

HAWAII MASTERS TRACK CLUB www.hmtcgo.com
NEWSLETTER, November 26, 2011

HAWAII MASTERS TRACK CLUB HAS PROMOTED LIFETIME FITNESS, TRACK AND FIELD COMPETITION AND FELLOWSHIP SINCE 1971. PLEASE CONSIDER THE BENEFITS.

PLEASE JOIN HAWAII MASTERS TRACK CLUB FOR 2012. YOU WILL GET A LOT MORE THAN \$ 25 OF VALUE BY PARTICIPATING IN THE VARIETY OF TRACK MEETS FOR MEN AND WOMEN 30 AND OLDER SPONSORED BY OUR CLUB AND OTHER ORGANIZATIONS IN HAWAII, ON THE MAINLAND AND AROUND THE WORLD. YOUR DUES ALLOW US TO RESERVE TRACKS, ACQUIRE NEW EQUIPMENT NEEDED TO MEET NEW USATF STANDARDS AND PROMOTE MASTERS TRACK AND FIELD. MEMBERSHIP IS OPEN TO ANYONE AGE 30/OLDER. ANNUAL DUES ARE \$25. EXTRA DONATIONS ARE APPRECIATED.

1. COMPLETE THE **"2012 MEMBERSHIP APPLICATION"** AND SIGN THE WAIVER.
2. WRITE A CHECK PAYABLE TO **"HAWAII MASTERS TRACK CLUB"**.
3. MAIL TO: **HAWAII MASTERS TRACK CLUB, PO BOX 15763, HONOLULU, HI 96830.**
4. IF YOU LIVE OUTSIDE HAWAII AND WILL NOT COMPETE REGULARLY IN HAWAII BUT WISH TO BE ON OUR MAILING LIST, SEND DUES OF **\$5** INSTEAD OF \$25.

DO NOT PAY DUES IN CASH AT A TRACK MEET. SEND YOUR CHECK AND SIGNED 2012 HMTc MEMBERSHIP FORM TO OUR P.O. BOX. WE NEED YOUR SUPPORT WHETHER YOU PLAN TO COMPETE, OFFICIATE, SPECTATE OR JUST WANT TO BE KEPT INFORMED ABOUT MASTERS TRACK. DUPLICATE THE MEMBERSHIP FORM + RECRUIT YOUR FRIENDS!

WE NEED A NEW FORM EVERY YEAR IN ORDER TO UPDATE INFORMATION AND RECEIVE A NEW, SIGNED WAIVER.

THANK YOU TO MEMBERS WHO COMPLETED AN UPDATED MEMBERSHIP FORM AND PAID DUES FOR LAST YEAR. SPECIAL THANKS THOSE WHO MADE DONATIONS IN ADDITION TO DUES. MAHALO!

We do not drop you from our mailing list if you do not pay for several years. Many Masters have job or family obligations or injuries which preclude competing for years at a time. Please help us to increase our membership in 2012. Please duplicate this newsletter and mail/email it to any potential Masters Track and Field athletes who are serious about training, fitness and fellowship.

HAWAII MASTERS TRACK CLUB HAS RECEIVED RECOGNITION BY THE IRS AS AN EXEMPT FOUNDATION UNDER SECTIONS 509(a)(1) AND 170(b)(1)(A)(vi). PLEASE CHECK WITH YOUR FINANCIAL ADVISOR REGARDING DEDUCTING SUCH DONATIONS ON YOUR TAX RETURNS. MAHALO.

Please read this newsletter and keep it for reference. .Go to the Hawaii Masters Track Club web site: www.hmtcgo.com for updated info, results + links.

HMTc ANNUAL MEETING

The 2012 annual meeting will be held in January, 2012. Day, time and place to be announced.

