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# MAKING THEIR MARKS

## Mid-Atlantic Athletes Set 1 World, 5 U.S. Records

**Hugh Campbell** set an age-group world record in the 3,000-meter run and a U.S. record in the 1,500 meters at the 2013 USA Masters Indoor Track & Field Championships in March.

Middle-distance runner **Lorraine Jasper**, thrower **Gloria Krug** and an Athena Track Club 4x200 relay team also set U.S. records at the championships in Landover, Md.

The turnout at the championships in Landover, Md., also set a record for any masters indoor track meet in the United States – 1,043 athletes from 47 states and 14 foreign countries.

Campbell, 88, ran the 3,000 in 15:48.61 to demolish the world record of 17:24.85 by 96 seconds for men aged 85-89. Campbell ran an even faster 15:46.41 at the Mid-Atlantic Championships earlier

*(Continued on page 2)*



Photos by Charles M. James / [www.threecemedia.smugmug.com](http://www.threecemedia.smugmug.com)



▲ **Maryline Roux** awaits the baton to run the anchor leg as Athena sets a U.S. record in the 4x200-meter club relay for women 40-49.

◀ **Lorraine Jasper's** 800-meter record on the scoreboard.

# NJ Hosting U.S. XC Champs

## 5k Will Be in October; 1 Mile Road Race Will Be in Pittsburgh

The USATF National Masters 5k Cross Country Championships will be held in Flemington, NJ, in October, and a big contingent of Mid-Atlantic runners is expected to turn out for the event.

The 2013 USATF National Masters 1 Mile Road Championship will also be in the region, on Aug. 9 in Pittsburgh.

The 5k Cross Country Championships will be on Oct. 20 at Deer Path

Park, hosted by the USATF New Jersey Association. The race has also been added to the Mid-Atlantic Cross Country Series by the association's Long Distance Running Committee.

The six-race Cross Country Series will begin on Sept. 7 with the 5k Quad X Cross Country Open at the Belmont Plateau in Philadelphia. That race will also serve as the 2013 Mid-

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## 2013 USA MASTERS INDOOR TRACK &amp; FIELD CHAMPIONSHIPS

# Records Fall at Indoor Champs

(Continued from page 1)

in March, but it remains unclear whether that record will be approved.

In the same race, Campbell set a new U.S. mark for the 1,500 meters of 7:51.6, chopping 25 seconds off the previous record for men aged 85-89, which was set in 2000.

Two other athletes set records in the same race – a world record of 30:19.33 for **Orville Rogers** in M95 and a U.S. mark of 20:02.36 for **Roy Englert** in M90. Masters Track & Field Meet Coordinator **Carroll DeWeese** called it the “fastest old race ever.”

Campbell, who lives in Wilmington and represents the Pike Creek Valley Running Club, broke the 5k and 8k road-running records last year.

In other highlights for Mid-Atlantic athletes at the meet March 22-24 in the Prince George's Sports and Learning Complex:

► **Gloria Krug** of the Philadelphia Masters Track & Field Association set two U.S. throws records in the 80-84 age group – 6.88 meters in the weight throw and 5.70 meters in the super weight. She also won the triple jump with a distance of 3.36 meters.

## A MESSAGE FROM THE PRESIDENT

Sportsmanship is defined by the qualities of fairness, courtesy and grace exhibited by a person in both victory and defeat.

Coaches and athletes, it is very important that we not only perform well during competition. We should remember that compassion for other athletes is equally important.

Sportsmanship is not only for competition but should be displayed throughout the entire event. Athletes compete for the joy of accomplishing a goal, to lower their PR, or just for the love of the sport.

I ask that the membership remember that our level of compassion and respect for one another can determine whether our fellow athletes maintain a long-term love for the sport, or walk away.

**Cynthia Young**  
*President, Mid-Atlantic Association*

► **Lorraine Jasper** of the Athena Track Club ran the 800 meters in 2:26.09 to break the U.S. mark for the 50-54 age group. She also won the mile in 5:30.1.

► The Athena Track Club relay team of **Terri Rath, Beth Shisler, Maryline Roux** and **Julie Hayden** set a U.S. record of 2:01.85 in the 4x200-meter club relay for women aged 40-49. Hayden, who is 53, anchored the team in the younger age group.

## TNT International

In team competition, the TNT International Racing Club placed second among the 70 teams entered with 609.5 points. The host team, the Potomac Valley Track Club, was first with 714.5 points. Other top-ten teams from Mid-Atlantic included Philadelphia Masters, sixth with 160 points, and Athena, ninth with 143.

Once again, TNT's point total was driven by its women's field athletes.

The club had two pentathlon winners – **Lizanne Stephan** in W45 and **Delores Grandison** in W60. Stephan also won the high jump, and Grandison won the super weight throw. Other TNT throws winners included **Charmaine Davis** (W30 shot put, weight throw and super weight), **Vandora Myers** (W35 super weight) and **Patricia Mosley** (W45 super weight.)

Among TNT winners in the jumps, **Jill Cypress** leaped 4.71 meters to place first in the long jump in the W40 group. She also placed second in three other events – the 400 meters, the 60-meter hurdles and the triple jump. **Jo Phelps** won the W50 long jump, **Linda Jarjisian** won the W50 pole vault, and **Jane Simpson** took gold in the high jump and the long jump in W70.

Jarjisian also anchored a TNT team to victory in the 4x200-meter relay in the W50-59 division. Others on the team were Grandison, Phelps and **Joy Oakey**.

On the track for TNT, women's gold medal winners included **Kim Moore** in the W30 800 meters, **DaBeth Manns** in the W35 3,000-meter race walk, and Simpson in the 60 meters and 400 meters in W70.

The TNT men's best performances were in the relays. The M40-49 team edged out a Greater Phila-

(Continued on page 4)

## 2013 USA MASTERS INDOOR TRACK &amp; FIELD CHAMPIONSHIPS



## Masters at Work

**TOP LEFT:** Louis Coppens of Philadelphia Masters leads in the 3,000 meters. He won both the mile (6:41.3) and the 3,000m (13:36.9) in the 70-74 age group. At far right in the background is Hugh Campbell, 88, who set a world record of 15:48.61 for the M85 division.

**ABOVE:** Gloria Krug of Philadelphia Masters jumped 3.36 meters to win the triple jump. She also set two U.S. records in the 80-84 age group – 6.88 meters in the weight throw and 5.70 meters in the super weight.

**FAR LEFT:** In the 70-74 group, Sandra Folzer of Greater Philadelphia wins the mile in 7:44.4.

**LEFT:** David Ash of TNT placed first in the superweight and second in the weight throw in the 40-44 age group.

Photos by Gregory Coats / [www.coallenenterprises.smugmug.com](http://www.coallenenterprises.smugmug.com)

## 2013 USA MASTERS INDOOR TRACK & FIELD CHAMPIONSHIPS



Lorraine Jasper of the Athena Track Club runs the 800 meters in 2:26.09 to break the U.S. mark for the 50-54 age group.



Mid-Atlantic runners at the meet are featured on Masters News magazine.

# Records in Running, Relay, Throws

(Continued from page 2)

Philadelphia team in the 4x800 with a time of 8:48.64, and the M60-69 team raced to first place in the 4x200 relay in 2:06.9.

TNT men placing first in weight throw events included **John Porter Jr.** in M30, **David Ash** in M40 and **Rufus Jordan** in M60.

## Athena

Apart from their two U.S. records, the Athena women ran strongly in other races, especially in the middle distances. In the W45 group, **Charmaine Roberts**, an Athena member from Beltsville, Md., won the 400 meters in a fast field of contestants. Her time of 1:00.6 was only seven-tenths of a second off the U.S. record.

In the W40 division, Athena's **Tara Smith** won the 400 meters in 1:06.6. **Gaby Grebski** won the 800 meters in 2:18.9. **Mary Swan** won the 3,000 meters in the W50 division in 11:46.4 and placed second in the mile in 5:53.2.

In addition to their record-breaking 4x200, Athena also won two 4x400 relays – the 40-49 division (4:16.3) and the 50-59 division (4:51.9).

## Philadelphia Masters

The oldest masters club in the eastern United

States got multiple-gold performances from two long-time veterans.

**Ray Feick** won all three of the throws convincingly in the 80-84 group – the shot put in 8.94 meters, the weight throw in 12.29 meters and the super weight in 7.01 meters. And **Louis Coppens** won both the mile (6:41.3) and the 3,000 meters (13:36.9) in the 70-74 age group.

**Joseph Paradine** was first in the pole vault in the men's 75-79 group with a 2.10-meter vault.

## Greater Philadelphia

In the 50-59 men's relay group, a Greater Philadelphia team won the 4x400 race in a blazing 3:54.9, finishing less than a second ahead of the Southern California Track Club team.

In the 40-44 group, **Nick Damalas** won the long jump, the triple jump and the shot put, and Andrew Albright won the 3,000-meter race walk.

**Sandra Folzer** was first in the mile for the W70 group with a time of 7:44.4.

## Relays Make a Comeback

A highlight of this year's championships was the participation in relays, which appeared much greater than in previous years. Some events drew as many as eight teams, and more races featured close finishes – several in the split seconds.

## TRACK AND FIELD

# 'Bright Young Star' Takes 800m

## Ajee' Wilson of New Jersey Aims To Break 2 Minutes, Make U.S. Team

Mid-Atlantic member **Ajee' Wilson** of New Jersey won the national 800-meter indoor title in March, adding to a string of successes that have made her "one of the brightest young stars" in track and field.

Wilson led from the start of the race at the USA Indoor Track and Field Championships in Albuquerque. She finished with a personal best time of 2:02.64, one stride ahead of **Chanelle Price**, another Mid-Atlantic member, whose time of 2:02.93 was also a personal best.

"My coach told me to run off the people running in front of me and try to get the lead and if I have it to maintain," Wilson said. "It went better than I thought it would, I was definitely nervous. I set a PR, so I'm just happy all-around."

Wilson turned pro with Adidas after graduating from the Academy of Allied Health and Science in Neptune Township, NJ, last summer. She attends classes at Brookdale Community College in Lincroft, NJ, and trains with her coach **Derek Thompson** and the Juventus Track Club of Philadelphia.

Even before she turned 19 in May, Wilson had racked up a series of records and gold medals. The Newark Star-Ledger described her as "one of the brightest young track stars in the sport."

She won the 800 metres at both the 2011 World Youth Championships and the 2012 World Junior Championships in Barcelona, Spain. Her winning time in Barcelona was 2:00.91. The only girl to run faster than that is the late **Kim Gallagher** of Upper Dublin High School, who ran 2:00.07 in 1982.

In January, Wilson broke the 32-year-old world indoor junior record in the 600 meters, finishing the three laps in 1:27.30 at the NYU Team Challenge at the Armory in New York City.

Then in February at the Millrose Games, Wilson broke the record again with a time of 1:26.45.

At the Penn Relays in April, she ran on the U.S. 4x800 team that set an American record of 8:04.31, smashing the old mark by 13 seconds.

Wilson has been accepted at Temple University and plans to begin pursuing her degree in kinesiology after the 2013 track season.

"I definitely want to break two minutes and make the World Championship team, those are my two goals," she said.

