

Mid-Atlantic Quarterly

THE NEWSLETTER OF USATF MID-ATLANTIC FOURTH QUARTER / DECEMBER 2010



OFFICERS RE-ELECTED

President Turns Back Challenge; Marathoner Is New Membership Chair

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ON THE WEB

www.mausatf.org

The members of the USATF Mid-Atlantic Association re-elected the association's officers at the annual meeting in September, with one new face – Doreen McCoubrie replaces Norman Green, who has stepped down as membership chair after many years.

The officers who were re-elected are A. Monique White as president, Mike Hemsley as vice president, Mary Braverman as financial secretary, Green as treasurer and Ken Yerger as secretary and officials chair.

The election was conducted on Sept. 22 at the association's annual meeting at the Holiday Inn in Fort Washington, Pa.

Only two of the incumbents faced opposition. Carolyn Griggs was nominated for president, and Ron Thomas was a candidate for secretary.

The voting for those two offices was conducted by secret ballot, and the vote totals were not disclosed. The other officers were elected by acclamation.

Griggs and White addressed the meeting before the vote, both saying that they hoped to raise the association to the "gold standard."

In her address, Griggs said Mid-Atlantic had been a "premier organization, and we stood out." She said her goal was to take the organization to "the next level of accomplishment." She urged members to bring friends to meets and to get other

family members involved, and said the regional meet in 2012 is Mid-Atlantic's "opportunity to shine."

Griggs also issued a campaign statement touting her "energy, enthusiasm and excellence" and describing her vision for the association: diversity among the committees, servicing the association's constituents and communities, financial stability and accessible accreditation information, media relations and sponsor acquisition.

In her address, White said she hoped to "grow our association in all levels" and to improve networking with community and local groups

She described an initiative to build bridges to the American Athletic Union, which has had friction with USATF, efforts to secure a grant to improve scoring at meets in the Grand Prix series, and getting more Open athletes involved in the USATF Athlete Development Program, saying that post-collegiate athletes "many times are forgotten."

"Foremost in my mind is how I can help," White said.

The new membership chair is Doreen McCoubrie, 48, of Malvern. She is a longtime distance runner who earned All-American honors at Penn State and qualified for the Olympic Trials in the marathon in 2008.

South Jersey Wins Again

Club Continues Dominance Of Grand Prix Series

2010 was the most competitive year for the Grand Prix since its inception. The Club Challenge and age-graded competitions were not decided until the last race of the year.

But in the end, it was the South Jersey Athletic Club that came out on top again – for the eighth straight year.

With a strong performance in the final weekend of races, Athena Track Club moved up from fifth place to second.

In the age-graded individual standings, Greg Watson, 43, of Media, Pa., led the men, and Carolyn Bujak, 58, of Palmyra, N.J., finished first among the women.

Here are the final results:

CLUB CHALLENGE

1. South Jersey Athletic Club
2. Athena Track Club
3. Greater Philadelphia Track Club
4. Downingtown Running Club
5. Bryn Mawr Running Club
6. Pike Creek Valley Running Club
7. Moorestown Distance Running Project
8. Pineland Striders
9. Runaway Success
10. TNT International Racing Club
11. Rosemont Running Club
12. Philadelphia Masters
13. Breakneck Track Club

INDIVIDUAL STANDINGS

Male	Female
1. Greg Watson	1. Carolyn Bujak
2. James Flanagan	2. Lorraine Jasper
3. Jim Sery	3. Joy Hampton
4. Pat Hayburn	4. Linda Hawke
5. Greg Vitali	5. Julie Hankin
6. Peter Bittinger	6. Mary Braverman
7. Michael Bodary	7. Cecily Tynan
8. Daniel Simmons	8. Samantha Howard
9. Thomas Jennings	9. Kyra McGrath
10. Brian Sullivan	10. Julie Deery

LONG DISTANCE RUNNING NEWS

Robin Jefferis

Greater Philly Keeps Lead In Off-Road Series

Greater Philadelphia Track Club continues to lead the Off-Road Series after five events. The final event of the year will be the Delaware Open XC Championships at Brandywine Creek State Park on Nov. 27.

Here are the standings after five races:

CLUB CHALLENGE

1. Greater Philadelphia Track Club
2. Pike Creek Valley Running Club
3. Rosemont Running Club
4. Pineland Striders
5. Wissahickon Wonderers

INDIVIDUAL STANDINGS

Open Female	Open Male
Helen Chung 8	Josh Loren 14
Sarah Simonetti 7	Daryl Weaver 13
Polly Jensen 6	Josh Emery 6

Masters Female	Masters Male
Julie Deery 13	Scott Brockett 13
Missy Wietlisbach 5	Tom Jermyn 12
Mary Braverman 5	Bob Rimkis 10

Grand Masters Female	Grand Masters Male
Bonnie Stoeckl 10	Jeff Hayes 20
Melanie Marinaccio 10	Jay Miers 11
Jean Lizzio 8	Epi Camacho 6
Shelley Hill 8	

Seniors Female	Seniors Male
Diane Hardies 20	Fred Shufflebarger 15
Deborah Compton 5	Ted Hardies 9
	Randolph Clever 8

CROSS-COUNTRY SERIES: The final standings appear on the next page.

“In running, it doesn’t matter whether you come in first, in the middle of the pack or last. You can say, ‘I have finished.’ There is a lot of satisfaction in that.”

