Buffalo	Valerie Camann	716-856-4202 x228	<a href="mailto:vcamann@heritagecenters.org">vcamann@heritagecenters.org</a>
5/3/2008	Race for the Vase 5 km	Honeoye	Erika Asquino	585-229-5171	<a href="mailto:esasquino@honeove.org">esasquino@honeove.org</a>
5/4/2008	Medved Madness Trail Race & Relay 15 Miles	Mendon	Daniel Medved	585-248-3420	<a href="mailto:danmedved@yahoo.com">danmedved@yahoo.com</a>
5/9/2008	Lisa's Legacy 5 km	Lackawanna	Madonna Giardina	716-523-9661	<a href="mailto:mgiard50@hotmail.com">mgiard50@hotmail.com</a>
5/10/2008	Wine Rack 3 Mile Niagara Association Championship	Geneva	Russ Ebbets	315-889-3578	<a href="mailto:spinedoctor229@hotmail.com">spinedoctor229@hotmail.com</a>
5/11/2008	The Elephant Run 4 Mile	Buffalo	Lori Lozano	716-836-7045	<a href="mailto:theelephantrun@aol.com">theelephantrun@aol.com</a>
5/17/2008	MSMH Foundation River Run 5 km	Lewiston	Jason Hopkins	716-298-2249	<a href="mailto:jason.hopkins@msmh.org">jason.hopkins@msmh.org</a>
5/17/2008	Falcon Track Invitational	Hamburg	Jim Zubler	716-926-1720 x2331	<a href="mailto:Jzubler@frontier.wnyric.org">Jzubler@frontier.wnyric.org</a>
5/17/2008	Chris Griswold 5 km	Lancaster	Paul Bumbalo	716-685-2640	<a href="mailto:pbumbalo1@verizon.net">pbumbalo1@verizon.net</a>
5/17/2008	Making Tracks for Celiacs 4 Mile	Liverpool	Karen Dorazio	315-469-8154	<a href="mailto:kdorazio@twcnv.rr.com">kdorazio@twcnv.rr.com</a>
5/18/2008	Medved Lilac 10km Niagara Assn Championship	Rochester	Peter Glavin	585-720-9252	<a href="mailto:pglavin@rochester.rr.com">pglavin@rochester.rr.com</a>
5/25/2008	Buffalo Marathon and Half Marathon	Buffalo	John Beishline	716-694-5154	<a href="mailto:beishsearch@cs.com">beishsearch@cs.com</a>
5/31/2008	Salmon Run 5 km	Wilson	Marge Clark	716-751-6120	<a href="mailto:harborratz@msn.com">harborratz@msn.com</a>
5/31/2008	Moms & Kids Loop 5 km Fundraiser	Skaneateles	Edelika Becker	315-672-3709	<a href="mailto:edelika@aol.com">edelika@aol.com</a>
6/1/2008	Beth El 5 km	Rochester	Matt Field	585-473-1770	<a href="mailto:mfield@tberochester.org">mfield@tberochester.org</a>
6/1/2008	Checkers AC Mile	Orchard Park	Mark Guasteferro	716-627-4724	<a href="mailto:guasmark@msn.com">guasmark@msn.com</a>
6/6/2008	The Downtown Fitness Club East End Mile	Rochester	John Hutchings	585-756-4090	<a href="mailto:johndfc@rochester.rr.com">johndfc@rochester.rr.com</a>
6/7/2008	Mike Caruana Memorial 5 km & 1 Mile Walk	Fulton	Mary DeGroat	315-288-5185	<a href="mailto:marv_degroat@hotmail.com">marv_degroat@hotmail.com</a>
6/8/2008	Run for the Rosa's 5 km	Cheektowaga	Dean Rallo	716-901-1239	<a href="mailto:drallo@rosasonline.com">drallo@rosasonline.com</a>
6/13/2008	3rd Annual 5 km Race/Walk & Kid's Fun Run	Alden	Brad Schutz	716-937-9803	<a href="mailto:bschutz@alden.wnyric.org">bschutz@alden.wnyric.org</a>
6/13/2008	The Deuce 2 Mile Niagara Association Championship	Union Springs	Russ Ebbets	315-889-3578	<a href="mailto:spinedoctor229@hotmail.com">spinedoctor229@hotmail.com</a>
6/14/2008	Albion Strawberry Festival 8 km & 5 km	Albion	Judy Christopher	585-589-1825	<a href="mailto:encjac@rochester.rr.com">encjac@rochester.rr.com</a>
6/14/2008	St. Thomas' 5 km at Cobbs Hill for Habitat for Humanity	Rochester	Maggie Detty	585-544-1162	<a href="mailto:loganchem@aol.com">loganchem@aol.com</a>