Wilson is featured in a USATF athlete spotlight at [www.usatf.org/News/Athlete-Spotlight--Ajee-Wilson.aspx](http://www.usatf.org/News/Athlete-Spotlight--Ajee-Wilson.aspx).



Photo: USATF/Kirby Lee

**Ajee' Wilson on the way to the national indoor championship in the 800 meters, just ahead of Chanelle Price, in Albuquerque in March. Wilson, from Neptune, NJ, and Price, from Easton, PA, both set personal records.**

## Regional Masters To Be in Rochester

The USATF East Region Masters Outdoor Track & Field Championships will be July 6-7 at the Rochester Institute of Technology in Rochester, NY.

Registration is now open. Only 2013 USATF members age 30 and older may compete. The deadline for "on-time" entry, with lower fees, is July 4. For more information on the meet, including online entries, visit the [meet website](#). A link is posted at

[www.usatf-niagara.org](http://www.usatf-niagara.org).

In addition to Mid-Atlantic, the associations in the East Region are Adirondack, Connecticut, Long Island, Maine, New York, New England, New Jersey, Potomac Valley and Three Rivers and Niagara, which is the host association.

The RIT facilities include an eight-lane all-weather outdoor track & field complex with all-weather horizontal and vertical jump and javelin runways along with concrete pad throwing circles.

## TRACK AND FIELD

# THE ZEN OF POLE VAULTING

## After a Hiatus of 50 Years, Joe Paradine Excels in the Event

Joe Paradine's athletic career began back in the day when pole vaulters used bamboo poles that didn't bend, and landed in wood chips.

At high school on Long Island in the 1950s, he did a little track, cross country and high jump, and got close to 10 feet in the pole vault. "I wasn't very good, but I did enough to make a letter," he remembers.

And that concluded his track and field career for 50 years.

Fast forward to 2013. At age 77, Dr. Joseph Paradine of Swarthmore, PA, is the top-ranked pole vaulter for his age group in the United States.

How did that happen?

Before graduating in 1957, Joe swam the 100- and 200-yard butterfly and breast stroke for Gettysburg College. (He liked the indoor pool.) No champion, but he lettered.

After college, he joined the Malta Rowing Club on Boathouse Row in Philadelphia. But with his work as a dentist and family responsibilities, the workouts didn't fit into the day. Apart from occasional sculling or squash, Joe's athletic pursuits went on hold.

About 10 years ago, a friend, Tom Rice, persuaded Joe to try indoor track. (Rice is a longtime member of the Philadelphia Masters Track and Field Association.) Having lost both parents to cardiac problems, Joe had become more conscious of keeping in shape. The workouts began.

His first competition, as Joe remembers it, was at Swarthmore College, where he entered the jumps and pole vault. But he "didn't get too high," and was very sore afterward.

**BY DANUSIA AYLSWORTH**  
*Philadelphia Masters Track & Field*

But after that, "I wanted to beat anybody – well, anybody within five or ten years of my age," he says.

He continued jumping and vaulting, and added sprints – the smell of gunpowder from the starter's pistol got his adrenaline going. He even tried the shot put.

"I tried everything, but I realized I was trying to find out what I do well, and what I liked."

A few years ago, Tom told Joe he was wasting his time with sprints and the high jump, and should focus on the pole vault. Joe saw his point.

Since then, he has won pole vault medals every year at national, regional and Mid-Atlantic championships. This year, he won the M75 division at the National Masters Indoor Championships in Landover, MD, with a vault of 2.10 meters (6 feet, 10.75 inches). Masters Rankings ranks him first in his age group for the indoor pole vault. His personal best is about 7 feet, 8 inches.

He practices with a group of seven or eight other vaulters, some as young as high school age.

What is the appeal of vaulting?

"It's the whole zen of it," Joe says. "I don't like to exercise, but I do like to compete. I like the guys. I like the fact you talk about it – most of it's in your head. This group of guys, they're like nomadic, and they find out what pit's open and they call you up."

Dr. Paradine still practices dentistry part-time in Media. He calls himself semi-retired.

But I think he's just getting started.



Dr. Joseph Paradine, 77, with Nicholas Marino, 14, at a meet.

## 'They Kind of Buddied Up'

We didn't know his name.

I was videoing my 14-year-old son vaulting in a meet at Albright College in February, and an older pole vaulter asked if I could take his photo vaulting.

I said I could do better than that – I could video him on CoachsEye (Internet software) and send it to him. He gave us his email address on a note and labeled it "old silver-haired man pole vaulter."

He told my son, Nicholas, that

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## TRACK AND FIELD

## Vaulting Through the Ages

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he just started vaulting again a few years ago to stay in shape. My son has thoroughly enjoyed everyone he has met in the sport of track and field, soaking up advice from elite college athletes, coaches, Olympians and much older mentors, like his new friend.

They chatted back and forth about skills, poles and advice on the sport. It was so cute to watch. They kind of buddied up, being the oldest and the youngest jumpers in line, and enjoyed the day together. Later, I learned that “Joe” is Dr. Joseph Paradine, and that he is 77.

Nicholas just started vaulting last June at age 13 with Ambler Olympic Club. A month later, he won the youth division at a UAGTCA Youth Invitational, setting an age-group meet record of 2.59 meters. In March, he placed first in intermediate boys at the Armory Youth Championships with a jump of 9-05.25 (2.88 meters). His personal best is 9 feet 6, and he has cleared 10 feet in practice. His goal is to jump 11 to 12 feet by the start of high school next year.

It has been hard to find training and meets for pole vaulters so young. We appreciate the Philadelphia Masters club for allowing youths to compete and get meet experience.

The most fun is watching the elders still compete and having such age ranges all together. The picture of Nick and Joe is exactly what makes these meets wonderful. Old and new.

— *Tammy Lamont-Marino*



Photos by Tammy Lamont-Marino

At age 14, Nicholas Marino shows his vaulting skills.

## Recording Records: Complaints Lead To Reform Proposal

Sometimes, setting a masters track and field record may seem like the easy part. The hard part is getting it ratified by USATF.

In response to complaints from masters athletes that the Records Coordinator has rejected legitimate applications for national or world records – often without any explanation – a committee has proposed overhauling the records system.

The committee was appointed in January by Gary Snyder, chair of the Masters’ Executive Committee. The group is chaired by sprint record-holder **Stephen Robbins** and includes announcer **Peter Taylor**, sprinter/hurdler **Liz Palmer**, multi-eventer **David Ortman**, distance superstar **Nolan Shaheed** and throws legend **Carol Finsrud**.

In a preliminary report, the committee said concerns have included an overly complex application process, ambiguity about the requirements for records, and failure of meet directors to process applications.

“In many cases, no explanation was provided to the applicant or published for the rejection” of an application, the report said.

The committee recommends:

- ▶ Revising the record application form.
- ▶ Creating a national list of approved competition sites.
- ▶ Clarifying meet directors’ responsibility for processing records.
- ▶ Expanding the list of meets that would qualify for automatic approvals.
- ▶ Accepting e-mailed applications with scanned back-up documentation.
- ▶ Creating an online “status of application” site.
- ▶ Creating a timeline and a system for appeals.

## MID-ATLANTIC NEWS IN BRIEF

### Marathon Weekend Moved Earlier

The Philadelphia Marathon will be held one week earlier than planned, along with the Rothman 8k and the Half-Marathon, to avoid a conflict with a national convention.

The Rothman 8k will be on Saturday, Nov. 16, at 7:30 a.m. The marathon and half-marathon will be on Sunday, Nov. 17, at 7 a.m. The races begin at 22nd Street and Benjamin Franklin Parkway, near the Philadelphia Museum of Art.

The race dates were moved because a sustainable building conference will be held on the weekend of Nov. 22 at the Pennsylvania Convention Center – the venue where the marathon's pre-race Health & Fitness Expo activities traditionally have been held.

### Germantown Academy Summer Series

Germantown Academy will conduct All-Comers Track & Field Meets on Tuesday evenings June 25, July 2, July 9 and July 16 at picturesque Carey Stadium and Athletic Complex in Fort Washington, PA.

Last summer over 500 athletes of all ages participated in the meet series, which made for excellent competition in nearly every heat or flight and great camaraderie across the ages. For more information visit [www.gatrack.org](http://www.gatrack.org).

### Runners' Pentathlon in August

This summer's Greater Philadelphia Runners' Pentathlon will take place on Sunday morning, Aug. 18, at Germantown Academy's Carey Stadium in Fort Washington, PA.

Individual runners and three-person teams will compete in a mix of sprint and distance events to determine the best all-around track runners and best all-around track teams.

More information is at the Greater Philadelphia Track Club website, [www.greaterphiladelphiatc.com](http://www.greaterphiladelphiatc.com).

### TNT Plans Summer Meet Series

TNT International Racing Club will conduct a series of all-comers developmental track & field meets this summer.

The meets will be at 5:30 p.m. on June 26 and July 10, 17, 24 and 31 at Penn's Grove Middle School in Oxford, PA.

The entry fee is \$10 for an unlimited number of events, and \$10 per team for relays.

Events will include 100 meters, 200 meters, 400 meters, 800 meters, mile, 3,000 meters, mile race walk, 4x100 and 4x400-meter relays, shot put, long jump and triple jump.

More information is available at [www.tntracingclub.com](http://www.tntracingclub.com).

## Two National Championships Will Be Run in the Region

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Atlantic Open/Masters Cross Country Championship. More details, including the series brochure, will be posted this month at [www.mausatf.org/htmlldr/xc.htm](http://www.mausatf.org/htmlldr/xc.htm).

Looking ahead to the national championships, the address for Deer Path Park is 120 West Woodchurch Road, Flemington, NJ 08822. The park is about 50 miles north of Philadelphia.

More information will be posted at [www.usatfnj.org](http://www.usatfnj.org). For questions or to volunteer, email [usatfnj@hotmail.com](mailto:usatfnj@hotmail.com) or call 973-334-8900.

### Mile Road Championship

The 1 Mile Road Championship will be contested at the GNC Live Well Liberty Mile in downtown Pittsburgh on Aug. 9. This is the first time since 1989 that the USA Masters 1 Mile Road Championship has been held.

The championship carries an \$8,000 prize purse, and prizes will be awarded to overall winners in the men's and women's races, as well as age group winners and age-graded champions.

Runners interested in competing must register through the USATF website by noon on Aug. 7.

There is no race day registration. All entrants must have a 2013 USATF membership card.

For more information, visit the [event page](#) at [www.usatf.org](http://www.usatf.org).

Athletes who participate in national championships are subject to drug testing performed by the U.S. Anti-Doping Agency in accordance with the USADA Protocol for Olympic and Paralympic Movement Testing.





## LONG DISTANCE RUNNING

# A MARATHONER IN THE MAKING

## With a String of Successes, Josh Sadlock Aims for Olympic Trials

A 23-year-old Harrisburg runner is tearing up the roads in a quest to qualify for the Olympic Marathon Trials in 2016.

Josh Sadlock's latest triumph was a third-place finish in the Vermont City Marathon on May 26, only the second marathon he has run.

Despite cold, wet, rainy conditions, Sadlock set a personal record of 2 hours, 22 minutes and 28 seconds, nine minutes under his time at the Philadelphia Marathon last November.

Lauren Kelly, 22, a teammate of Sadlock's at the Keystone Track Club and a fellow Lafayette College alumni, finished third in the women's race in her debut marathon in 2:52.41.

