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The Best Race Ever?



Island Photography/Philadelphia Marathon
Hugh Campbell on the way to his second U.S. age group record at the Rothman Institute 8k in November.

For long-distance runners who believe that the age-graded score is the truest measure of an athlete's performance, one record is a little like the holy grail – the highest score by a man in a U.S. road race.

That honor – if the people who verify these things don't turn up something yet unknown – now belongs to **Hugh Campbell**, the Mid-Atlantic member from Wilmington whose record-setting 5 km and 8 km performances in the men's 85-89 age division made headlines late last year.

The headlines made a big deal about the fact that he is 88 years old, that he has been running for only two years, that his 5 km time of 26 minutes, 45 seconds knocked almost a full minute off the previous record, and that USATF named him Runner of the Year in his age group.

But one telling fact appears to have been overlooked. According to a standard closely watched by many masters long-distance runners, the 5 km record was not just another record, it was *the* record – for American men, anyway.

Campbell's age-graded score was 101.87 percent. Before 2012, only two men had ever scored 100 or higher. And neither

(Continued on page 5)

THE LESSONS OF LEADERSHIP Looking Back on Eight Years of Collaboration

It has been a privilege and honor to serve the USATF Mid-Atlantic Association as president and vice president for the last eight years.

In these last eight years I have worked with a tremendously talented group of executive officers – **Norm Green, Mike Hemsley, Ken Yerger, Doreen McCoubrie, Mary Braverman** and **Bob Delambily**. Without them and the collaborative efforts we performed year in and year out, our organization

PAST PRESIDENT'S MESSAGE

A. Monique White

would not be where it is today. An organization is only as strong as its foundation.

As I reflect on what we have accomplished, Mid-Atlantic is not only financially stronger, but its programs such as Youth Athletics, Long Distance Running and

(Continued on page 2)

MID-ATLANTIC ASSOCIATION ELECTIONS

Four New Officers Selected

Cynthia Young, former vice chair of the Youth Athletics Committee, was elected president of the USATF Mid-Atlantic Association at the annual meeting on Sept. 19.

Young, 42, succeeds **A.**

Monique White, who is retiring after four years as president and four years as vice president before that. White will continue to be an ex officio member of the Executive Committee. Also retiring as officers are Treasurer **Norm Green**, Secretary **Ken Yerger** and Financial Secretary **Mary Braverman**.

Michael Hemsley was re-elected as vice president – the only returning officer.

The membership elected **Rogers Glispy** as treasurer and **Annette White** as financial secretary. Glispy is also chair of the High Performance Committee, and White

is a member of Youth Athletics.

There was no nominee for secretary. White later appointed **Paul Spencer** to the post. Spencer is editor of the association newsletter and oversees the website.

Green presided over the election in the vice president's absence. Since no offices were contested, the nominees were elected by unanimous consent. **Doreen McCoubrie** was re-elected as membership chair by unanimous consent. The new officers will serve for two-year terms that began on Jan. 1, 2013.

The members also elected 15 delegates to the USATF Annual Meeting -- **Edwin Richardson, Carl Grossman, Robin Jefferis, Ken Yerger, Carolyn Griggs, A. Monique White, DaNushia Aylsworth, Robert Beale, Edwin Rob-**

erts, Cynthia Young, Earl Edwards, Solomiya Login, Annette White, Michael Hemsley and Doreen McCoubrie. They also were elected by unanimous consent.

The final order of business was election of the Officials Committee. Again by unanimous consent, those elected were **A. Monique White, Ken Yerger, Carolyn Griggs, Cynthia Young, Earl Edwards, Jim Aylsworth, Annette White, Doug Winemiller, Frank Palombaro, Angela Gordon, Edwin Roberts and Jim Lamb**. Subsequently, Aylsworth declined the position and **Maria Baptiste** was appointed to the open position.

The Officials Committee, which elects its own officers, later selected Edwards as chair, Baptiste as vice chair and Palombaro as secretary.

Recalling The Lessons of Leadership

(Continued from page 1)

High Performance Track & Field have also improved and prospered over this time period.

Our mission has been to reach out to our members and promote the sport of running and track and field from our youngest member to the oldest. We showcase this every year by honoring individuals and clubs at our annual luncheon.

As president, it has been my job to help us move forward into the future and continue to push the envelope, as they say, in making us better. As I pass the mantle on to **Cynthia Young** as president and her cabinet, I believe we will see more of that energy and desire to be the best.

If I had to say one thing I learned along the way, that helped me be a better leader and person, it would be to listen, listen and listen again. So much of what a leader does is to try to find the kernels of truth in ideas or plans, then show some direction to make them happen. Along the way sometimes I felt frustrated and stuck, because I knew I didn't hear the message.

Luckily I always had a solid executive committee I could turn to for advice.

Rather than chronicle every high point, I will mention a few things that made me proud. (Leaving out other achievements is not meant to diminish those successes, but I have limited space.)

► The Youth Committee putting on a fantastic Region 2 program, far beyond expectations, when many had doubts we could pull it off.

► The LDR group again making the Grand Prix Series a highlight and something more individuals and clubs wanted to be part of.

► Our officials clinics bringing in nationally recognized experts to give us the most up-to-date information.

► And lastly, one of our members, Edwin Richardson, being chosen to coach a national team in race walk and elected as secretary of the National Race Walking Committee.

In closing, I am thankful to all those who helped me and continue to help me be a better human being and a leader in my new adventures. Thanks and God-speed to you all.

MID-ATLANTIC ASSOCIATION ELECTIONS

MEET THE NEW PRESIDENT

Cynthia Young Has Seen Track & Field From Many Viewpoints

As a child, **Cynthia Young** ran for Oak Lane Youth Association in Philadelphia. As a parent, her son ran for Morris Estate Track Club, and she became a member of USATF Mid-Atlantic in 2004.

Looking back, "I always had a love for track and field," she said.

Then, one day at the Penn Relays in 2004, Young stepped out of the stands of Franklin Field and into another world, joining the officiating clinic held at the Relays.

That gave her yet another vantage point into the sport of track and field, and eventually led to her election in September as president of the USATF Mid-Atlantic Association. Her two-year term began on Jan. 1.

In the nine years since that Penn Relays clinic, Young has traveled across the country officiating in college indoor and outdoor championships such as the ACC, the Big East, MECA and SWAC.

She attended the Youth Nationals, the Youth Worlds trials and the Junior Pan Am Games, where she was able to interact with international athletes.

Her work is highly regarded by her fellow officials. She was honored as Mid-Atlantic's Official of the Year in

2011 for her officiating both locally and outside the area.

Each year for the past five years she has attended the USATF National Convention. "I have enjoyed the different workshops, as well as meeting different individuals from around the country," she said.

For the past 19 years, Young has worked for Philadelphia Parks and Recreation as the facility supervisor of Simpson Recreation Center. She is co-chair of the track committee and has also worked on the Senior Games track committee and at the Broad Street Run Expo.

But her volunteer work is something special.

"Volunteering has been a passion of mine since my oldest child began playing sports, and it became especially easy as he played for the team that I grew up participating in, the Oak

Lane Wildcats," Young said.

She served as a parent volunteer for nine years while her son, **Marcus**, participated in Oak Lane's football and basketball programs. When her youngest son, **Devon**, chose bowling as his sport, she continued coaching in the cheerleading program until December 2012.



Conflicts of Interest Policy Adopted

The Executive Committee at its December meeting formalized its longstanding practice and approved a formal conflicts of interest policy for the Mid-Atlantic Association.

The purpose of the policy is to protect the association's interests when it is contemplating entering into a transaction or arrangement that might benefit the private interests of an officer or director of the association or result in a possible excess benefit transaction.

In short, the policy calls for annual financial interest disclosures by officers and directors and provides a procedure

LAW AND LEGISLATION

Michael Hemsley

to address real or apparent conflicts of interests. The policy has been largely adopted from the model policy recommended by the Internal Revenue Service for tax-exempt organizations.

Although it is rare that such conflicts arise for associations such as Mid-Atlantic, the adoption of a formal policy is a good governance practice for tax-exempt organizations. The policy will be posted on the association's website.

Correction

Becky Yencharis, 95, who holds many Delaware state age-group records, is the oldest member of the Pike Creek Valley Running Club, according to **David McCorquodale**, editor of the club's E-Bulletin. A story on Page 10 of the August issue of the Mid-Atlantic Quarterly incorrectly reported that **Hugh Campbell** is the oldest member. We regret the error.

'I Just Got a Bug in My Sod'

Hugh Campbell, 88, breaking records just two years after taking up running

The following article is reprinted with permission from the Philadelphia Inquirer, where it originally appeared on Dec. 3, 2012.

By **JEN A. MILLER**

For the Inquirer

Hugh Campbell started running for the same reason many of us do. "I just got a bug in my sod about trying to run," he said.

He mapped a 0.75-mile route near his house in Wilmington, ran it, and then ran it again. And again. He kept adding distance until he worked up to three miles, after which he ran a 3k.

One big difference, though: Campbell was 87 when he got that bug in his sod.

