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## Wilson Sets 800m Record



Photo by Randy Miyazaki/TrackAndFieldPhoto.com

Some observers said Ajee' Wilson, far left, was cut off near the finish line, but she still set a U.S. Junior record of 1:58.21 in the 800 meters at the IAAF World Championships in Moscow.

## Kim Gallagher's 1982 Mark Falls – Twice

The American Junior 800-meter record of 2:00.07 stood for more than 30 years, a monument to the legendary runner **Kim Gallagher**, who set it as a student at Upper Dublin High School, then went on to win two Olympic medals before her death in 2002.

Just a tad over the 2-minute barrier, the record seemed unattainable for more than a generation of young middle

-distance runners.

In June, the record finally fell, as high school star **Mary Cain** ran the 800 in 1:59.51, also breaking Gallagher's scholastic record.

But two months later, the Junior record returned to Mid-Atlantic when New Jersey middle-distance star **Ajee' Wilson** recorded a time of 1:58.21 as

*(Continued on page 2)*

## PILOT PLAN READY FOR TAKEOFF

### Mid-Atlantic Will Test Program To Share an Employee

I'm excited to announce that the Mid-Atlantic Association will participate in a pilot program in which 10 USATF associations will "share" a full-time employee to assist in management tasks.

National officials introduced the Association Administration Co-op Pilot Program at the 2013 Association Workshop in August in Indianapolis.

I represented our association at the workshop along with Doreen McCou-

### PRESIDENT'S MESSAGE

**Cynthia Young**

brie, membership/sanctions chair, and A. Monique White, former president.

The purpose of the Co-Op Pilot Program is to test whether it improves the overall success of a group of the participating associations. The pilot will

*(Continued on page 2)*

# Wilson Breaks 800m Record

(Continued from page 1)

she finished sixth at the IAAF World Outdoor Championships in Moscow.

Wilson, of Neptune, N.J., had already broken the 2-minute barrier herself by running a time of 1:59.55 at the U.S. Outdoor Championships, where she placed third and qualified for the World Championships.

At the semifinal in Moscow, Wilson ran an astonishing race. She was in last place until the final 150 meters, then unleashed a furious kick to finish in third place in 2:00.90 and qualify for the final.

Two other American women also qualified, **Brenda Martinez** and **Alysia Montañó**, both Californians. No American woman had ever won an 800-meter medal at the World Championships, and now three had a chance.

In the final, Montañó bolted to an early lead, but her lead disappeared with 150 meters to go. **Eunice**



Kim Gallagher, 1981

**POINTS OF VIEW:** You can see [more photos](#) and the [official video](#) of the 800m finish at [www.iaaf.org](http://www.iaaf.org).

**Sum** of Kenya took the lead, and five other runners sprinted to the line in a race for second.

**Mariya Savinova** of Russia finished second, Martinez took bronze – the first-ever World Championship 800-meter medal for an American woman – and Montañó was fourth.

Wilson appeared to be cut off by Russian runner Ekaterina Poistogova and finished sixth, but her time chopped 1.5 seconds off the American Junior record. (Juniors are athletes aged 16-19.)

“I think it pretty much played out how my coach thought it would,” she said in a post-race interview. “The first quarter was really fast. We knew it was going to go out fast in the first 400. So the goal was just to stay relaxed and run within myself and go through a pace that was decent for me.”

This is the second major record Wilson has set this year. She broke a 31-year-old world junior record in January, running the 600 meters in 1:27.30.

## Mid-Atlantic To Try Sharing an Employee

(Continued from page 1)

be paid for by the National Office through the end of 2013.

Once the trial has ended, the associations that want to continue sharing an employee will take on the responsibility of pay. Each association will be responsible for paying a percentage of the salary based on the time commitment for the employee.

The employee is Kelsey Mims, a graduate of the University of Iowa with a bachelors degree in English and a masters in sport management.

She competed on the varsity track and field team in the 400 meters and the 400-meter hurdles and was a four-time Academic All Big Ten award winner.