"Overall, I must say I am very pleased with my final time," Sadlock wrote in a blog entry recapping the marathon. He had been aiming for a 2:20, but felt that he met his goal given the temperatures in the 40s, 25 mph winds and non-stop rain, sometimes torrential.

His goal of qualifying for the Olympic Marathon Trials – a time of 2:15 for an "A" qualification or 2:18 for a "B" qualification – seems to be coming within reach.

"I walk away from this race confident that with continued development and hard work, I will be a 2016 US Olympic Trials qualifier for the marathon," he writes.

Michael McKeeman of Ardmore, the reigning Philadelphia Marathon champion, is coaching Sadlock. "This winter and spring, I learned so much about training for the marathon by working with Mike McKeeman, a true expert on the sport, Sadlock said.

"For the first time in my running career, I put together the consistent 100-mile weeks required to be truly successful as a distance runner. The winter months certainly were difficult, as it seemed the only time I ran in daylight was on the weekends, but all those cold dark miles are worth it now."

Vermont is the latest in a string of success at a wide range of distances. Last October, Sadlock won the Runner's World Half Marathon in Bethlehem, PA, with a time of 1:08:56. In March he came third in the Haddonfield Adrenaline 5k in 14:54. The next month



Photo by Leandre Waldo-Johnson



Photo by Tracey Kelly

▲ Josh Sadlock crosses the finish line at the Vermont City Marathon on a cold, wet and windy day in May.

◀ Sadlock and fellow Keystone Track Club member Lauren Kelly of Philadelphia celebrate their third-place finishes.

he won the Valley Forge Revolutionary 5-Mile Run in 26:32. And in May, he placed 10th at the Broad Street Run in 50:29.

Sadlock attended Bishop McDevitt High School and then captained the cross country team at Lafayette College in Easton, PA. He graduated last year and now works as a civil engineer.

Later this month, at Mid-Atlantic's invitation to the USATF Athlete Development Program, Sadlock will compete in the USATF Half Marathon Championships in Duluth, MN, his first appearance on the "big stage" of elite distance running.

## LONG DISTANCE RUNNING

**Michael McKeeman**, left, leads the pack in the Haddonfield Adrenaline 5k, followed by, from left, **Josh Sadlock**, **Mike Soroko** and **Zach Miller**. McKeeman came first, Soroko second and Sadlock third. The race is held on the third Saturday in March every year.



# Bryn Mawr Leads Grand Prix

## Greg Watson and Cecily Tynan In Front In Individual Competition

Halfway through the 2013 Grand Prix Series, the Bryn Mawr Running Club is on course to repeat as the Club Challenge champion, but a half-dozen other clubs are within striking distance.

Bryn Mawr hasn't topped the club scoreboard at any of the races so far, but it has consistently been second or third, for a total of 1,680 points. In second place at 1,632 is the Pike Creek Valley Running Club of Delaware, driven by off-the-chart performances by new member **Hugh Campbell**, who at 88 is breaking national and world age group records.

Not far behind are the Greater Philadelphia Track Club and the 10-time champion South Jersey Athletic Club. The Athena and Keystone track clubs are farther back because they didn't enter a full team in one race. But each club gets to drop its lowest score, so they could still win.

The Club Challenge is the team competition of the Grand Prix Series, which includes 11 long-distance races ranging from 5K to marathon in the Mid-Atlantic area. The competition is based on age-graded scores, which factor in an athlete's age and gender.

In the individual men's competition, the leaders are **Greg Watson** with 347 points and **Jeffrey Painter** with 332, followed by three contenders for third – **Peter Bittinger** (313), **Michael Bodary** (312) and **Kenneth Kondracki** (311).

Watson, 46, has finished strongly in all four races he has run – first masters finisher at the Citizens Bank Caesar Rodney Half Marathon, second

overall at the Valley Forge Revolutionary 5-Mile Run, second master at the Blue Cross Broad Street Run 10 Miler, and third overall at the Scott Coffee Moorestown Rotary 8k. His age-graded scores have ranged from about 84 to 89.5 at Broad Street.

On the women's side, **Cecily Tynan** leads with 331 points, followed by **Carolyn Bujak** with 326, **Joy Hampton** with 322 and **Kathryn O'Regan** with 321.

Tynan, 44, was the first female masters finisher at Caesar Rodney, second master at Valley Forge, fourth master at Broad Street and fourth overall at the Moorestown 8k. Her age-graded scores have been mostly in the mid-80s.

The competition now takes a break and resumes on Oct. 6 with the Delaware Distance Classic 15k. Meanwhile, here's a closer look at the first half of the series.

### Haddonfield Adrenaline 5k

The Adrenaline 5k opened the 2013 series on March 16 with 885 runners and an abundance of high age-graded scores.

In the Club Challenge, Bryn Mawr got a boost from having both the male and female winners. **Michael McKeeman**, 36, won the race for the third straight year in 14:46, with an age-graded score of 89.9. **Frances Koons**, 26, finished first among the women in 16:13, and her age-graded score was 91.2. Teammate **Joseph Carpenter** finished fifth, adding

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## LONG DISTANCE RUNNING

# Hugh Campbell Hits 102.6 Age-Graded Score

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an age-graded score of 86.0.

But the top-scoring club was Pike Creek Valley, driven by an astonishing score of 102.6 racked up by Campbell. At age 88, he finished the 5k in 26:37, ahead of almost half the field. Scores over 90 are rare, but 100 is almost unheard-of; this is one of the highest ever recorded in the Grand Prix Series.

Pike Creek Valley hasn't come close to winning the Club Challenge for several years, but this year could be different. Also aided by **Gregory Cauler** (86.2) and **David Wiechecki** (83.7), Pike Creek Valley finished one point ahead of Bryn Mawr.

Other noteworthy finishers were Athena's **Doreen McCoubrie** (93.6), the second female masters finisher; her teammate **Lorraine Jasper** (89.2); and **Sandra Folzer** of Greater Philadelphia (91.5).

Among the men, **Josh Sadlock** of Keystone finished third overall (86.4); **Lyle Wistar**, an unaffiliated 17-year-old from Ambler, PA, finished seven (89.3); and **Jim Sery** of South Jersey (87.1), was the first masters finisher.

## Caesar Rodney Half Marathon

**Matt Flynn** of Bryn Mawr came second, **Samantha McNally** of Downingtown Running Club was the first female, and **Jeffrey Hayes** of Greater Philadelphia was the first finisher over age 50.

The Caesar Rodney was one day after the Adrenaline 5k, so the clubs could count the top five scorers from either race. Most of the high scores were from the 5k.

## Valley Forge Revolutionary 5-Mile Run

The first five finishers were all Mid-Atlantic members – Sadlock first in 26:32, **Jeremy Brady** third and **Sean McKinney** fourth, all from Keystone, plus Watson in second and **Kyle Brightbill** in fifth from Bryn Mawr.

But the top-scoring club was Athena, with five masters runners among the first 15 female finishers. They all had age-graded scores over 80, led by McCoubrie (90.4) and Jasper (85.8).

In second was Bryn Mawr, followed by Pike Creek Valley, with Campbell scoring 90.6.

Keystone was fourth in the age-graded scoring. A relatively new club on the Grand Prix circuit, Keystone has many elite runners in their 20s and 30s,



Photo by Ken Shelton Photography

▲ **Linda Hawke** receives her medal from race officials for being the first female masters runner at the Broad Street Run. She finished in 1:00:10.

Photo courtesy of Broad Street Run

◀ **Samantha McNally** is the first woman to finish the Caesar Rodney Half Marathon.

but even strong overall finishes don't always translate into high age-graded scores. For example, **Kathryn O'Regan**, 28, and **Laura Kline**, 35, finished third and fourth among the women, respectively, but their age-graded scores were under 80.

One other note: Folzer continued to rack up points for Greater Philadelphia, with an 88.4.

## Blue Cross Broad Street Run (10 Miler)

Out of more than 38,000 runners, 257 were Mid-Atlantic members – our largest field in 15 years. And four members hit the benchmark 90-point age-graded score.

The top score of 93.5 went to McCoubrie. Her Athena teammate **Linda Hawke** was the first masters

(Continued on page 13)

## LONG DISTANCE RUNNING

# Greater Philadelphia Has Early Lead

## Boosted by Strong Performances at Chilly Cheeks, Triple Crown

The 2013 Off-Road Series is off to a great start, blessed by good weather, sizable turnouts and a healthy club competition.

After three events, the Greater Philadelphia Track Club leads in the Club Challenge with 1,008 points, followed by the Rosemont Running Club with 987, Pike Creek Valley with 925 and the Pineland Striders with 894.

For the first event, the Chilly Cheeks 7 Mile Trail Race in Reading, PA, replaced the Ugly Mudder in the series this year due to a flip-flop in the Pretzel City Sports schedule. Among a field of almost 500 runners, 39 Mid-Atlantic members completed the tough course on Feb. 24.

This group represented six clubs, but only four clubs had enough runners to qualify for the Club Series. Greater Philadelphia Track Club was first in the scoring, followed by Rosemont Runners, the Pineland Striders and Pike Creek Valley.

The second event, the Tyler Arboretum 10K Trail Run, was held on a beautiful, cool spring day with a record 52 Mid-Atlantic runners participated, 14 percent of the field, representing seven clubs. Again, four clubs had qualifying teams. The order of finish was Rosemont Runners first, followed by Greater Philadelphia, Pike Creek Valley and the Pineland Striders.

The Triple Crown 10K through White Clay Creek State Park in Delaware had beautiful weather and a good turnout of 43 MA-USATF runners.

Greater Philadelphia took the lead again, followed by Rosemont, Pike Creek Valley and the Pineland Striders.

Mid-Atlantic runners continue to represent the cream of the crop at the off-road races, winning most of the awards both overall and in the age groups.

### Chilly Cheeks

This course on Mount Penn in Reading is rocky, rooty, muddy and very hilly.

It's also a little shorter than in the past after race director Ron Horn tweaked the course somewhat to make it more difficult.

Only five Mid-Atlantic runners scored above 60

### STEEPLECHASE RESCHEDULED

The Radnor Red Run 5k Steeplechase has been rescheduled to Aug. 18. The race will start at 9 a.m.

on the age-graded scale, and two of them ran for Greater Philadelphia – **Jeff Hayes**, with a 67.21, and **Bob Rimkis**, with 61.05.

The top scorer for Rosemont was **Bonnie**

*(Continued on page 13)*



Ryan Bair of Rosemont Runners finishes first at the Tyler Arboretum 10k. Joanne Klempner of Greater Philadelphia, below, is the first female finisher over age 40.



Photos by Amy Binder

## LONG DISTANCE RUNNING

## Mid-Atlantic Runners Dominate Off-Road Races

(Continued from page 12)

**Boyer**, 67.0. At age 57, she was the first female masters finisher.

The Pineland Striders' best score was 62.5 for **Matthew Byrne**, who finished second overall in a time of 50:14.

**Matthew Russell**, an unaffiliated athlete from Allentown, PA, was the first runner over 40 to finish, **Hayes** was the first over 50, and **Gene Dykes** of the Greater Philadelphia club was the first over 60.

### Tyler Arboretum 10K

Tyler Arboretum is home court to the Pike Creek Valley runners, and they were out in force for this race. As a result, we had 52 MA-USATF members there on April 6, 14 percent of the field.