~ Fred Lebow

Acknowledgment:

The quotations in the margins are from “The Quotable Runner,” edited by Mark Will-Weber, Breakaway Books

Officials Clinic Scheduled for Penn State

Penn State will again host an official's clinic for current officials and those looking to join the USATF ranks as a certified track and field official. The clinic will be at the Ashenfelter Multi-Sport Facility on Dec. 11, starting at 9 a.m.

The clinic will combine classroom-style instruction and the opportunity to receive further training and to discuss individual events with Master-level officials at various venues within the field house.

Upon completion of the clinic, those wishing to stay will have the opportunity to work events at the Penn State Blue-White meet that afternoon.

Look for further information on the Mid-Atlantic website, www.mausatf.org or contact me at kyerger@yahoo.com.

Officials: Save the Date

The 2011 Annual Mid-Atlantic Officials Committee will be held March 20, 2011, at 1 p.m., tentatively scheduled for the Fort Washington Holiday Inn.

In addition to committee business, there

OFFICIALS NEWS

Ken Yerger

will be a brief overview of rule changes and rule books available for purchase.

The clinic portion of the meeting will be led by Len Krsak and his wife, Karen.

Len is the current chair of the National Officials Committee and has served as a head official for numerous U.S. National Championships, Olympic Trials and international meets. He will discuss throwing events and safety concerns associated with them.

Karen Krsak is the chair of the National Associations Committee and has served as head clerk at many national championships. She will give a presentation on the ins and outs of clerking.

We are fortunate to have the opportunity to hear about their many experiences. If you have any questions contact me at kyerger@yahoo.com.

“The will to win means nothing without the will to prepare.”

**~ Juma Ikangaa
Tanzania**

Cross Country Series: Final Standings

Female

1. Cecily Tynan, 41, Athena TC
2. Lorraine Jasper, 48, Athena TC
3. Julie Hankin, 46, Athena TC
4. Abby Dean, 39, Unattached
5. Patricia Addis-Hudson, 44, Unattached
6. Mary Fanelli-Lund, 51, Greater Phila TC
7. Wendy Mastripolito, 44, Unattached
8. Diane McManus, 59, Greater Phila TC

Male

1. Greg Watson, 44, Athena TC
2. Bob Rimkis, 49, Greater Phila TC
3. Chuck Shields, 51, Greater Phila TC
4. John Goldthorp, 32, Greater Phila TC
5. Tom Jennings, 66, Phila Masters TC
6. Nick Simonetti, 52, Greater Phila TC
7. Jeff Hayes, 51, Greater Phila TC
8. Tom Kehl, 19, Unattached

Olympic Trial Update: Three Mid-Atlantic Members Qualify

Congratulations go out to Christa Plummer of Glenside, Pa., Carol Jefferson of Schwenksville, Pa., and Molly Pritz of Williamsport, Pa., for becoming the first USATF Mid-Atlantic athletes to qualify for



the 2012 US Olympic Trials. Christa and Carol qualified at the 2010 Medtronic Twin Cities Marathon. Molly qualified at San Antonio Half Marathon.

– Robin Jefferis

Indoor Championship Meets Set

The dates and locations have been set for the MAUSATF Youth and MAUSATF Open/Masters Indoor Championship Meets.

The Youth Championships will be conducted during the afternoon of Sunday, Feb. 27, at Widener University. This meet is restricted to MAUSATF youth member athletes having USATF ages of 14 and under (meaning those born 1997 or later.)

Youth athletes born 1996 or earlier may compete that same morning at Widener in a Philadelphia Masters 14-and-older Developmental Meet – though that is not an “awards” meet. Athletes who are 14 years old as of March 27, 2011, may compete for awards in the Open Division of the Open/Masters Meet.

The Open/Masters Championship Meet

OPEN/MASTERS/YOUTH NEWS

Joel Dubow

will be on March 27 at the University of Delaware. The later-than-usual date for this meet came about because the USATF Masters Indoor Championship Meet in Albuquerque, N.M., has been scheduled for the weekend of March 4-6.

Our preferred date for the MAUSATF meet would have otherwise been March 6; in effect, we have swapped weekends with USATF compared to the historic weekends for the two meets.

Of note to MAUSATF athletes is that we have been advised of two nearby Association Championship Meets -- USATF-New Jersey on Feb. 20 or 21 and USATF-Potomac Valley on March 13.

“I have this theory that people who are a pain in the butt to their coaches will one day themselves be condemned to coach.”

Mark Will-Weber
Editor
“The Quotable Runner”

Join Mid-Atlantic USATF Today!

Joining the Mid-Atlantic USATF is easy. We offer full online processing of individual memberships and organization/club applications and renewals. Fill out the membership application like the one on Page 17 in this newsletter and you will be on your way to enjoying the benefits that membership offers.

Members of USATF receive an array of benefits including insurance benefits, discounts on track and field subscriptions and fitness-related magazines as well as a variety of other items.

Members also receive USATF publications quarterly and can access the “members only” section of the website. Here you will find the latest

MEMBERSHIP NEWS

Doreen McCoubrie

information on every aspect of our sport from event information and results, late-breaking news, and many other topics of interest, in addition to membership details and other important information.

The association ended the 2010 membership year with 2,228 members and already has more than 380 registered for 2011.

Whether you are looking to join a club for friendly competition or want to experience the camaraderie in the running community, I urge you to join today!

