

## **USATF-NJ GENERAL MEMBERSHIP & ANNUAL MEETING**

Thursday, March 26, 2026, 7:00pm

Location: Westfield Area YMCA, 220 Clark St, Westfield, NJ

### **Sign in sheet in lieu of roll call**

Eva Fisher, Christine Prorock-Rogers, Ed Neighbour, Ron Salvio, Ryan Rogers, Michael Renn, Aaron Kleinbaum, Terry Mullane, Peggy McHale, Rita Christopher, Nirav Shah, Manny Freudlich, Kristen Bradley, Phyllis Smith-Livingston, Tia Livingston, Pam Fales (by Zoom as approved by the Board).

### **Review of the minutes**

A motion was made, seconded and approved to accept the minutes of the September 18, 2025 General Membership Meeting.

### **Financial Report**

The Financial Report given by Ed Neighbour is attached.

### **President's Report**

President Jennifer Simpson was unable to attend the meeting. Vice-President, Christine Prorock-Rogers, welcomed everyone and thanked them for attending.

### **Administrative Report**

The Administrative Report given by Terry Mullane is attached.

### **Sport Committee Reports:**

#### **Long Distance Running**

The LDR Report given by Ed Neighbour is attached.

#### **Race Walk**

The Race Walk committee report given by Ron Salvio and is attached.

#### **Youth**

The Youth committee report was given by Terry Mullane and is included as part of the Admin report.

#### **Track and Field**

The Track and Field committee report provided by Dave Friedman is attached.

### **Officials Committee Report**

Phyllis Smith-Livingston covered the officials report which is also attached.

### **Board Elections**

The 4 executive positions were up for election. Christine Prorock-Rogers was elected President; Jennifer Simpson was elected Vice-President; Ed Neighbour and Pam Fales were reelected as Treasurer and Secretary, respectively.

### **Additional Business**

Dave Friedman inquired about the Annual Meeting stipend for 2026, stating that Portland will likely be more expensive than Orlando has been. Ed Neighbour, Treasurer, stated that the stipend will be going up a bit.

Dave also mentioned that the NJ Association would benefit from some sponsorship money and inquired if anyone has sponsorship gathering skills. Christine asked attendees if they have any ideas on how we can get sponsorships. Phyllis added that the Youth program could really use sponsorships to help cover FAT, drinks, medals, bags, etc. for the athletes. Christine requested ideas be sent to the board.

Phyllis mentioned that Annual Meeting attendees that are not delegates to an Association, do not get to vote at the Annual Meeting. Pam agreed with some exceptions – all national committee chairs and USATF Board members do get to vote (for USATF President; L&L changes, etc.) at the Annual Meeting even if they are not association delegates. Also, non-association delegates 'may' get to vote within each national committee, depending on their elected or appointed position within the committee. Each committee follows their own Operating Procedures on this.

### **Meeting Adjournment**

With no further business, the meeting was adjourned at 8:27pm.

Minutes taken by Pam Fales, Secretary, USATF-NJ



**Treasurer's Report**  
**USATF-NJ General Meeting**  
**Thursday, March 26, 2026 7:00pm**

**I. Treasurer's BOT Report Spring 2026**

- With the USATF Group Exemption for Associations ending on December 31, 2025. The NJ Association has been working to get the IRS Determination Letter issued. This should be completed around the end of the first quarter. USATF-NJ's articles of incorporation was in the 1980's. The IRS now has a requirement that upon the dissolution of the Association any funds would transfer to another non-profit, the state or the Federal government. We are looking at incorporation of this into the bylaws..
- 2025 was a rebuilding year.
  - i) Some areas of note for 2025.
    - Accounting for the 2025 looks like we will have a small loss of approximately \$2,500.00
    - Our 2025 end of year bank balance saw a good improvement compared with 2024.
    - The Youth JO was in the black in 2025. The admission charge helped defray the costs for the meet. In 2026 we are going from a one day to a two day meet.
    - 2025 Sanctions were higher slightly above 2024. We had a slightly higher number of Sanctioned Events 276 vs 273. Their revenue also ran just ahead of 2024.
    - Membership in 2025 was targeted at 5,000- 2,750Y/2,250A. Actual membership was 5003- 2,880Y/2,123A.
    - Because the National office processed renewals in January rather than December as it did in 2024, We had a decrease in overall payments from National.
  - ii) Revenue 2026.
    - With the Auto- renewals occurring in January 2026 for FY-2026 rather than December 2024 for FY-2025 revenue from National for the first quarter is much higher than compared with 2025. Anticipated to be about 70% higher than 2025 Q1. 2026 1Q payments are about