Rosemont dominated the race. The first two finishers were Rosemont's **Ryan Bair** and **Bill Steele**, and the first female finisher was their teammate **Kristin Zielinski**.

Rosemont also took first in team points for the Off-Road Series, followed by the Greater Philadelphia, Pike Creek Valley and the Pineland Striders. Rosemont's age-graded scoring was led by **Jeffrey Painter** with 75.4 and **Bonnie Stoeckl** with 73.4.

Greater Philadelphia's best scorers were **Hayes**, with 79.8, and **Scott Brockett** with 73.7. For Pike Creek Valley, **Josh Loren**, **David Wiechecki** and **Carol Giampietro** put up 72-plus scores.



Photo by Amy Binder

**John Schultz, 80**, crosses a creek in the Tyler Arboretum 10k. He belongs to the Pike Creek Valley Running Club.

### Triple Crown 10K

This race belonged to Greater Philadelphia, which had the first three finishers – **Bob Rimkis**, 52, came first, **Chris Moore** second and **Brockett** third. Rimkis also got the top men's age-graded score for the Off-Road Series, 74.8. Boyer was the first woman across the finish line, and contributed 79.9 age-graded points to her Rosemont club.

Mid-Atlantic members finished first in every age division over 30. For the men: **Andrew Jakubowitch** in the 30-39 division, Moore in 40-49, Rimkis in 50-59 and **Tom Jennings** in 60-69. For the women: **Donna Palisca** in 30-39, **Lisa Jalot** in 40-49, Boyer in 50-59 and **Joy Hampton** in 60-69.

## Grand Prix Resumes With Delaware 15k in October

(Continued from page 11)

female finisher in 1:00.10. Along with **Nancy Smith**, **Mary Swan** and **Abby Dean** – all scoring 83-plus – Athena again topped the point totals.

But Bryn Mawr was just two points behind, led by club co-founder **Bob Schwelm**, with a 90.1, and **Watson** with 89.5.

The other top scorers were **Folzer** with 90.4 and **Jane Murage**, 26, an unattached runner from Royersford who was the third female finisher in 54:36.98 with an age-graded score of 91.0.

Other notable finishers included **Sery**, 88.2; **Sadlock** (10th overall), 87.9; **Carol Jefferson** of Keystone, 85.8; **Painter**, 85.4; and **Hampton**, 85.3.

### Scott Coffee Moorestown Rotary 8k

Mid-Atlantic members dominated this race on a flat and fast course through the tree-lined streets of Moorestown, NJ, on a hot and humid June 1.

**Christian Thompson**, 24, an unaffiliated runner from Elkins Park, PA, won the race in 24:43.92. **Watson** came third.

The first five finishers were from Mid-Atlantic – **Katie Dougherty** of Pike Creek Valley in 29:41.21, **Hawke** in second, **O'Regan** in third, **Tynan** in fourth and **Leslee Hoey** of Athena in fifth.

Toting up the club points, South Jersey came out on top with 408 points, led by **Sery** (85.0) and **Bujak** (82.4).

## LONG DISTANCE RUNNING: THE SCOREBOARD

## GRAND PRIX CLUB CHALLENGE STANDINGS

CLUB	ADR-ROD	VFR	BRD	MOR	TOTAL	AVG
Bryn Mawr	435	409	433	403	1,680	420
Pike Creek Valley	436	402	391	403	1,632	408
Greater Philadelphia	424	392	421	383	1,620	405
South Jersey	420	363	424	408	1,615	404
Downingtown	394	379	405	372	1,550	387
Pineland Striders	367	358	375	360	1,460	365
Athena	427	422	435		1,284	428
Keystone	408	393	422		1,223	408
Moorestown	367		399	372	1,139	380
TNT	387	349		375	1,111	370

## GRAND PRIX AGE-GRADED TOP TEN

WOMEN	Pts	MEN	Pts
1 Cecily Tynan	331	1 Greg Watson	347
2 Carolyn Bujak	326	2 Jeffrey Painter	332
3 Joy Hampton	322	3 Peter Bittinger	313
4 Kathryn O'Regan	321	4 Michael Bodary	312
5 Patricia Addis-Hudson	309	5 Kenneth Kondracki	311
6 Shelley Hill	301	6 Rich Wright	303
7 Margaret Hoey	292	7 Phil Dick	295
8 Doreen McCoubrie*	277	8 Steve Sawyer	293
9 Jessica Pongracz		9 Tom Gavin	286
Modica	274	10 Russ Carstens	282
10 Sandra Folzer*	270	* Entered only three races	

## OFF-ROAD CLUB CHALLENGE STANDINGS

CLUB	CC	TA	3C	TOTAL
Greater Philadelphia	301	361	346	1,008
Rosemont	291	363	332	987
Pike Creek Valley	251	351	322	925
Pineland Striders	259	318	317	894

## OFF-ROAD SERIES AGE GROUP LEADERS

WOMEN	Pts	MEN	Pts
<b>19-39 age group</b>		<b>19-39 age group</b>	
Kristin Zielinski	10	Matthew Byrne	5
Donna Palisca	6	Ryan Bair	5
		Andrew Jakubowitch	5
<b>40-49 age group</b>		<b>40-49 age group</b>	
Julie Deery	10	Scott Brockett	13
Patricia Addis-Hudson	8	Matthew Russell	5
		Chris Moore	5
<b>50-59 age group</b>		<b>50-59 age group</b>	
Bonnie Boyer	10	Jeff Hayes	10
Bonnie Stoeckl	9	Bob Rimkis	8
Mary Swan	5		
<b>60-plus age group</b>		<b>60-plus age group</b>	
Diane Hardies	8	Ted Hardies	8
Joy Hampton	5	Gene Dykes	5
		Paul Makurath	5
		Tom Jennings	5

## GRAND PRIX AGE GROUP LEADERS

WOMEN	Pts	MEN	Pts
<b>15-19 age group</b>		<b>15-19 age group</b>	
Brianna Ligotski	5	Arajai Rosser	5
Eliza Lukens-Day	5	Kieran Tuntivate	5
Brigit Andersson	3	Lyle Wistar	5
Erin Mullican	3	<b>20-24 age group</b>	
<b>20-24 age group</b>		Joshua Sadlock	15
Stephanie Martin	8	Tony Mieu	6
Crystal Burnick	5	Christian Thompson	5
Laura Steel	5	<b>25-29 age group</b>	
<b>25-29 age group</b>		Five-way tie	5
Kathryn O'Regan	13	<b>30-34 age group</b>	
Frances Koons	5	Phil Dick	15
Samantha McNally	5	Scott Burns	5
Jane Murage	5	<b>35-39 age group</b>	
<b>30-34 age group</b>		Christopher Garges	10
Larissa Binkley	10	Kyle Brightbill	5
Jessica Pongracz		Michael McKeeman	5
Modica	7	<b>40-44 age group</b>	
<b>35-39 age group</b>		Kyle Lanier	11
Laura Kline	10	John Denning	8
Susan Delfidio	8	<b>45-49 age group</b>	
Erin Patterson Gill	8	Greg Watson	20
<b>40-44 age group</b>		Peter Bittinger	10
Cecily Tynan	20	Chuck Kruelle	5
Leslee Hoey	11	<b>50-54 age group</b>	
Kirsten Belair	4	Jim Sery	13
<b>45-49 age group</b>		Gregory Cauller	6
Linda Hawke	15	Jeffrey Painter	6
Patricia Addis-Hudson	11	<b>55-59 age group</b>	
Julie Deery	5	Epi Camacho	10
<b>50-54 age group</b>		William Lee Kauffman	10
Doreen McCoubrie	15	Thomas Pellechio	6
Lorraine Jasper	6	<b>60-64 age group</b>	
<b>55-59 age group</b>		Dave Earnhart	15
Kyra McGrath	15	Steve Sawyer	10
Linda Boyer	11	Gene Dykes	5
<b>60-64 age group</b>		<b>65-69 age group</b>	
Carolyn Bujak	18	Thomas Jennings	15
Joy Oakey	11	Daniel Simmons	8
Diane McManus	6	Vincent Aloyo	7
<b>65-69 age group</b>		<b>70-74 age group</b>	
Joy Hampton	18	Louis Coppens	15
Annette MacMillan	10	Frederick Hoey	11
Marjorie Morris	6	Brian Salzberg	3
<b>70-74 age group</b>		<b>75-79 age group</b>	
Sandra Folzer	15	James Flanagan	15
Margaret Hoey	14	<b>80-84 age group</b>	
<b>75-79 age group</b>		John Schultz	10
Rita Alles	5	<b>85-89 age group</b>	
		Hugh Campbell	10
		Joseph Havlick	3

## LONG DISTANCE RUNNING: THE SCHEDULE

### GRAND PRIX CIRCUIT

Date/Time	Event/Phone/Website	Distance	Race Director/Address
October 6 8:30 a.m.	Delaware Distance Classic* 302-633-1482 <a href="http://www.pcvrc.com/ddc.php">www.pcvrc.com/ddc.php</a>	15k	Ray Christensen c/o Pike Creek Valley Running Club PO Box 3259 Wilmington, DE 19804
October 27 8:30 a.m.	Penn Medicine at Radnor Run 610-941-9595 <a href="http://www.lunginfo.org/radnorrun">www.lunginfo.org/radnorrun</a>	5 miles	Christy Dernlan American Lung Assn. in PA 527 Plymouth Road, Suite 415 Plymouth Meeting, PA 19462
November 3 8:30 a.m.	Cooper Norcross Run the Bridge* Presented by AmeriHealth NJ 856-933-3725 <a href="http://www.runthebridge.org">www.runthebridge.org</a>	10k	Susan Wiener/Kim Marino LARC School 1089 Creek Road Bellmawr, NJ 08031
November 16 7:30 a.m.	Rothman 8K	8k	Desiree Peterkin-Bell PO Box 58130 Philadelphia, PA 19102
November 17 7:00 a.m.	Philadelphia Marathon or Half Marathon 215-683-2060 <a href="http://www.philadelphiamarathon.com">www.philadelphiamarathon.com</a>	26.2 miles 13.1 miles	

### OFF-ROAD SERIES

Date/Time	Event/Phone/Website	Starting Location	Race Director
July 7 9:00 a.m.	Double Trouble 15K Trail Run 610-779-2668 <a href="http://www.pretzelcitysports.com">www.pretzelcitysports.com</a>	French Creek State Park Morgantown, PA	Ron Horn <a href="mailto:Rhornpcs@aol.com">Rhornpcs@aol.com</a>
August 18 9:00 a.m.	Radnor Red Run 5K Steeplechase 610-864-5935 <a href="http://www.radnorredsteeplechase.org">www.radnorredsteeplechase.org</a>	Radnor Hunt 826 Providence Road Malvern, PA	Carly Smith <a href="mailto:info@radnorredsteeplechase.org">info@radnorredsteeplechase.org</a>
October 20 10:00 a.m.	Evansburg Challenge 10 Mile 610-630-2111, ext. 227 <a href="http://www.pretzelcitysports.com">www.pretzelcitysports.com</a>	Evansburg State Park Collegeville, PA	Karen Konnick <a href="mailto:kkonnick@fsmontco.org">kkonnick@fsmontco.org</a>
November 23 10:30 a.m.: Women 11 a.m.: Masters men 11:30 a.m. Open men	Delaware Open XC Championship 5K 302-892-2829 <a href="http://www.delawarerunningclub.org">www.delawarerunningclub.org</a>	Brandywine Creek State Park (DE 92) Wilmington, DE	Jim Walsh <a href="mailto:jgwalsh59@comcast.net">jgwalsh59@comcast.net</a>

### CROSS COUNTRY SERIES

Date	Event	Distance	Location
September 7	Quad X Cross County Open*	5,000 meters	Belmont Plateau, Philadelphia
October 12	Saint Clair Memorial Cross Country Open	Women 6,000 meters Men 5 miles	Belmont Plateau, Philadelphia
October 19	Philadelphia Catholic League Open	5,000 meters	Belmont Plateau, Philadelphia
<b>October 20</b>	<b>USA Masters Cross Country Championships</b>	5,000 meters	Deer Path Park, Flemington, NJ
November 2	<a href="#">Green Ribbon Trail Race (XC)</a>	5 miles	Upper Gwynedd Township Park North Wales, PA
November 23	Delaware Open Cross Country Championships	5,000 meters	Brandywine Creek Park, Wilmington, DE

\* signifies that the race is also a USATF Mid-Atlantic Championship event.