6/15/2008	Jog for the Jake 5 km	Buffalo	Rich Grimm	716-856-3500 x245	<a href="mailto:rgrimm@magavern.com">rgrimm@magavern.com</a>
6/17/2008	Best of Eggertsville 5 km	Eggertsville	Mary Virginia	716-631-3960	<a href="mailto:mev40@yahoo.com">mev40@yahoo.com</a>
6/21/2008	Niagara Association JO Outdoor T & F Championship	Rochester	Kevin P. Lucas	585-421-9626	<a href="mailto:k_p_lucas@frontiernet.net">k_p_lucas@frontiernet.net</a>
6/24/2008	JP Morgan Chase Corporate Challenge	Syracuse	Dave Oja	315-446-6285	<a href="mailto:daveoja@a-znet.com">daveoja@a-znet.com</a>
6/25/2008	Run in the Mist 5 km	Niagara Falls	Rita Majka	716-282-7181	<a href="mailto:Rhooter@hotmail.com">Rhooter@hotmail.com</a>
6/28/2008	The Fast and Furiest 10 km (Furry Scurry 10 km)	Rochester	Chris Fitzgerald	585-428-6898	<a href="mailto:Chris.Fitzgerald@citvofrochester.gov">Chris.Fitzgerald@citvofrochester.gov</a>
7/4/2008	Dick Bessel Independence Day 2.3 Mile	Grand Island	Linda Tuffillaro	716-773-9680	<a href="mailto:recreation@grand-island.nv.us">recreation@grand-island.nv.us</a>
7/18/2008	Subaru Buffalo 4 Mile Chase	Buffalo	James Nowicki	716-881-1652	<a href="mailto:wacko5@verizon.net">wacko5@verizon.net</a>
7/21/2008	Crabapple 5 km Run	Cheektowaga	Jillian Gorman	716-897-7207	<a href="mailto:jgorman@tocnv.org">jgorman@tocnv.org</a>
7/24/2008	St. John Vianney Kicks Off Run 5 km	Orchard Park	Elizabeth O'Shei	716-677-4039	<a href="mailto:kickoffrun@yahoo.com">kickoffrun@yahoo.com</a>
7/25/2008	Mental Health 5 km	Buffalo	John Grandits	716-634-5052	<a href="mailto:johnboyg42@aol.com">johnboyg42@aol.com</a>
7/26/2008	Running for Children 5 km	Buffalo	Tim Sanders	716-310-4687	<a href="mailto:Tsand10874@aol.com">Tsand10874@aol.com</a>
7/30/2008	Ronald McDonald House 5 km Run	Buffalo	Sally Vincent	716-881-1177	<a href="mailto:svincent@rmhbuffalo.org">svincent@rmhbuffalo.org</a>
8/6/2008	Bullfeathers 5 km Engineers Run	Buffalo	John Beishline	716-694-5154	<a href="mailto:beishsearch@cs.com">beishsearch@cs.com</a>
8/16/2008	Mississippi Mudds 5 km River Race	Tonawanda	Ellen Ode	716-913-0621	<a href="mailto:ellenode@aol.com">ellenode@aol.com</a>
8/24/2008	Green Lakes Endurance Runs 50 & 100 km	Fayetteville	Todd Baum	315-415-5562	<a href="mailto:todd@glerruns.org">todd@glerruns.org</a>
8/30/2008	Crosswinds 5 km	Canandaigua	Bob Andrus	585-229-2475	<a href="mailto:bobandrus@hughes.net">bobandrus@hughes.net</a>
9/14/2008	Preferred Care Rochester Marathon & Half Marathon	Rochester	Bob Dyjak	585-615-6059	<a href="mailto:runforjesus@yahoo.com">runforjesus@yahoo.com</a>
9/20/2008	Maggie Lee Memorial 5 km Run	Buffalo	Renay Moran	716-883-5396	<a href="mailto:infosvcs@aol.com">infosvcs@aol.com</a>
10/5/2008	Syracuse Festival of Races 5 km Niagara Assn. Championship	Syracuse	Dave Oja	315-446-6285	<a href="mailto:daveoja@a-znet.com">daveoja@a-znet.com</a>
10/11/2008	Canandaigua Lake Ultramarathon & Relay	Canandaigua	Richard Cronise	585-924-7936	<a href="mailto:rcronise@harris.com">rcronise@harris.com</a>
10/18/2008	Jensen Stables XC Mudslug 12 km	Fairport	David Bischoff	585-223-7382	<a href="mailto:dbischof@rochester.rr.com">dbischof@rochester.rr.com</a>
9/20&21/2008	Iroquois Trails 50 Mile & 100 Mile	Virgil	Ian Golden	607-275-3572	<a href="http://ian@fingerlakesrunningcompany.com">ian@fingerlakesrunningcompany.com</a>