Our goals for the program will be to:

- ▶ Create a marketing plan.
- ▶ Assist with age verifications during the Junior Olympics process.
- ▶ Assist the local organizing committee with the 2014 club cross-country championships.
- ▶ Assist with social media.

Other potential tasks for the employee could include:

- ▶ Day-to-day management functions.
- ▶ Managing and approving memberships.
- ▶ Club registrations and sanctions.
- ▶ Serving as the main contact for members.
- ▶ Targeting event outreach for membership growth.
- ▶ Creating annual goals and objectives.

The workshop in Indianapolis also provided a wealth of information in areas where our association has concerns: sanctions, by-laws, grant-writing, marketing and obtaining/maintaining volunteers.

During breakout sessions, the attendees were able to collaborate with different representatives regarding issues facing their associations.

The workshop for presidents showed that a common frustration is the lack of communication between the national office and the local associations. Another issue was obtaining approval for contracts in a timely manner.

The numerous complaints and a lack of time did not allow for answers to all the concerns raised, but the presidents were able to speak clearly about issues important to our associations and agreed on the need for us to meet during the USATF Annual Meeting.

## TRACK AND FIELD

“My first season as a pro has been a great one.”

# Ajee' Wilson, In Her Own Words

*The following is part of an interview with Wilson by Pat Price for the Daily Relay website. The [full interview](#) is at [dailyrelay.com](#). You can also follow Wilson on Twitter [@AjeeW](#) and [Facebook](#).*

**Daily Relay:** Congratulations on the excellent 2013 season and your recent American Junior record. What were your overall thoughts of your first season as a pro?

**Ajee' Wilson:** Thank you! And overall, I think my first season as a pro has been a great one. I really couldn't have imagined it would have gone so well when I first started. I've learned so much about myself and running. I met and learned from so many new people and have had so much fun along the way!

**Daily Relay:** Coming down the homestretch in Moscow, Russia's Ekaterina Poistogova cut you off pretty hard. How do you react when someone is elbows-out coming in front of you like that? Did you have post-race words or think to protest?

**Ajee' Wilson:** When that happens there's not really much you can do but just have to try to keep it together and, if you're able to, react. In my case, I was so focused on just driving in and closing on the leaders I didn't really react until it was too late.

Afterwards, protesting honestly didn't even cross my mind. When I began mentioning it post-race and no one confirmed they'd seen what I was referencing, I just figured maybe it wasn't as blatant as it had seemed. It was a rookie mistake that taught me that I have to be my own advocate, and reminded me how important it is to speak up for myself.

**Daily Relay:** After winning the World Junior Gold in the 800 last summer, you chose to forego your college and sign with Adidas. How hard of a decision was that?

**Ajee' Wilson:** Well, my plan originally was just to defer a year to train with my coach and try to make the World Championship team. And that wasn't very difficult of a decision to make. After watching the Olympics, running at that level became the next goal of mine and I figured after the year was up, I would just head on down to FSU, so I really wouldn't be missing anything. Making the decision from just deferring to

running professionally was a tougher decision. I was nervous about what people would say, and worried about whether or not I'd be successful. The more I thought about my future and what I wanted to accomplish, it became an easier decision to make.

**Daily Relay:** With that in mind ... what do you think Mary Cain should do? You both are looked at as the future of women's middle distance running. Have you gotten to know her at all?

**Ajee' Wilson:** I've gotten to know Mary a little bit, and she's a really sweet, likable, and smart girl. We first met at Indoor Nationals junior year and chatted for a bit as we cooled down, and since then, we've been seeing each other at different meets. I think that she should do whatever she thinks will make her, Mary the phenom, Mary the student, and Mary the person, happy. There are a lot of things she'll have to consider and factor in when deciding what she'll do next year, but with the support of her parents and coach, I'm sure that whatever route she chooses she'll continue to kill it and amaze us all.

**Daily Relay:** You have excelled in athletics from an early age. How has your training developed over the years and what is your coaching situation and location now?