## YOUTH ATHLETICS

# Philly Girls Set 400, 800 Records

## Gabrielle Wilkinson, Alexandria Kitchell Make Their Marks at Landover

Two Philadelphia girls set U.S. indoor track records for the 13-14 age group at the 2013 USA National Youth Indoor Championships in Landover, Md.

**Gabrielle Wilkinson** of the Mt. Airy Track Club ran away from the field in the girls 13-14 800m to set an American youth age-group indoor record in 2:16.98. Wilkinson bested her closest competitors by nearly ten seconds to win the national title.

The next day, she also set an indoor record of 4:47.89 in the 1,500 meters – again, 10 seconds ahead of the next finisher. Gabrielle now owns four indoor youth age-group records.

Gabrielle is one of the top young middle-distance runners in the nation.

In February she won the 1,500-meter middle school championship at the prestigious Colgate Women's Games at the Armory Track in New York City. She ran undefeated in both the 800 and the 1,500 in the four qualifying meets, then opted to run the 1,500 in the semi-final and the final, winning both.

Also in the girls 13-14 age group, **Alexandria Kitchell** of Philadelphia won the 400-meter dash and set a U.S. indoor record of 58.96 seconds. Alexandria also placed fourth in the 200 meters in 26.17.

Another Mid-Atlantic member came close to setting a record – **Daija Lampkin** of Middletown, DE, tied the record of 7.43 seconds in the 55-meter dash for girls aged 13-14 in her preliminary heat. She was edged out of victory in the final by Stephanie Davis of Maryland, who also matched the record time.

The third annual Youth Indoor Championships were held March 9-10 at the Prince George's County

Sports and Learning Complex. Athletes qualified to compete at the championships by qualifying through one of five zone championships.

Other Mid-Atlantic medal winners at the national championships included:

► **Kelly Simone** of Elkins Park, PA, finished second among girls 8 and under in the long jump with a leap of 2.59 meters. She was third in the 200-meter dash and fifth in the 55-meter dash.

► **Jada Peoples** of King of Prussia, PA, finished third in the 55-meter dash for girls aged 9-10. The winner set a record.

► **Lorraine Boggs** of Norristown, PA, won the silver medal in the 55-meter hurdles in the 11-12 girls division.

► **Aniyah Alston** of Philadelphia was second in the shot put for girls 11-12.

► **La'Mar Hughes** of Bridgeport, PA, took bronze in the boys 11-12 shotput.

► **Naomi Dawkins** of Newark, DE, was third in the 3,000-meter run in the 11-12 girls division.

► **Sydni Stovall** of Oreland, PA, came third in the 3,000-meter run in the 13-14 girls division.

► **Taliah Cintron** of Wilmington, DE, won bronze in the long jump for girls 13-14. She also finished fourth in the 55-meter hurdles and the 400-meter dash.



Photo by Gregory Wilkinson

**Gabrielle Wilkinson of the Mt. Airy Track Club in Philadelphia displays a gold medal. She set U.S. age-group records in the indoor 800 and 1,500 meters for girls aged 13-14.**

### YOUTH DEVELOPMENTAL MEET RESULTS

Results are posted at [www.mausatf.org/pdf/2013-Youth-Developmental-Meet-results.htm](http://www.mausatf.org/pdf/2013-Youth-Developmental-Meet-results.htm) from the Mid-Atlantic Developmental Meet held April 13 at Lincoln High School in Philadelphia.



## YOUTH ATHLETICS

# Junior Olympic Championships are June 22-23

The 2013 Mid-Atlantic Junior Olympic Outdoor Track & Field Championships will be on June 22-23 at Widener University in Chester, PA.

Complete information about the championships is posted at [www.mausatf.org/pdf/2013-Junior-Olympic-flyer.pdf](http://www.mausatf.org/pdf/2013-Junior-Olympic-flyer.pdf).

Here are some reminders on key points:

**EVENTS:** There are no preliminary meets this year. But there will be Combined Events – Decathlon, Heptathlon, Pentathlon and Triathlon.

**ADMISSION:** Admission for spectators costs \$3 per day or \$5 for both days. (Children under 5 free.)

**PROTESTS:** There will be a \$50 fee for each protest, which is refunded only if the protest is upheld.

**AWARDS:** Medals will be awarded to the top three individuals and the top three relay teams in each event of each age division.

**VOLUNTEERS:** We need your assistance. We

are asking for volunteers to submit their names at the time of packet pick-up, and report to the coaches meeting for assignments.

**REGIONAL CHAMPIONSHIPS:** The top six individuals and relay teams in each age division for each event will advance to the Region 2 Championships to be held July 11-14 in Jamestown, NY. Qualifying athletes must declare at CoachO registration that they will participate in the regional championships.

**NATIONAL CHAMPIONSHIPS:** The top five athletes and relay teams in each age division for each event at the Region 2 Championships will qualify for the National Championships July 22-28 in Greensboro, NC. In combined events, the top two athletes will qualify.

**QUESTIONS:** For questions, contact Sharnette Handy-Hall at shall36@verizon.net or Nelson Berrios at nberriosr@comcast.net.

## RESULTS: 2013 NATIONAL YOUTH INDOOR TRACK & FIELD CHAMPIONSHIPS

Mid-Atlantic Association members who placed in the top eight at the championships March 9-10 in Landover, Md.

### GIRLS 8 AND UNDER

**Simone Kelly** of Elkins Park, PA  
2nd, Long Jump, Girls,  
3rd, 200 Meter Dash, 32.37  
5th, 55 Meter Dash, 9.02

### GIRLS 9-10

**Jada Kinlaw** of Middletown, DE  
4th, Long Jump, 3.53m  
**Jada Peoples** of King Of Prussia, PA  
6th, 200 Meter Dash, 31.71  
**Shaniya Patterson** of Norristown, PA  
6th, Shot Put, 5.20m

### GIRLS 11-12

**Lorraine Boggs** of Norristown, PA  
2nd, 55 Meter Hurdles, 9.44  
**Aniyah Alston** of Philadelphia  
2nd, Shot Put, 10.62m  
**Naomi Dawkins** of Newark, DE  
3rd, 3000 Meter Run, 11:31.67  
8th, 1500 Meter Run, 5:22.16

### GIRLS 13-14

**Gabrielle Wilkinson** of Philadelphia  
1st, 800 Meter Run, 2:16.98,  
U.S. record  
1st, 1500 Meter Run, 4:47.89,  
U.S. record

### GIRLS 13-14 (continued)

**Alexandria Kitchell** of Philadelphia  
1st, 400 Meter Dash, 58.96,  
U.S. record  
4th, 200 Meter Dash, 26.17  
**Daija Lampkin** of Middletown, DE  
2nd, 55 Meter Dash, 7.52 (tied U.S.  
record of 7.43 in preliminary heat)  
7th, Long Jump, 4.41m  
**Sydni Stovall** of Oreland, PA  
3rd, 1500 Meter Run, 5:03.91  
3rd, 3000 Meter Run, 10:51.34  
**Taliah Cintron** of Wilmington, DE  
3rd, Long Jump, 4.89m  
4th, 55 Meter Hurdles, 8.95  
4th, 400 Meter Dash, 1:01.20  
**Kyra Carroll** of Philadelphia  
4th, 3000 Meter Run, 10:52.93  
6th, 1500 Meter Run, 5:07.64  
**Teasha McKoy** of Philadelphia  
6th, Shot Put, 9.78m  
**Halimah Roberson** of Newark, DE  
7th, 400 Meter Dash, 1:02.71

### GIRLS 17-18

**Leslie Alston** of St Luke's Spirit  
7th, Long Jump, 5.10m

### GIRLS 9-10 Relays

**Greater Norristown PAL**  
Semaj Barnett, Darrajai Moseby, Kyllis  
Pendleton, Jada Peoples  
8th, 4x200 Meter Relay, 2:17.40

### GIRLS 11-12 Relays

**Greater Norristown PAL**  
Lorraine Boggs, Dahliyah Culbreath,  
Porsha Miles, Siani Sanders  
2nd, 4x200 Meter Relay, 1:54.50

### GIRLS 13-14 Relays

**Greater Norristown PAL**  
Mia Gray, Charity Guy, Alexis Patter-  
son, Jayana Webb  
3rd, 4x200 Meter Relay, 1:51.57

### BOYS 8 AND UNDER

**Daniel Tulloch** of Harrisburg, PA  
6th, 1500 Meter Run, 6:04.95

### BOYS 11-12

**La'Mar Hughes** of Bridgeport, PA  
3rd, Shot Put, 10.40m

### BOYS 13-14

**Brandon Patterson** of Plainfield, NJ  
6th, shot put, 10.13m  
**Malik Rush** of Philadelphia  
4th, Triple Jump, 9.86m  
7th, Shot Put, 10.03m  
**Gregory Biddle** of Newark, DE  
6th, High Jump, 1.50m

## YOUTH ATHLETICS

# Two Marathons Down, Five To Go for 10-Year-Old

Nikolas Toocheck, a 10-year-old from West Chester, PA, who hopes to run a marathon on each of the seven continents to raise money for needy children, has checked Antarctica off his list.

Nikolas is raising money and awareness for Operation Warm, a nonprofit founded by his grandfather that provides new winter coats to children in need throughout the United States.

Nikolas and his father, Daniel, flew from Chile to King George Island, Antarctica, in February for the pre-dawn start of White Continent Marathon.

After they completed 18 miles, bad weather interrupted the race. Only 17 of the 44 runners had completed the marathon, and the entire group was forced to flee Antarctica.

They headed back to Chile and finished their remaining 8 miles in Chile, for a total time of 6 hours, 20 minutes.

According to the Official 7 Continents Marathon Club, if weather forces an interruption in a race and it is completed in another location, it can be certified as completed in the original location.

The terrain in Antarctica was muddy and hilly, but Nikolas said, "It was really fun and I was so excited to run with the penguins."

Nikolas's parents said they determined that marathon running is safe for Nikolas after research, consultation with pediatric specialists and medical tests.