**Treasurer's Report**  
**USATF-NJ General Meeting**  
**Thursday, March 26, 2026 7:00pm**

- 61% of the payments for all of 25. Note this will taper as 2026 progresses.
- Membership projected 2026 target 5,250 members 3,000Y/2,250A
    - (a) Currently 3028 Members 1318Y/1710A
    - (b) Youth anticipated growth Regional and National JO closer to Association in 2026.
    - (c) Targeting small growth in Adult memberships vs. 2025.
    - (d) Club membership targeting a couple additional clubs. Most NJ members are affiliated with Clubs.
  - 2026 Membership is trending in a positive Direction and is tracking close to 2026 projections in the preliminary budget that was developed. YTD we are at 76% of the Target for Adult Memberships and 44% for Youth memberships. Total Memberships we are 58% of the 2026 Target. Typically we have 85% of Annual Membership at the end of June.
  - Sanctioning is tracking well. 2026 NJ Sanction rates increased. We anticipate a small increase in 2026.
  - We did have sanctioned races cancelled/ rescheduled due to winter weather this year. As an example Hangover Run had three scheduled dates prior to cancelling the event. This will have a minor impact on anticipated sanction revenue.
  - Banquet date moved from January to Friday, February 13, 2026. We will return to the Sunday luncheon in January 2027. Attendees were surveyed and this was preferred over a Friday Night.
  - The B&F committee is finalizing review of the proposed budget for 2026 and will present the 2026 Budget for review and passage by the Board in the coming weeks.



We finished the 2025 Youth Season with another successful Junior Olympic Cross Country Championship; this was held in cooperation with the Lakeland Youth Track Club

January marked the beginning of the Banquet preparation, I want to give a shout out to Eva Fisher and Mike Renn & family who offered a lot of assistance behind the scenes leading up to the Banquet, and the night of

Of course, the snow came and had to move to February, but all worked out well, , We had Three Olympians in attendance Joetta Clark Diggs Middle Distance, 1988, 92, 96, 2000, Barbara Fredericks Javelin 1968, and Elliott Denman Racewalk 1956, plus 1984 Olympic Official Andrew Boyajian!

In 2027 after much discussion and weighing the pros & cons, we will be going back to a Sunday event, 1/31/27 Pricing was the factor

A positive point of interest that came out of the banquet this year was the added interest in Open & Masters Track & Field. Our Athletes saw the number of categories that went unfilled on the master's level and expressed an interest in getting involved for 2026. This included individuals and teams

A common hesitation for master's athletes is the track intimidation.

We are to improve 2026 by adding seeded heats in distance events, so the quality of competition is level for that event

We were also looking at offering All Comer track nights in June, where the pressure is minimal to compete

Finally, we are looking to piggyback off the LDR program by offering Wildcard Meets that have been sanctioned by USATF. Times, Jumps, or throws at these meets can substitute a possible bad day at our association meet

One last idea is offering team competition for the Association Championship

BTW, the Open & Masters T&F Meet will be held in cooperation with the Mid Atlantic Association outside of Philadelphia

In 2026 we plan to bring back the Maniacs of Miles Series by offering opportunities to compete in road miles and track 1500/mile events. This was approved by the USATF-NJ Board

The Track events we offered in 2025 all had equally seeded heats to level the playing field of competition



**LDR GM Report  
USATF-NJ Meeting  
Thursday, March 26, 2026 7:00pm**

**I. LDR Division Report Spring Report 2026**

- 2026 Grand Prix Championship Schedule is posted on the Website
  - We have no Category three Championships so all Category three races are 500/700 point wildcards for 2026.
  - Championship schedule will be included with report
  - Our First Championship Event is May 9<sup>th</sup>. The Our House Four Miler. New venue for 2026.
  - Two 5k Challenges have been developed within the Championships. For separate Open and Masters 5k.
- The 2026 Coed Team Series had it's first event January 31<sup>st</sup> with the Penguin Pace 5k. Temperature was around 5 degrees but we still had a strong USATF\_NJ Turnout'
  - We have six COED Team Events for 2026.
- Miles For Maniacs structure has been revamped for 2026.
  - Four Categories. Scoring best 3 or best four depending on category.
- LDR Committee is doing a review of the Grand Prix . Looking at what works, what can be improved and what should be discontinued.
  - Looking at Grand Prix Series from other Associations such as New England, Mid Atlantic and Pacific.
  - USATF-NJ LDR Member Focus Groups: Open, Masters and Club Captains.
  - LDR Committee will use that information to develop 2027 Grand Prix.
- LDR Committee is determining Meeting Dates. All positions are up for Election.



