



Hello Glenarden Family,

As many of you know, we are celebrating 30 years of the Glenarden Track Club. That celebration will be held on Saturday, November 29th. We encourage all current and former athletes, parents and coaches to join us. Of course we will be in great company, we will have good food and we will be celebrating to good music, but we would like to have another source of celebration. We would like to collect photos and video footage of our young athletes, masters athletes, coaches and families over the past 30 years. We would then be able to share and display our history visually. So if you have footage, send it in!

Requirements for Photos:

- must be in .jpg, .png, .tif, .gif, or .pdf format
- please limit photos to a maximum of 5 photos per athlete
- the deadline to submit photos is October 1st
- submit to "gatc3opics@gmail.com"
 - send by email or by dropbox (dropbox.com)

Include the following info in an email (as much as you can)

- Participant/s' name/s
- Event ie: 100m
- Track Meet Name
- Age group/Division
- Year
- *Indicate if it was a regional championship win or record, and include time or performance
- *Indicate if it was a national championship win or record, and include time or performance

*only include information if it applies to you

Requirements for Video:

- must be in MP4 or MOV format
- please limit footage; send in no more than 5min of footage per athlete unless the race happens to run longer the race is longer than 5min
- the deadline to submit photos is October 1st
- submit to "gatc3opics@gmail.com"
 - send by email or by dropbox (dropbox.com)

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Conversion to Video:

Since we are dating all the way back to the 1980s, technology has changed alot over the years. Many of our years have been recorded with camcorders instead of these convenient iPads and cameras with memory cards. Including footage from the 1980s and 1990s would be special, along with the footage from recent years. We urge our alumni who participated back then to consider converting their VHS tapes to video format. This will not only be a nice contribution to our records, but it will help preserve your videos from damage. Below is a "How To" on how to convert your VHS tapes to video. You will need these things:

- your VHS tapes
- a VCR
- an external capture device, such as the Diamond VC600
- a computer.

How to Convert VHS to MP4 | eHow

view on www.ehow.com: http://www.ehow.com/how_7360598_convert-vhs-mp4.html

If you have any questions, you can contact Jaminah Wortham (Coach Jae) at jaminah.wortham@pgcps.org, or Nayda Pirela (Coach Nayda) at naydapirela@yahoo.com. Email will be the easiest way to get in touch with them, and they will respond within 48 hours with their phone number, if you request it. Without further ado, send in your submissions!