Now, he's considered a world-class runner for his age group. At 88, Campbell has set U.S. records in the 5k and 8k distances for male runners ages 85 and up.

On Nov. 17, he broke the USATF 8k record for his age group at the Rothman Institute 8k in Philadelphia with a time of 47 minutes, 40 seconds, as part of the Philadelphia marathon racing weekend.

Campbell, a Canadian who moved to the United States in 1948 to pursue a graduate degree in organic chemistry at the Massachusetts Institute of Technology, has the compact, lean build of an elite distance runner, but as a young man he chose golf instead. He played almost every day from college through a long career at DuPont and into retirement.

At first, he didn't think running would take. After those first 0.75-mile runs, he developed leg and knee pain.

"I asked the doctor, 'Am I too old to do this?' He told me to try swimming," Campbell said, his laugh echoing through the living room of his home, which is decorated with items from Japan, Germany and Ireland, tokens from all the places he lived and saw while working for DuPont.

Instead, he went through physical therapy and

hasn't had a problem since.

He ran his first 5k in 2011 with his son by his side. "I'd never run a race before, and I didn't know what the hell I was doing," he said. He also had no idea how good he was until **Rich Szymanski** and **David McCorquodale** from the Pike Creek Valley Running Club, a New Castle County running group, told him.

"I thought at first it was a mistake," Szymanski, who is the USATF coordinator for the club, said of the first time he saw Campbell's sub-30 minute time. "I let it go, and then in the next race, I saw it again."

The pair tracked down Campbell to see if he wanted to join their team.

"That must be how college recruiters feel when they're going over to recruit their star," Szymanski said. First-place finishes in any age group mean points for a team in local USATF competitions.

Campbell said he'd give it a try and joined both USATF and the group. "Being part of that club makes running more enjoyable," he said.

In September, Campbell ran the National Masters 5k Championship in Syracuse in 26 minutes, 45 seconds, which broke the national

USATF record. In November, he set another record in the Rothman 8k.

He hasn't changed his training too much over the last two years, though now he runs a paved, 1.75-mile loop at Delcastle Recreation Area in Wilmington, which is a 10-minute drive from his home, over and over again three times a week, usually for three to five miles on each trip. The hills, he says, help him get faster for races that are run on flat surfaces.

Still, he insists he's a novice despite his world-class status.

"I haven't learned how to run yet because I do it on my own. I'm stubborn," he said.

He'll run his next race in the spring.



Photo by Justin Angell

(Continued from page 1)

of them ever scored as high as 101.87.

One could argue, therefore, that Campbell's 5 km race in Syracuse was the greatest men's long-distance road running performance in U.S. history.

After a review of USATF data, the chairman of USATF Masters Long Distance Running, **Don Lein**, determined that the previous high mark was an 8K run by **Ed Benham** at 101.80 percent, and he uttered this statement:

"As of now, 'from the horse's mouth,' so to speak, and from current records/analyses, Hugh has the highest age-grade percentage ever recorded by a male in the U.S."

(Nine women have also scored 100-plus, as of 2011.)

Age-graded scoring is a relatively recent phenomenon – the first age-graded tables were researched and compiled by WAVA (now the World Masters Association), in 1989. The tables have been revised several times since, to account for new data from competitions, more sophisticated statistical methods, and experience with the tables in real-world use.

The tables list an "ideal" or best time (sometimes but not necessarily the "world record") achievable for that individual's age and gender. Age grading compares an individual's finish time to the "ideal." Hugh Campbell is now one of only three U.S. men to reach or exceed the ideal (100 percent) at any distance.

Basically, age-graded scoring allows all individuals within a race to be "scored" against each other at each distance, in effect answering the question: Who is doing the best at meeting his/her athletic potential?

So who cares about age-graded scores? Many road runners care, especially masters runners. They may never run another marathon in 2:30, but they can compare their time to what Steve Prefontaine would likely have run as he grew older.

"LDR runners care more about our age-graded scores," said **Robin Jefferis**, the Mid-Atlantic LDR chair. "It allows us to see where we rank in the masses and against the current world records holders in the open divisions."

On the other hand, she said, many distance runners don't take age-graded scores seriously. She said the focus should be on Campbell's finish time, "a world-class time in several ways."

USATF has bolstered the legitimacy of age grading by keeping official All-Time Lists of top age-graded



Photo by Robin Jefferis

When Hugh Campbell set a U.S. record for men 85-89 at the Rothman Institute 8 km, his teammates, photographers and other runners scrambled to congratulate him. The press wanted a piece of him too, but before he would go to the press tent (in background), he wanted one thing.

scores at each distance in masters road running.

Whether as a 5 km age-group record, or the highest age-graded score ever for an American man, the hoopla surrounding Campbell's accomplishment seems justified.

"Pretty rarefied air Hugh is occupying," Lein said.

After he set the first record in the USA Masters 5 km Championship in September, the Philadelphia Marathon offered Campbell an elite entry in the Rothman 8k. At that race, he was mobbed at the finish line after he set another U.S. age-group record.

Mid-Atlantic surprised him with a special presentation when he attended a Grand Prix race in Wilmington as a spectator. The Philadelphia Inquirer came knocking and published a feature about him. (Please see Page 4.)

Jefferis was at the finish line of the Rothman 8k. She recalls the scene:

"As soon as he crossed the finish line, he was rushed by all kinds of people and photographers. Even the Kenyans came out to congratulate Hugh. I vividly remember seeing the Pike Creek runners jumping over things rushing to get to Hugh. The race (officials) wanted Hugh to go to the press tent. Hugh had no idea what the commotion was about. He wanted to get a team photo. He wouldn't go into the press tent until the photo. (The photo is above.) Hugh went to the press tent, snuck out and got his bags from the elite tent. Last time I saw Hugh, he was jogging down the sidewalk, running away from the race. I learned he went to the Reading Terminal Market with his teammates for French toast and beer."

LONG DISTANCE RUNNING: GRAND PRIX CIRCUIT

Bryn Mawr Takes the Prize

South Jersey's Dominance Ends; McCoubrie and Watson Win

The streak is over.

The South Jersey Athletic Club, which had won Mid-Atlantic's Grand Prix Club Challenge every year since it was founded in 1991, dropped to third place in 2012, unseated by the Bryn Mawr Running Club.

Bryn Mawr won the challenge with 2,964 points, led 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.

In second place with 2,928 points was the Athena Track Club, led by **Doreen McCoubrie**, who won the Grand Prix's individual women's title.

The Grand Prix Circuit is a series of eight long-distance races, plus the three races held on Philadelphia's "Race Weekend." The individual competition pits runners of all ages, totalling their best six "age-graded" scores out of 11 races.

The Club Challenge gives the competition an element of teamwork, not to mention cash prizes. The age-graded scores for the top five runners from each club, including at least one woman, are added to give the club an overall score for each race.

The Bryn Mawr club led the 2012 series from the start, scoring the most points in the first four races in the spring and summer. But then the club faded a bit, and Athena came on strong with the top team score in three races in the fall – the Delaware Distance Classic 15k, the Radnor 5-Mile Run, and the Norcross-Cooper Bridge Challenge 10k.

So it all came down to Race Weekend. Bryn Mawr clung to a slim 27-point lead over Athena going into the weekend. Race Weekend can have a huge impact on the Club Challenge, because a club can count its top five, 10 or 15 scores.

The Athena women ran to their best score of the year. McCoubrie scored 90.6 in the Half-Marathon, winning the Masters women's title. Four of her teammates scored at least 83. But it wasn't enough.

Bryn Mawr had its best weekend too. McKeeman won the marathon in 2 hours, 17 minutes, 47 seconds, and an age-graded score of 90.8. Schwelm had a 90.4 in the marathon. In the Rothman 8k, Watson added 88.3, **Joseph Carpenter** 87.4 and **Cecily Ty-nan** 85.7. Even Bryn Mawr's *second* tier of five run-

ners scored well enough to be added to the club's total score.

So the Club Challenge title goes to Bryn Mawr.

The individual competition was not so close. McCoubrie, 50, ran away with the women's title with 545.4 points in her best six races, an average of just 91. Her Athena teammate **Lorraine Jasper** was second, and **Joy Hampton** of South Jersey was third.

Another runner who scored high in 2012 was **Sandra Folzer**, 72, of the Greater Philadelphia Track Club, who averaged 88.6 but entered only five races.

In the men's competition, Watson averaged just under 87 points for a total of 522 in his best six races. **Jim Sery** and **David Stewart** of the South Jersey club finished second and third, respectively.

Schwelm, McKeeman and **Hugh Campbell** of the Pike Creek Valley Running Club also had strong years, but didn't run enough races on the circuit to qualify for the individual title.

Here's a glance at the later races on the Grand Prix Circuit:

Delaware Distance Classic 15k

Sponsored by the Pike Creek Valley Running Club, the race celebrated its 30th anniversary with a turnout of 365 finishers, the largest in more than 10 years.

Darryl Brown of Downingtown Running Club won the race in 48:43. **Scott Lebo** of the Rosemont Running Club won the masters division in 51:46.7 and had the best age-graded score, 87.4

Emily Shertzer placed second among the women in 55:10.4, and **Sayard Tanis** was third in 56:44.0. Both are with the Keystone Track Club. Athena member **Linda Hawke** won the women's masters division in 57:46.6. McCoubrie had the best age-graded score for the women, 89.5, and Folzer had 88.7.