MEMBERSHIP FORM: The form to join Mid-Atlantic USATF is on **Page 17**.

New Age Limits Established

Most Philly Masters Indoor Meets To Be Restricted

For many years, the Philadelphia Masters Track and Field Association's indoor meets have periodically faced the problem of not having enough participants to make for a credible meet. Attendance has varied from meet to meet, sometimes thin, but sometimes sufficient to break even financially over the course of the season.

That changed during the 2009-2010 season. Though attendance still varied from thin at the lower end, we experienced a change at the upper level – to the extent that the higher-than-usual attendance at some meets stressed our ability to complete the meet before our contracted exit time.

After discussing this circumstance with personnel at the facilities that host our meets, we came to the decision to restrict entry levels by permitting entries only from Masters, Open and High School-aged competitors at two of our 2010-2011 sites: Glen Mills Schools

MASTERS NEWS

Joel Dubow

Philadelphia Masters Track and Field Association

(three meets) and Widener University (one meet).

The meet at Widener replaces our prior use of Swarthmore as a venue. Widener gives us a four-lane instead of a three-lane track and also permits us to conduct the Weight Throw and Superweight.

Because we have not (yet) encountered too high attendance at our Albright College meets, the meet we will conduct there on Feb. 6 will still be an All-Comers meet – all ages welcome.

While we regret having to disallow athletes under 14 years old at some meets, it has become a necessity. Young athletes are urged to contact the MAUSATF Youth Committee to learn about other opportunities available.

"When I did this three years ago, it was like death. When I did it last year, it was like near death. This year, it was just really hard."

~ John Howie,
wheelchair athlete,
describing his
Charlotte Observer
10k races



GPTC Runners Win on Fifth Avenue

Greater Philadelphia Track Club runners Nick Berra and Kevin Forde won their age divisions at the New York Road Runners Continental Airlines Fifth Avenue Mile in New York on Sept. 26.

The age group races were run throughout the morning, leading up to the elite races. Men age 40-49 competed in the same heat, with awards given to the winner of each of the 40-44 and 45-49 age groups.

Forde took the overall lead and pushed the pace through 3/4 mile. Berra (in photo at left) then took the lead and powered to a 4:22 finish time to win the race and his age division. Forde held on to fourth overall and won his age group in 4:27.

This was Berra's first appearance in the event, while Forde is a fixture, having won his age group several times.

– **Chuck Shields**

Philly Team Wins 5K Nationals

The M50 team of Greater Philadelphia Track Club traveled to Syracuse University on Oct. 3 to compete in the Syracuse Festival of Races, which also acted as the 2010 USATF Masters 5k National Championship.

Last year, GPTC finished fifth in the competition. This year, the club sent Terry Permar, Jeff Hayes, Bill Kampf, Bill King, Ted Trocky, Peter Churchman and Chuck Shields in hopes of improving.

The other M50 teams entered included defending champions Green Mountain Athletic Association from Vermont, the Atlanta Track Club and the Genesee Valley Harriers from New York.

The team results are based on the cumulative total time of the five fastest runners on each squad.

All age divisions ran together along with the open runners, making for a quick opening pace.

Both Green Mountain and Atlanta were ahead of GPTC after runners 1-2-3, but it was Greater Philly's depth in positions 4

MASTERS NEWS

Chuck Shields

Greater Philadelphia Track Club

and 5 that would be the determining factor. GPTC runners Permar, Churchman and Shields formed a pack that finished only seven seconds apart.

Hayes led the way for Greater Philly with a time of 16:26, followed by Trocky at 17:04, Permar at 17:26, Churchman at 17:33 and Shields at 17:33.

The M50 individual winner was John Tuttle of Atlanta, a 1984 Olympian, in a time of 15:57.

This was the third year for Syracuse to host the national road championship. Since 2003, GPTC has entered teams in fall championships such as Masters 5K and 8K Cross Country Championships as well as club nationals.

In 2009, we opted for the Syracuse event since the Masters XC Championships in Florida were canceled.



Photo by Bryant Nix

Celebrating their victory at the Masters 5K National Championship award lunch are, from left, Chuck Shields, Bill King, Bill Kampf, Jeff Hayes and Ted Trocky. The team also included Peter Churchman and Terry Permar.

SEPAC Walkers Sweep In 40K

Jose Moncada took the men's title and Solomiya Login won the women's crown, giving the Philadelphia-based Southeastern Pennsylvania Athletic Club a sweep of the individual gold medals in the 40-kilometer national race walking championship in September.

The 72nd annual USA Track and Field National Championship race walking event was hosted by Shore Athletic Club on Sept. 12 at Joe Palaia Park in Ocean Township, N.J.

Another SEPAC athlete, Pamela Alva, a junior at La Salle University, won the 20-kilometer portion of the women's race with a time of 1 hour, 54 minutes, 34 seconds.

And 82-year-old Jack Starr of Wallingford, Pa., set a U.S. record for the 80-84 age division for 30 kilometers with a time of 5 hours, 28 minutes and 26 seconds.

Moncada, 21, a junior history major at LaSalle University, wrote some history of his own as he won his first U.S. national race walking title with an eye-opening negative-split performance of 3 hours, 32 minutes and 40 seconds.

"Jose was just amazing," said Southeastern AC coach Ed Richardson. "He walked the first 20K in 1 hour, 50 minutes, then came back to do 1 hour, 42 minutes for the second 20K. That kind of performance is unheard of at a distance like this."

