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"The finest master of them all"

Thank You, Norm

For 29 Years of Service to USATF Mid-Atlantic



Both on and off the road, Norman Green has become a legend in the running community. His collection of long-distance national records is unmatched. So is the dedication he has shown to serving the sport of track and field.

As he departs the Mid-Atlantic Association Executive Committee, we know those shoes can never be filled.

On Jan. 26, Norm was given the Lifetime Achievement Award (his second), at the last of 22 annual Awards Luncheons over which he has presided.

Pages 2-3: A profile in words and statistics.

A TRIBUTE TO NORMAN M. GREEN JR.

'The Finest Master of Them All'

With his retirement from the USATF Mid-Atlantic Executive Committee on Dec. 31, 2012, **Norman M. Green Jr.** culminates a career in track and field that was legendary both on and off the road.

Spanning three decades, his service to the running community has included a wide array of positions dating back to before the Mid-Atlantic Association took its current form, and he founded some of the most treasured traditions of the sport in our area.

But those accomplishments pale in comparison to his life as a runner. He broke dozens of national age group records – and 18 of his records still stand today. He was the first American aged 50 or over to run a marathon in under 2:30. Fourteen times he was named USATF's Runner of the Year in his age division.

The "finest Master of them all" is the designation he is given by **Don Lein**, chair of the USATF Masters Long Distance Running Committee.

Norm was born on June 27, 1932, in Oakland, CA. He attended Piedmont High School in Piedmont, CA, and graduated in 1950. Norm ran track at Piedmont, going undefeated in the mile run until the state meet for two years and setting a record of 4:31.6 for schools on California's North Coast.

After high school, Norm attended the University of California, Berkeley. He ran cross country and track, turning in an impressive 4:24 in the mile, but then gave up competitive running to concentrate on his studies. After graduating college, Norm attended Berkeley Baptist Divinity School and was ordained as a Baptist minister. He married his high school sweetheart, **Dolores**, in 1953. Together they raised a son,

"It's not often you come across a person who embodies dedication, commitment and perseverance. Norm Green embodies these attributes more than anybody I've met in the track and field world. What he did, nobody else could replicate."

— **Monique White**, Mid-Atlantic outgoing president

Russ, and daughters **Cindy**, **Sharon** and **Deona**.

Norm initially served as a pastor and accepted a position with American Baptist National Ministries in Valley Forge, where he worked as a demographer for 33 years. He also served as bookkeeper and treasurer for the Central Baptist Church in Wayne, PA, for 22 years. He retired from those posts last year but remains on the church cabinet.

Norm returned to serious competitive running in 1981. Within two years he began setting age group records on the road and the track. By 1991, he had set almost 40 records, according to Runners World magazine. These records range from eight kilometers to the marathon on the roads and 10,000 meters on the track.

Norm has served the sport of track and field in many capacities. His tenure with USATF Mid-Atlantic dates to 1984, when the organization was part of The Athletics Congress. He has served as vice president, secretary, membership coordinator, sanctions coordinator, LDR chair, treasurer and financial secretary and as a delegate to every TAC and

USATF Annual Meeting from 1984 to 2011. Norm founded the Grand Prix Circuit in 1991 and organized the first Mid-Atlantic Awards Luncheon in 1992.

Beyond the local level, Norm has served as a U.S. delegate with World Masters Athletics, oversaw the USATF Masters Hall of Fame and served on the Masters LDR Executive Committee. He was elected to the first class of the USATF Masters Hall of Fame in 1996.

He will be dearly missed.



Last year, more than 60 years after he ran the mile undefeated for two seasons and set a record for California's North Coast, Norm returned to Piedmont High School and was inducted into the school's Sports Hall of Fame.

"I asked Norm if he was pleased with his (Philadelphia Distance Run) time and he said, 'No, but at least I beat the Kenyans.' He explained to me that age grading was what motivated him and what he was competing against ... to beat everyone!"

— **Bob Schwelm**, fellow champion marathon runner

A TRIBUTE TO NORMAN M. GREEN JR.

Norm's 18 Standing U.S. Age-Group Records

Norm held as many as 40 national age-group records, and 18 of them are still standing — 17 on the road, and one on the track (M55-59 for 10,000 meters.) Some of those records have remained unbroken for 30 years.

Event	Time	Age Group	Age	Location	Date
8 km	27:00:00	55-59	57	Naples, FL	Jan. 13, 1990
8 km	28:07:00	60-64	60	Virginia Beach, VA	March 20, 1993
10,000 meters	33:00:66	55-59	57	Eugene, OR	July 29, 1989
15 km	49:24:00	50-54	53	Portland, OR	June 30, 1985
15 km	50:45:00	50-54	55	Washington, DC	March 27, 1988
15 km	54:20:00	60-64	60	Tampa, FL	Feb. 27, 1993
10 miles	52:53:00	50-54	50	Washington, DC	March 27, 1983
10 miles	57:48:00	60-64	60	Washington, DC	April 4, 1993
20 km	1:05:50	50-54	50	Washington, DC	May 29, 1983
20 km	1:08:07	55-59	56	Medford, OR	April 8, 1989
20 km	1:15:15	60-64	60	New Haven, CT	Sept. 7, 1992
Half-marathon	1:09:30	50-54	52	Philadelphia, PA	Sept. 16, 1984
Half-marathon	1:10:23	55-59	55	Philadelphia, PA	Sept. 20, 1987
Half-marathon	1:16:55	60-64	61	Philadelphia, PA	Sept. 19, 1993
25 km	1:24:12	50-54	51	Washington, DC	May 27, 1984
30 km	1:46:33	55-59	56	Clarksburg, CA	Nov. 13, 1988
Marathon	2:29:11	50-54	51	Lincoln, NE	May 6, 1984
Marathon	2:33:49	55-59	55	Lincoln, NE	May 1, 1988

Footnote: At age 55, Norm ran the 1987 marathon in Minneapolis in 2:27:42 -- six minutes faster than the record he set the following year in the 55-59 age division -- but the "point-to-point" course was not eligible for a U.S. record.