## USATF NIAGARA SPEAKERS BUREAU

### *Ongoing call*

In an effort to spotlight and share the cumulative knowledge of individuals within the *Niagara Association of USA Track & Field*, we have developed a **Speakers Bureau**. The goal of the *Speakers Bureau* is to create a network of accomplished administrators, coaches, officials and athletes who are willing to share their expertise and experiences with groups across the Association territory.

If you feel you have some noteworthy contributions to share, would like to participate in the program, and be listed on the *USATF Niagara* website as one of our *Speakers Bureau* experts, please send us your information.

#### Frequently Asked Questions (FAQ)

Q - How do I sign-up and how much does it cost?

A - There is no cost to sign-up. The *Speakers Bureau* is open to all current members of the *USATF Niagara Association*. Qualification requirements are a letter expressing your interest, current *USATF Niagara* Membership, and two references to support your application.

Q - How will the *Speakers Bureau* work?

A - On the *USATF Niagara* website will be the names of individuals participating in the program. It is the responsibility of the speakers and organizations to connect and coordinate details regarding speaking engagements (i.e.- dates, times directions, etc.)

Q - How much will it cost to hire a speaker?

A - Speakers stipends are set on *one-way travel times* at \$100 for engagements up to an hour's travel away. The cost for 90 minutes of travel is \$150, two hours is \$200, etc. These costs will be agreed upon by the booking organization and speaker prior to finalizing an engagement.

Q - Who is responsible for paying the speaker?

A - Organizations, clubs, schools or other entities booking the speaker are responsible for paying the speaker. It is expected the speaker will be paid in full upon arrival or before the start of a program.

Q - What is the format of the speaker presentations?

A - This detail can be negotiated with the speaker and the booking organization. Presentations may be informal discussions, power point presentations, question and answer sessions or any combination of the above.

Q - Where are the presentations to be held?

A - Securing a facility for the presentation is the responsibility of the booking organization.

Q - Can admission be charged?

A - Yes, this is up to the discretion of the booking organization.

Q - What speech topics will be offered?

A - See the individual speakers profiles for suggested topics.

#### Rules of Participation for Speakers:

This is a voluntary program. You have the right to decline any speaking invitation due to previous engagement, travel distance, or family commitments, etc.

There will be NO cost for your listing on the *USATF Niagara* website.

Stipend arrangements are between you and the booking organization.