Walking through intermittent rain, former men's champion Dave McGovern of Locust Valley, N.Y., took second place in 3:37:26, with

RACE WALKING NEWS

Elliott Deneman

Meet director

four-time defending champion Ray Sharp of Atlantic Mine, Mich., third in 3:39:56.

Login, 30, a former holder of the LaSalle University women's steeplechase record, led the women's 40K field from start to finish, regaining the title she had won in 2008 and clocking in at 3:47.52.

She was the first American finisher in the World Cup 20K in Mexico last spring and has now set her sights on the 2012 Olympic Trials.

Erin Taylor-Talcott of Shore Athletic Club, the 2009 women's champion, settled for second place this time in 3:58:46, with Dorit Attias of Lakewood, N.J., another past winner, third in 5:03:04.

SI Magazine Spotlights Login and Moncada

Solomiya Login and Jose Moncada were featured in the "Faces in the Crowd" section of Sports Illustrated. The magazine's Sept. 23 issue reported on their victories at the national 40K race walking championships.

Their coach, Ed Richardson of the Southeastern Pennsylvania Athletic Club, described it as "important recognition."

Matt Byrne On The Ups And Downs of Mountain Racing

*Matt Byrne is a familiar name in the Mid-Atlantic area's running scene. He grew up in Scranton, Pa., and ran for St. Joseph's University in Philadelphia. After graduating, he continued to pursue running while managing the Philadelphia Runner store. With two wins at the Steamtown Marathon in Scranton and two Olympic Trials marathon appearances, Matt shifted from road racing to trail and mountain racing. His recent accomplishments include qualifying for two U.S. Mountain Running teams, winning the overall La Sportiva Mountain Cup Championships in 2009 and placing second in 2010. Matt spent much of the past year opening the Scranton Running Company, a fitness store that he cofounded. **Derek Schultz**, contributor to the Mid-Atlantic Quarterly, caught up with Matt for an interview.*

Q. You had quite a successful year! In early February, you placed third overall (first American) at the Empire State Building Run Up. How did you train for this unique and very competitive event – by running up and down the Art Museum steps Rocky-style?

A: Philly, believe it or not, has some decent hills. Especially in the area I've lived in for the past five years – Wissahickon Valley. They're not mountains, but you just have to get creative with the training. I've also taken on a new coach, Jason Kilderry of ETA Coach. He's provided me with some more specific, diagnostic training, which has been a huge help. I certainly feel stronger under his tutelage. And yes, I've cranked up the Rocky steps from time to time, but it's less than a minute long – hardly helpful for the Mountain scene.

Q: You are having great success on the road. You qualified for the Olympic Trials at the Philadelphia Marathon in 2003 and won Steamtown Marathon in 2004 and 2006. Coming from Philly, which is pretty flat, how do you train for the steep, rocky terrain of mountain running?

ATHLETE SPOTLIGHT

Derek Schultz

A: I've always liked hills dating back even to high school XC courses, but I really wasn't aware of the Mountain racing scene until I just jumped into the Mt. Washington Road Race (NH) in 2008. From there, I became aware of all these different types of courses with challenging terrain. Getting to see different parts of the country was also a draw.

Q: In the five-month-long series, the races are scattered from your home state of Pennsylvania to North Carolina, New Mexico, Utah, Colorado and California. With the vast difference in terrain and elevation, what do you do to train for the variation?

A: Since the courses are so different, I think it's best to work on fitness and footwork. There is not much you can do about the altitude when you run into places like Colorado, New Mexico or Utah. Staying fit and keeping your body on technical terrain is all you can do.

For Mountain Runners, The Sights Can Be Amazing, And So Can the Pain

Q: Having completed a lot of races in some great places throughout the years, what are some of your most memorable races?

A: Tough one. All the marathons I've done back in the day seem to blend together. As I said earlier, mountain running really affords you the opportunity to see some amazing places. So with that said, running in Italy and Switzerland for the U.S. Mountain Running team has to top it all. The Alps are pretty wild.

Q: What is the most difficult race you have ever accomplished?

A: I guess it depends on how you rate difficult. Terrain-wise, I don't think I've covered anything as technically challenging as Rothrock Trail Challenge (Pennsylvania), but there is something uniquely difficult to running straight uphill for seven or eight miles. Mt. Washington (New Hampshire) hurts your mind and body like no other race I've ever done.

Q: What is on your Bucket List?

A: Not a whole lot on my bucket list really (at least not right now). But I would love to get to Ireland and see where my Dad's folks roamed, and maybe to southern Italy to check out my Mom's side.

Q: As a Philadelphian, there are many great Philly food choices (i.e. cheese steaks!) What is your favorite place to carbo-load or refuel?

A: Can't beat Dalessandro's Steaks in Roxborough!



Photo by Barb Mongiovi

Matt Byrne and Karl Savage take the early lead in a field of 700 runners at the Mt. Penn Mudfest in April in Reading, Pa. Byrne finished second behind Ryan Woods, and Savage came third.

For More Information

► For more on the Scranton Running Company, go to www.scrantonrunning.com.

► To find locations for the La Sportiva Mountain Cup races, visit <http://mountainrunning.com/mc/>

PHILADELPHIA TRACK PENTATHLON AND THROWS TRIATHLON

New Event Debuts On Philadelphia Track Scene

The first annual Philadelphia Track Pentathlon and Throws Triathlon was held Aug. 15 at Larry Wilson Stadium on the campus of Gwynedd Mercy Academy.