Norm's Place on List of All-Time Age-Graded Scores

Norm still holds the record for best age-graded scores in the half-marathon and 30-km among all U.S. masters runners. Here is how Norm's performances rank among the best all-time masters age-graded scores – the statistic used to compare runners of all ages.

Distance	Place	Age Grade	Time	Age	Date
8 km	10	95.80%	25:42:00	52	June 27, 1984
15 km	6	97.10%	49:24:00	53	June 30, 1985
15 km	7	96.80%	51:18:00	57	April 1, 1990
15 km	10	96.50%	50:07:00	54	Feb. 7, 1987
15 km	11	96.20%	50:45:00	55	March 27, 1988
15 km	13	95.80%	49:15:00	51	May 13, 1984
15 km	15	95.70%	54:20:00	60	Feb. 27, 1993
10 mi	3	97.50%	54:53:00	57	April 1, 1990
10 mi	7	96.60%	54:28:00	55	March 27, 1988
10 mi	11	96.20%	53:18:00	52	March 31, 1985
20 km	2	98.00%	1:08:07	56	April 8, 1989
20 km	4	96.20%	1:05:50	50	May 29, 1983
Half-marathon	1	99.40%	1:10:23	55	Sept. 20, 1987
Half-marathon	3	98.00%	1:09:30	52	Sept. 16, 1984
Half-marathon	4	97.70%	1:12:15	56	Sept. 18, 1988
Half-marathon	8	96.70%	1:14:18	58	Sept. 16, 1990
Half-marathon	9	96.50%	1:13:45	57	Sept. 17, 1989
Half-marathon	11	96.10%	1:16:55	61	Sept. 19, 1993
Half-marathon	14	95.90%	1:12:15	54	Sept. 14, 1986
25 km	2	95.90%	1:24:12	51	May 27, 1984
30 km	1	96.10%	1:46:33	56	Nov. 13, 1988
30 km	3	94.60%	1:49:14	57	Nov. 12, 1989
Marathon	5	97.40%	2:25:51	52	Dec. 2, 1984
Marathon	10	95.30%	2:37:40	58	Oct. 14, 1990
Marathon	13	94.90%	2:33:49	55	May 1, 1988
Marathon	14	94.90%	2:32:28	54	May 3, 1987



Norm's Legendary Training

Norm had a remarkable training schedule. Here is one week, a month before running 2:27:42 at Twin Cities at age 55:

Sunday	5 miles @ 5:53/mile
Monday	10 miles @ 5:40
Tuesday	5 miles @ 5:47 (plus weight circuit)
Wednesday	7 miles @ 5:42
Thursday	5 miles @ 5:24 (plus weight circuit)
Friday	5 miles @ 5:35
Saturday	20 miles @ 5:51

YOUTH ATHLETICS

Marathon Boy Heads to Antarctica

At Age 9, Nikolas Toocheck Is 'Running the World for Children'

Last summer, **Nikolas Toocheck** decided to combine his love for running with his enthusiasm for helping children living in need.

In December, the 9-year-old boy from West Chester, Pa., completed his first full marathon, and now Nikolas has set his sights on Antarctica. On Feb. 25, he will participate in the White Continent Marathon organized by Marathon Adventures.

Nikolas will be running as part of his campaign, "Running the World for Children." The fourth-grader created the campaign to raise money and awareness for Operation Warm, a nonprofit that provides new winter coats to children living in need throughout the United States.

Nikolas's goal is to complete a marathon on each of the seven continents. Based on available records, it is believed that he would be the youngest person to achieve this feat. He aims to raise a dollar for each step, hoping to raise \$1 million dollars. (One million is the approximate number of steps he will take to complete seven marathons.)

Nikolas ran his first 5k when he was only 5 years old, mostly on the shoulders of his father, **Daniel Toocheck**, who was training for the Air Force Reserves and has run many marathons.

At age 6, Nikolas ran his first race solely on his own two feet. He has now completed over 100 racing events, with distances from a quarter-mile to the marathon. He and his father run together about five days a week, and his father runs with him in most races.

"Nikolas just loves to run," says **Tara Toocheck**, his mother.

Nikolas often strays off the beaten path when he's training – literally, says his older sister, **Thea**, who also

handles his website, www.nikrunstheworld.com.

"He can't run in a straight line, even when there is some form of pathway – if you're behind him, you can watch him kicking rocks and grass, jumping in the occasional stream, and in winter, climbing up the largest snow mound."

In 2011, Nikolas also began to compete in race walking, and he is now a two-time national champion. He won the Amateur Athletic Union 2012 Indoor 1500m Race Walk in the sub-bantam division and the USATF 2012 Youth Outdoor 1500m Race Walk in the bantam division. He had the fastest bantam time in 2012 in the 1500m race walk, 9:14.17.

Nikolas has also received medals in other events, including the triathlon, 1500m run, shot put and high jump.

Nikolas became a member of the Seven Continents Club, which supports people who want to run a marathon on all seven continents. He ran his first marathon, the Fortitude for First Descents Marathon through Cape Henlopen State Park in Delaware, in 5:56:23.0, the same time as his father. The White Continent Marathon will be run on King George Island, part of the South Shet-

land Islands. But don't think snow. Think mud. The terrain is primarily dirt trails, and there could be some snow, but at this time of the year temperatures are usually above freezing so most precipitation at sea level is rain, drizzle or mist.