Nikolas, who trains with his father, a veteran marathoner, ran his first marathon in Delaware in December. Next up: Australia.

Nikolas's goal is to raise a dollar for each step, a million being the approximate number of steps he would take in seven marathons. To learn more or make a donation, visit: [www.nikrunstheworld.com](http://www.nikrunstheworld.com).

## NEWS FOR COACHES

# Coaching Education Offered at All Levels This Summer

Several educational opportunities for track and field coaches are available this summer:

### **Level I School at Johns Hopkins**

A USATF Level I Coaching Education School will be held on July 19-21 at Johns Hopkins University in Baltimore.

Coaches of track and cross country at the high school, youth, college and masters levels will be interested in the program.

For more information, contact school director Andrew Allden at [aacoaching@aol.com](mailto:aacoaching@aol.com), call 919-619-3426, or visit [www.usatf.org/groups/Coaches/education](http://www.usatf.org/groups/Coaches/education).

### **Level 2 for Coaching Youth**

The USATF Coaching Education Level 2-Youth Specialization program will be July 28-Aug. 1 at the University of North Carolina at Greensboro.

The program is designed to address the needs of coaches who want an advanced course on coaching youth athletes to their full potential.

The program covers advanced sport science pedagogy in four broad event areas, with special at-

tention given to the unique methodology needed to supervise the developing young athlete.

The application deadline is June 28. For more information, including an application and scholarships, go to [www.usatf.org/groups/coaches/education/level2-2.aspx](http://www.usatf.org/groups/coaches/education/level2-2.aspx).

### **Level 3 Running Summit**

USATF Mid-Atlantic members can get a \$25 discount to attend the Running Summit in Morristown, NJ, August 17-18.

This is a USATF Level 3 Course, but it is open to all coaches and runners, and no certification or experience is required to attend.

Association members can receive the discount by typing "MIDUSATF" into the discount box. For more information, visit [www.runningsummit.com](http://www.runningsummit.com).

### **Home Practice Not Insured**

Here is a reminder: USATF no longer supports the additional liability that comes with insuring a home-based practice facility. More information is available at [www.usatf.org/Resources-for---/Clubs/FAQ.aspx](http://www.usatf.org/Resources-for---/Clubs/FAQ.aspx)

## NEWS FOR OFFICIALS

### Discount for 2013 USATF Rule Book

The price for certified officials to purchase a hard copy of the 2013 USATF Rule Book has been reduced from \$13.50 to \$5, plus \$6.95 shipping.

You must be a USATF certified official to get the discounted price and you'll need your 2013 USATF membership number and password. You can purchase the book at <http://goo.gl/t1Bh>.

The Rule Book is also available online at [www.usatf.org/About/Competition-Rules.aspx](http://www.usatf.org/About/Competition-Rules.aspx).

### USATF Officials' Best Practices

The USATF National Officials Committee has posted about 95 documents on best practices on the Internet – mostly one-page items for quick reference on almost all events and officiating positions.

The documents provide tips that go beyond the rules – how to set up a venue, how to conduct an event, instructions to athletes and more.

The list of documents is at [www.usatf.org/groups/officials/resources/best-practices/](http://www.usatf.org/groups/officials/resources/best-practices/).

Ideas for new items or improvements to existing items may be sent to the editor at [kidz1023@comcast.net](mailto:kidz1023@comcast.net).

### Online Introductory Training Module

The USATF Officials Training Subcommittee has released an online introductory module to give new officials an overview of the governing bodies, meet organization, and qualities of effective officials.

The module is at [elearning.usatfofficials.com/](http://elearning.usatfofficials.com/). Registration is required.

## MID-ATLANTIC NEWS IN BRIEF

### Tribute Bench Is Dedicated

Several dozen people attended a dedication ceremony in honor of Norm Green, who is retiring after decades of service to Mid-Atlantic. The bench is alongside the Schuylkill River Trail in Valley Forge Park, where Green started and ended most of his training runs for the past 30 years. With Green are, from left, Doreen McCoubrie, Robin Jefferis and his wife, Dolores.

Photo by Kevin Matthews



### Athena Breaks U.S. 4x400 Record

An Athena Track Club team set a U.S. age-group record in the 4x400 relay at the Penn Relays in April – the club's second relay record in two months.

The team of **Debbie Hoffman, Lorraine Jasper, Julie Hayden** and **Cheryl Bellaire** finished the race in 4:34.03, a record for women aged 50-59. The previous record, 4:36.85, was set in 1989 by a U.S. national team.

A younger Athena team of **Joan Hunter,**

**Charmaine Roberts, Maryline Roux** and **Gaby Grebski** won the masters race in 4:10.06.

In March an Athena team set a W40-49 record in the 4x200.

### Bronze at U.S. Half Marathon

**Linda Hawke**, a Mid-Atlantic member who runs for the Athena Track Club, finished third in the USA Masters Half Marathon Championship on Feb. 3. Hawke, 45, finished the course through Melbourne, Fla., in 1:22.10 in a field of almost 1,000 runners.

**2013 USA MASTERS INDOOR TRACK & FIELD CHAMPIONSHIPS: WOMEN'S RESULTS**

Mid-Atlantic Association members who won medals at the championships March 22-24 in Landover, Md.

**30-34 AGE GROUP****Charmaine Davis**, 32, TNT

- 1st, Shot Put, 7.25m
- 1st, Weight Throw, 6.56m
- 1st, Super Weight, 4.26m
- 2nd, 200 Meters, 29.98
- 3rd, 400 Meters, 1:11.4

**Kim Moore**, 33, TNT

- 1st, 800 Meters, 3:23.1
- 3rd, Mile, 7:29.0
- 3rd, 3000 Meters, 15:25.7

**35-39 AGE GROUP****Lorelei Lankin**, 35, TNT

- 2nd, Long Jump, 3.90m
- 3rd, 60 Meters, 9.81

**DaBeth Manns**, 36, TNT

- 1st, 3000 Meter Race Walk, 22:50.0

**Vandora Myers**, 36, TNT

- 1st, Super Weight, 5.11m
- 2nd, Weight Throw, 6.98m
- 3rd, Shot Put, 7.03m

**Sharon Shipe**, 36, unaffiliated

- 2nd, Shot Put, 8.74m

**40-44 AGE GROUP****Melanie Berra**, 44, GPTC

- 3rd, High Jump, 1.35m

**Linda Butts**, 43, TNT

- 2nd, Weight Throw, 8.58m
- 2nd, Super Weight, 5.56m
- 3rd, Shot Put, 8.41m

**Jill Cypress**, 41, TNT

- 1st, Long Jump, 4.71m
- 2nd, 400 Meters, 1:22.8
- 2nd, 60 Meter Hurdles, 10.25
- 2nd, Triple Jump, 9.95m
- 3rd, 60 Meters, 8.41
- 3rd, Indoor Pentathlon, 2710

**Susan Gray**, 44, unattached

- 3rd, 3,000 Meters, 11:15.52

**Gaby Grebski**, 41, Athena

- 1st, 800 Meters, 2:18.9

**Tara Smith**, 41, Athena

- 1st, 400 Meters, 1:06.6
- 3rd, 800 Meters, 2:30.8

**45-49 AGE GROUP****Joan Hunter**, 49, Athena

- 2nd, 800 Meters, 2:22.0

**Gina Lanier**, 47, TNT

- 3rd, Super Weight, 5.26m

**Kristine Longshore**, 45, PM

- 2nd, High Jump, 0.75m

**Patricia Mosley**, 45, TNT

- 1st, Super Weight, 5.58m
- 2nd, Weight Throw, 8.09m

**Charmaine Roberts**, 45, Athena

- 1st, 400 Meters, 1:00.6

**Christine Roemer**, 47, TNT

- 3rd, 60 Meter Hurdles, 11.33
- 3rd, Long Jump, 3.67m
- 3rd, Weight Throw, 7.18m
- 3rd, Indoor Pentathlon, 2018

**Beth Shisler**, 48, Athena

- 3rd, 200 Meters, 30.57

**Lizanne Stephan**, 45, TNT

- 1st, Indoor Pentathlon, 2512
- 1st, High Jump, 1.15m
- 2nd, 60 Meter Hurdles, 11.17
- 2nd, Shot Put, 8.12m

**50-54 AGE GROUP****Julie Hayden**, 53, Athena

- 2nd, 400 Meters, 1:09.5
- 2nd, 800 Meters, 2:36.2

**Mary Jacobsen**, 52, unattached

- 2nd, 3,000-Meter Race Walk, 18:33.33

**Linda Jarjisian**, 52, TNT

- 1st, Pole Vault, 1.50m
- 2nd, Long Jump, 3.20m
- 3rd, High Jump, 1.10m
- 3rd, Indoor Pentathlon, 1544

**Lorraine Jasper**, 51, Athena

- 1st, 800 Meters, 2:26.09 (U.S. record)
- 1st, Mile, 5:30.1

**Jo Phelps**, 54, TNT

- 1st, Long Jump, 3.42m
- 2nd, High Jump, 1.15m
- 2nd, Indoor Pentathlon, 1578
- 3rd, 60 Meter Hurdles, 13.76

**Susan Snyder**, 51, TNT

- 2nd, 3000 Meters, 12:33.7
- 3rd, Mile, 6:08.0

**Mary Swan**, 51, Athena

- 1st, 3000 Meters, 11:46.4
- 2nd, Mile, 5:53.2
- 3rd, 800 Meters, 2:42.9

**60-64 AGE GROUP****Delores Grandison**, 60, TNT

- 1st, Indoor Pentathlon, 3065
- 1st, Super Weight, 6.64m
- 2nd, 60 Meter Hurdles, 12.5
- 2nd, High Jump, 1.25m
- 2nd, Shot Put, 8.49m
- 2nd, Weight Throw, 10.17m
- 3rd, Long Jump, 3.63m
- 3rd, Pole Vault, 1.05m

**Joy Oakey**, 64, TNT

- 2nd, 3000 Meters, 14:06.8
- 2nd, Super Weight, 3.25m

**Diane McManus**, 62, GPTC

- 3rd, 800 Meters, 4:14.2

**Coreen Steinbach**, 61, Athena

- 2nd, 800 Meters, 2:48.4
- 2nd, Mile, 6:15.5

**65-69 AGE GROUP****Barbara Leighton**, 67, PM

- 2nd, 60 Meters, 10.91
- 2nd, 200 Meters, 38.79
- 2nd, 400 Meters, 1:35.8
- 2nd, 800 Meters, 3:48.7

**70-74 AGE GROUP****Sandra Folzer**, 73, GPTC

- 1st, Mile, 7:44.4

**Jane Simpson**, 71, TNT

- 1st, 60 Meters, 13.46
- 1st, 400 Meters, 2:16.2
- 1st, High Jump, 0.95m
- 1st, Long Jump, 1.96m
- 2nd, Triple Jump, 4.42m
- 2nd, Indoor Pentathlon, 1365

**80-84 AGE GROUP****Gloria Krug**, 81, PM

- 1st, Weight Throw, 6.88m (U.S. record)
- 1st, Super Weight, 5.70m (U.S. record)
- 1st, Triple Jump, 3.36m