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HAWAII MASTERS TRACK CLUB
P.O.BOX 15763, HONOLULU, HI 96830-5763

2012 MEMBERSHIP APPLICATION (MEN + WOMEN 30+)

LAST NAME: _____ FIRST NAME: _____ INITIAL: _____
STREET ADDRESS: _____ APT. _____
CITY _____ STATE _____ ZIP _____
TELEPHONES: HOME: _____ - _____ OFFICE/CELL _____ - _____ FAX: _____ - _____
E-MAIL: _____ @ _____
DATE OF BIRTH: MONTH: _____ DAY: _____ YEAR: _____ 2012 USATF # _____
FAVORITE EVENTS: (CHECK EVENTS IN WHICH YOU PLAN TO COMPETE)
SPRINTS _____, 400/800 _____, 1500/3000/5000 _____, RACE WALKS _____,
HURDLES/STEEPLE _____, LONG/TRIPLE JUMPS _____, HIGH JUMP _____, POLE VAULT _____,
SHOT/DISCUS _____, JAVELIN _____, HAMMER/WEIGHT TOSS _____, SCOTTISH GAMES _____,
PENTATHLON _____, SPRINT PENTATHLON _____, DECATHLON _____, WEIGHT PENTATHLON _____,
4X100 RELAY _____, 4X400 RELAY _____ 4x800 _____ (HMTc HOPES TO FIELD RELAY TEAMS AT
UH WOMEN'S TRACK MEETS, ALOHA STATE GAMES, USATF-HAWAII MEETS AND USATF
AND SENIOR OLYMPICS MEETS ON THE MAINLAND.)
1. I DO NOT PLAN TO COMPETE BUT I WANT TO: OFFICIATE _____, COACH _____, HELP _____,
SPECTATE _____, SUPPORT HMTc _____, RECEIVE THE CLUB NEWSLETTERS _____
2. I PLAN TO BECOME A CERTIFIED USATF OFFICIAL FOR 2012-2016 YES ___ NO ___
3. I PLAN TO SUBSCRIBE TO NATIONAL MASTERS NEWS: YES ___ NO ___
4. I WANT AN HMTc: TEE SHIRT _____ (free to dues paying members)(colors: yellow and red)
I PREFER THE FOLLOWING SIZE: SMALL: _____ MEDIUM _____ LARGE _____ XTRA LG _____

WAIVER: IN PARTICIPATING IN ANY EVENTS SPONSORED OR PARTICIPATED IN BY THE HAWAII MASTERS TRACK CLUB, I THE UNDERSIGNED, INTENDING TO BE LEGALLY BOUND HEREBY, FOR MYSELF, MY SPOUSE, CHILDREN, HEIRS, EXECUTORS AND ADMINISTRATORS WAIVE AND RELEASE ANY AND ALL RIGHTS AND CLAIMS FOR DAMAGES I MAY HAVE AGAINST HAWAII MASTERS TRACK CLUB, THE STATE OF HAWAII, OFFICERS AND DIRECTORS OF HAWAII MASTERS TRACK CLUB, OFFICIALS, VOLUNTEERS AND ANY SPONSORS YET TO BE NAMED FOR ANY AND ALL INJURIES SUFFERED BY ME IN THESE EVENTS. I CERTIFY THAT I AM PHYSICALLY FIT TO PARTICIPATE IN TRACK AND FIELD AND/OR DISTANCE RUNNING EVENTS. I CONSENT TO EMERGENCY TREATMENT AND HEREBY RELEASE ALL ATTENDING MEDICAL PERSONNEL FROM ANY AND ALL CLAIMS. I CONSENT TO BE SUBJECT TO RANDOM DRUG TESTS FOR BANNED SUBSTANCES. I AGREE TO ABIDE BY THE COMPETITION RULES OF USA TRACK AND FIELD AND TO BUY AN ANNUAL USATF CARD BEFORE COMPETING IN PRACTICES AND EVENTS SPONSORED BY HAWAII MASTERS TRACK CLUB, USATF AND USATF-HAWAII.