That's OK with Nik. His favorite running weather is at the extremes – snow, sleet, rain or temperatures over 100 degrees. According to Nikolas, the worse the weather, the more fun the workout. Nice weather is for playing baseball, football, golf or street hockey.

When asked about Antarctica, Nikolas said, "I



Photo by Tara Toocheck

Nikolas runs with one of his idols, Dean "Ultra Marathon Man" Karnazes, at the Runner's World Festival in Bethlehem, Pa., in 2012.

YOUTH ATHLETICS

His Goal: Complete, Not Compete

hope I get to meet a penguin!" The actual marathon will be the "easiest and best part of it all," he said. "I get to do something I love so much and help children in need at the same time. It's so awesome! Is there anything better?"

Operation Warm, which provided new winter coats to 200,000 children in 40 states in 2012, was founded by Nikolas's grandfather, **Richard Sanford**.

"I've learned how important it is to help other people who need it," Nikolas says, "and I think that Operation Warm is great because every kid should be able to have their very own warm coat."

Nikolas's parents are sometimes asked whether running a marathon is healthy for a boy of his age. Indeed, they had the same question themselves when the idea came up.

"Honestly, as his mother, the idea of Nikolas running a marathon and going to other countries freaks me out," said Tara Toocheck. "It took a long time for me to be comfortable with the idea."



His parents conducted a "considerable" amount of research and had Nikolas undergo extensive medical testing by specialists who gave him the go-ahead.

"It's important to convey that Nikolas plans to complete and *not* compete in these marathons. There's a big difference," his mother said. "His idea in regards to the marathons was not about running as fast as he could, but more the satisfaction of completing the marathons. So that is the way he



Photo by Tara Toocheck

World-class race walker Solomiya Login gave Nikolas the shirt she received as a member of the U.S. National Team. The shirts are only given to team members.

trains: to be able to complete them at a safe, comfortable pace."

To learn more about Nikolas and his campaign, visit www.nikrunstheworld.com. Clicking on the Donate tab takes you directly to Operation Warm, a 501(c)3 nonprofit organization. A \$20 donation will provide a new coat to keep a child warm.

2013 USATF Mid-Atlantic Youth Calendar

National Youth Indoor Track & Field Championships	March 9-10	Landover, Md.
Mid-Atlantic Youth Outdoor Developmental Meet	April 13	Edison Field, Philadelphia
Mid-Atlantic Junior Olympic Championships	June 22-23	Widener University, Chester, Pa.
World Youth Track & Field Trials	June 25-26	Edwardsville, IL
USA Youth Outdoor Track and Field Championships	June 25-30	Edwardsville, IL
Region 2 Junior Olympic Track & Field Championships	July 11-14	Jamestown, N.Y.
National Junior Olympic Track and Field Championships	July 22-28	Greensboro, N.C.
National Junior Olympic Cross-Country Championships	Dec. 14	San Antonio, TX
MORE INFORMATION: Tune into www.usatf.org (Resources for Youth Athletes) and www.mausatf.org .		

2012 MID-ATLANTIC AWARDS: JACK MILNE AWARD FOR CLUB OF THE YEAR

A Big Year for Bryn Mawr Club

This year's Club of the Year did something no other club has been able to do for 10 years – beat the South Jersey Athletic Club in Mid-Atlantic's Grand Prix Club Challenge.

Bryn Mawr was led to victory by **Michael McKeeman**, who won the Philadelphia Marathon; **Bob Schwelm**, the club's founder; and **Greg Watson**, who also won the Grand Prix individual men's title.

The Grand Prix Circuit is a series of 11 long-distance races pitting runners of all ages based on their age-graded scores. The Club Challenge is determined by totalling the age-graded scores for the top five runners from each club, including at least one woman.

In 2012, the Bryn Mawr club led the challenge from the beginning. McKeeman won the first race, the Haddonfield Adrenaline 5K in March, and two other club members finished in the top 10.

In April, six Bryn Mawr runners finished in the top 10 in the Valley Forge Revolutionary Run 5-Miler, including McKeeman in first and **Pat Hayburn** in third. Teammate **Cecily Tynan** finished third among the women.

At the 10-mile Broad Street Run in May, three club members finished in the first 25 in the field of about 34,000 runners. McKeeman came sixth (first among the Americans), and club co-founder **Bob Schwelm** had an age-graded score of 91.8.

A month later,

Bryn Mawr runners took three of the top 10 places in the Scott Coffee Moorestown Rotary Race, including overall winner **Kyle Brightbill**, and Tynan finished

second overall among the women.

Watson won the Penn Medicine at Radnor 5-Mile Run in October and finished second among the masters in the Cooper/Norcross Run the Bridge 10k.

Finally, on Marathon Weekend, McKeeman won the marathon and Tynan defended her female master's title in the Rothman Institute 8k.

The Bryn Mawr Running Club was formed in 1996 and is one of the largest running clubs in the Philadelphia area, with over 400 members. The club attracts serious runners of all abilities and fitness goals, from the recreational jogger to the highly competitive road racer.

Sponsored by the Bryn Mawr Running Company, the club publishes a newsletter, organizes group runs, and provides opportunities for volunteer work.

The club hosts the annual Quad X Cross Country Meet at the Belmont Plateau in Philadelphia, which includes the Mid-Atlantic Cross Country Championship.

An unusual event is the club's Summer Prediction Runs, in which the entry fee is a new toy for donation to children in a shelter, and prizes go to runners who finish closest to their predicted time. (No watches allowed.)



Bob Schwelm, a champion long-distance runner, is the owner of the Bryn Mawr Running Company, which sponsors the running club, and he was one of the four "founding fathers" of the club.