**30-39 RELAY AGE GROUP****TNT:** Jill Cypress, Lizanne Stephan, Charmaine Davis, Christine Roemer

- 2nd, 4x200 Meter Relay Club, 2:02.1
- 2nd, 4x400 Meter Relay Club, 5:08.3

**TNT:** Susan Snyder, Joy Oakey, DaBeth Manns, Kim Moore

- 2nd, 4x800 Meter Relay Club, 13:57.6

**PM:** Barbara Leighton, Kristine Longshore, Brandice Coleman, Catherine Popovitch

- 3rd, 4x800 Meter Relay Club, 16:33.5

**40-49 RELAY AGE GROUP****Athena:** Terri Rath, Beth Shisler, Maryline Roux, Julie Hayden

- 1st, 4x200 Meter Relay Club, 2:01.85 (U.S. record)

**Athena:** Joan Hunter, Charmaine Roberts, Maryline Roux, Gaby Grebski

- 1st, 4x400 Meter Relay Club, 4:16.3

**50-59 RELAY AGE GROUP****Athena:** Lorraine Jasper, Julie Hayden, Wendi Glassman, Elizabeth Stewart

- 1st, 4x400 Meter Relay Club, 4:51.9

**TNT:** Delores Grandison, Jo Phelps, Joy Oakey, Linda Jarjisian

- 1st, 4x200 Meter Relay Club, 2:22.6
- 2nd, 4x400 Meter Relay Club, 5:45.0

**PM:** Catherine Popovitch, Lisa Meeden, Barbara Leighton, Jean Griffin

- 2nd, 4x200 Meter Relay Club, 2:27.8

**PM:** Jean Griffin, Catherine Popovitch, Barbara Leighton, Lisa Meeden

- 3rd, 4x400 Meter Relay Club, 5:54.4

**2013 USA MASTERS INDOOR TRACK & FIELD CHAMPIONSHIPS: MEN'S RESULTS**

Mid-Atlantic Association members who won medals at the championships March 22-24 in Landover, Md.

**30-34 AGE GROUP**

**John Porter Jr.**, 34, TNT  
 1st, Weight Throw, 11.20m  
 1st, Super Weight, 6.85m  
 2nd, High Jump, 1.60m  
 2nd, Triple Jump, 11.46m

**35-39 AGE GROUP**

**Matthew Crowell**, 35, TNT  
 3rd, 400 Meters, 56.25  
**Kim Lanier**, 37, TNT  
 3rd, Weight Throw, 4.72m  
**Wayne Miller**, 39, TNT  
 2nd, Weight Throw, 6.67m  
 2nd, Super Weight, 4.06m  
**Etroy Nelson Jr.**, 39, TNT  
 3rd, 60 Meters, 7.22  
 3rd, Shot Put, 8.94m

**40-44 AGE GROUP**

**Andrew Albright**, 42, GPTC  
 1st, 3000 Meter Race Walk, 22:52.0  
**David Ash**, 42, TNT  
 1st, Super Weight, 3.76m  
 2nd, Weight Throw, 7.19m  
 3rd, Shot Put, 8.24m  
 3rd, Indoor Pentathlon, 1970  
**Nicholas Berra**, 44, GPTC  
 3rd, Mile, 4:28.1  
**Nick Damalas**, 44, GPTC  
 1st, Long Jump, 5.78m  
 1st, Triple Jump, 11.7m  
 1st, Shot Put, 11.55m

**Clinton Fields**, 41, TNT  
 3rd, 60 Meters, 7.51

**Michael Jackson**, 40, TNT  
 2nd, 60 Meter Hurdles, 9.81

**45-49 AGE GROUP**

**Scott Landis**, 49, GPTC  
 2nd, 800 meters, 2:06.75

**55-59 AGE GROUP**

**John Hadrick**, 55, TNT  
 2nd, 60 Meter Hurdles, 9.37

**60-64 AGE GROUP**

**Rufus Jordan**, 63, TNT  
 1st, Super Weight, 6.98m

**70-74 AGE GROUP**

**Louis Coppens**, 70, PM  
 1st, Mile, 6:41.3  
 1st, 3000 Meters, 13:36.9

**Paul Eyanson**, 73, TNT  
 3rd, Pole Vault, 2.40m

**75-79 AGE GROUP**

**William Bittner**, 76, PM  
 3rd, 60 Meters, 9.19



Photo by DaNusia Aylsworth

**This Is What A World Record Looks Like**

Hugh Campbell and his wife, Naomi, pose for one of many photos after he set a 3,000-meter world record for men 85-89 at the University of Delaware on March 3. At right is the photo finish image. **Story, Page 1**

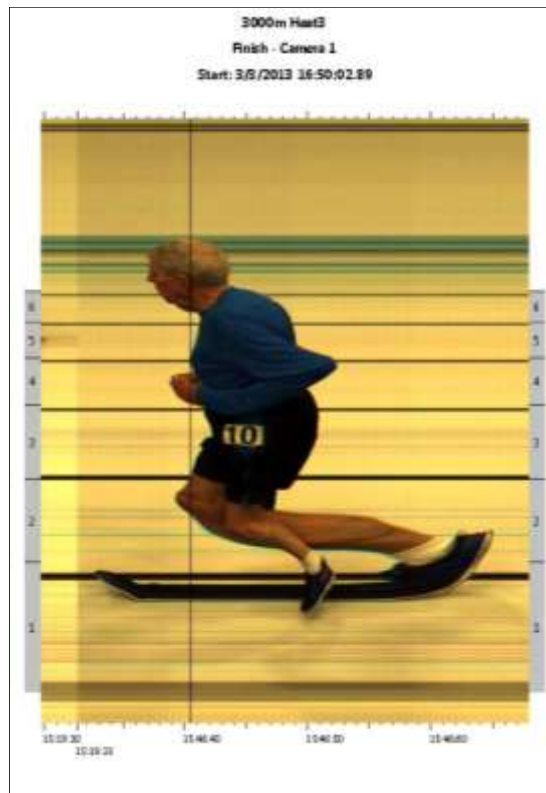


Photo courtesy of Vince Giarrocco, Kennett Timing

**Joseph Paradine**, 77, PM

1st, Pole Vault, 2.10m

**John Sellers**, 76, PM

3rd, Super Weight, 6.20m

**80-84 AGE GROUP**

**Ray Feick**, 81, PM

1st, Shot Put, 8.94m

1st, Weight Throw, 12.29m

1st, Super Weight, 7.01m

**85-89 AGE GROUP**

**Hugh Campbell**, 88, PCV

1st, 3000 Meters, 15:48.61 (U.S. record)

**30-39 RELAY AGE GROUP**

**TNT:** Matthew Crowell, Michael Koot, Mohamed Ali, Etroy Nelson Jr. CLOSE

3rd, 4x200 Meter Relay Club, 1:38.6

**TNT:** Matthew Crowell, Junior Hyman, Etroy Nelson Jr, Matthew Collins CLOSE

3rd, 4x400 Meter Relay Club, 3:46.3

**40-49 RELAY AGE GROUP**

**TNT:** Scott Cashdollar, David Bynoe Sr, Kareem Lanier, Kyle Lanier

1st, 4x800 Meter Relay Club, 8:48.6

**TNT:** Scott Cashdollar, Kareem Lanier, Michael Jackson, Kyle Lanier

2nd, 4x400 Meter Relay Club, 3:47.8

**GPTC:** Delvin Dinkins Sr, Wayne Foulke, Nick Damalas, Ross O'Neill

2nd, 4x200 Meter Relay Club, 1:42.7

**GPTC:** Neill Clark, Nicholas Berra, Eric Grevin, Craig Strimel

2nd, 4x800 Meter Relay Club, 8:52.8

**GPTC:** Craig Strimel, David Richard, Nick Damalas, Delvin Dinkins Sr.

3rd, 4x400 Meter Relay Club, 3:49.1

**50-59 RELAY AGE GROUP**

**GPTC:** Daryl Johnson, Bruce Rash, Scott Granowski, Raymond Parker

1st, 4x400 Meter Relay Club, 3:54.9

**GPTC:** Gary Glowitz, Brandon Newell, Daryl Johnson, Carl Stocking

2nd, 4x200 Meter Relay Club, 1:48.7

**TNT:** Byron Friend Sr, Steve Coenen, David Bynoe Sr, Lee X

3rd, 4x400 Meter Relay Club, 4:06.0

**60-69 RELAY AGE GROUP**

**TNT:** Thomas Tinsman, Lawrence Nolly, Bernie Linner, James Frontino

1st, 4x200 Meter Relay Club, 2:06.9

**TNT:** James Frontino, Lawrence Nolly, Bernie Linner, Thomas Tinsman

3rd, 4x400 Meter Relay Club, 5:11.8

## MID-ATLANTIC INDOOR TRACK & FIELD CHAMPIONSHIPS

Here are the Mid-Atlantic Association members who won medals at the championships March 3 at the University of Delaware in Newark. The meet was hosted by the Philadelphia Masters Track & Field Association. Finish Lynx Timing was used. Results were compiled by D. Aylsworth. Complete results are posted at [www.mausatf.org](http://www.mausatf.org).