**Ajee' Wilson:** Each year with training I would just end up doing a little bit more than the previous, all the while learning and gaining experience. Looking back, I'm grateful that all of the coaches that have helped me along the way took a gradual approach to bringing me along.

Since my junior year in high school I've been training with my current coach, Derek Thompson, who also coaches Juventus Track Club. The team is based in Philadelphia, so after finishing with school in May, I moved to Philly to train full time.

**Daily Relay:** After a long season, what are some things you are looking forward to in the offseason?

**Ajee' Wilson:** I'm really looking forward to spending time with my family and dog, and catching up with my friends back home as well. Plus, I'm really excited about starting my sophomore year at Temple University! New people, fun classes, I can't wait!

## 2013 USA MASTERS OUTDOOR TRACK AND FIELD CHAMPIONSHIPS

# Philly Masters T&F Steps Up

## Throwers, Relay Teams Lead Club's Return To the National Stage

Led by two veteran throwers over 80 years old, athletes from the Philadelphia Masters Track and Field Association brought home 13 gold medals from the USATF Masters Outdoor Track & Field Championships.

The Athena Track Club continued its remarkably consistent performance, winning 11 individual gold medals and two relays despite sending a relatively small number of runners.

The TNT International Racing Club, which won the team title two years ago and came second last year, sent only a few athletes this year to the meet, which was held July 11-14 in Olathe, Kan.

For Philadelphia Masters, it was like old times. The club – which used to bring home gold medals in double-figures from the outdoor nationals – had won only a half-dozen total in the last five years.

This year, two familiar names were back on top of the much longer medal list.

**Gloria Krug**, 82, won six national titles. Her strongest performances were in the hammer throw, shot put and discus throw, and she also won the javelin, long jump and triple jump.

**Ray Feick**, 81, continued his return to form two years after triple bypass surgery, winning gold with All-American performances in the weight throw and shot put.

Philadelphia Masters relay teams won the 4x400-meter and 4x800-meter relays in the W40-49 division.

Other first-place medals for Philadelphia Masters went to **Kristine Longshore** (W45) in the 2,000-meter steeplechase and the 400-meter hurdles, and to **Brandice Coleman** (W30) in the steeplechase.

Athena owned the W50 track events, winning seven of the nine individual running events and two of the three club relays.

The W50 gold medalists were **Debra Hoffman** in



This video frame from the national championships shows Kevin Ellis of TNT leading the 100-meter dash final for men 50-54. Ellis won in 12.07, with Ken Eaton (in red and black), finishing .02 seconds behind. "It was great to run against those high-caliber sprinters," Ellis said. "I strained my hamstring about 60 meters out but was not going to stop once I had the lead. ... I was really excited to win and it just capped off a great outdoor season." Ellis also won the title in 2011.

the 200 and 400 meters, **Lorraine Jasper** in the 800 and 1,500, **Mary Swan** in the 5,000, **Cheryl Bellaire** in the 2,000-meter steeplechase and **Kathleen Shook** in the 300 long hurdles. Shook came within a whisker of taking the 100 meters, too, finishing .04 seconds behind the winner. The Athena teams also won the 4x400 and the 4x800.

In other age groups, **Charmaine Roberts** (W45) won the 400 and 800 meters, and **Coreen Steinbach** (W60) won the 400 meters.

Two TNT members won gold medals – **Kevin Ellis** (M50) in the 100 meters and **Jane Simpson** (W70) in the outdoor pentathlon and the 2,000-meter steeplechase.

TNT won 35 gold medals in 2011 and 24 in 2012.

### MORE INFORMATION

**RESULTS:** A full list of Mid-Atlantic members who won medals at the national championships is on [Page 24](#).

**ONLINE VIDEOS:** To view videos of races and post-race interviews from the competition in Olathe — including a number of events mentioned in this story — visit [www.usatf.tv](http://www.usatf.tv).

## 2013 MID-ATLANTIC OUTDOOR TRACK AND FIELD CHAMPIONSHIPS

# Visiting Athlete Wins 10 Gold Medals

## Association Championships Feature Almost 40 All-American Performances

**Frederick Monesmith**, a visiting competitor from New Jersey, put on a virtuoso performance at the 2013 Mid-Atlantic Outdoor Track & Field Championships, beating All-American age-group standards in five events and winning another five gold medals as well.