Even running a water station at the Philadelphia Marathon draws a good turnout from the club.

2012 MID-ATLANTIC AWARDS: SCOTT MILLS AWARD FOR OFFICIAL OF THE YEAR

For Award Winner, Officiating Is a 'Natural Fit'

Dan Curran Jr. has spent a lifetime in track and field, starting as a pole vaulter – first in his back yard, then at Springfield High School, and then at West Chester State Teachers College (now West Chester University).

After 33 years as a teacher and track and field coach in the Springfield School District, he retired in 2001. Having worried that untrained volunteers often officiated the pole vault, he became certified as a USATF official the same year – a “natural fit,” he called it.



Since then, he has worked more than 360 meets (that's an average of 30 a year) at every level from age group to NCAA. He has worked from Florida to New York and as far west as Iowa and Minnesota. He has worked events as small as a middle school meet in his home town and as large as the NCAA National Division I Championship in Arkansas. His favorite event? The pole vault, of course.

What's the appeal of the role? “Upon retirement, I still wanted to be involved with T&F, and officiating seemed to be the way to go. Officiating has given me great satisfaction. I have worked to try to make the event run smoothly and efficiently,” Curran said. “I think the greatest satisfaction is when I'm packing up after a meet and coaches and athletes come up to me and thank me for providing such a well-run event.”

Curran said it was a “big help” to work with experienced officials early in his officiating career. “I always felt it was a good meet if I learned something from the other officials that I might be able to put to use in the next meet.”



Dan Curran officiates at the pole vault at Susquehanna University.

Jesse Owens Award Goes to Editor, Webmaster

The Jesse Owens Award for Meritorious Service went to **Paul Spencer** for his work as the editor of the association's newsletter and as webmaster of www.mausatf.org.

Spencer is also the communications chair and was appointed secretary starting in January.

Since becoming editor of the Mid-Atlantic Quarterly in 2009, Spencer has tried to improve the newsletter gradually. The publication has grown from six or eight pages to as many as 28 pages.

The changes include the extensive use of color photos, more comprehensive lists of results, profiles of notable athletes, more breaking news such as world and national records set by local athletes, and obituaries on well-known Mid-Atlantic members.

He has also introduced some “long-form” features, including “The Class of 1982,” a three-part series by Pennsylvania cross-country runner **Neely Spence**, and another series by Penn Relays director **David S. Johnson** about **John Baxter Taylor**, the first African-American to win an Olympic gold medal.

Two special reports appear each year – a package on the Mid-Atlantic Annual Awards and a roundup of reports by Mid-Atlantic delegates to the USATF annual meeting.



Spencer has updated the newsletter's design, with less use of color in design elements and type, less clip art, and more consistency in typography, but has maintained the traditional blue-and-red color palette and cigar-shaped page toppers.

Spencer started working on mausatf.org in 2011 after association officers said a previous redesign had made the site hard to update and navigate. He modified the design to feature new postings on the home page, restored and reorganized some old content, introduced new content and added local photos.

Spencer was an assistant managing editor at the Hartford Courant, a newspaper in Connecticut, for 24 years before moving to Ardmore, Pa., in 2004.

ATHLETES OF THE YEAR: FRANK PERCIVAL AWARD FOR OUTSTANDING ATHLETE

At 88, He's Rewriting the Record Books

Our 2012 Masters Male Athlete of the Year made the pages of Syracuse.com, the Delaware News Journal, the Philadelphia Inquirer and even the chat rooms of Lets-run.com and the triathlon chat room of Slowtwitch.com

Hugh Campbell, 88, lives in Wilmington, Del. He retired from DuPont in 1985 and has played golf just about every day since. About two years ago, he started to run.

Campbell's 5K times were fast enough for him to be heavily recruited by the Pike Creek Running Club. Hugh joined the club and USATF in spring 2012.

Race officials were warned about him an hour before the Moorestown 8K. His teammates predicted that Campbell would set a national record. He did.

The next time we heard about Campbell was at



Hugh Campbell, right, receives Mid-Atlantic's top award for athletes from Norm Green, hosting his last awards luncheon.

the USATF Masters 5K Championships on Sept. 30. He went up to Syracuse and surprised a lot of 70-plus runners, beating many of them as well all of the 80-year-old runners with a 5K time of 26 minutes and 42 seconds, and setting a new U.S. record in the 85-89 age division. His time beat the record by almost a minute.

Campbell ran a couple more 5k's and 10k's before running 47:40 in the Rothman 8k, breaking his own U.S. record.

Both of his national records were approved at the USATF Annual Meeting in December. He was also named national Runner of the Year for his age group.

In addition to Mid-Atlantic's overall Athlete of the Year award, Campbell won the Athlete of the Year award for masters long distance running.

TRACK AND FIELD MASTERS ATHLETE OF THE YEAR

How's this for a year on the track: a world championship, two team world records and a U.S. record. That's how it went in 2012 for **Lorraine Jasper**.

In February, Jasper and three teammates from the Athena Track Club beat the listed world record for the indoor 4x400 meters in the 50-59 age division, clocking 4:27.73 at the Millrose Games in the Armory in New York City.

The next month, Jasper anchored an Athena team to set a world record of 10:38.97 in the 4x800 meters for the 50-59 group at the USA Masters Indoor Track & Field Championships in Bloomington, Ind. Individually, she won the 800 meters and the mile in the W50-54 group.

In April, she became a world champion, winning the 800 meters in the 50-54 age division at the World Masters Indoor Championships in Jyväskylä, Finland. Her time was 2:28.31, two seconds off the U.S. record. Jasper also took second in the 1,500 meters.