Cooper/Norcross Run the Bridge 10k

Samuel Ndereba, an unaffiliated runner and Mid-Atlantic member, won the race in 29:59. Ndereba, 35, is a professional runner from Kenya who has lived

(Continued on page 7)

LONG DISTANCE RUNNING: GRAND PRIX CIRCUIT

Bryn Mawr Edges Athena

(Continued from page 6)

in Royersford for nine years. (His sister, **Catherine Ndereba**, is a two-time Olympic marathon silver medalist for Kenya and the first woman to win the Boston Marathon four times.)

Other Mid-Atlantic members dominated the men's masters (40 and over) – **Matt Sandercock** of the Downingtown Running Club first in 33:32; Watson second in 34:13; and Sery third in 35:59.

McCoubrie was second among the women's masters in 38:09, and Athena teammate **Linda Hawke** was third in 38:17.

Penn Medicine at Radnor 5-Mile Run

Watson won the race in 27:55, and his Bryn Mawr teammate **Cecily Tynan** (WPVI-TV meteorologist and celebrity chair for the race), came fourth among the women.

But overall Athena gained on Bryn Mawr in age-graded scoring, led by **Coreen Steinbach** (85.3) and **Lorraine Jasper** (84.1) and **Linda Hawke** (82.6). **Sandra Folzer** of GPTC had the best age-graded score of 86.5.

Rothman Institute 8 km

Ndereba, who won the race in 2011, broke the course record – but **Isaac Korir Kedikou**, a fellow Kenyan running his first U.S. race, broke it by 17 seconds more to win in 22 minutes, 29 seconds.

Tynan defended her female Master's Division title with a time of 29:38.

Hugh Campbell, 88, of Wilmington, Del., broke the national 8k record for 85-and-older runners with a time of 47:40. (See related story in this issue.)

Philadelphia Half-Marathon

For the second straight day, Ndereba – who also won this race in 2011 – placed second to Korir Kedikou. **Doreen McCoubrie** won the Master's Women's Division in 1:23:22.

Philadelphia Marathon

McKeeman's victory was his first in a marathon. "It is so special to win this marathon in my hometown," he said. "Knowing every inch of the course helped but what really spurred me to a victory was the crowd which was full of my friends and family."

What If I Lose Lottery For Broad Street Run?

Mid-Atlantic Members Have Option

Registration for the 2013 Blue Cross Broad Street Run will be by lottery. The lottery will be open for registration from Monday, Feb. 4, at 12:01 a.m. until Friday, Feb. 15, at 11:59 p.m.

Similar to last year, when race registration reached its maximum in less than

GRAND PRIX CIRCUIT
Ed Maher

one day, we realize that some USATF Mid-Atlantic members may not be selected for entry through the lottery.

To address this possibility, the Mid-Atlantic Long Distance Running Committee, in cooperation with the Broad Street Run race organizers, have established the following process:

1. This process only applies to **2013 USATF Mid-Atlantic members of record as of Feb. 4, 2013**, the day the Broad Street Run lottery opens. Not sure if you are a member? You can check your membership via the USATF national web site here: [Membership Number Lookup](#).

2. USATF Mid-Atlantic 2013 members interested in running the Broad Street Run **must enter the lottery!** Those who are not selected in the lottery (the race web site indicates all lottery entrants will be notified by email and via published lottery results online on Feb. 19 after 10 a.m.) should **immediately** notify our Grand Prix coordinator, **Ed Maher**, by email at: maher@comcast.net.

3. Our Grand Prix coordinator will verify the individual's USATF membership record as of midnight Feb. 4 and provide the member with a code, specific to that member, that will enable them to register for the race **within five days**.

This information will also be posted on the Grand Prix page on the USATF Mid-Atlantic web site. **We cannot emphasize enough the importance of individuals ensuring their 2013 Mid-Atlantic membership is current, prior to Feb. 4, in order to be accommodated with this process.**

LONG DISTANCE RUNNING: OFF-ROAD AND CROSS COUNTRY SERIES

Greater Philly Edges Out Rosemont

We had a very successful year with 155 people competing in one or more events. USATF Mid-Atlantic was well-represented at each race with 40+ runners.

One exception was the Evansburg Challenge, which took place the weekend of Hurricane Sandy. The number of participants was down because of the threat, but the storm held off until after the race and the water crossing was reinstated. Twenty-nine Mid-Atlantic stalwarts showed up and had a great time in the mud.

The other exception, on the plus side, was the final race, the Delaware 5K Cross-Country Championships. This race was on both the Off-Road and Cross-Country series, and 56 Mid-Atlantic members showed up for the event.

The Club Challenge was fun this year, with Greater Philadelphia Track Club and Rosemont battling for first. The final result was Greater Philadelphia placing first,

OFF-ROAD SERIES CLUB CHALLENGE

Club	Points	Prize
Greater Philadelphia TC	2,727.4	\$500
Rosemont RC	2,694.7	400
Pike Creek Valley RC	2,625.9	300
Pineland Striders	2,344.5	200

OFF-ROAD SERIES

Diane Hardies

Rosemont second, Pike Creek Valley third and the Pineland Striders fourth.

2013 Off-Road Series

We're looking forward to the new season and hope to see everyone back. The 2013 brochure is posted at www.mausatf.org.

The first event will be the Chilly Cheeks 7.2-Mile Trail Run on Feb. 24. The race starts at 11 a.m. near the Reading Liederkrantz German Singing & Sports Club, 140 Spook Lane (off Hill Road), Reading, PA.

Pretzel City Sports, which sponsors the race, describes it as 7-plus miles of "long ascents and descents, rocks and roots, slippery slopes and messy mud."

[Online registration](#) is encouraged but not required. The entry fee is \$33 until Feb. 6, then \$38. For that, you get a long-sleeve T-shirt and a free hot breakfast.

More information is at www.pretzelcitysports.com/chillycheeks.html.



Photo by Diane Hardies

No, that guy didn't just feel like a dip. A tricky rock sent a number of runners into the drink at the Evansburg Challenge 10-Mile Trail Run.

Two Paths to Victory in Cross Country

Don Morrison and **Mary Braverman** won the individual titles in the 2012 Mid-Atlantic Cross Country series, but in very different ways.

Braverman, 51, finished far ahead among the women, with 384.2 points. Braverman, who runs for the Greater Philadelphia Track Club, won by recording the highest age-graded score in the first four races, and the second highest in

the final race, the Delaware Cross Country Open.

Morrison, 62, an unattached runner, had the best age-graded score in only one race, but his scores were consistently high enough on the age-graded ladder that he finished with the top total.

The schedule for the fall Cross Country series will be announced in May.

MEN

Runner	Age-Graded Score
1 Don Morrison	373.3
2 Duncan Smith	338.5
3 Chuck Shields	240.1
4 Bill Goule	225.3
5 Steve Sawyer	210.9
6 Richard Wright	199.0
7 Jack Comiskey	185.1

WOMEN

Runner	Age-Graded Score
1 Mary Braverman	384.2
2 Christine Kelley	207.2
3 Diane McManus	168.0

LONG DISTANCE RUNNING: 2012 FINAL SCOREBOARD

GRAND PRIX CLUB CHALLENGE

Club	Points	Prize
Bryn Mawr Running Club	2,964.1	\$1,000
Athena Track Club	2,927.6	700
South Jersey Athletic Club	2,869.9	500
Pike Creek Valley Running Club	2,864.0	300
Greater Philadelphia Track Club	2,848.5	200
TNT International Racing Club	2,545.3	100
Pineland Striders	2,533.5	75
Downingtown Running Club	2,370.7	50
Moorestown Distance Running Project	2,255.9	50
Keystone Track Club	766.8	50

GRAND PRIX AGE-GRADED WINNERS

MEN			WOMEN		
Runner	Points	Place	Runner	Points	Place
1 Greg Watson	521.6	1	Doreen McCoubrie	545.4	1
2 Jim Sery	513.6	2	Lorraine Jasper	507.7	2
3 David Stewart	503.9	3	Joy Hampton	504.4	3
4 Thomas Steenkamer	499.4	4	Cecily Tynan	502.8	4
5 Thomas Jennings	488.2	5	Leslee Hoey	495.1	5
6 Jeffrey Painter	486.4	6	Julie Hankin	494.1	6
7 Seth Bergmann	479.6	7	Kyra McGrath	481.3	7
8 Peter Bittinger	477.6	8	Joy Oakey	478.8	8
9 Steve Sawyer	468.9	9	Julie Deery	471.1	9
10 Daniel Simmons	462.5	10	Beth Howlett	459.3	10