The competition was a USATF-sanctioned event produced by Philadelphia Athletic Charities in cooperation with the Greater Philadelphia Track Club. Runners competed in five events – 3,000, 800, 200, 1,500 and 400 meters (in that order), and throwers competed in three – the javelin, shot put and discus. The scoring was age-graded, with cash prizes for the top four in each event.

Ray Feick was the field events coordinator. The throws event started with 20 entries – 15 men and five women ranging in age from 16 to 67.

The throws champion was Bill McNelis (M58) of Altoona, Pa. with a combined score of 181.70. Bill's strong event was the javelin, which he threw 44.92 meters. Michael Fortunato (M57) of Troy, N.Y., was second with a score of 175.70.

Excellent marks in the shot (14.06 meters) and discus (45.24 meters) were turned in by third-placer Warren Taylor (M51) of Columbia, Pa. Warren moved from 11th to third after the final event, shot put. His final score was 162.87.

The track event coordinators were Dave Thomas (meet director and clerk of course) and Kyle Mecklenborg (seeding and scoring).

The track competition started with 36 runners ranging from ages 14 to 74, including eight women. The pre-race

PENTATHLON/TRIATHLON

Chuck Shields

Greater Philadelphia Track Club

favorites included Lorraine Jasper, Kevin Forde and Nick Berra.

Weather conditions were favorable as the temperature started at 66 and never broke 80, with skies overcast all morning. The distance runners used this to their advantage as the first event, the 3,000, was very fast.

Forde turned in the fastest time of 9:07.2 (hand time) followed by R.J. Every (M22) at 9:07.5 and Berra at 9:08.9. This gave Forde a lead he would never relinquish.

During the third event, the 200, Berra pulled up with a leg injury. This opened the door for distance runners Jasper (F48) and Peter Churchman (M55).

Forde, of Philadelphia, ran the 1,500 in 4:19.1 on the way to scoring 430.02 points for the pentathlon victory. Second was Lorraine Jasper of Birchrunville, Pa., with 416.58 points. Churchman, of Ardmore, Pa., held off Brian Crowley (M45) of Hillsborough, N.J., for third, 408.24 to 404.35.

Proceeds from the event will be directed to "Project Belmont Plateau." Belmont Plateau, in Philadelphia's Fairmount Park, is the area's most popular cross country course.

The project will provide for maintenance and new course signs at "The Plateau". For more information on supporting this effort, contact Philadelphia Athletic Charities, www.gopacsports.com.

PHILADELPHIA TRACK PENTATHLON AND THROWS TRIATHLON



▲ Competitors check the standings at the first Philadelphia Pentathlon.

◀ Kevin Forde finishes the 400, on the way to finishing first overall.

▶ Lorraine Jasper, second place overall, finishes the 400-meters.



Photos by
Dan Anders

RESULTS: Here are the top five finishers, and their scores in each event.

TRACK PENTATHLON	<u>3000m</u>	<u>800m</u>	<u>200m</u>	<u>1500m</u>	<u>400m</u>	<u>FINAL SCORE</u>
1. Kevin Forde, M46	9:07.18	2:07.18	27.35	4:19.08	57.81	430.02
2. Lorraine Jasper, F48	10:57.75	2:30.56	32.03	5:13.28	68.92	416.58
3. Peter Churchman, M55	10:33.43	2:23.79	30.21	4:50.69	65.90	408.24
4. Brian Crowley, M45	9:39.45	2:12.49	28.70	4:35.92	61.29	404.35
5. Russ Patton, M55	11:48.74	2:30.13	29.22	5:14.78	65.34	392.52

THROWS TRIATHLON	<u>Javelin</u>	<u>Shot Put</u>	<u>Discus</u>	<u>FINAL SCORE</u>
1. Bill McNelis, M58	44.92	10.17	33.44	181.70
2. Michael Fortunato, M57	39.28	10.49	36.46	175.70
3. Warren Taylor, M51	22.33	14.06	45.24	162.87
4. Warren Robertson, M51	50.36	10.82	29.31	161.65
5. Ray Biagioni, M51	42.39	10.92	35.50	160.12

(Throws event scores are best mark, in meters.)