Back in the U.S., Jasper anchored an Athena Track Club team that set a U.S. record for women



aged 50-59, running the 4x800 meters in 10:45.23 at the USA Masters Outdoor Track & Field Championships in August. She also placed first in the 800 and 1,500 meters in the W50 group.

For good measure, she also won the Philadelphia Pentathlon, a series of five races ranging from 100 meters to 3,000 meters.

This is the fifth time Jasper has won the Athlete of the Year award in track and field.

In addition to her exploits on the track, Jasper is an accomplished road runner, placing second overall in the Grand Prix Circuit's female age-graded competition in 2012.

Jasper is a well-known ambassador for Mid-Atlantic track and field. She founded the Athena Track Club, an elite all-women's club. She has raced in the Penn Relays and run for Athena in the Broad Street Run in the same weekend – "for the team."

ATHLETES OF THE YEAR: TRACK AND FIELD

EXCELLENCE IN TRACK & FIELD



Delores Grandison receives her award from presenter **Kyle Lanier**.



Jill Cypress



John Hadrick



Kristine Longshore



David Marovich



Joy Oakey



Lawrence Nolly

Not pictured: Christy Peterson, Kathy Haubrich, Christine Roemer, Lizanne Stephan, Leonard Olsen.

FEMALE OPEN ATHLETE OF THE YEAR

Zafirah Green ended her career at the Community College of Philadelphia holding school records in seven events – the 200m, 300m, 400m, 500m, 600m, 800m and 1000m.

At the Colgate Women's Games, she placed second in the 55m with a personal best time of 7.3 seconds.

After transferring to Holy Family University, Green set school records there in the 60m (7.73), the 400m (56.43), the 200m (25.60) and two more on relay teams – the 4x200m (1:43.28) and 4x400m (3:52.54) – the latter also a CTC record. Her first-place finishes included the 4x200m at the Millrose Games, the 60m and 4x400m at the Princeton Invitational and the



200m at the CTC Outdoor Championships.

Green was also Mid-Atlantic's Open Female Athlete of the Year in 2008 and 2011.

MALE OPEN ATHLETE OF THE YEAR



Tony Mieu, 21, won gold in the 3k and bronze in the mile at the Mid-Atlantic Indoor Championships.

In the association's Outdoor Championships, he won silver medals in the 800m, 1500m, steeplechase and 5k.

He also placed first for the 20-24 age group in the Grand Prix Circuit.

RACE WALKER OF THE YEAR

Solomiya Login, 32, of the Southeast Pennsylvania Athletic Club, is the Race Walker of the Year for the third year in a row.

USATF's Race Walk Committee named Login to the 2012 senior national 20k team.

She might have had an even better year if not for an ankle injury she suffered in Russia in May during a warmup for the IAAF World Race Walking Cup.

She also qualified for the Olympic 20k Trials, where she finished 10th in a performance impeded by the injury.

Login has also been named a member of the national USATF Athlete Advisory Committee.



ATHLETES OF THE YEAR: YOUTH



GIRLS TRACK, AGE 11-12

Eliza Brooks, Second Chance Track Club
 Region 2: Set three region records: 100m in 12.23, 200m in 25.39 and 400m in 57.68.
 National: First in 100m in 12:58. First in 200m in 24.89.



GIRLS TRACK, AGE 15-16

Taylor Williams, Force Fields Track Club
 Region 2: First in 100m, second in 200m.
 National: Sixth in 100 meters, seventh in 200m.
 Pennsylvania state girls leader in 100m and 200m.



GIRLS TRACK, 8 AND UNDER
Kaleasha Reeves
Second Chance Track Club
 Region 2: First in 100m and 200m.
 National: Third in 100m in 15.02, seventh in 200m.



GIRLS FIELD, AGE 11-12
Jordan Wilson
Morris Estate TC
 Pentathlon athlete
 Region 2: First in shot put.
 National: Fifth in shot put, 10.96m.



GIRLS TRACK, AGE 15-16
Maiya Dendy
 Region 2: First in 200m.
 National: Fourth in 200m.



GIRLS FIELD, 8 AND UNDER
Kennedi Avent
South Jersey Rising Stars TC
 Region 2: First in long jump.
 National: Fourth in long jump, 3.52m.



GIRLS TRACK, AGE 13-14
Taliah Cintron
Wilmington TC
 Region 2: First in 200m hurdles, 2nd in 100m hurdles.
 National: Eighth in 200m hurdles.



YOUNG MEN'S TRACK, AGE 17-18
Derrell Manhertz
 Region 2: First in 800m.
 National: Fourth in 800m (1:54.16).



BOYS RACE WALK, AGE 9-10
Nikolas Toocheck
 First in 1500m race walk at AAU Indoor Championships and USA Outdoor Championships, 9:23.39.



GIRLS FIELD, AGE 13-14
Jocelen Ruth
 Region 2: Second in shot put, second in javelin.
 National: Fourth in javelin, 35.08m.



YOUNG MEN'S FIELD, AGE 17-18
Cole Proffitt
Unattached
 Region 2: First in javelin
 National: Second in javelin, 60.47m.

NOT PICTURED: A list of other youth athletes who were awarded Athlete of the Year honors is on Page 13.

ATHLETES OF THE YEAR: LONG DISTANCE RUNNING

OPEN FEMALE ATHLETE OF THE YEAR

Sayard Tanis, originally from South Jersey, now lives in the Harrisburg area.

She attended Messiah College, where she studied to be a physical therapist and played tennis. It was only a few years ago that she made the transition from tennis to running.

Tanis is one of the founders, the secretary, the social coordinator and the recruiter for the Keystone Track Club, a small club in the Harrisburg area.