### MEN'S RESULTS

<u>Name</u>	<u>Age</u>	<u>Result</u>	<u>Medal</u>																	
<b>60 METERS</b>																				
Jelani Knight	21	7.58	Bronze	James Frontino	63	34.05	Gold	Michael Kimmel	40	5:22.17	Silver									
Daniel Harris	21	7.32	Silver	Frederick Cassaday	65	32.21	Bronze	Chuck Kruelle	45	5:15.48	Gold									
Matt Rendina	23	7.21	Gold	Joachim Acolatse	65	31.10	Silver	Kevin Nelson	48	6:10.26	Bronze									
Bruce Sobers	35	7.92	Gold	Jeffrey Horick	66	30.41	Gold	Andrew Shearer	49	5:16.77	Silver									
Clinton Fields	41	7.79	Gold	Jim Durkin	74	39.61	Gold	James Anderson	53	5:15.05	Gold									
Delvin Dinkins	41	7.88	Silver	Joe Havlick	85	1:09.50	Gold	David Hiestand	57	6:13.80	Gold									
Ross O'Neill	43	8.26	Bronze	<b>400 METERS</b>																
Wayne Foulke	46	7.79	Gold	Brandon Patterson	18	55.34	Silver	John Kostenbauder	58	7:33.24	Silver									
Jeffrey Grier	46	9.09	Silver	Kevin Robinson	19	54.78	Gold	Gary Grobman	60	5:55.27	Gold									
Gary Glowitz	54	8.50	Bronze	Aaron Hawkes	22	56.79	Bronze	Louis Coppens	70	6:48.71	Gold									
Byron Friend	54	8.31	Silver	Bruce Sobers	35	1:01.24	Gold	<b>3,000 METERS</b>												
Gary Glowitz	54	8.50	Bronze	Junior Hyman	41	57.07	Bronze	James Downey	38	10:17.83	Gold									
David Lapreziosa	55	8.97	Bronze	Delvin Dinkins	41	55.29	Gold	Neill Clark	41	10:13.29	Gold									
John Hadrick	55	7.98	Gold	Craig Strimel	42	56.33	Silver	Chris Carroll	41	10:49.07	Silver									
Phil Graham	58	8.57	Silver	David Richard	45	57.33	Gold	Michael Latsch	41	11:18.51	Bronze									
Terry McKechnie	60	8.29	Gold	Chuck Kruelle	45	1:00.18	Silver	Andrew Shearer	49	11:03.23	Gold									
Tom Tinsman	60	9.01	Silver	Ulruck Exantus	46	1:00.89	Bronze	Ted Poulos	51	10:37.73	Gold									
Albert Arguelles	62	9.23	Bronze	John Patterson	51	1:03.74	Bronze	Chuck Shields	53	10:57.19	Gold									
Alfonso Malvezzi-Campeggi	65	12.02	Gold	David Bynoe	51	58.68	Gold	Gary Grobman	60	11:38.39	Gold									
Joachim Acolatse	65	9.07	Silver	Carl Stocking	52	1:02.40	Silver	Louis Coppens	70	13:54.05	Gold									
Jeffrey Horick	66	9.03	Gold	Frederick Cassaday	65	1:13.93	Gold	Hugh Campbell	88	15:46.41	Gold									
Glenn Schmehl	69	9.56	Bronze	Alfonso Malvezzi-Campeggi	65	2:15.69	Silver	<b>60-METER HURDLES</b>												
Jim Durkin	74	11.51	Gold	Jim Durkin	74	1:33.94	Gold	John Hadrick	55	9.34	Gold									
Richard Ocker	75	9.48	Silver	Joe Havlick	85	3:34.42	Gold	Tom Tinsman	60	10.93	Silver									
Bill Brown	76	11.04	Bronze	<b>800 METERS</b>																
William Bittner	76	9.45	Gold	Tony Mieu	21	2:30.38	Silver	Frank Rutherford	61	12.27	Bronze									
Tom Rice	84	12.97	Gold	Raheem Bailey	22	2:14.72	Gold	Tyrone Lewis	64	10.68	Gold									
<b>200 METERS</b>																				
Daniel Harris	21	24.17	Gold	Samuel Hubbard	26	2:44.39	Bronze	David Marovich	69	14.63	Gold									
Jelani Knight	21	24.41	Silver	Michael Kimmel	40	2:27.60	Gold	<b>3K RACEWALK - JUDGED</b>												
Steve Paul	29	26.26	Gold	Chris Carroll	41	2:31.37	Silver	John Kostenbauder	58	24:24.12	Gold									
John Porter Jr.	34	28.32	Gold	Chuck Kruelle	45	2:24.00	Silver	<b>HIGH JUMP</b>												
Bruce Sobers	35	27.72	Gold	David O'Connell	46	2:21.60	Gold	Mike Ingram	56	1.35	Gold									
Delvin Dinkins	41	25.21	Gold	Andrew Shearer	49	2:24.84	Bronze	Phil Graham	58	1.30	Silver									
Junior Hyman	41	25.34	Silver	David Bynoe	51	2:21.54	Gold	Tom Tinsman	60	1.20	Gold									
Robert Schwartz	43	27.12	Bronze	Duncan Smith	54	2:38.24	Silver	Albert Arguelles	60	1.15	Silver									
Ulruck Exantus	46	29.06	Silver	Dan Fannon	55	2:33.03	Gold	David Marovich	69	1.10	Gold									
David Richard	49	26.17	Gold	David Hiestand	57	2:57.43	Silver	<b>LONG JUMP</b>												
Carl Stocking	52	29.52	Bronze	Jim Durkin	74	3:54.05	Gold	David Ash	42	4.60	Gold									
Byron Friend	54	27.07	Gold	Joe Havlick	85	7:04.33	Gold	Gary Glowitz	54	4.45	Gold									
<b>MILE</b>																				
				Samuel Hubbard	26	6:09.64	Silver	Mike Ingram	56	4.08	Gold									
				John Goldthorp	34	5:01.35	Gold	David Ransom	59	3.84	Silver									
								Tom Tinsman	60	4.23	Silver									

## MID-ATLANTIC INDOOR TRACK &amp; FIELD CHAMPIONSHIPS

**MEN'S RESULTS (CONTINUED)**

<u>Name</u>	<u>Age</u>	<u>Result</u>	<u>Medal</u>
<b>LONG JUMP (CONTINUED)</b>			
Albert Arguelles	62	3.85	Bronze
Tyrone Lewis	64	4.25	Gold
David Marovich	69	2.92	Gold
Tom Rice	84	2.92	Gold
<b>TRIPLE JUMP</b>			
Albert Arguelles	62	7.70	Gold
David Marovich	69	6.26	Gold
<b>POLE VAULT</b>			
Dylan Altland	17	3.88	Gold
John Patterson	51	3.20	Gold
Tyrone Lewis	64	2.40	Gold
David Marovich	69	1.52	Gold
Joe Paradine	77	2.13	Gold
<b>SHOT PUT</b>			
Stephen Harris	22	11.06	Gold
John Porter Jr.	34	9.32	Gold
Hartley Palleschi	57	11.57	Gold
Rufus Jordan	63	9.45	Silver
Tom Tinsman	63	9.73	Gold
Frederick Cassaday	65	8.45	Silver
David Marovich	69	8.89	Gold
Ed Donnelly	71	9.34	Gold
Richard Oakey	71	6.12	Silver
Ray Feick	81	8.90	Gold
Tom Rice	84	6.13	Silver
<b>WEIGHT THROW</b>			
John Porter Jr.	34	10.91	Gold
Hartley Palleschi	57	13.76	Gold
Rufus Jordan	63	14.08	Gold
David Marovich	69	13.81	Gold
Ed Donnelly	71	10.55	Gold
Richard Oakey	71	6.95	Silver
Lew Overbeck	77	12.36	Gold
Ray Feick	81	13.25	Gold
William Welsh	83	5.87	Silver
<b>SUPER WEIGHT</b>			
Hartley Palleschi	57	6.24	Gold
Rufus Jordan	63	5.69	Gold
David Marovich	69	7.05	Gold
Ed Donnelly	71	5.13	Gold
Lew Overbeck	77	6.71	Gold
Ray Feick	81	7.04	Gold

**WOMEN'S RESULTS**

<u>Name</u>	<u>Age</u>	<u>Result</u>	<u>Medal</u>
<b>3,000 METERS</b>			
Sophia Downey	25	12:28.17	Silver
Sarah Antonaitis	27	11:40.00	Gold
<b>60-METER HURDLES</b>			
Katie Cassidy	17	10.04	Gold
Jill Cypress	40	10.46	Gold
Kristine Longshore	45	13.65	Bronze
Lizanne Stephan	45	11.03	Gold
Christine Roemer	47	11.75	Silver
Delores Grandison	60	13.57	Gold
<b>3k RACEWALK - JUDGED</b>			
Diane McManus	62	23:46.08	Gold
<b>HIGH JUMP</b>			
Katie Cassidy	17	1.45	Gold
Chris Roemer	47	1.10	Gold
Linda Jarjisian	52	1.05	Gold
Jane Simpson	71	0.95	Gold
<b>LONG JUMP</b>			
Sharon Shipe	36	3.39	Gold
Kristine Longshore	45	2.43	Gold
Heather Scanlon	50	1.19	Silver
Linda Jarjisian	52	3.05	Gold
Delores Grandison	60	3.44	Gold
Jane Simpson	71	2.09	Gold
<b>TRIPLE JUMP</b>			
Jane Simpson	71	4.70	Gold
<b>POLE VAULT</b>			
Linda Jarjisian	52	1.52	Gold
<b>SHOT PUT</b>			
Sheila Plunkett	16	9.52	Gold
Katie Cassidy	17	9.00	Silver
Sharon Shipe	36	8.26	Gold
Jill Cypress	40	7.47	Gold
Lizanne Stephan	45	7.91	Gold
Heather Scanlon	50	8.64	Gold
Jane Simpson	71	4.63	Gold
<b>WEIGHT THROW</b>			
Christine Roemer	47	6.61	Gold
Heather Scanlon	50	8.18	Gold
Delores Grandison	60	9.74	Gold
<b>SUPER WEIGHT</b>			
Heather Scanlon	50	5.90	Gold
<b>60 METERS</b>			
Zafirah Green	23	7.97	Gold
Natasha Triplett	34	9.68	Gold
Nicole Harris	39	9.15	Gold
Jill Cypress	40	8.27	Gold
Cathy Popovitch	51	11.29	Gold
Michela Guiso-Gallisai	63	14.78	Gold
Barbara Leighton	67	11.12	Gold
Jane Simpson	71	13.24	Gold
<b>200 METERS</b>			
Zafirah Green	23	26.59	Gold
Anene Wynn	27	28.31	Bronze
Devon Towell	29	28.00	Silver
Nicole Harris	39	30.92	Gold
Chris Roemer	47	33.38	Gold
<b>400 METERS</b>			
Alex Ryan	16	1:07.22	Bronze
Amani Fields	17	04.02	Silver
Zafirah Green	23	59.92	Gold
Evelyn Konrad	45	1:07.65	Gold
Wendy Mastripolito	47	1:34.66	Gold
Mary Swan	51	1:16.48	Gold
Cathy Popovitch	51	1:24.42	Silver
Barbara Leighton	67	1:37.95	Gold
Jane Simpson	71	2:14.30	Gold
<b>800 METERS</b>			
Kiersten Moylan	17	2:39.29	Silver
Monica Maj	20	2:41.85	Bronze
Sophia Downey	25	2:32.79	Gold
Jill Cypress	40	3:02.23	Gold
Mary Swan	51	2:46.20	Gold
Cheryl Bellaire	54	2:47.23	Silver
Wendi Glassman	57	2:53.81	Gold
Coreen Steinbach	61	2:50.41	Gold
Diane McManus	62	4:26.72	Gold
Jane Simpson	71	5:33.39	Gold
<b>MILE</b>			
Devon Towell	17	5:33.64	Gold
Sophia Downey	25	5:59.11	Silver
Wendy Mastripolito	47	6:50.42	Gold
Cheryl Bellaire	54	6:10.82	Gold
Coreen Steinbach	61	6:14.94	Gold
Joy Oakey	64	7:20.13	Silver



# USATF Membership Application

New Member  Renewal from previous year – USATF Number \_\_\_\_\_

Please print or type information

Last Name		First Name		Middle Initial
Address		City	State	Zip Code
Phone	Email		Your membership # will be emailed to you. Your email address will not be shared with anyone.	
Date of Birth	Age Today	Gender		
MM-DD-YYYY		M/F		
U.S. Citizen	If no, country of Citizenship			
Y/N				
Club No	Club Name			

### Ethnic Background

Are you Hispanic or Latino?  Yes  No  Decline

### What is your race? (Please select one or more races)

- American Indian / Alaska Native
- Asian
- Black / African American
- Native Hawaiian / Pacific Islander
- White / Caucasian
- Other
- Decline to answer

Please check all appropriate sports codes here:

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

### Membership Category Codes

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Please use the codes below – you may indicate one or more categories.

AT: Athlete  
DA: Disabled Athlete

CH: Coach  
CD: Developmental  
C1: Coach – Level 1  
C2: Coach – Level 2  
C3: Coach – Level 3

PA: Parent  
OF: Official  
OA: Official – Association  
ON: Official – National  
OM: Official – Master

AD: Administrator  
FN: Fan

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

OPTION 1



JOIN ONLINE AT  
[www.usatf.org/membership](http://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:

USATF Mid-Atlantic membership chair  
PO Box 662  
Southeastern, PA 19399-0662

OPTION 2

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

<b>Youth Membership</b> (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.