Monesmith, 65, who belongs to the Philadelphia Masters Track & Field Association, entered 10 events covering almost the full spectrum of the sport at the open/masters championships, which were held June 9 at Widener University in Chester, PA.

He had All-American performances in the 100-meter dash, long jump, shot put, discus and javelin, which he threw 36.88 meters – almost two meters over the standard.

He also finished first in the 200 meters, triple jump, high jump, pole vault and hammer throw, with near-All-American results in all but the triple jump.

Later in June, Monesmith won the M65 decathlon with 6,015 points at the USATF National Masters Decathlon and Heptathlon Championships in Charlotte, NC.

### All-American Men

Mid-Atlantic men had 18 All-American performances between them at the meet, including three by **Ray Feick** (M80) in the shot put, discus and hammer. His hammer throw of 28.33 meters was far over the All-American standard of 20 meters.

**Tom Rice** (M85) beat the standard in two events, the 100 meters and javelin.

Other top running performances included **Louis Coppens'** 1,500-meter run in 6:01.88, almost a half-minute below the 6:30 standard for M70; **Lee X** (M55) with 17.35 seconds in the 100-meter hurdles; and **Sean Harbison** (M50), who ran the 3,000-meter steeplechase in 12:58.69. **Gary Glowitz** ran the 400-meter hurdles in 1:09.28, the second-fastest time in the nation for the M55 group this year.

In the field, three hammer throwers, in addition to Feick, beat the All-American standard – **Hartley Palleschi** (M58), **David Marovich** (M70) and **Lew Overbeck** (M75). Overbeck's throw of 33.28 meters was the best in the U.S. for his age group this year.

Other standard-beating throws included **Larry Pratt** (M70) with 43.01 meters in the discus, or 9 meters over the standard; **Michael Scaltrito** (M50) with 51.04 meters in the javelin, 6-plus meters over; and

**RESULTS:** A full list of Mid-Atlantic members who won medals at the championships is on [Pages 22-23](#).

**Len Garza** (M55) with 51.04 meters in the javelin, 10 meters over.

### All-American Women

The women's competition featured a razor-close 100-meter finish in the F50 group, as **Grace Keller** ran a 15.08 – just 1/100th of a second ahead of **Lisa Meeden**.

**Zafirah Green**, who runs for the International Student Athlete Academy, dominated the open sprints, winning the 100, 200 and 400 meter dashes.

All together, the women racked up 16 All-American performances, including two each by Keller (F50) in the 100 meters and long jump, Meeden (F50) in the 100 and 200 meters, **Beth Shisler** (F45) in the 200 and 400 meters, **Lorraine Jasper** (F50) in the 400 and 1,500 meters, **Betsy Stewart** (F50) in the 400 and 800 meters and **Cheryl Bellaire** (F55) in the 800 meters and 2,000-meter steeplechase.

Jasper's 1:08.26 in the 400 beat the standard by 10 seconds, and her 5:10.64 in the 1,500 was 49 seconds under the standard. Bellaire was 13 seconds under the standard with a 2:46.88 in the 800 meters, and more than a minute under with 8:48.10 in the steeplechase – an event in which she holds the U.S. record for women aged 50-54.

The women had one All-American performance in each of the jumps – Keller in the long jump, **Jean Chambers** (F45) in the triple jump, **Melanie Berra** (F40) in the high jump and **Linda Jarjisian** (F50) in the pole vault.

### Athena Takes 1 Mile Road Title

Congratulations to Athena for winning the women's 50+ team event at the Masters 1 Mile Road Championships in Pittsburgh on Aug. 9.

**Doreen McCoubrie** ran 5:18 for fifth overall and first in the 50+ age group. **Lorraine Jasper** and **Mary Swan** came second and third in the age group.