2012 was the first year Keystone ventured into the Philly area to compete in the Mid-Atlantic Grand Prix series.

Tanis's first Mid-Atlantic race was the challenging, hilly Valley Forge Revolutionary Run. She won it.

This set her up nicely for the Broad Street Run. She placed eighth at Broad Street in 58:58 – an event that her coach, Henry Klugh, deemed her “breakthrough race.”

Tanis joined us for a couple other races in the fall. Unfortunately, after a third-place finish in 37:11 at the Ben Franklin Bridge Run, she suffered a broken foot, which ended her season.

The Keystone club recently merged with Rosemont Running Club. So we expect to see a lot more of Sayard and her team in 2013.



Photo by Tony Webb / Philadelphia Marathon

Michael McKeeman finishes first at the Philadelphia Marathon.

OPEN MALE ATHLETE OF THE YEAR

Michael McKeeman is well-known in this area. He graduated from North Penn High School and went on to run at University of North Carolina.

After graduating college, Mike earned a spot on the Mammoth Track Club team. While there, he had many top performances in the marathon and qualified for the Olympic Trials several times. He also served as a training partner to **Deena Kastor**, and was her pacer when she broke the U.S. marathon record in London in 2006.

Several years ago, Mike moved back to Ardmore, married his wife, Amanda, started a coaching business called “Run Like Mike” and joined the Bryn Mawr Running Company team.

2012 was a big year for Mike. He started the season with a win at the Adrenaline Run 5K in March. He won the Valley Forge Revolutionary Run with a record-breaking time, and was the first American and fifth overall finisher at the Broad Street Run.

But the highlight of his year didn't come until Nov. 18. On that day, after taking the lead at mile 23, McKeeman won the Philadelphia Marathon in 2:17:47 – the second fastest time in the marathon's 19-year history.

MASTERS FEMALE ATHLETE OF THE YEAR

At age 51, **Doreen McCoubrie** continually runs world-class masters female times, usually scoring above the 90 percentile, and in 2012 she won her age group at two national championships.

McCoubrie, who is from Haddonfield, NJ, and ran for Penn State University, has been the Masters Female Athlete of the Year for seven



McCoubrie and LDR Chair Robin Jefferis



(Continued on page 12)

2012 MID-ATLANTIC AWARDS: LIFETIME ACHIEVEMENT

A Place To Call His Own on Schuylkill Trail

In honor of **Norman Green's** decades of service, the Mid-Atlantic Association has donated a Tribute Bench alongside the Schuylkill River Trail. The spot is in the Betzwood area of Valley Forge Park, where Green started and ended most of his training runs for the past 30 years. Even today, this is where Green and his wife, **Dolores**, start and end their daily walks.

Green, a record-holding masters long-distance runner who is retiring after serving many different roles in the association, also received a Lifetime Achievement Award from **A. Monique White**

and **Cynthia Young**, the outgoing and incoming presidents of the association. (He noted that it was his second lifetime award – the first coming 14 years ago.)

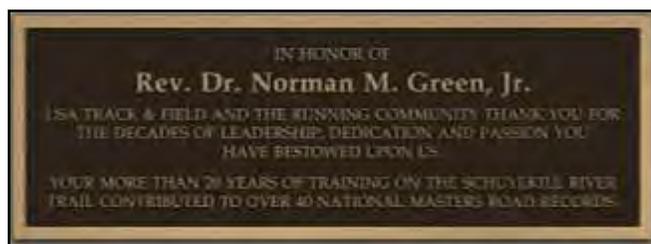
The High Performance Committee also gave Green an award of appreciation for his lifetime contributions to track and field.

In a letter to the Executive Committee after the luncheon, Green expressed his “profound thanks” for the tributes. “Dolores and I will very definitely enjoy taking a rest on the Schuylkill Bike Path bench that you have more than generously named for me,” he said. “As you could tell at the lunch, I was completely surprised and overwhelmed emotionally.”

► **A proof of the bronze plaque for the Tribute Bench.**



At top, Norman Green receives a Lifetime Achievement Award from A. Monique White, left, and Cynthia Young — and a standing ovation from the audience.



MASTERS FEMALE ATHLETE OF THE YEAR (CONTINUED)

(Continued from page 11)

of the past nine years and has won the Frank Percival Award for outstanding athlete in the association for three of the past seven years.

This year was especially fun for McCoubrie because she was joined by her daughter **Chelsea** in running the races on the Grand Prix Circuit. (Chelsea won her age group, too.) McCoubrie is also Mid-Atlantic's membership chair.

Here are some of her accomplishments in 2012:

► She placed first in the women's 50-54 age divi-

sion at the USA Masters 5k Championship (18:23) and at the 2012 USA Masters 8 km Championship (30:42). She also led Athena Track Club teams to first place in the team results for women 50 and older at both events.

- She finished first among masters women in the Broad Street Run (1:00:37, 13th woman overall) and the Philadelphia Half-Marathon (1:23:22).
- She ranked second nationally in USATF's Road Runner of the Year rankings for her age group.