**Mid-Atlantic Association
Cross-Country Youth Championship Results**
Belmont Plateau, Philadelphia, Nov. 6, 2010

Name	Birth year	Club	Town	Time
Sub-Bantam Girls: 2 kilometers				
1 Alayna Lopapa	2003	Unattached	West Chester	10:50.3
2 Julia Grove	2003	Unattached	Glen Mills	13:13.1
Midget Girls: 3 kilometers				
1 Terri Turner	1999	Unattached	Philadelphia	11:44.3
2 Haley Adams	1998	Cinnaminson		13:02.7
Youth Girls: 4 kilometers				
1 Hannah Szapary	1997	Force Fields	Wynnewood	16:11.7
2 Olivia Young	1996	Unattached	Kennett	17:03.4
3 Peyton Lopapa	1996	Unattached	West Chester	19:43.0
4 Alexandra George	1997	Unattached	Easton	20:19.5
5 Aura Thoma	1997	Cinnaminson		21:25.7
- Erin Mullican	1996	Unattached	Lancaster	NT
- Grace Chang	1996	Unattached	Media	NT
Sub-Bantam Boys: 2 kilometers				
1 Alden Burke	2002	Cinnaminson		10:58.9
2 Noah Shepherd	2003	Juniata	Lewistown	11:42.3
3 Dominique Wyatt	2005	Unattached	Elkins Park	11:58.9
4 Jordan Wyatt	2004	Unattached	Elkins Park	14:49.2
Bantam Boys: 3 kilometers				
1 Nolan Pernia	2000	Unattached	Quakertown	12:50.7
2 Lance Miller	2000	Unattached	Lewistown	15:34.3
Midget Boys: 3 kilometers				
1 Nicholas Lopapa	1998	Unattached	West Chester	12:07.1
2 Jay Ciccolini	1998	Juniata	Lewistown	12:20.2
3 Ethan Norton	1998	Unattached	Collegeville	12:23.5
4 Maxwell Adams	1998	Cinnaminson		12:36.2
5 Luke Adams	1998	Cinnaminson		13:54.4
6 Dante Wyatt	1999	Unattached	Elkins Park	15:28.2
7 Joshua Austin	1999	Running Rebels	Philadelphia	15:49.2
Youth Boys: 4 kilometers				
1 Benjamin Szuhaj	1996	Unattached	Philadelphia	14:38.8
2 Samuel Ramsay	1997	Unattached	Wernersville	15:27.3
3 Harrison Morris	1997	Cinnaminson		16:11.2
Intermediate Boys: 5 kilometers				
1 Jess Adams	1994	Unattached	Dallas	17:40.0
2 Jeffrey Pendleton	1995	Unattached	Lancaster	19:40.1
3 Logan Adams	1995	Cinnaminson		21:15.3
4 Jonah Ciccolini	1995	Juniata	Lewistown	21:44.8
5 Chris Koellner	1995	Next Dimension	Medford	22:02.2

Rules Changed For Birth Certificates

YOUTH NEWS *Celeste Battle*

The procedure for verifying youth athletes' birthdates has been changed this year, in order to eliminate the need for paperwork to be done at meets.

Each athlete now must fax or mail a copy of their birth certificate to the USATF membership chair by the deadline noted on meet flyers. You will no longer be required to bring a copy of your birth certificate to meets.

Verification of your date of birth must be completed on your current USATF membership in order to be eligible to register online for the Junior Olympics meets.

Sub-Bantams Go National

The Sub-Bantam age group has been added to the National Championships starting in 2011!

Athletes must be 7 years of age on the first day of the national championship to compete at the youth athletics or Junior Olympic national championship, according to Rule 300 1(c).

Help Wanted

We need officials and volunteers for Philly's Finest on April 2 and for the Junior Olympic qualifiers on June 4, and championship on June 18 or 25.

On-Line Registration

Registration and advancement for all youth events will be required in advance and online, with a firm cutoff date to enter.

*In the early 1980s, a remarkable quartet of female runners shattered high school track records. Why are their records still standing? Reflecting on their high school careers, they realize they needed each other to succeed. In the last of a three-part series, **NEELY SPENCE** looks back on the legacy of ...*

The Class of 1982

At long last, the third and final section of this trilogy unfolds. What are the plans for these new high school grads? Where will they spend their next few years? Kim Gallagher is focused on making an Olympic team, Lois Brommer is beginning her studies at Harvard, Lynne Strauss is headed to North Carolina State ready for competition, and Gina Procaccio got that college scholarship she wanted. Reflecting on their fairytale high school careers, they wonder: Would they have accomplished what they did without each other?

What is a common thought for high school seniors? That's right, college. Kim's story is an exception, however. She was thinking running, 800 meters, and the Olympics. Piecing her thoughts together, it is clear that she had a dream, a vision, a goal. She was all about the 1984 Olympics. In fact, she never competed collegiately. She ran for club teams and went to the University of Arizona, but stayed only a few months before realizing that college wasn't part of the ingredients required to make a U.S. team.

Coached mostly by her elder brother Bart, Kim

By **NEELY SPENCE**

Part III: After High School

at long last made her dream come true. She ran in the 1984 Olympics and earned a silver medal in the 800. Now that she had met her goal, some people might think that Kim would retire and live her happily-ever-after life, but Kim was just igniting. Her training became more precise, and she ran races like she was on fire. That flame carried her to her second consecutive Olympic final in 1988, where she ran 1:56.91 in the 800 to take home a bronze medal.

Kim had an amazing career, earning 12 PIAA state gold medals in high school, setting state and national records (some still unsurpassed), receiving All-American honors at Upper Dublin high school, winning at the Penn relays, and becoming a member of the Pennsylvania Track and Field Coaches Association Hall of Fame and the Penn Relays Hall of Fame. In 1988, she was then ranked fourth in the world by T&F news.

Someone might ask how Kim accomplished all this when the facilities she had available were rather primitive. “The best track in the area was the one that was used for the State meet. The Shippensburg University track at that time was a green all-weather surface,” said her high school coach, Jack Fuery. “Our uniforms were very hot and heavy and didn’t breathe. If it was windy, they would turn into sails.”

So why haven’t Kim’s records been broken? How did she stay motivated in high school and not lose sight of her Olympic dream? To answer the first question, she had an incomparable ability to push herself to the max without close competition. Fuery had some ideas: “We would usually have a Saturday meet and during the week we had more time for training than most high school teams now. There weren’t as many teams (because running was still a newer sport for girls) so there weren’t as many dual meets. We still limited the number of races or events, so when she raced, she raced.” Fuery added, “Kim competed against the top girls in the nation who just happened to be from Pennsylvania as well. She had high regard for them and admired their competitiveness, but she expected to win.”