**LDR GM Report**  
**USATF-NJ Meeting**  
**Thursday, March 26, 2026 7:00pm**

| <u>2026 Long Distance Running Championship Schedule</u>       |                                          | <u>700 Points</u>      |
|---------------------------------------------------------------|------------------------------------------|------------------------|
| <u>DATE</u>                                                   | <u>EVENT</u>                             | <u>CATEGORY</u>        |
| 05/09                                                         | Our House Four Miler                     | All Divisions          |
| 05/26                                                         | Ridgewood Run 10K                        | Masters Men            |
| 06/14                                                         | Lager Run 5K                             | **Open Men & Women     |
| 07/18                                                         | Big Bang Mile                            | All Divisions          |
| 08/30                                                         | USATF-NJ 5K Cross Country                | All Divisions          |
| 09/19                                                         | Haworth 5K                               | **Masters Men & Women  |
| 09/26                                                         | Chase 5K                                 | **Open Men & Women     |
| 10/18                                                         | Teri Roemer 10K                          | Masters Women          |
| 10/25                                                         | USATF-NJ Open & Masters 8K Cross Country | All Divisions          |
| 10/30                                                         | Harrington Park 5K                       | **Masters Men & Women  |
| 11/08                                                         | Giralda Farms 10K                        | Open Men+Women         |
| 11/26                                                         | Ashenfelter 8K                           | All Divisions          |
| **Mini Open Men + Women 5k Spring/Fall Challenge              |                                          |                        |
| **Mini Masters Men + Women Summer/Fall Challenge              |                                          |                        |
| <u>2026 Coed Team Events</u>                                  |                                          | <u>Wildcard Events</u> |
| 01/31                                                         | Penguin Run 5k                           |                        |
| 04/08                                                         | Cherry Blossom 10K                       |                        |
| 05/30                                                         | Wayne Rotary 5K                          |                        |
| 06/25                                                         | Sunset Classic 5 Miler                   |                        |
| 08/08                                                         | Three Bridges 5 Mile                     |                        |
| 11/21                                                         | Tom O'Reilly 5K                          |                        |
| <u>2026 Category III Grand Prix Races All Wildcard Events</u> |                                          | <u>500/700Pts.</u>     |



**LDR GM Report  
USATF-NJ Meeting  
Thursday, March 26, 2026 7:00pm**

## **2026 USATF NEW JERSEY OPEN 5K CHALLENGE**

New for 2026. In addition to the 5k Individual Championship Events in 2026 we will have a mini 5k challenge for those that compete in both of the 5k races. The Lager Run 5k is a favorite race among USATF-NJ LDR Competitors. The Chase 5k is in it's second year and the course closes the Route 206 Bypass in Hillsborough NJ to traffic for a fast competitive 5k run. The two events are 15 weeks apart providing a Summer/Fall 5k Challenge. The USATF New Jersey Open 5K Challenge will compare and rank different metrics to add a new dimension to challenge your 5k abilities at the two 5k Championship events.

### **2026 Long Distance Running Championship Open Men & Women 5k Challenge**

| <b><u>DATE</u></b> | <b><u>EVENT</u></b> | <b><u>CATEGORY</u></b>        |
|--------------------|---------------------|-------------------------------|
| <b>06/14</b>       | <b>Lager Run 5K</b> | <b>**Open Men &amp; Women</b> |
| <b>09/26</b>       | <b>Chase 5K</b>     | <b>**Open Men &amp; Women</b> |

#### **Open Challenge**

The Open division 16-39 Category will be broken down into divisions starting with 16-19 U20 and then into 5 year age group categories as well as the Overall Open Age Division. For the two races the runner's metrics for the two races will be compared and ranked for the following:

**Most Consistent.** Finish times for the two races closest to each other.

**Best Time Improvement.** Best Finish Time improvement from the Lager Run 5k to the Chase 5k.

**Hold Your Place.** Maintain your position against the competitor you placed immediately ahead of in the Lager 5k Run at the Chase 5k.

**Moving on up.** Improve your position against the competitor you finished immediately behind in the Lager Run 5k at the Chase 5k.



**LDR GM Report**  
**USATF-NJ Meeting**  
**Thursday, March 26, 2026 7:00pm**

## **2026 USATF NEW JERSEY MASTER'S 5K** **CHALLENGE**

New for 2026. In addition to the 5k Individual Master's Championship Events in 2026 we will have a mini 5k challenge for those that compete in both of the 5k races. The Haworth 5k and the Harrington Park 5k are in adjacent Bergen County towns six weeks apart providing for a late Summer/Fall 5k Challenge. USATF New Jersey will compare and rank different metrics to add a new dimension to challenge your 5k abilities at the two 5k Championship events.