YOUR SIGNATURE _____ DATE _____
MEMBERSHIP DUES: (ACTIVE MEMBERS) \$25 OR:
or MAILING LIST ONLY (INACTIVE, NONRESIDENTS) \$ 5
VOLUNTARY DONATION FOR CLUB NEEDS + \$ + \$
WRITE CHECK PAYABLE TO: **HAWAII MASTERS TRACK CLUB**) TOTAL : \$ _____ \$ _____
MAIL THIS FORM AND CHECK TO: **HMTc, PO BOX 15763, HONOLULU, HI 96830-5763**

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HAWAII MASTERS TRACK CLUB

CALENDAR OF EVENTS FOR 2012

MEETS SPONSORED BY UNIVERSITY OF HAWAII WOMENS TRACK TEAM:

Masters age 30 to 100 can compete on Saturdays, Jan. 21, Feb.4, Feb.18, April 14 and, April 28, 2012. Field events begin at 2:00pm and Running events at 4:00pm. Register and check in on day of meet at the track at least a half hour before your first event. Look for detailed schedule of all comers meets at U. of Hawaii-Clarence Ching(formerly Cooke) Field at www.hawaiiathletics.com . Click on Women's Sports and scroll down to Track and Field. On the next screen, click on schedule or "2012 Sunset Meet Series", which is a tab on top right side of screen. Review the pages which include the entry procedures, times when different events are held at each meet, special forms which may be needed to enter some meets and waiver forms for adults and athletes age 18 and under. Fee is a donation per event. Parking in Lower UH Campus is \$5. There are no separate heats or flights for masters in these meets. All comers compete based on predicted times, heights and distances.

MEETS SPONSORED BY HAWAII MASTERS TRACK CLUB:

January to December, 2012 Meets sponsored by HMTTC will be announced and posted on www.hmtcgo.com Meets will be held at Kaiser High School on Sunday mornings when track can be reserved. Meets may be held at U. of Hawaii if reservations can be arranged. Please go to www.hmtcgo.com regularly and look for meets to be posted as tracks become available to HMTTC.

MEETS SPONSORED BY USATF-HAWAII, SUMMER TRACK, JUNIOR OLYMPICS:

June and July, 2012 Go to www.usatf-hi.org for details on these meets to be held on Saturday mornings at UH and/or Punahou. Open and Masters "may" be allowed to compete in practice meets.

MEET SPONSORED BY ALOHA STATE GAMES:

July, 2012 Go to www.alohastategames.org or www.usatf-hi.org for details, fees and entry form.

MEET SPONSORED BY HAWAII SENIOR OLYMPICS:

Nov, 2012 **HAWAII SENIOR OLYMPICS**. Go to url www.hawaiiseniorolympics.org or email zeug@hawaii.rr.com or call 783-4654 or 737-9017 for detailed schedule and entry forms. This meet is a qualifier meet for the 2013 Nat. Sr. Olympics to be held in 2013 in Cleveland.

MAJOR MEETS ON MAINLAND, 2011 TO 2013:

Look for details in links on www.hmtcgo.com , www.masterstrack.com , www.usatf.org or in National Masters News.(Find additional Regional, Indoor + Association meets on websites)
Aug. 2-5, 2012 USATF National Masters Outdoor T+F Championships, Lisle, Illinois
July 11-14, 2013 USATF National Masters Outdoor T+F Championships Olathe, Kansas
Summer, 2013 National Senior Olympics, Cleveland, Ohio

NATIONAL MASTERS NEWS

SUBSCRIBE TO THE BIBLE OF NATIONAL MASTERS TRACK. CALL 818-286-3129 OR EMAIL www.nationalmastersnews.com . COST FOR MONTHLY NEWSLETTERS IS \$25 for online only, \$35/YEAR FOR HARD COPYSECOND CLASS OR \$55 FOR FIRST CLASS(ARRIVES ABOUT TWO WEEKS EARLIER). NMN CONTAINS SCHEDULES, RESULTS(INCLUDING HAWAII MEETS), ARTICLES AND ENTRY FORMS. NATIONAL MASTERS NEWS IS THE HEART OF MASTERS TRACK.