Stipends are to be paid according to travel times; 60 minutes or less one-way drive \$100, 90 minutes one-way drive \$150, and 2 hours one-way drive \$200.

You must be a current *USATF Niagara* member to be included in the program.

#### Speaker's Application:

Submit a brief resume or curriculum vita of your career achievements or highlights.

Submit a one-page written summary highlight of your sport-related activities.

Write a 25-50 word description of how you would like your "speaker ad" to read. This is what will be put on the *USATF Niagara* website.

Remember to include where you live and your preferred contact information (email, phone, address, etc.)

Include the contact numbers for two references who you feel would speak to your qualifications for this program. You may notify these individuals that they may be contacted.

Include your current *USATF Niagara* Membership number.

Information may be sent electronically or via snail mail to: **Russ Ebbets, PO Box 229, Union Springs, NY 13160**

or E-Mail: [spinedoctor229@hotmail.com](mailto:spinedoctor229@hotmail.com)

Feel free to call **315-889-5168** if you have further questions.



## Notes from the MUT Chair

Niagara Association is very excited to announce that **Todd Baum**, new Ultra Chair, and I, **Mort Nace**, MUT Chair (Mountain, Ultra, and Trail) will be serving as a voice for competitive off-road and ultra running in the Niagara Region. We are introducing two new USATF Niagara Association Trail Championships in 2008, 50 km in August and 10 km in October. Our goals include: further the interest of both off-road and ultra running within the association, and encourage participation in MUT National Championships. Todd is spearheading the creation of trail etiquette guidelines for both participants and event directors to follow.

Another important note to mention; on March 2nd *Todd Baum* ran 3:57:00 placing 12th over-all and 1st in his age –group at the **USATF National 50 km Championship** in Caumsett State Historic Park, Huntington, NY. Congratulations Todd!

Sunday, **August 24th: USATF Niagara Association 50 km Trail Championship**, part of the **Green Lakes Endurance Runs** at Green Lakes State Park, Fayetteville, NY. Cash awards to the top 3 M/F finishers : 1st \$125, 2nd \$50, and 3rd \$25 and medals to the top 3 M/F in three age groups: 18+, 40-49 and 50+. MUST be current USATF Niagara Association members to be eligible for awards. Contact info:

[http://gleruns.org/usatf\\_niagara\\_association\\_50\\_km\\_trail\\_championship](http://gleruns.org/usatf_niagara_association_50_km_trail_championship) , todd@gleruns.org, and 315-415-5562.



Sunday, **October 5th: USATF Niagara Association 10 km Trail Championship**, part of the **Out of Bounds 10 km Trail Run** at Bristol Mountain, Canandaigua, NY. Third annual, the race course consists of ATV roads, single track and ski slopes. \$50 to first M/F and medals to top 3 M/F in ten year age groups. MUST be current USATF Niagara Association members to be eligible for awards. Contact info: [www.roadsarepoison.com/outofbounds](http://www.roadsarepoison.com/outofbounds), goose@roadsarepoison.com, and 585-271-7045.

See you out there. *Mort Nace*

## Upcoming 2008 Niagara Association Road Race Championships

**May 10<sup>th</sup>, 10:00 AM - Wine Rack 3 Mile & USATF Niagara Association 3 Mile Championship**, Lakefront Park, Geneva. \$50 Award to First Place Men/Women 2008 Niagara Member. \$10 USATF Membership Discount to New Members.