### **2026 Long Distance Running Championship Master's Men & Women 5k Challenge**

**09/19    *Haworth 5K***

***\*\*Masters Men & Women***

**10/31    *Harrington Park 5K***

***\*\*Masters Men & Women***

### **Master's Challenge**

The Masters division starting with the 40-44 Master's age division be broken into 5 year age categories as well as the Overall Masters. For the two races the metrics of each runner's times for the two races will be compared and ranked for the following:

**Most Consistent.** Finish times for the two races closest to each other. In the Masters age divisions this will be a time comparison. For overall Masters there will be a PLP comparison.

**Best Time Improvement.** Best Finish Time improvement from your Haworth 5k results to the Harrington Park 5k results.

**Hold Your Place.** Age Division Results consistency. Can you maintain your position against the competitor you placed immediately ahead of at the Haworth 5k results and the Harrington Park 5k results?

**Moving on up.** Age Division Results improvement . Can you improve your position against the competitor you finished immediately behind in the Haworth 5k and the Harrington Park 5k?



**LDR GM Report**  
**USATF-NJ Meeting**  
**Thursday, March 26, 2026 7:00pm**

## **2026 Miles for Maniacs**

*Updated for 2026! With an increasing number of Mile Races, the New Jersey Association is updating the Miles for Maniacs program for 2026.*

### **ATR CATEGORY: ALL TERRAIN RUNNER**

*Like to mix it up? For 2026 Three Miles is all it takes. Run a Mile on the road, a Mile on the track and a Mile Cross Country / Trail Mile. Your best mile in each of the three categories counts toward your total.*

### **The 50/50 CATEGORY: TWO ROAD MILES/ TWO TRACK MILES**

*Can't Decide? Run Two Road Miles and Two Track Miles. Four total races. Your best two Road Miles and Best two Track Miles (includes 1500 meters counts toward your year end total.*

### **ROAD WARRIOR CATEGORY: ROAD MILE ONLY** *Unleash your inner Mad Max!*

*Run three Road Miles. Your top three Road Miles counts toward your year end total.*

### **WILL IT GO ROUND IN CIRCLES:? TRACK MILE (1500 Meter)**

*Run three Track Miles. Your top three Track Miles counts toward your year end total.*

## **SCORING**

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**Overall Winners.** Top three Men and Women. *Minimum age to compete 16 years old.*  
Top Three Men and Women will be recognized in the overall category.

**U20, Open and Masters divisions.** In the Open 16-39 category will be broken down into divisions starting with 16-19 U20 then into 5 year age group categories 20-25, 25-29, 30-34, 35-39, 40-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99.

Overall winner in each age division will be recognized.

**Overall Masters Winners.** Masters Division. *Minimum 40 years old.*

Top three Men and Women will be recognized.

*Overall Masters winners are determined based on current PLP age grading. (not time).*

Good Evening All:

Our National Race Walk leadership has been abysmal for a protracted period. Fortunately, we now have had a change in leadership at the National level with former Olympic Race Walkers now serving as USATF President in Curt Clausen and Allen James as Chair of the USATF Race Walk Committee. However, with over a year under their belt, I have been quite disappointed in the direction we seem to have taken.

The entire emphasis seems to be geared to our current crop of "elite" walkers with a de-emphasis on development and masters athletes. The National Committee only wants to put on events at the new Olympic distances and have abandoned our traditional National Grand Prix (both Open and Masters) which was contested at all distances from 3k to 50k. Hence, far fewer National Championships are to be offered.

I have had both in-person and/or e-mail discussions with our Chairperson (Allen James), Site Selection Co-Coordinator (Mike Roth) and Masters Coordinator (Dan Pearce), offering to stage an event here in Jersey. Looking at what and when they wish to stage the current events, nothing seems to fit our capabilities. I will continue to press for the reinstatement of some of the traditional distances and hopefully stage on in Jersey.

Our Association has a continuing need for more certified race walk officials. To that end we are trying to set up a clinic in late spring, with early fall as a 2<sup>nd</sup> option. Michael Tighe Park in Freehold Twp. is the most likely site as it has both a large indoor meeting facility and the Park has a direct trail over to the High School track. Hence we would stage an Association Championship in order to have a "hands on" mentoring session after the clinic for the officials. Harry Wright Lake in Whiting would be a logical alternative for the same scenario.

The Westfield Flyers have been kind enough to host a combined 3000 & 1500 meter twilight event for us on Friday evening, June 19<sup>th</sup>. The 3k will be an Association Outdoor Championship.