GRAND PRIX CIRCUIT AGE-GROUP WINNERS

MEN			
Runner	Pts	Age 50-54	
Age 15-19			
1 Chris Steenkamer	5	1 Jim Sery	24
Age 20-24			
1 Tony Mieu	21	2 Gregory Cauller	16
2 Matt Grey	5	3 Bob Schwelm	15
Age 25-29			
1 Darryl Brown	18	Age 55-59	
2 Pat Hayburn	13	1 Thomas Pellechio	22
3 Brendan Christian	10	2 Epi Camacho	10
Age 30-34			
1 Phillip Gause	19	2 Robert Cannava	10
2 Mike Digennaro	13	Age 60-64	
2 Tom Parlapiano	13	1 Seth Bergmann	26
Age 35-39			
1 Michael McKeeman	18	2 Steve Sawyer	16
2 Kyle Lanier	14	3 Daniel Simmons	9
3 Kyle Brightbill	13	Age 65-69	
Age 40-44			
1 Matthew Sandercock	20	1 Thomas Jennings	30
2 Oleg Aliferov	13	2 Louis Coppens	17
3 Brandon Hamilton	8	3 Theo Hardies	10
Age 45-49			
1 Greg Watson	30	Age 70-74	
2 Jay Coughenour	15	1 James Flanagan	30
3 Peter Bittinger	14	2 Brian Salzberg	3
Age 50-54			
1 Donald Monagle	20	2 Victor Zwolak	3
2 Joseph Havlick	5	Age 75-79	
Age 80-84			
1 Hugh Campbell	15	1 John Schultz	25
Age 85-89			

WOMEN			
Runner	Pts		
Age 15-19			
1 Chelsea McCoubrie	28	2 Mary Braverman	13
Age 20-24			
1 Sophia Downey	28	2 Julie Deery	13
Age 25-29			
1 Samantha McNally	13	Age 50-54	
2 Kristi Motyka	12	1 Doreen McCoubrie	30
2 Kathleen Roach	12	2 Lorraine Jasper	22
Age 30-34			
1 Sarah Rusk	19	3 Gretchen Cooney	8
2 Sayard Tanis	16	Age 55-59	
3 Michele Siconolfi	7	1 Kyra McGrath	30
Age 35-39			
1 Lynn Knothe	20	2 Beth Howlett	20
2 Erin Patterson Gill	14	3 Page Greenberg	10
3 Joanne Flynn	11	Age 60-64	
Age 40-44			
1 Cecily Tynan	28	1 Joy Oakey	28
2 Linda Hawke	20	2 Diane McManus	18
2 Leslee Hoey	20	3 Carolyn Bujak	13
Age 45-50			
1 Julie Hankin	30	Age 65-69	
Age 55-59			
1 Sandra Folzer	25	1 Joy Hampton	28
2 Margaret Hoey	19	2 Annette MacMillan	10
3 Rita Alles	5	3 Diane Hardies	7
Age 70-74			

OFF-ROAD SERIES AGE-GROUP WINNERS

MEN			
Age 39 and under	Pts	Age 50-59	
1 James Stoltzfus	14	1 Jeff Hayes	25
2 Joshua Emory	6	2 Bob Rimkis	16
3 Five-way tie	5	3 Thomas Steenkamer	11
Age 40-49			
1 Scott Brockett	14	Age 60-69	
2 Rich Szymanski	7	1 Mark Frazza	18
3 Paul Randolph	6	2 Ted Hardies	11
		3 Gene Dykes	10

WOMEN			
Age 39 and under	Pts	Age 50-59	
1 Kristin Zielinski	18	1 Kristina Victoreen	17
2 Francesca Magri	11	2 Diane Grim	16
3 Three-way tie	5	3 Bonnie Stoeckl	13
Age 40-49			
1 Mary Braverman	23	Age 60-69	
2 Julie Deery	19	1 Diane Hardies	22
3 Patricia Addis-Hudson	7	2 Joy Hampton	20
3 Lisa Jalot	7	3 Barbara Leighton	3
		3 Diane McManus	3

Jasper Dominates Runners Pentathlon

Greater Philadelphia Track Club Wins Inaugural Team Competition



Photos by John Tran

TOP: The start of the 3000 meters for teams. **CENTER:** Doreen McCoubrie was the only runner to score 90+%. She did it twice, in the 3000, then the 1500. **BOTTOM:** Lorraine Jasper leads Duncan Smith and Andrew Albright in the 1500.

Lorraine Jasper of the Athena Track Club led from the first event and was never seriously challenged, winning the 2012 Greater Philadelphia Runners Pentathlon after placing a close second in the previous two years.

The Pentathlon was held at Carey Stadium and Athletic Complex on the campus of Germantown Academy on Aug. 12. The competition was a USATF-sanctioned event produced by the Greater Philadelphia Track Club.

PHILADELPHIA PENTATHLON **Chuck Shields**

Runners competed in five events – the 3000 meters, 200m, 1500m, 100m (in order), with the final event being the option of the 400m or 800m. New for 2012 was a team competition where three-person teams competed in the same five events, but in separate heats.

The scoring was age-graded, with cash prizes for the top five individuals and the winning team, along with personalized trophies to the overall champion and top three teams. All participants received award certificates proclaiming they were "Still Alive after Five!"

Jasper (F50) changed her strategy this year by selecting the 400 in lieu of her specialty race, the 800. The following four places were **Chuck Shields** (M53), **Sean Patrick Oswald** (M24), **Delvin Dinkins** (M40), all of the Greater Philadelphia Track Club, and **Duncan Smith** (M53) of Philadelphia Masters.

The team race was very close as the Athena Pacers (**Doreen McCoubrie**, **Wendi Glassman**, **Cheryl Bellaire**) went to the early lead, but Greater Philadelphia (**Nick Berra**, **Carl Stocking**, **Wayne Foulke**) ultimately claimed the team prize.

Eight teams competed, including Gotham Spark from New York City, who would have factored in the team championship had they not missed the first event. Gotham will be back!

Kyle Mecklenborg was meet director. **Pete Taylor** came up from Virginia for announcing duties. The volunteers were from the Greater Philadelphia club.

It's been a labor of love for Mecklenborg to bring this type of competition back to Philly, where runners of all ages can see where they stand on a level playing field. The youngest competitor was 14 while the oldest was 74.

COACHING NEWS

Background Checks Get New Criteria

USATF has changed its background screening processes and criteria for youth volunteers and coaches in an effort to make the process more transparent and easier to follow.

The cost and the requirement for annual checks will not change. The screening will still be provided by [TC logiQ Inc.](#), which specializes in pre-employment and volunteer screening.

Here is a summary of the new criteria. More details are available at usatf.org/About/Programs/Background.aspx.

An applicant must not have any convictions, pending dispositions, registrations or sanctions for any of these crimes:

1. Any felony including an element of violence or of a sexual nature regardless of the amount of time since the offense, and any non-violent felony within the past five years. (Felony is defined as any crime punishable by confinement greater than one year).
2. Any lesser crime involving force or threat of force against a person within the last 10 years.
3. Any lesser crime in which sexual relations is an element, including "victimless" crimes of a sexual nature (including but not limited to pornography, lewd conduct, and indecent exposure) regardless of the time since the offense.
4. Any lesser crime involving controlled substances (not paraphernalia or alcohol) within the last five years.
5. Any lesser crime involving cruelty to animals within the last 10 years.
6. Any criminal offense that causes harm to a child regardless of the time since the offense.
7. Any sex offender registrant.
8. Any individual who is not in good standing with the United States Anti-Doping Agency.

Anyone with questions or concerns may contact Norman Wain, USATF general counsel, at Norman.Wain@USATF.org or 317-713--4683.

Level I Coaching School Coming Up at Villanova

A USATF Level I Coaching Education School will be offered March 15-17 at Villanova University in Villanova, PA.

Coaches of track and cross country for high school, youth, college and masters will be interested in this program, as well as coaches of adult running clubs and triathlon coaches.

The Level I School follows the [Day of Distance Coaching Clinic](#) on March 15, and it is possible to attend both events.

The National Council for Accreditation of Coaching has awarded this course NCACE Level 3 accreditation, which generally makes it eligible for Continuing Education Credit for strength and conditioning coaches as well as medical (sports medicine specialists, trainers, massage therapists, etc.) and educational professionals.

Registration costs \$150 if received by March 1, \$200 after that. You must be a [USATF member](#) to register.

The instructors will be Andrew Alden, the school director and endurance instructor; Matt Lydum, jumps instructor; Kevin McGill, throws instructor; and Loren Seagrave; sprints and hurdles instructor.

Alden may be contacted at aacoaching@aol.com or 919-619-3426

For more information log on to: www.usatf.org/groups/Coaches/education/. You may register online at www.usatf.org/groups/Coaches/education/schools/.

USATF Promotes Coaches Registry

Coaches who want to receive credentials for USATF championships must be current members of the USATF Coaches Registry.

The following requirements must be completed and approved for a coach to appear on the registry:

1. Current membership in USATF.
2. An application that lists current affiliation in the coaching profession.
3. Acceptance of the [Code of Conduct](#).
4. Passing of a background screen.

Being a Registered Coach designates that a coach is among the most ethical and respected in the field.

More information is available at www.usatf.org under the "Resources for ... Coaches" tab.