2012 MID-ATLANTIC AWARDS: LONG DISTANCE RUNNING

WOMEN



Joy Hampton
Grand Prix:
3rd, age-graded
1st, 65-69 group

Off-Road Series:
2nd, 60-69 group



Julie Deery
Grand Prix:
9th, age-graded
2nd, 45-49 group

Off-Road Series:
2nd, 40-49 group



Kyra McGrath
Grand Prix:
7th, age-graded
1st, 55-59 group
Eight events



Chelsea McCoubrie
Grand Prix:
1st, 15-19 group



Carolyn Bujak
Grand Prix:
3rd, 60-64 group



Sophia Downey
Grand Prix:
1st, 20-24 group
Eight events

MEN



Jim Sery
Grand Prix:
2nd, age-graded
1st, 50-54 group
Nine events



David Stewart
Grand Prix:
3rd, age-graded



Tom Jennings
Grand Prix:
5th, age-graded
1st, 65-69 group



Peter Bittinger
Grand Prix:
8th, age-graded
3rd, 45-49 group
Eight events



Kyle Lanier
Grand Prix:
2nd, 35-39 group



Thomas Pellechio
Grand Prix:
1st, 55-59 group



Louis Coppens
Grand Prix:
2nd, 65-69 group



Jeff Hayes
Off-Road Series:
1st, 50-59 group



Richard Wright
Cross-Country
Series:
6th, age-graded

PARTICIPATION AWARDS also went to these runners — **Nine events:** Rory McManus. **Eight events:** Maryann Cassidy, Julie Hankin, Gerald Herman, Leslee Hoey, Steve Sawyer, Daniel Simmons and Greg Watson.

ATHLETES OF THE YEAR: YOUTH

In addition to those on Page 10, the following were named Youth Athletes of the Year:

Boys Track, 8 and under
Gaven Williams
Conshohocken
Electric Force TC

Girls Field, age 9-10
Kiana Sechler
Juniata Valley
Striders TC

Boys Track, age 9-10
Stanley St-Fleur
Juventus TC

Boys Track, age 9-10
David Bellefleur
Juventus TC

Girls Track, age 13-14
Brooklynn
Broadwater
Ivy Hill TC

Girls Track, age 13-14
Paige Kupsky

Boys Track, age 13-14
David Hall
Wilmington TC

Boys Field, age 13-14
Malik Sechler
Juniata Valley
Striders TC

Boys Track, age 15-16
John Lewis
AOC Ambler TC

Boys Field, age 15-16
Brandon Stacy

Boys Field, age 17-18
Jason Coon

MORE WINNERS: A complete list of awards for the Grand Prix Circuit, Off-Road Series and Cross-Country Series was in the January newsletter, and the complete standings are at www.mausatf.org under the Long Distance tab.

2012 MID-ATLANTIC AWARDS: THE SCENE

RIGHT: Three top contributors to the Bryn Mawr Running Club enjoy their new status as “Club of the Year” — webmaster **Peter Bittinger**, Philadelphia Marathon winner **Michael McKeeman** and club co-founder **Bob Schwelm**.



BELOW: **Annette White**, Mid-Atlantic’s new financial secretary, encourages the youth Athletes of the Year to keep it up after presenting their awards.

BELOW RIGHT: **Cynthia Young**, the association’s new president, and Vice President **Michael Hemsley** confer at the head table.



RIGHT: **Tony Mieu**, male open Athlete of the Year, gets some face time with the **Norman Green** cutout.



FAR RIGHT: **Mary Braverman**, winner of the Cross-Country Series, and **Duncan Smith**, who came second among the men.



ASSOCIATION NEWS

Enjoy Track & Field? Become A Certified Official

Mid-Atlantic's annual Penn Relays Officials Clinic is an excellent way to get started in the world of track and field officiating.

The clinic will be conducted April 23-24 during the 119th running of the Relays at the University of Pennsylvania's Franklin Field.

The clinic will include group as well as one-on-one instruction from certified USATF officials, with the

opportunity to shadow veteran officials working live events at the Relays. You will be able to complete your certification as a USATF official at the clinic.

To enroll in the clinic, you must be a member of USATF and apply for certification as an Apprentice-level official by April 6. For more information, visit www.mausatf.org/pdf/2013-Penn-Relays-Clinic.pdf.

Off-Road Update

Registration for the [Tyler Arboretum 10k Trail Run](#) on April 6 is already half-way to the 400-runner limit. The race is the second event in Mid-Atlantic's Off-Road Series.

Members who plan to run should get their entries in soon before the race closes out, which has happened the past two years.

The first race in the Off-Road Series is the Chilly Cheeks 7.2 Mile Trail Run on Feb. 24. For more information on the series, visit our [Long Distance page](#).

Officials Annual Meeting

The Mid-Atlantic Officials Committee will hold its Annual Meeting on March 17 at 1 p.m. at the Fort Washington Holiday Inn.

The national officials chair,

Len Krsak, will make a presentation on the National Officials Committee. His wife, Karen Krsak, who is national chair of the Associations Committee and oftentimes head clerk at the U.S. National Championships, will present a session on clerking.

All officials or those interested in becoming officials can attend. The meeting will include a review of rule changes and the certification process.

National Indoor Champs

The 2013 USA Masters Indoor Track & Field Championships will be held March 22-24 at Prince George's Sports and Learning Complex in Landover, Md.

[Entry forms and additional athlete information](#) can be found on the USATF.org website. The

ontime entry deadline is Feb. 22.

Drug testing will be conducted at this event. Entrants should review the information on drug testing on the meet website so you learn whether any medications you are taking may require a Therapeutic Use Exemption (TUE) or are banned.

Mid-Atlantic Accredited

USATF has notified the Mid-Atlantic Association that the association again has received "full accreditation."

The notice congratulated Mid-Atlantic on fulfilling all 10 of the required criteria and at least six of the nine "other" categories.

The next accreditation period will be based on a new set of standards.

About the 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.