We encourage Clubs and/or individuals to consider staging one or a series of walks in and around all parts of Jersey. We will help you develop a site and assist in conducting the events. We can financially help in the certification of the course thanks to our NJ Race Walk Endowment.

Thank you all, Ron

The 2026 NJ indoor track and field season started off with the our State championships combined with the New York and Connecticut Associations at the Ocean Breeze on Staten Island on 1/18/2026. The next stop on the calendar was the USATF Masters Championships in Albuquerque, New Mexico from 2/19 – 22 where our NJ masters did extremely well.

The State's outdoor season starts off with:

#### **APRIL**

04/12/26 [NJ STRIDERS SPRING SERIES](#), FAIR LAWN HIGH SCHOOL, FAIR LAWN

04/19/26 GARDEN STATE YOUTH OPENER

04/19/26 [NJ STRIDERS SPRING SERIES](#), MAHWAH HIGH SCHOOL, MAHWAH

04/26/26 [NJ STRIDERS SPRING SERIES](#), EAST RUTHERFORD HIGH SCHOOL, EAST RUTHERFORD

#### **MAY**

05/03/26 [NJ STRIDERS SPRING SERIES](#), HACKENSACK HIGH SCHOOL, HACKENSACK

05/17/26 [NJ STRIDERS SPRING SERIES](#), JO PREP MEET, RUTHERFORD MEMORIAL FIELD, RUTHERFORD

05/23/26 GARDEN STATE TWILIGHT KENNY ARMWOOD STADIUM, PISCATAWAY

05/23/26 SPRING YOUTH CLASSIC, KENNY ARMWOOD STADIUM, PISCATAWAY

05/31/26 [NJ STRIDERS SPRING SERIES](#), INVITATIONAL, WINSTON WHITE STADIUM ENGLEWOOD

#### **JUNE**

06/06/26 & 06/07/26 YOUTH ASSOCIATION JUNIOR OLYMPIC CHAMPIONSHIP, 18-UNDER

06/06/26 THE BELLA MILE, 9:00AM, NEWMAN SPRINGS ROAD, LINCROFT WHICH AWARDS PRIZE MONEY

06/12/26-06/13/26 EAST COAST CHAMPIONSHIPS.KENNY ARMWOOD STADIUM, PISCATAWAY

06/26/26-06/27/26 GARDEN STATE LAST CHANCE MEET, KENNY ARMWOOD STADIUM, PISCATAWAY

06/27/26 [USATF YOUTH NATIONALS TRACK & FIELD CHAMPIONSHIPS](#) HUNTSVILLE, ALA

6/28/26 USATF-NJ & USATF MID-ATLANTIC OPEN & MASTERS TRACK & FIELD OPEN AND MASTERS MEET GWYNEDD MERCY UNIVERSITY

## **JULY**

07/09/26-07/12/26 [REGION 2 YOUTH JUNIOR OLYMPICS](#), MORAVIAN COLLEGE, PA

07/10 - 07/11/26 [ELLIOTT DENMAN NEW JERSEY INTERNATIONAL MEET](#), MONMOUTH UNIVERSITY, MONMOUTH. This meet is awarding cash prizes for some events and is listed on the World Athletics calendar which hopes to bring more international athletes to our Association to compete

07/23/26-07/26/26 [USATF OUTDOOR CHAMPIONSHIPS](#), ICAHN STADIUM, NY

07/27/26-08/02/26 [USATF NATIONAL JUNIOR OLYMPIC TRACK & FIELD CHAMPIONSHIP](#), NORWALK, CA

## **AUGUST**

The Monmouth Mile and 800 meters which is scheduled for Thursday evening 8/27 at CBA which always brings together many sub 4 minute milers and is also awarding cash prizes.

We will be having a track & field committee meeting in the spring to discuss:

REACHING OUT TO THE INTERNATIONAL MEET AND GARDEN STATE CLASSIC ABOUT BECOMING WILDCARD MEETS AS PART OF OUR GRAND PRIX

TERRY HAS ALSO REACHED OUT TO THE BELLA MILE AND MONMOUTH MILE ABOUT PARTICIPATING IN OUR PROGRAMS FOR THE SUMMER, SIMILAR TO LAST YEAR

LASTLY, WE ARE DISCUSSING A MINI SUMMER SERIES LEADING UP TO OUR EVENTS, AS WARM UPS FOR CHAMPIONSHIPS. LAST YEAR THERE WERE POCKET MEETS HELD IN RED BANK WITH THE COOPERATION OF OUR OFFICIALS. I BELIEVE THAT CAN HAPPEN AGAIN