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HAWAII MASTERS TRACK CLUB UNIFORM: TEE SHIRTS AND TANK TOPS

PLEASE INDICATE YOUR INTEREST IN TANK TOPS OR TEE SHIRTS AND YOUR SIZE ON YOUR MEMBERSHIP APPLICATION. THESE ARE UNIFORMS FOR HMTc RELAY TEAMS AND OTHER EVENTS AND ARE SOLD AT THE COST TO PRODUCE. PLEASE **DO NOT SEND MONEY AT THIS TIME**. A NEW BATCH OF TANKS AND TEES WERE PRODUCED IN SUMMER, 2005. COLORS ARE GOLDENROD WITH DARK RED LETTERING. IF YOU INDICATE YOUR PREFERENCE, AN OFFICER OF HMTc WILL CONTACT YOU TO ARRANGE A TIME AND PLACE TO DELIVER YOUR PURCHASE. TEES ARE SOLD AT COST OF \$10 +TANK TOPS AT COST OF \$15.

USATF ATHLETE MEMBERSHIP CARDS

YOU MUST PAY \$30 **EVERY** YEAR TO REGISTER AS A USATF ATHLETE IN ORDER TO COMPETE IN ANY USATF, HMTc, OR JUNIOR OLYMPICS EVENT.

(NOTE: THIS FEE OF \$ 30 IS UNRELATED TO HMTc DUES OF \$25.)

PLEASE DO NOT SEND YOUR MONEY OR APPLICATION FOR A USATF CARD TO THE HAWAII MASTERS TRACK CLUB. TO REGISTER ON LINE, GO TO www.usatf.org and click on "registration" + pay by VISA credit card. If you do not have a computer, please get help from someone. Make sure to enter under club number: Hawaii Masters Track Club, number 39-115. You must be registered as an HMTc club member in order to represent us in USATF Championship meets. **Please remember HMTc sponsored events are for club members and guests 30 years of age and older who have paid annual fees to register as an athlete with USATF.**

PRACTICES, COACHING, TRAINING SESSIONS:

HMTc members train at different times at tracks around Oahu and on the Neighbor Islands. Newcomers should attend the track meets on the HMTc schedule in order to: meet fellow members who do the same events, receive some coaching and arrange to train with others at compatible times when tracks are open at UH, Kaiser, Punahou, Iolani, Mililani, Kamehameha or other schools.

CHECK OUT THESE MASTERS TRACK WEB SITES FOR INFORMATION, RANKINGS, ETC.

www.hmtcgo.com THIS IS THE WEB SITE OF HAWAII MASTERS TRACK CLUB.

www.nationalmastersnews.com SUBSCRIBE TO THE BIBLE ON MASTERS TRACK + FIELD.

www.masterstrack.com ,DAILY POSTING OF EMAILS, BLOGS, MEET RESULTS, SCHEDULES

www.trackinfo.org NEWS ABOUT MASTERS MEETS AND TRACK WORKOUT SITES IN CALIF.

www.wma.org NEWS, SCHEDULE OF MASTERS TRACK MEETS AROUND THE WORLD

www.springcoathletics.com , www.mfathletics.com , www.gillathletics.com , GO TO THESE

SITES TO SHOP FOR TRACK AND FIELD EQUIPMENT ONLINE OR ASK FOR CATALOG.

www.eastbay.com SHOP FOR RUNNING SHOES AND SPECIALTY TRACK AND FIELD SHOES.

www.finalscore.com SHOP FOR RUNNING + TRACK SHOES ON DISCOUNT FROM EASTBAY.

www.mprrc.com SCHEDULE: RACES SPONSORED BY MID-PACIFIC ROAD RUNNERS

www.scotshawaii.org Info on Hawaiian Scottish Games. First weekend in April, Kapiolani Park.\$25

www.hawaiiseniorolympics.org web site designed by Mark Zeug for news, entries/Sr. Olympics

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