– Robin Jefferis, LDR chair

## TRACK AND FIELD

# Berra, Athena Win Runners' Pentathlon

Two familiar names in the Mid-Atlantic running community – **Nick Berra** and the Athena Track Club – topped the individual and team competition at the 2013 Greater Philadelphia Runners' Pentathlon.

Produced by the Greater Philadelphia Track Club, the pentathlon was held Aug. 18 at Germantown Academy. The idea behind the pentathlon is to determine the best all-around track runner and track team by enabling men and women, young and old, to compete directly against each other on a level playing field.

Runners competed in five events – 3,000 meters, 200

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## GREATER PHILADELPHIA RUNNERS' PENTATHLON

**Chuck Shields**, Greater Philadelphia Track Club

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meters, 1,500 meters, 100 meters and the athlete's choice of the 400 or 800 meters. Between the alternating distance races and sprints, the runners got at least 30 minutes of recovery time.

The scoring was age-graded, with cash prizes for the top five individuals and the winner of the team competition, in which three-person teams competed in the same five events, but in separate heats.

**Lorraine Jasper** (F52) of Athena led in the early stages up until the last event. But a stellar 800 mark for Berra (M44) of the Greater Philadelphia club put him on top of the leader board for good.

The next four places went to Jasper, **Gary Patton** (M67), **Birger Ohlsson** (M45) and **Joshua Smith** (M15), who was the youngest competitor.

Eleven teams participated in the Team Pentathlon, now in its second year. The Athena MCC team of **Mary**

*(Continued on page 7)*

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Scenes from the Runners' Pentathlon at Carey Stadium and Athletic Complex on the Germantown Academy campus, from top down:

- ▶ This 100-meter heat included four age groups — from left, Gary Rosenberg, 42, Bruce Rash, 51, Mike Freeman, 40, David Richard, 49, and Brian Rosenstein, 17.
- ▶ From left, Nick Berra, Rodney Rosario and Mark Williams feel the pain of 200 meters.
- ▶ Competitors check their scores between events.
- ▶ The winning Athena team — from left, Cheryl Bellaire, 54, Mary Swan, 51, and Coreen Steinbach, 62. Behind them are Greater Philadelphia Track Club President Bill Kampf, left, and meet director Kyle Mecklenborg.

Photos by Melanie Berra



## TRACK AND FIELD

# Open Champs Feature Masters Duel

Each year at the USA Outdoor Track & Field Championships, there is an invitational masters event, and this year it was the 800 meters.

**Nick Berra** of the Greater Philadelphia Track Club traveled to Drake University in Iowa to compete on June 22.

**Scott Weeks** of the Syracuse Chargers

## MASTERS TRACK AND FIELD

### **Chuck Shields**

*Greater Philadelphia Track Club*

Track Club was the top seed. Berra's longtime friend and rival, **Lance Elliott**, was also in the race.

Berra – who describes himself as “just a plain old Navy airline pilot doing this for kicks” – ran a textbook race. He split 58+ seconds at the 400-meter mark, running relaxed in fourth. With 300 meters to go, he moved to the shadow of Weeks, the leader.

Then, coming off the final turn, he sprinted by Weeks to capture the race in 1:56.27, with an age-grading of 94.92%.

**ONLINE:** Videos of the [race](#) and the [awards](#) are at [www.usatf.tv](http://www.usatf.tv). The [interview](#) is at [www.runnerspace.com](http://www.runnerspace.com).

That time “may be the second-fastest ever since I turned 40. I’m 44 now. It was nice to turn back the clock a little bit, one more time at least,” Berra said in a post-race interview

“I’ve done some things different this year than I’ve done in the past and focused on this meet more so than I have on any meet in a while. So I think that focus and having this date on the calendar really helped me prepare and to be in peak shape for today.”

Berra’s victory follows another winning effort in Des Moines in April at the Drake Relays, where the Berra-Elliott rivalry has played out over several years. Berra was the 2010 champion in the 800, but Elliott beat him in 2011.

This year, Berra won the master’s men’s title in 2:02.70. Mid-Atlantic runner **Kyle Lanier** finished fifth in 2:07.21.