Mid-Atlantic Association Executive Board

Cynthia Young – President

Mike Hemsley – Vice president, Law/legislation

Rogers Glispy – Treasurer, High performance

Paul Spencer – Secretary, Communications

Annette White – Financial secretary

A. Monique White – Past president

Bob Delambily – Budget/finance

Doreen McCoubrie – Membership

Nelson Berrios – Youth

Robin Jefferis – Long distance running

Earl Edwards – Officials

Address: **USATF Mid-Atlantic, P.O. Box 662, Southeastern, PA 19399-0662**

Website: www.mausatf.org

MID-ATLANTIC USATF 2013 OPEN AND MASTERS INDOOR CHAMPIONSHIPS ENTRY FORM

Hosted by Philadelphia Masters Track and Field Association

Sunday, March 3, 2013

First Name _____ Last Name: _____

**ALL HURDLERS
MUST
PREREGISTER!**

Address: _____

City: _____ State: _____ Zip: _____

Telephone: _____ E-Mail: _____

**ALL HURDLERS
MUST
PREREGISTER!**

Gender M F Date of Birth: ____/____/____ Age as of 3/3/13: ____
(circle) (mm/dd/yy)

USATF #: _____ **USATF Assoc. Affiliation (check one):** _____
(REQUIRED) _____ Mid-Atlantic
_____ New Jersey
_____ Potomac Valley
_____ Other (Specify _____)

Track and Throws Recent Performance or best estimate and Starting Height for HJ and PV:

1. ____/____/____ 4. ____/____/____ 7. ____/____/____
2. ____/____/____ 5. ____/____/____ 8. ____/____/____
3. ____/____/____ 6. ____/____/____ 9. ____/____/____

Fee Schedule for Individual Events (registration and payment for Relays will be day of meet only, \$20 per team)
(All athletes must be USATF members, and entries must be POSTMARKED by Saturday, February 23, 2013 for Pre-Entry Rate):

Events	Pre-Entry by mail	LATE Mail and Meet Day Entry
1	\$15	\$25
2	\$25	\$35
3	\$35	\$45
4	\$45	\$55
5	\$55	\$65
6	\$65	\$75
	Etc.	Etc.

Send to: *Philadelphia Masters*
c/o James E. Aylsworth
41 Fairway Drive
Quarryville, PA 17566

**ALL HURDLERS
MUST
PREREGISTER!**

Total Amount
Enclosed _____

Make checks payable to: **"Philadelphia Masters"**

Waiver and Release: In consideration of your accepting my entry into this meet, I hereby, for myself, my heirs, executors, administrators, and assigns, waive and release any and all rights and claims for damages I may have against USATF, Mid-Atlantic USATF, Philadelphia Masters T&F Association, University of Delaware, and the employees, agents, officers, volunteers, representatives, successors and assigns thereof for any and all injuries suffered by me in said event, or as a result of my travel to and from the competition. I attest and certify that I am physically fit and have sufficiently trained for the competition and that my date of birth is as stated on this application. I authorize meet personnel and their agent's permission to request emergency medical treatment or care as necessary to insure my well-being. I agree to release my name and/or photo for publicity purposes. I acknowledge that my failure to comply with the rules of competition as set by USATF and/or Philadelphia Masters will result in my disqualification, and that my entry fee is nonrefundable, including if the event is cancelled.

Signature _____ Date _____



USATF Membership Application

New Member Renewal (from previous year – USATF Number _____)

Please print or type information

Last Name	First Name	Initial
<input type="text"/>	<input type="text"/>	<input type="text"/>

Address

City	State	Zip Code
<input type="text"/>	<input type="text"/>	<input type="text"/>

Sex M/F Age Today Date of Birth - - (MM-DD-YYYY - i.e.: 02-19-1958)

USA Citizen Yes No If no, country of Citizenship

Phone Number - -

Club No. Club Name

Email

(Your membership number will be emailed to you. Your email address will not be shared with anyone.)

Please check all appropriate sports codes here:

Track Field Road Running/LDR Cross Country Ultra-Marathon Mountain/Trail Race Walking

Membership Category Codes

Please use the codes below – you may indicate one or more categories.

AT: Athlete	PA: Parent
DA: Disabled Athlete	OF: Official
CH: Coach	OA: Official – Association
CD: Developmental	ON: Official – National
C1: Coach – Level 1	OM: Official – Master
C2: Coach – Level 2	
C3: Coach – Level 3	AD: Administrator

By signature below, I, a prospective member of USA Track & Field, agree to abide by the applicable USATF Bylaws, Operating Regulations, and Competition Rules for my level(s) and category(ies) of membership.

Signature (If an athlete is under age 18, parent or guardian must sign)

Date of Application

- - (MM-DD-YYYY)

Important information: Memberships are on a calendar year basis, and expire on December 31. However, if you join between November 1 and December 31 of the current year, the membership will be valid for the following year as well.

Youth members: New or lapsed memberships must submit a copy of birth certificate or other ID.

Check here if you do not wish your address used as part of a direct mail list

Membership Fees & Registration Options



JOIN ONLINE AT
www.usatf.org/membership

You will receive your new Membership # – Instantly!!

Have your previous membership # and password ready as they will be needed for the renewal process

MAIL TO YOUR LOCAL ASSOCIATION

Mail the completed application and appropriate membership fees to your local Association.

Mailing addresses can be found at www.usatf.org/associations



Adult Membership (19 yrs & over)	\$ _____
\$ 30.00 (1-year)	\$ 80.00 (3-years)
\$ 55.00 (2-years)	\$ 100.00 (4-years)

Youth Membership (18 yrs & under)

\$ 20.00 x _____ = \$ _____

 # of membership years

CONTRIBUTIONS (TAX DEDUCTIBLE) \$ _____

Please direct my contribution to LDR Youth

Masters T & F RW Association Programs

Unrestricted

TOTAL \$ _____

Please make checks payable to USATF.

OPTION 1

OPTION 2

USATF Mid-Atlantic Association
P.O. Box 662
Southeastern, PA 19399-0662