Contact: Russ Ebbets at 315-889-5168 or [spinedoctor229@hotmail.com](mailto:spinedoctor229@hotmail.com)

**Event Website:** [http://www.active.com/page/Event\\_Details.htm?event\\_id=1560767&assetId=78fba00e-f0a8-40d7-9044-0bd70b599b16](http://www.active.com/page/Event_Details.htm?event_id=1560767&assetId=78fba00e-f0a8-40d7-9044-0bd70b599b16)



**May 18<sup>th</sup>, 9:00 AM - Medved Lilac 10 km & USATF Niagara Association 10 km Championship**, Highland Park, Rochester. \$500 Award to First Place Men/Women 2008 Niagara Member, \$250 Award to Second Place Men/Women 2008 Niagara Member, \$150 Award to Third Place Men/Women 2008 Niagara Member, and \$100 Award to Top Age Graded Masters Men/Women 2008 Niagara Member. \$10 USATF Membership Discount to New Members. Contact: Peter Glavin at 585-720-9252 or [pglavin@rochester.rr.com](mailto:pglavin@rochester.rr.com)

**Event Website:** <http://www.medvedrunwalk.com/news.asp?action=view&ID=47>

**June 13<sup>th</sup>, 7:30 PM - The Deuce 2 Mile & USATF Niagara Association 2 Mile Championship**, Union Springs Village Hall, Frontenac Park on Cayuga Lake, Union Springs. \$50 Award to First Place Men/Women 2008 Niagara Member. \$10 USATF Membership Discount to New Members. Contact: Russ Ebbets at 315-889-5168 or [spinedoctor229@hotmail.com](mailto:spinedoctor229@hotmail.com)

**Event Website:** <http://www.geocities.com/frontenacmuseum/deuceindex.html>

**October 5<sup>th</sup>, 9:00 AM - Syracuse Festival of Races & USATF Niagara Association 5 km Championship**, Syracuse University's Lampe Athletic Complex Corner of Comstock Ave. & E. Colvin St., Syracuse. \$200 Award Open Men 2008 Niagara Member under 15:00 and Open Women 2008 Niagara Member under 16:50, \$200 bonus to Masters Men/Women 2008 Niagara Member for Age-Graded Performance 88% or Higher. \$10 USATF Membership Discount to New Members. Contact Dave Oja at 315-449-2222 or [daveoja@a-znet.com](mailto:daveoja@a-znet.com)