With Pennsylvania a national hotbed for track and field, it was a golden era. Kim was ahead of her time. She had talent and admittedly that helps, but she was focused, goal-driven and highly motivated. She spent nine years concentrating on the 800 before she ran her high school national record of 2:00.07.

Regretfully, Kim died of cancer in 2002, leaving behind a young daughter Jessica, who now lives with Kim’s parents. With a passion for running as strong as Kim’s, to this day in heaven she certainly must still be kickin’ butt.

In 1982, girls weren’t allowed to take official college visits, and attending college was not as common for girls as it is today, but Lois was a hard worker and always strived to be better, so college was definitely on her mind. She was injured during her senior year of track, so she used that extra time to do some research.

“I talked with the coach at Wake Forest and he said that he would give me advice and help me find a great college. Harvard: good academics and good running. It was exactly what I wanted,” she said. “I focused on my academics, which probably affected my athletics, but I wanted running to be fun.”

ABOUT THIS SERIES

The author, **Neely Spence**, is a student at Shippensburg University and was named 2009 Women’s Cross Country Athlete of the Year by USATF. She wrote this story in 2007, and it was published on



PennTrackXC.com, a Mile-Split Network website. This edited version appears in the Mid-Atlantic Quarterly in three parts. The full original version appears online at pa.milesplit.us/articles/15899.

Using running as her stress reliever, Lois graduated from Harvard and became a lawyer. She still runs to “stay healthy and sane” and uses it as a social time, but has off-and-on Achilles pain from “all those years in spikes.” Reflecting on her high school career, Lois has no regrets. Even she finds it amazing that her records are still standing.

“The technology in clothing is so much more advanced now. We didn’t have lycra tights. If it was cold, we’d wear long underwear or sweatpants to race in.” She says all the credit goes to her competitors. “Lynne and Kim were incredible runners. I never would have run as fast as I did without that competition.”

Apart from technology in attire, computers also weren’t widely available then. Now athletes can go on-line to find out about their competition. In 1982, that luxury wasn’t there. “I would check out T&F news rankings and get newspapers from Lynne and Kim’s area to find out what they’d been up to. But unless you knew someone from your competitor’s home town and they sent you newspaper clippings, it was hard to find any useful info.”

Lois has six state medals, one of them gold, two District 3 AAA records, a Kinney (Footlocker) northeast regional title, and All-America first team status at the 1981 Kinney (Footlocker) Nationals. Now, spending a spring day watching a District 3 track meet at Shippensburg University, she says: “It’s about time these records get broken!”

After being heavily recruited since 10th grade, Lynne decided to go south to third-ranked North Carolina State. Maybe all those trips to Kinney (two in San Diego and one in Florida) influenced her warm weather decision.

“College kind of killed my spirit. In high school I had the whole package ... the coach, the team, the support. In college I also had a great coach, but I really didn’t feel the same as I did in high school. Everyone on my team was great individually, but we never really worked together. We just competed.”

Lynne stuck with the program and continued to excel in athletics. But running became hard and often un-fun. Each practice turned into a race, and in the middle of her senior year, Lynne gave up running. “After a teammate went through an eating disorder, I was disgusted by what people were willing to go through to become better. I couldn’t enjoy running anymore, so I walked away from the sport.”

Lynne became a very successful businesswoman in the corporate world. She got married, then started “doing the mom thing.” But Lynne, who overflowed with charisma and had so much spring in her step during her high school career, couldn’t walk away from running forever. In 2004 she made a New Year’s resolution – she was going to run every day that year. Since then, she hasn’t missed a day.

“I look back on my running career and realize that my fondest running years were those with my high school team,” she says.

Lynne was a three-time, first team All-American and has probably the most consistent Kinney (Footlocker) record, placing second twice and third once. She was a five-time PIAA gold medalist and a two-time Penn Relays 3k champ.

“Kim Gallagher and I raced and she was phenomenal. She was a bundle of God-given talent and I really admired her. Lois Brommer had the biggest heart of anyone. She might not have had the raw natural talent like Kim Gallagher, but she had the drive and the competitiveness. We all drove each other to be better. It had nothing to do with the shoes! Why haven’t our records been broken? There are a lot more sports available to girls now than there were then, so it spreads the talent thinner.”

Lynne now spends her time running, weight lifting, being a mom and taking tennis lessons with her two children. “If I could change anything about my high

school running, I would have lifted weights,” she says, adding: “I wish we were all still alive and could reunite and reminisce about those four special years.”

Gina had great high school coaches and thought that all college coaches had to be better. “I didn’t understand that there were different coaching styles and philosophies,” she says. “I just was excited to have been offered a scholarship.”

Gina spent her first three years at the University of Florida before she realized that the atmosphere was not what she wanted and transferred to Villanova for the remainder of her collegiate athletic career. Upon graduation, Gina turned pro and ran personal bests of 15:26 for 5k and 8:45 for 3k. She used her experience as a high-profile athlete and became a coach at Villanova in 1994.

“When I first started coaching at Villanova, the girls’ team took off their shirts and ran in their jog bras. I was like, ‘Oh my gosh, what are they doing?’ In the 1980s, tights, jog bras, racing flats, waffles ... were all far-and-few between if even existent. Spikes were a lot heavier. But in high school we didn’t know any different.”