2013 INDOOR TRACK & FIELD CHAMPIONSHIPS

Indoor Championships Set for March 3 in Delaware

The 2013 USATF Mid-Atlantic Open and Masters Indoor Track & Field Championships will be held on Sunday, March 3, at the University of Delaware in Newark.

The Open category is for athletes aged 15-29, and the masters category is for those 30 and older. All entrants must have a 2013 USATF membership (available online at www.mausatf.org or at the meet). We recommend that athletes obtain their 2013 USATF membership before the day of the meet and bring the membership card or online confirmation to the meet.

The championships will be in the Delaware Field House, 621 South College Avenue, Newark, DE 19716. Directions are at <http://www.udel.edu/visitus/>.

The entry fee is \$15 for the first event and \$10 for each additional event for entries postmarked by Feb. 23. For entries postmarked later, the fee is \$25 for the first event and \$10 for each additional event. Relays are the exception -- registration and payment will be on the day of the meet only at \$20 per team.

A special note about hurdles — all entrants must preregister.

The event is hosted by the Philadelphia Masters Track and Field Association. Additional details are available at www.mausatf.org or www.pmtf.net.

Schedule of Events

Registration opens at 10:30 am.

TRACK EVENTS

Noon	3000-meter race walk
12:30 p.m.	60-meter hurdles
12:50 p.m.	60-meter dash (finals or trials as necessary)
1:30 p.m.	1-mile run
1:45 p.m.	60-meter dash (finals if necessary)
2:15 p.m.	400 meters
3:00 p.m.	800 meters
3:30 p.m.	200 meters
4:15 p.m.	3000 meters
4:45 p.m.	Relays: 4x400m, then 4x800m

FIELD EVENTS

10:30 a.m.	Implement weigh in
Noon	Pole vault
Noon	Long jump
Noon	Weight throw; M then W
1:00 p.m.	Shot put; W then M
2:30 p.m.	Long jump closes
3 p.m.	High jump
3 p.m.	Triple jump
3 p.m.	Super weight; W then M
4:30 p.m.	Triple jump closes

OFFICIALS NEWS

National Officials Chair To Speak at 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. All officials or those interested in becoming officials can attend.

Certification Chair **Earl Edwards** will host the meeting, which will include the review of rule changes, the certification process, and other business before the committee.

Two clinic sessions are scheduled. First, the national officials chair, **Len Krsak**, will make a Power-Point presentation on the National Officials Committee. Before becoming the committee chair, he was the head of discus and numerous U.S. Championships.

The second presenter will be his wife, **Karen Krsak**, who is national chair of the Associations Committee and oftentimes head clerk at the U.S. National Championships. She will present a session on clerking.

This is shaping up to be one of our best meetings ever, so please pass the word around!

Remember To Recertify

Remember, officials must both recertify and have a 2013 USATF membership by March 31 or they will be considered suspended as an official. Recertification is good until the next Olympics in 2016, but each year all officials must have a current membership by March 31 or again be considered suspended, not eligible for the additional insurance or eligible for selection to national championships.

NCAA and NFHS Rule Books

The 2013-2014 NCAA Rule Book and 2013 NFHS Rule Book are now available as PDF's on the USATF Rules page - www.usatf.org/groups/officials/resources/rules/.

As a reminder, the new USATF rule book will be available sometime soon after the rule changes adopted at the Annual Meeting are incorporated.

2012 USATF ANNUAL MEETING

REPORT FROM DAYTONA BEACH

Mid-Atlantic Association Delegates Share What They Learned

Sixteen delegates from the Mid-Atlantic Association attended the USATF Annual Meeting in Daytona Beach, FL, from Nov. 28-Dec. 2.

The meeting brings together more than 1,000 officials, coaches, administrators, athletes and supporters to discuss policy changes, select team staffs and national championship sites, and exchange information about how to support the sport.

The Mid-Atlantic delegates are required to file a report on committee meetings they attended in order to receive partial compensation for travel and lodging expenses.

The full reports will be posted next week on www.mausatf.org. The next seven pages contain a summary of some highlights in the reports.

During the annual meeting, **Stephanie Hightower** won re-election to a second four-year term as USATF president, defeating **Matt Rigby** by a vote of 454 to 83. This will be Hightower's final term as president because the position is limited to two terms.

USATF Chief Executive Officer **Max Siegel**, in his State of the Sport address, laid out nine "Smart Goals"

for USATF, including:

- ▶ To increase membership in 2013 by 20 percent with no decrease from 2011 in net income.

- ▶ To generate \$1 million in new revenue each year for the next five years.

- ▶ To identify efficiencies for financial savings between one and three percent.

- ▶ To identify partners to engage in direct event promotion.

- ▶ To enhance popular engagement through a 15 percent gate increase for events, increase TV ratings by 20 percent and social media by 50 percent.

- ▶ To develop a comprehensive event strategy that includes, rather than segments off, youth, long distance running, masters and administrative events.

Reviewing the 2012 Olympics, Siegel described the U.S. performance as remarkable, saying, "Our athletes at the Olympic Games were remarkable. We had so many firsts and bests in London that it would take me 20 minutes to list them all. What all this means is USATF did more than ever to be sure athletes had everything they need."

Clubs May Now Register On the Web

Online registration for clubs was launched in November 2012. The Club Application is posted on the USATF website at www.usatf.org/mgmt/clubs/NET/apply.aspx.

This change will allow associations greater access to club renewals, new club registrations and club data, as well as eliminate the need for paper applications.

Associations will have the ability to create data reports on clubs, as well as check coaches' eligibility prior to accepting a club. Coaches will have access to club information with the ability to make changes to their rosters, receive and print Certificates of Liability Insurance, and see the club registration history.

The national office requests that:

- ▶ Batch processing of memberships is limited to eight athletes at a time.

- ▶ Clubs enter accurate contact information for athletes. (Do not use the coach's address for the athletes).

- ▶ Clubs that advertise USATF membership as

CLUBS

Cynthia Young

part of their registration fees must obtain USATF membership for the athletes once the club registration requirements are satisfied.

- ▶ The administrative coach must have completed their coaches' registry or the club's membership will not be approved.

All coaches and volunteers must go through the coaches' registry process. Any team with unregistered coaches or volunteers will not be covered by liability insurance, and the club's USATF membership will be suspended until the club comes into compliance.

Sanctions Registration

At the Associations Committee, it was reported that sanctions registration also will be online some time in 2013.

2012 USATF ANNUAL MEETING

LDR Comes Up Short in Hall of Fame

Does the Masters Hall of Fame admit a disproportionate number of track and field athletes, compared with long distance runners?

That sentiment was expressed at the Hall of Fame subcommittee. The disparity apparently has arisen because the Hall of Fame considers only record performances and performances in championship races in selecting honorees.

Because there are only nine LDR championship races, compared with 45 events in track and field, many deserving masters LDR athletes may have not been considered for the Hall of Fame.

Suggestions were made about how to reduce the disparity, but decisions were tabled so that both Track and Field and LDR Committees could seek an equita-

MASTERS HALL OF FAME

Ed Maher and Carl Grossman

ble solution to consider at the next Annual Meeting.

One solution would be to consider athletes who have averaged performances similar to those of the Masters runners in the first Hall of Fame class – approximately 87-88% age-graded performances over a 10-year period.

There will now be one manager, **Mary Trotta**, responsible for nominating masters track and field athletes and another, **Tom Bernhard**, responsible for nominating masters LDR athletes for induction. **Dan Denoon** represents race walkers.



Mid-Atlantic's Delegation

The Mid-Atlantic delegation in Daytona Beach, from left: Ed Maher, Earl Edwards, A. Monique White, Robin Jefferis, Doreen McCoubrie, Edwin Roberts, Solomiya Login, Ed Richardson, Cynthia Young, Ken Yerger, Annette White, Robert Beale and Donna Aylsworth. Not shown are Mike Hemsley, Carolyn Griggs and Carl Grossman.

Masters Championships Better — Except for Attendance

The Masters Track and Field Committee expressed concern that the quality of the national masters championships has greatly improved, but the number of athletes participating has stayed about the same. Suggestions were made on how to improve participation.

► First, set a goal – for example, to increase the number of entrants to 1,500 at the outdoor championship.

► Second, get association masters track and field chairs to identify athletes who have never participated

MASTERS TRACK & FIELD

Carl Grossman

in national meets.

► Third, find funds to lower the cost for athletes to attend. For example, more associations or clubs could help support the athletes, and a process should be set up to make athletes aware of the support already offered.

2012 USATF ANNUAL MEETING

Masters Anti-Doping Efforts Pick Up

Masters LDR wants to continue education and testing for masters athletes. Masters testing has picked up over the last two to three years, especially after **Eddie Hellebuycck's** admission to doping in a 2010 issue of Runners World magazine.

USADA stripped Hellebuycck of several championship titles and all age-group records he set from 2001 to the present. Research is underway to determine who will receive those records.

Separately, **Bob Hersh**, vice president of the International Association of Athletics Federations (IAAF), announced a change to the World Anti-Doping Agency's code that will increase drug suspensions from two to four years.

New Masters Rules

- ▶ Teams may have one member who resides outside the association in which the team is registered.
- ▶ LDR Championships will now have a video camera at the finish line to record bib numbers and finishing places.
- ▶ Scoring for men's cross country teams over age 60 in championship races will increase from three to five athletes.