**Event Website:** <http://www.festivalofraces.com/index.html>


**2008 USATF Niagara Member Club/Organization Contact List**

0010 Alden Community Scholarship Fund	Catherine Cyrulik	Alden	716-937-9803	<a href="mailto:Sphinx30CC@aol.com">Sphinx30CC@aol.com</a>
0179 Belle Watling Track Club	Ted Sullivan	Williamsville	716-634-7095	
0402 Bond Lake AC	Raymond F Ernst	Buffalo	716-832-9442	<a href="mailto:runninrav@verizon.net">runninrav@verizon.net</a>
0200 Brockport Distance Project	Mark Krueger	Brockport	585-637-7055	<a href="mailto:mkrueger@brockport.edu">mkrueger@brockport.edu</a>
0935 Buffalo Philharmonic AC	Skip Richardson	Blasdell	716-832-4674	<a href="mailto:garich@localnet.com">garich@localnet.com</a>
0980 Central NY Impalas	Charlie Lester	Syracuse	315-446-7396	<a href="mailto:CNYImpalas@aol.com">CNYImpalas@aol.com</a>
0512 Chautauqua Striders	David Reinhardt	Jamestown	716-488-2203	<a href="mailto:david@chautauqua-striders.org">david@chautauqua-striders.org</a>
0936 Checkers Athletic Club	Roger Roll	Williamsville	716-912-9800	<a href="mailto:rogerroll@adelphia.net">rogerroll@adelphia.net</a>
0020 Falcon Track Club	James Zubler	Hamburg	716-627-4229	<a href="mailto:jzubler@frontier.wnyric.org">jzubler@frontier.wnyric.org</a>
0035 Felder T & F Club	Lennie Tucker	Syracuse	315-637-3829	<a href="mailto:lennieruns@aol.com">lennieruns@aol.com</a>
1050 Finger Lakes Track Club	John Wilson	Seneca Falls	315-568-8691	<a href="mailto:dwilson5@rochester.rr.com">dwilson5@rochester.rr.com</a>
1040 Fleet Feet Sports-Yellowjacket Racing	Dave Boutillier	Rochester	585-697-3338	<a href="mailto:ellen@fleetfeetrochester.com">ellen@fleetfeetrochester.com</a>
1060 Fleet Feet Syracuse AC	Brendan Jackson	Baldwinsville	315-720-3533	<a href="mailto:Bjackson@twcnv.rr.com">Bjackson@twcnv.rr.com</a>
0964 Genesee Valley Harriers RC, Inc	Peter Glavin	Rochester	585-720-9252	<a href="mailto:pglavin@rochester.rr.com">pglavin@rochester.rr.com</a>
0054 God's Speed Track Team	James O. Young	Buffalo	716-834-4227	<a href="mailto:cbcjfre@yahoo.com">cbcjfre@yahoo.com</a>
0056 Goose Adventure Racing	Mort Nace	Rochester	585-271-7045	<a href="mailto:mort@roadsarepoison.com">mort@roadsarepoison.com</a>
0070 Grace Lutheran Church	Pastor Garry A. Seefeldt	Hamburg	716 649-6581	<a href="mailto:gaseefeldt@verizon.net">gaseefeldt@verizon.net</a>
0031 Greater Rochester Track Club	William Hearne	Fairport	585-377-3537	<a href="mailto:whearne@rochester.rr.com">whearne@rochester.rr.com</a>
0090 Ithaca Enclave	Ian Golden	Ithaca	607-275-3572	<a href="mailto:ian@fingerlakesrunningcompany.com">ian@fingerlakesrunningcompany.com</a>
0025 Lisa's Legacy	Madonna Giardina	Lancaster	716-523-9661	<a href="mailto:Mgiard50@hotmail.com">Mgiard50@hotmail.com</a>
0065 Mark Lawrence DBA Music X-Press	Mark Lawrence	Cheektowaga	716-574-0888	<a href="mailto:heartrateupinfo@yahoo.com">heartrateupinfo@yahoo.com</a>
0058 North Stars Track Club	Michael Schermerhorn	West Seneca	716-2284740	<a href="mailto:mschermerhorn@yahoo.com">mschermerhorn@yahoo.com</a>
0195 Pole Vault Plant	Mike Auble	Warsaw	585-322-3459	<a href="mailto:mjaubbs40@yahoo.com">mjaubbs40@yahoo.com</a>
0982 RIT River Road Running Club	Bill Quinlisk	Rochester	585-482-6371	<a href="mailto:billq@frontiernet.net">billq@frontiernet.net</a>
0643 Silver Streaks AC	Ray Thompson	Franklinville	716-676-3285	<a href="mailto:rwt31@hotmail.com">rwt31@hotmail.com</a>
0092 Syracuse Chargers TC, Inc	Evelyn White	Fayetteville	315-637-6211	<a href="mailto:NandEWhite@aol.com">NandEWhite@aol.com</a>
0389 Syracuse Track Club	Margaret Hartmann	Syracuse	315-446-2929	<a href="mailto:margaret.hartmann@verizon.net">margaret.hartmann@verizon.net</a>
0063 The Finger Lakes Runners Club	Diane Sherrer	Trumansburg	607-387-6281	<a href="mailto:dvsherrer@hotmail.com">dvsherrer@hotmail.com</a>
1010 Tipperary Hill Neighborhood Assn	Brian Abbott	Syracuse	315-471-8837	<a href="mailto:babbott4@twcnv.rr.com">babbott4@twcnv.rr.com</a>
0095 Tompkins County Pole Vault Club	Matthew Scheffler	Groton	607-279-9495	<a href="mailto:msch0922@brockport.edu">msch0922@brockport.edu</a>
0015 Town of Grand Island	Linda Tuffillaro	Grand Island	716-773-9680	<a href="mailto:recreation@grand-island.ny.us">recreation@grand-island.ny.us</a>
0034 Ultrarunning Matters, Inc.	Todd Baum	Fayetteville	315-415-5562	<a href="mailto:todd@glerruns.org">todd@glerruns.org</a>
0800 University at Buffalo	Andrea Costantino	Buffalo	716-645-2055	<a href="mailto:costanti@buffalo.edu">costanti@buffalo.edu</a>
0045 Upstate New York Road Runners	Kevin P. Lucas	Fairport	585-421-9626	<a href="mailto:k_p_lucas@frontiernet.net">k_p_lucas@frontiernet.net</a>
0075 VM Project	Victoria Mitchell	Cheektowaga	716-645-6815	<a href="mailto:vam3@buffalo.edu">vam3@buffalo.edu</a>
0085 Western New York Finish Line Services	John Beishline	Tonawanda	716-694-5154	<a href="mailto:beishsearch@cs.com">beishsearch@cs.com</a>
1026 Western New York Road Runners	Andrew Fetzner	Hilton	585-233-3085	<a href="mailto:coachfetzner@yahoo.com">coachfetzner@yahoo.com</a>
0972 Willie Hutch Jones TC	Willie D. Jones, Jr.	Buffalo	716-912-5888	<a href="mailto:WHJSC@aol.com">WHJSC@aol.com</a>
1003 WNY Track & Field and CC Officials Assn.	Michael Blest	Buffalo	716-836-7282	<a href="mailto:mjblest@aol.com">mjblest@aol.com</a>