There were two other girls in the Class of 1982 who in any other class would have been track queens: Holly Murray from Plymouth-Whitemarsh ran 10:46.0 in the 3200 her junior year to finish third at the PIAA state meet and 4:53.07 in the 1600 her senior year to finish second behind Lynne. Joanne Kehs from Perkiomen Valley was a 10-time PIAA AA state champ (including eight in relays). Individually she won the 800 in 2:11.9 her junior year and 2:09.68 her senior year. Joanne attended Villanova and matured into an even more decorated athlete.

Gina is still coaching at Villanova, and her advice to potential student athletes is: “Make sure you go somewhere where you’ll be happy. Then you’ll run well.” Gina would know, she’s been there, done that.

Time does have a way of changing things; the ivy grows and the beauty is hidden, but never lost, it is merely waiting to be uncovered. Hopefully, these girls’ happily-ever-after high school careers are no longer a mystery. There are, of course, some things that remain unknown, for how could anyone understand exactly what it was like to be a part of the most incredible class PA distance running history has ever seen, the class of 1982.

MID-ATLANTIC ASSOCIATION NOTES

USATF Mid-Atlantic 2011 Youth Calendar

Feb. 27: MAUSATF Indoor Youth Championship, Widener University, afternoon.

June 4: USATF Mid-Atlantic Association Junior Olympic Qualifiers. Four locations to be announced.

June 18 or 25: USATF Mid-Atlantic Association Junior Olympic Championship. Location TBA

July 7-July 10: USATF Region 2 Track and Field Championship. Host is Three Rivers Association.

June 28-July 3: USA Youth Track and Field Championship, Myrtle Beach, S.C. (qualifying standards to enter).

July 26-31: Junior Olympic Track and Field Championships, Wichita, Kan.

Dec. 10: Junior Olympic Cross Country Championships, Myrtle Beach, S.C.

Awards Lunch Date

Arrangements have been completed to hold our annual Award Lunch on Saturday, Jan. 29, 2011, in our usual location, the American Baptist Mission Center in King of Prussia. We have also contracted with Erin and Amy, our traditional caterers, so that everyone can be assured of an excellent meal.

– **Norman Green**

Upcoming MAUSATF Meetings

All meetings are at Villanova University unless otherwise noted.

2010

Dec. 15: Quarterly meeting

2011

Jan. 29: Award Lunch
(ABC Mission Center)

Feb. 23: Executive Committee

March 23: Quarterly Meeting

May 25: Executive Committee

June 15: Quarterly Meeting

Aug. 24: Executive Committee

Sept. 21: Annual Meeting (Fort Washington)

Nov. 16: Executive Committee

Dec. 21: Quarterly Meeting

About the USATF Mid-Atlantic Association

Mid-Atlantic is the local association for USA Track & Field (USATF), which is the national governing body for track and field, long-distance running and race walking in the United States. USATF Mid-Atlantic serves the state of Pennsylvania east of and including Potter, Clinton, Centre, Huntingdon and Bedford counties; the State of Delaware; and our membership in New Jersey.

USATF Mid-Atlantic Executive Committee

A. Monique White – President

Mike Hemsley – Vice President

Mary Braverman - Financial Secretary

Ken Yerger – Officials

Norman Green -- Treasurer

Ed Callahan – Past President

Mike Hemsley – Law/Legislation

Bob Delambily – Budget/Finance

Doreen McCoubrie – Membership

Celeste Battle – Youth

Ray Feick – High Performance

Robin Jefferis - Long-Distance Running



Individual Membership Application—2011

For Department use: USATF # _____

Application: New Renewal Age: _____ Gender: Male Female

Name: _____ Birthdate: ____/____/____

Address: _____

City: _____ State: _____ Zip+4: _____

Home: (____) _____ Work: (____) _____ FAX: (____) _____

E-Mail Address: _____

USATF Club Name: _____ Club Number: _____

Citizen of What Country: _____

Membership Category: (Pick one)

- Youth Athlete (AY - Under 19)
- Open Athlete (AO - 19 - 39)
- Masters Athlete (AV - 40 & Older)
- Coach (C0 C1 C2)
- Official (OA ON OM)
- Administrator (AD)

Sport(s) in which you compete:(Pick any that apply)

- Track (T)
- Field (F)
- Race Walking (W)
- Cross Country (X)
- Long Distance Running (R)
- Ultra-Running (U)

Membership Fee: (Pick one)

- Adult (age 19 or older) One Year Membership. Fee is \$30.00. Two Years: \$55.00
- Adult (age 19 or older) Three Year Membership. Fee is \$80.00. Four Years: \$100.00
- Youth (age 18 or younger) One Year Membership. Fee is \$20.00. Two Years: \$40.00
- Youth (age 18 or younger) Three Year Membership. Fee is \$60.00. Four Years: \$80.00

Birth Certificate Required in Youth Athletics.

- Birth Certificate Attached.
- Birth Certificate Already on File From 2010

Additional Tax Deductible Contribution: (Thank You)

I have included an additional \$ _____ Tax Deductible Contribution.

Signature: _____ Date: ____/____/____

(If under 18 must be signed by parent or guardian)

Make Checks payable to: USATF Mid-Atlantic

Mail Completed Applications to:

**Mid-Atlantic Assn
PO Box 662
Southeastern, PA 19399**