London Marathon

The feedback from athletes was that it was a difficult course with many twists and turns. Bob Hersh, IAAF vice president, said the course was designed for maximum crowd support and TV coverage and both were a huge success. He noted that marathon courses are not designed with records in mind.

Marathon Standards

Standards for the 2016 Olympic Trials Marathon were announced. The qualifying window opens Aug. 1, 2013, and closes 30 days before the trials.

	Men	Women
"A" Standard	2:15	2:37
"B" Standard	2:18	2:43
Half-Marathon "B" Standard	1:05	1:15

Athlete Development Program

The ADP program gives athletes emerging from college the chance to experience professional road races by offering stipends to help pay for travel and

LONG DISTANCE RUNNING

Doreen McCoubrie and Ed Maher

housing and free elite entry into championship races. The goal of the program is quality, not quantity, and catching athletes who show great potential but need support.

The program for 2013 consists of eight races and three male and three female athletes ages 18-29. If the ADP slots aren't filled for a race, it may be possible to include an athlete outside the age requirement.

World Half Marathon

Bob Hersh, IAAF vice president, announced that the next World Half Marathon Championships are scheduled for 2014 in Copenhagen, Denmark. He spoke about the challenges of growing this race and hopes to pair it with a big city marathon to get more exposure. The date will be changed to the spring to avoid competing with the very popular fall marathon season.

National Championships

USATF had another successful year of national championships for women, with prize money totaling \$454,800.

All results can be found at usatf.org under National Championships.

USATF partnered with RunnerSpace.com to highlight USA Championship road racing. The website www.usarunningcircuit.com offers live coverage of the championships, part of USATF's efforts to increase exposure of our sport.

Coaching Curriculum Accredited

USATF's Level I Coaches Certification Schools curriculum has received accreditation from the prestigious National Council for Accreditation of Coaching Education.

COACHING EDUCATION
Carl Grossman

This is the first time a national governing body has received this certification, which usually goes only to educational institutions.

2012 USATF ANNUAL MEETING



Photo by Ed Maher

Delegates to the national meeting gather at 7:30 Saturday morning for a 5 km Beach Run.

Sexual Abuse Lawsuits Getting Expensive

Clubs and associations are being advised to begin creating guidelines to decrease the liability exposure from sexual abuse allegations. During 2009-10, 32 cases were filed, with the average settlement costing \$275,000, not including defense costs.

Information regarding sexual abuse cases was of great concern to the Associations Committee as well as the company that provides liability insurance to USATF.

The guidelines should include items on background checks, training, the protocol for age separation, procedures for practice times and private lessons, and overnight travel.

Clubs and associations should review and update the policy annually and ensure that insurance policies are worded correctly to avoid open-ended coverage.

Accreditation Standards

A new set of accreditation standards was adopted for the 57 associations that make up USATF. The 10 standards replace the previous set of 19 standards that had been revised over the years.

1. Individual members – 20 per 100,000 population, minimum of 400.
2. Club members – Should be 50 percent of membership, with a minimum of 12 clubs.

ASSOCIATIONS COMMITTEE

Cynthia Young

3. Sanctions – 1 per 100,000 population, minimum of 20.
4. Championships – Minimum 21 in minimum five events.
5. Officials – Minimum of 50 certified officials, except 30 in small associations.
6. Fiscal solvency – A positive net worth.
7. Communications – Website and email standards have been updated.
8. Association documents – All financial and organizational documents must be filed.
9. Representation – Member should attend each Association Workshop, National Committee Meeting and USATF Annual Meeting.
10. Coaches education – Association should offer one Level 1 school each Olympiad.

Not from Organizational Services Committee:

As of Jan. 1, 2013, 41 associations will be fully accredited, nine are provisional, and six are under suspension – Alaska, Wyoming, Border, Kentucky, Michigan and West Virginia – for failure to submit a plan for improving deficiencies.

2012 USATF ANNUAL MEETING

Young Athletes Won't Be 'Midgets' Anymore

The names of the youth age divisions have been changed. The divisions will no longer be Sub-Bantam, Bantam, Midget, Youth, Intermediates, and Young. They will be called 8 and under, 9-10, 11-12, 13-14, 15-16, and 17-18. The reason given for that change was: "Continued pressure from outside groups regarding use of the current lower age group names."

The committee also considered 33 other rule changes for youth and approved 11. The [full list](#) of the proposals can be found on the usatf.org website by searching for "2012 Rules Committee scorecard." The proposals that passed were numbers 82, 85, 89, 90 (amended), 92, 97, 98, 100, 101, 103 and 106.

Record Readiness

In 2012, the Youth Committee saw a high number of records that could not be approved because of errors. The committee has asked that meet managers be prepared for the possibility of an athlete setting a record. Specifically:

- ▶ Records cannot be certified unless the necessary number of certified officials is working the event.
- ▶ Family members of the athlete should recuse themselves from the event and should not sign any paperwork verifying a record.
- ▶ Meet officials should have the proper equipment such as wind gauges and steel tape and should know current records and the rules for wind readings.

World Youth Team

The USA World Youth Team trials will be held in Edwardsville, IL, June 25-26 in conjunction with the USATF Youth Championships. The team will be announced on June 26. After a three-day camp, the team will travel to Donetsk, Ukraine, July 10-14. Lee Webb

YOUTH ATHLETICS

Annette White and Cynthia Young

was named coach for the team, and Lisa Morgan will be the team manager. In 2014, the United States will host the World Junior Championships in Eugene, OR.

Youth Coaching Education

USATF would like each association to hold youth coaching workshops in the near future to help strengthen the coaching pool at the youth level.

Also, the National Federation of State High School Associations made a presentation on an online coaching training program for Level I and Level II coaches. The fee for USATF members is \$65.

Pole Vault Equipment

New equipment for the pole vault plant box will be mandatory at all NFHS and NCAA meet locations.

The new equipment was a hot topic at the National Senate of High School Coaches.

Starting this spring, the pole vault standards must be at least 18 inches from the where the vaulter plants the pole, instead of 15.5 inches.

In 2014, a more protective collar for the box will be introduced, costing about \$700. Also a new free on line video safety course will be offered in 2013, featuring Olympians Jeff Hartwick and Stacey Dragilla.

Coach O Web Site

We were told that people who use the Coach O web site for meet planning must use the HyTek code to ensure our meet information is transferred properly and all data is received..

REGIONAL AND NATIONAL CHAMPIONSHIPS FOR 2013

USATF Northeast Zonal	Feb. 24	Toms River, NJ
USATF Youth Indoor Nationals	March 9-10	Landover, MD
USATF Junior Nationals	June 20-23	Des Moines, IA
USATF Youth Trials	June 25-26	Edwardsville, IL
USATF Youth Championships	June 25-30	Edwardsville, IL
USATF Junior Olympics	July 22-28	Greensboro, NC
USATF Junior Olympics Cross Country Championships	Dec. 14	San Antonio, TX

2012 USATF ANNUAL MEETING

Number of Officials Falls Since 2008

The National Officials Committee finished the Olympiad with approximately 9,000 officials, which was down from the prior Olympiad, possibly due to the requirement to have USATF membership.

OFFICIALS

Kenneth Yerger and Earl Edwards

Event Guidelines

Event protocols are being developed on how to set up and run events at the national level. The protocols for long jump and triple jump have been completed and the remaining events will be covered in the future.

Paralympics Officials

Cathy Sellers discussed the creation of a para certification for officials via an on-line testing. It was noted in the general session that para competitions were only a part of the Special Olympics. A request was made to form a committee to further refine the certification process for this skill.

Junior Olympics

There were issues with the way officials were treated at the USATF Junior Olympics last summer at Morgan State University in Baltimore. The executive committee is investigating and will review the contractual language future meet hosts provide in respect to officials.

Notes on Rules

- ▶ A false start will be called when the hand is off the line or a foot is off the block.
- ▶ The recall distance in a race will drop from 100 meters to 10 meters.
- ▶ In the pole vault, gloves can be used now.



Photo by Ed Maher

A number of Olympic medalists made themselves available for photographs and conversation during the annual meeting. Here, Aries Merritt, 2012 Olympic 110-meter hurdles gold medalist and world record holder, poses with, from left, Doreen McCoubrie, Monique White, Annette White, all Mid-Atlantic delegates.

How To Avoid a Discus In the Teeth

A clinic covered safety awareness for throwing events and for the jumps and pole vault.

OFFICIALS' CLINICS

Donna Aylsworth

Topics included placement of photographers and spectators at throws events and where officials should stand and move to ensure safety.

The clinic also described how officials should check the netting in discus and hammer cages, the long jump and triple jump pits and the high jump and pole vault landing areas, plus potentially dangerous items on the track and field such as flags, poles, ropes and plantings.

For example, in the the throwing events, it is imperative that officials keep their eyes on the circle and runway at all times. (There have been times when an athlete, despite the instructions, makes a throw even while an official is still measuring a previous throw.)

After taking a mark or retrieving an implement, an official must either walk backward or turn their head to see the circle/runway.