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## 2008 Criminal Background Checks - Approved Youth Coach/Volunteer List

Again in 2008 it is mandatory that ALL youth club coaches and volunteers who work with athletes under 18 years of age **MUST** pass our association **Criminal Background Screening Check** each year to be eligible to participate in the *USATF Niagara Association's Youth Programs*. New or renewal youth organizational club applications will not be processed nor accredited until all coach and volunteer applicants have been processed through the *Criminal Background Screening Check*. Until the club paperwork is processed and accepted, that club will not have *USATF* insurance coverage. Once a youth club has been accredited, new coaches or volunteers may not participate in the club program until they have successfully passed the *Criminal Background Screening Check*.



For a current list of **Coach/Volunteers in Good Standing**: [www.usatf.org/about/programs/backgroundChecks/info.asp?associationNumber=4](http://www.usatf.org/about/programs/backgroundChecks/info.asp?associationNumber=4)

Parents, guardians, and club administrators can check to see which coaches and volunteers have successfully passed the Background Screening Check. Coaches or volunteers who fail the *Background Screening Check* will not be listed and may not participate in any function with any registered youth club in the *USATF Niagara Association*. Please contact us with any questions at 585-421-9626 or visit: [www.usatf.org/about/programs/backgroundChecks/](http://www.usatf.org/about/programs/backgroundChecks/)

## 2008 USATF Niagara Association Junior Olympic Outdoor Track & Field Championships



Nazareth College of Rochester Golden Flyer Stadium will play host to our **2008 Niagara Association Junior Olympic Outdoor Track & Field Championships** on Saturday, **June 21st**. For more information, contact **Kevin P. Lucas** at **585-421-9626**.

Today's youth athletes are tomorrow's champions! As the #1 high school and junior high school participatory sport, track & field, long distance running, and race walking offer a variety of competitive and fitness opportunities. Youth competitions takes place in 2-year age divisions, from 10 & under through 17-18.

Youth meets and races are often more than competition--they're also fun! And, regardless of whether young athletes achieve a personal best, win a medal, or earn a shot at international competition, they'll have the opportunity to make new friends--and a lifetime of memories!

USATF's largest youth program is the Junior Olympics, where nearly 70,000 youth athletes compete each year in the Track & Field and Cross Country championships. Many of America's Olympians began as youth athletes, including stars such as Jeremy Wariner, Allyson Felix, Sanya Richards, Bryan Clay, Lauryn Williams, Adam Nelson, Deena Kastor and Meb Keflezighi.

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Questions or comment please contact us at [k\\_p\\_lucas@frontiernet.net](mailto:k_p_lucas@frontiernet.net) or call 585-421-9626.

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