During javelin competitions, an official should stand at the front, blocking the next thrower until it is safe.

At another clinic, **Mark Heckel**, a master official from the Three Rivers Association, demonstrated the Laser Lynx electronic measuring device and the Field Lynx handheld computer for field event scoring and administration. The Field Lynx program is [available for download](#) at usatf.org with the [instructions](#) in a Powerpoint presentation.

2012 USATF ANNUAL MEETING

MUT Council Blazes Trail With Social Media

Mountain/Ultra/Trail are three disciplines under the umbrella of Long Distance Running and each attracts runners of all ages and abilities who enjoy the adventure and challenge inherent in the sport.

The MUT council is expanding its marketing efforts via Facebook, Twitter and the Web:

www.facebook.com/usatfmur, www.twitter.com/usmrt, www.usmrt.com, www.usaultrarunning.com. The goal is to spread the USATF brand using low-cost social media tools and web 2.0 technologies.

MUT athletes and fans were kept up to date on the results of all 2012 MUT Championships via social media, including live Twitter updates from the World Mountain Running Championships and some U.S. Championships.

Examples of great You Tube videos created with Runners World can be viewed at: <http://youtube.com/vsQWVG8YviS8> and <http://youtube.com/7ztzc7bF59g>. MUT used a \$1,000 grant from the USATF Foundation to create a [You Tube video](#) for high school and collegiate channels.

The Mountain Team's online following increased dramatically in 2012 because of several initiatives:

1. Pre-race features on social media highlighted runners in the championship and selection races.
2. Print and online features appeared in a half-

MOUNTAIN ULTRA TRAIL COUNCIL

Robin Jefferis

dozen running magazines following outreach to national media.

3. The team extended its reach through Google+ and now has 37,000 followers on that new social media outlet.

4. The team has begun to do Google On Air Hangouts to broadcast live interviews with team staff and members.

Tussy Mountain Championship

The Tussy Mountain 50 Mile near Penn State was awarded the National Championship again. The race is made up of 26% paved roads and 76% fire roads. The race increased its prize money from \$6,000 to \$8,000.

Drug Test Failures

Several U.S. MUT team members have been drug tested out of competition. However, many national Championship races are not drug testing top finishers pre- and post-competition.

Cross Country Confronts Funding Issues

Funding issues continue for Cross Country. The Cross Country Council's budget was cut by 5 percent, and the future of the February National Cross Country Championships is in jeopardy.

There is also confusion within the USATF organization as to who controls Masters Cross Country races. Do they belong to Masters LDR or the Cross Country Council or are they a shared responsibility? The issue will be addressed in 2013.

Low turnout and races encountering huge losses are responsible for the concerns about the February Championships. The Cross Country Council agreed to wait until the 2014 Championships to make a final decision.

International Competition

2012 was the first year without an IAAF World Cross Country Championship. The United Kingdom hosted the BUPA Great Edinburgh Cross Country In-

CROSS COUNTRY COUNCIL

Robin Jefferis

ternational Challenge, which featured combined scoring between teams from Great Britain and Northern Ireland, the United States and a European Select team. Four men's and women's races featured both junior and senior athletes. Although Team USA's juniors dominated their races, Great Britain's overall depth gave the host victory.

U.S. Championships

2012 USA Cross Country Championships/US World Cross Country Team Trials were held at Forest Park in St. Louis, Missouri. The event featured athletes competing for national titles in six championship races, \$35,000 in prize money, and berths on the Team USA team.

2013 MID-ATLANTIC YOUTH INDOOR CHAMPIONSHIPS

Here is a list of the medal winners at the USATF Mid-Atlantic Youth Indoor Track & Field Championships held Jan. 20 at Widener University in Chester, PA. Complete results are posted at www.mausatf.org. The list shows the finish place, the athlete's club (see key below) and the result, either in minutes and seconds or in meters.

55-METER HURDLES

Girls age 11-12

1 Boggs, Lorraine GN 10.03

Boys age 11-12

1 Lofton, Thomas SL 12.26

2 Hall-Alexander, Ju SL 12.36

Girls age 13-14

1 Cintron, Taliah WI 9.30

Girls age 17-18

1 Alston, Leslie SL 10.06

1,500-METER RUN

Girls age 9-10

1 Palisca, Jessica 6:00.0

Boys age 9-10

1 Adjepong, Othello SL 6:10.4

Girls age 11-12

1 Miller, Raelynne 5:38.6

2 Dawkins, Naomi 5:44.6

Boys age 11-12

1 Dawkins, Ezekiel 5:30.8

2 Palisca, Benjamin 6:23.4

Boys age 13-14

1 Lauer, Kevin CI 4:59.6

55-METER DASH

Girls age 8 and under

1 Perdue, Mirrah PA 10.10

2 Hildreth, Eliza GN 10.29

3 Damalas, Miranda 10.34

Boys age 8 and under

1 Miller, Kwame NE 9.28

2 Bryant, Derrick 9.67

3 Perdue, Manny PA 9.71

Girls age 9-10

1 Peoples, Jada GN 8.47

2 Thomasy, A'Liyah RO 8.95

3 Barnett, Semaj GN 9.12

Boys age 9-10

1 Hildreth, Elijah GN 8.85

2 Smith, Jaden NE 8.86

3 Major, Ronald AOC 9.46

Girls age 11-12

1 Warren, Christina AOC 8.14

2 Miles, Porsha GN 8.17

3 Culbreath, Dahliya GN 8.34

Boys age 11-12

1 JonesII, William 7.57

2 McCray, Zakhi NE 8.34

3 Kelsey, Isaiah NE 8.71

Girls age 13-14

1 Lampkin, Daija WI 7.66

2 Roberson, Halimah 7.75

3 Webb, Jayana GN 7.89

Boys age 13-14

1 Kungo, Lewis NE 7.92

2 Baines, Tariq AOC 8.14

3 Roma, Quinton LS 8.37

Girls age 15-16

1 Cruz, Sierra NE 8.17

Boys age 15-16

1 Simon, Andrew AOC 7.15

2 Chris, Estelow NE 7.59

3 Gardner, Matthew NE 7.65

Girls age 17-18

1 Veney, Ashleigh WI 7.68

Boys age 17-18

1 Fraser, Mikal BA 7.14

2 Subero, Courtney UN 7.23

800-METER RUN

Girls age 8 and under

1 Ammon, Makenna 4:42.4

Girls age 9-10

1 Palisca, Jessica 3:10.1

Boys age 9-10

1 Adjepong, Othello SL 3:07.5

Girls age 11-12

1 Miller, Raelynne 2:51.3

2 Dawkins, Naomi 2:57.9

Boys age 11-12

1 Demetrius, Lyn NE 2:38.6

2 Dawkins, Ezekiel 2:47.6

3 Hall-Alexander, Ju SL 3:10.3

Boys age 13-14

1 Roma, Quinton LS 2:52.7

Girls age 15-16

1 Adams, Haley CI 2:29.3

2 Ferguson, Leah NE 2:51.6

Boys age 15-16

1 Chenge, Ian NE 2:14.8

2 Adams, Maxwell CI 2:16.4

3 Adjao, Yimica NE 2:24.6

200-METER DASH

Girls age 8 and under

1 Hildreth, Eliza GN 40.56

2 Kinlaw, Alaysia WI 43.83

3 Johnson, Nya WI 46.51

Boys age 8 and under

1 Miller, Kwame NE 34.57

2 Godoy, Dominick GN 35.15

3 Whoolbright, Kento NE 36.60

Girls age 9-10

1 Peoples, Jada GN 31.47

2 Thomasy, A'Liyah RO 33.33

3 Kinlaw, Jada WI 33.47

Boys age 9-10

1 Smith, Jaden NE 33.26

2 Major, Ronald AOC 33.91

3 Hildreth, Elijah GN 35.31

Girls age 11-12

1 Sanders, Siani GN 28.86

2 Warren, Christina AOC 30.62

3 Culbreath, Dahliya GN 30.96

Boys age 11-12

1 JonesII, William 27.66

2 McCray, Zakhi NE 30.51

3 Kelsey, Isaiah NE 32.40

Girls age 13-14

1 Roberson, Halimah 27.87

2 Lampkin, Daija WI 28.27

3 Cintron, Taliah WI 28.33

Boys age 13-14

1 Kungo, Lewis NE 28.66

2 Baines, Tariq AOC 29.74

3 Roma, Quinton LS 31.63

Girls age 15-16

1 Boone, Nya GN 28.26

2 Cruz, Sierra NE 31.17

3 Ferguson, Leah NE 32.67

Boys age 15-16

1 Simon, Andrew AOC 25.53

2 Chenge, Ian NE 26.62

3 Adjao, Yimica NE 27.16

Girls age 17-18

1 Veney, Ashleigh WI 27.40

2 Alston, Leslie SL 28.29

3 Whoolbright, Khale NE 29.01

Boys age 17-18

1 Davis, Savon BA 24.52

2 Fraser, Mikal BA 24.52

3 Subero, Courtney 25.41

400-METER DASH

Boys age 8 and under

1 Whoolbright, Kento NE 1:32.6

2 Mitchell, Kevin NE 1:36.6

3 Godoy, Dominick GN 1:38.7

Girls age 9-10

1 Kinlaw, Jada WI 1:23.0

2 White, Desiree RO 1:28.9

2013 MID-ATLANTIC YOUTH INDOOR CHAMPIONSHIPS

3 Guy, Kameryn NE 1:31.9

Boys age 9-10

1 Smith, Jaden NE 1:23.3

2 Crawford, Javon UN 1:27.2

3 McCray, Destined NE 1:34.0

Girls age 11-12

1 Dawkins, Naomi 1:21.7

2 Subero, Trinity 1:25.3

Boys age 11-12

1 Demetrius, Lyn NE 1:13.7

2 Dawkins, Ezekiel 1:16.4

3 Kelsey, Isaiah NE 1:16.5

Girls age 13-14

1 Guy, Charity GN 1:06.1

2 Cintron, Taliah WI 1:08.3

3 Roberson, Halimah 1:08.7

Boys age 13-14

1 Kungo, Lewis NE 1:04.4

2 Ingram, Enyle NE 1:34.8

Girls age 15-16

1 Boone, Nya GN 1:07.0

2 Adams, Haley CI 1:07.3

3 Widman, Lashay SL 1:44.7

Boys age 15-16

1 Adjao, Yimica NE 1:01.1

2 Adams, Maxwell CI 1:02.1

Girls age 17-18

1 Veney, Ashleigh WI 1:04.1

2 Whoolbright, Khale NE 1:07.2

3 Fisher-Rooney, Cez BA 1:14.1

Boys age 17-18

1 Subero, Courtney 1:00.7

2 Garrick, Chadric BA 1:04.9

4x200-METER RELAY**Girls age 9-10**

1 Team Speed 'A' 1:50.9

Girls age 11-12

1 Team Speed 'A' 1:33.7

Girls age 13-14

1 Team Speed 'A' 1:30.4

LONG JUMP**Girls age 8 and under**

1 Damalas, Miranda 2.84m

Boys age 8 and under

1 Bryant, Derrick 3.68m

2 Damalas, Luke 1.97m

3 Merena, Nathan LS 1.80m

Girls age 9-10

1 Kinlaw, Jada WI 3.56m

2 Thomasy, A'Liyah RO 3.50m

Boys age 9-10

1 Crawford, Javon 3.08m

2 Adjepong, Othello SL 2.62m

3 Bergamini, Luca UN 1.99m

Girls age 11-12

1 Boggs, Lorraine GN 4.21m

2 Thomas, AnnaMaria 3.83m

3 Rochon, Emily 2.95m

Boys age 11-12

1 Lofton, Thomas SL 4.02m

2 Demetrius, Lyn NE 3.95m

Girls age 13-14

1 Cintron, Taliah WI 4.56m

2 Lampkin, Daija WI 4.43m

3 Neal, Myia WI 3.42m

Boys age 13-14

1 Roma, Quinton LS 4.17m

Girls age 17-18

1 Alston, Leslie SL 5.11m

SHOT PUT**Boys age 8 and under**

1 Miller, Kwame NE 6.19m

2 Merena, Nathan LS 2.03m

Girls age 9-10

1 Patterson, Shaniya GN 5.12m

Boys age 9-10

1 Alexander, Jordan GN 4.64m

Girls age 11-12

1 Alston, Aniyah SL 9.58m

2 Thomas, AnnaMaria 7.68m

3 Cephas, Taariah NE 7.26m

Boys age 11-12

1 Hughes, Lamar GN 9.86m

2 Veney, Jordan WI 5.78m

Girls age 13-14

1 Ryan, Jamie 9.21m

2 Lofton, Lauren SL 6.58m

3 Guy, Karleigh NE 6.40m

Boys age 15-16

1 Chris, Estelow NE 10.33m

2 Beasley, Ean SL 10.10m

3 Diehl, A.Levi 9.91m

HIGH JUMP**Boys age 9-10**

1 Crawford, Javon 0.94m

Girls age 17-18

1 Whoolbright, Khale NE 1.32m

KEY TO CLUBS:

AOC: Ambler Olympic Club **BA:** Ballistic

Response Athletics **CI:** Cinnaminson

GN: Greater Norristown **PAL** **LS:** Lickity

-Split **NE:** Newark Elite **PA:** Perdue Ath-

letics **RO:** Roselle Rams **SL:** St. Lukes

Spirit **WI:** Wilmington **NO CODE:** Unat-

tached.

NATIONAL BRIEFS

USATF Introduces New Guide to Member Resources

The USATF Member Resource Guide is a newly designed members-only reference tool to keep you connected to USATF member benefits and special offers throughout the year including:

▶ 10% member discount for the USATF Online Store.

▶ \$10 Gift Card to use toward a minimum purchase on the online store.

▶ Exclusive access to the Members-Only Aisle.

▶ Updating your member profile .

▶ Finding a club in your area.

▶ Downloading your printable membership card.

▶ Access the USATF Digital Edition of Fast Forward.

You can access your Member Resource guide by logging on to www.usatf.org/members-only/guide

Officials Card

Officials will carry a card with a new design for the 2013-2016 Olympiad. This time around, the cards will feature a full-color design with a different color for each level: Green (Apprentice), Light Blue (Association), Red (National), Black (Master), Silver (Emeritus) and Gold (Hall of Fame).

The goal is that it will be easier for veteran officials to locate and assist newer officials and that newer officials will be able to easily identify veteran officials for assistance and guidance.

OBITUARIES

Don Monagle, Veteran Runner, Dies at 82

Last October and November, while his myeloma was in relapse, 82-year-old **Donald Monagle** ran the final four races of the 2013 Grand Prix Circuit, representing his Pike Creek Valley Running Club and racking up enough points to win the 80-84 age-group competition.



On Jan. 1, Mr. Monagle died at his home in Wilmington, DE. Only then did some of his fellow club members learn that he had been confronting multiple myeloma for 10 years. The disease involves tumors in the bone marrow.

During that time, he had continued to run, setting four Delaware records in the 70-74 age group and then three state records in the 80-84 age group while the disease was in remission earlier last fall.

"He continued to run because he was a competitor and loved it," his obituary said. "His determination to complete this series was an inspiration to us all. He also teased the family by telling us that for running these races, he would receive a free year's membership to the Running Club."

Mr. Monagle began his running career in his late 40s. Since then, he had run seven marathons, including two Bostons Marathons, the last one when he was 65. He joined the Pike Creek Running Club in 1984 and was inducted into the club's Hall of Fame in 2002.

A story in the News Journal of Wilmington described Mr. Monagle as one of Delaware's "most accomplished and well-liked masters runners." The story traced his history of setting state age-group records to Mr. Monagle's early 50s, including a 32:36 time in a 5-mile race in 1984 that was a record for the 50-54 age group.

He set M55-59 marks in the 5 km (19:23) and 10 miles (1:08:24), and remained among Delaware's top runners as he climbed through the age classes, setting 70-79 marks in 2000 in the 5 km (22:34), 10 km (47:47) and half-marathon (1:47:12), the story said.

Last October and November, Mr. Monagle ran in the Delaware Distance Classic 15 km, the Penn Medicine at Radnor Run 5-Mile Run, the 10 km Cooper-Norcross Bridge Challenge and the Rothman Institute 8K (4.97 miles).

"The strength and determination he needed to complete this series is unimaginable," his daughter, **Donna Wilmoth**, told the Wilmington paper.

Mr. Monagle graduated from Wilmington High School in 1948 and served in the U.S. Navy during the Korean War. Upon his return, he married his sweetheart, **Alice Schofield**. He worked for 43 years at Hercules, which later became Himont.

He is survived by his wife, seven children, 19 grandchildren and a sister and brother.

Paul Walkovic, Longtime Official, Dies at 79

Paul H. Walkovic of Media, PA, a longtime track and field official with Mid-Atlantic, died on Jan. 16, 2013. He was 79.



Mr. Walkovic was an official for football and for track and field throughout Delaware County high schools and colleges. He was involved in Senior Olympics and Pan Am Games and was on the Middletown Township Park and Recreations Committee.

"Ken and I will miss Paul and so will the Mid-Atlantic Track and Field Association, said **A. Monique White**, former Mid-Atlantic president. "He was a great official with a gentle disposition and humor."

Mr. Walkovic graduated in 1952 from Roman Catholic High School in Philadelphia. He was a U.S. Army veteran and was active in placing flags on veteran graves. He was retired from the U.S. Postal Service.

The funeral service was on Jan. 19 at the Minshall-Shrophire-Bleyler Funeral Home in Media. Cards can be sent to the Family of Paul Walkovic, 539 Woodland Ave., Media, PA 19063. In lieu of flowers, memorial donations may be made to the charity of the donor's choice.

Mr. Walkovic is survived by his wife of four years, **Pat Gerrol Walkovic**, a sister, two children, three step-children, 10 grandchildren and a great-grandson.

An online obituary may be viewed at msbfh.com.



USATRACK & FIELDSM MID-ATLANTIC

Individual Membership Application—2013

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 2012

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