Berra also won two major mile races — the Masters Road Championship in Pittsburgh on Aug. 9 in 4:28 and the New York Fifth Avenue Mile on Sept. 22 in 4:29.



Photo by Image of Sport

**Berra celebrates his 1:56.27 win in the 800m masters invitational during the USA Outdoor Championships.**

(Continued from page 6)

**Swan, Cheryl Bellaire** and **Coreen Steinbach** won the event handily, dethroning the 2012 champs, Greater Philadelphia.

“This age-graded event has become popular with runners across the country and across all age groups, not just with older and local runners,” meet director **Kyle Mecklenborg** said.

“This year all 10-year age groups from teens to 70-79 were represented, and the meet attracted runners not only from the PA-NJ-DE area, but from New York, Virginia, Ohio, Iowa and Minnesota,” he said.

## Four More Records for Gloria Krug

**Gloria Krug**, 82, of the Philadelphia Masters Track and Field Association, has added the discus to her collection of records in the throws events for women aged 80-84. She also broke three of her own records in July and August.

She now owns seven of the eight throws records for the W80 division, the javelin the only one to elude her so far. She also still holds records for women aged 75-79 in the throws pentathlon and the ultraweight pentathlon.

On July 26 at the National Senior Games in Berea, Ohio, Krug threw the discus 18.16 meters, breaking the record of 17.32 meters set by **Bernice Holland** in 2007. She also heaved the shot put 7.69 meters, breaking her own two-year-old record of 7.53 meters.

Then on Aug. 4, at the USA Masters Throws Championships at Benedictine University in Lisle, Ohio, she broke two more of her records, throwing the superweight 6.28 meters and winning the ultraweight pentathlon with 4,302 points.

## TRACK AND FIELD

# He's the 'Big Daddy of the Shot'

## Ryan Whiting, Pennsylvania Shot Putter, Lays Claim to World No. 1

USATF calls Pennsylvania shot putter **Ryan Whiting** the "latest rising star," and the IAAF says he's the "big daddy of the shot."

Whiting, 26, cemented his position as the leading shot putter in the United States and arguably the world, winning the silver medal at his first World Outdoor Championships in Moscow in August.

With a throw of 21.57 meters in the first round in Moscow, Whiting held the lead until the fourth round, when defending champion David Storl of Germany uncorked 21.73 meters to knock Whiting to the silver-medal position.

In June, Whiting won the U.S. outdoor title at the USA Outdoor Track and Field Championships with a distance of 22.11 meters. He won the world indoor title in 2012, and the U.S. indoor title earlier this year.

A [USATF biography](#) calls Whiting, a Mid-Atlantic



member who lives in Port Matilda, "the latest rising star" in the event, which has been dominated for years in the U.S. by **Reese Hoffa, Christian Cantwell** and **Adam Nelson**. For the past two seasons, Whiting has recorded the longest indoor throw in the world.

Whiting also won the event in the IAAF Diamond League, an annual series of international track and field meetings.

"It feels great," Whiting said in an [IAAF feature story](#) published after that victory in September. "I've definitely solidified world No.1. Even though I didn't win in Moscow, I basically won everything else, so I'm happy with my season."

The IAAF story described Whiting as the "big daddy of the shot," noting that his proudest achievement of the year was becoming a father. His son, **Charlie**, is 4 months old.

## USATF Selecting Coaches and Managers

USA Track & Field is accepting applications for coaching/competition coordinators and managerial positions for the 2014 National Teams. Applications must be submitted no later than November 1, 2013.

All individuals must submit an application to be eligible for consideration for a team staff position. To access the selection procedures, eligibility criteria and application visit the following websites.

USATF membership number and password will be needed to access application. Please remember if you update your membership profile you must still answer the questions on the application and submit the application to complete the process.

To get more information or ap-

ply for coaching/competition coordinator positions for the following events, visit [TeamCoaches](#) at [www.usatf.org](#).

- ▶ 2014 Five Nations – Glasgow, Scotland, January 2014
- ▶ 2014 World Indoor Championships – Sopot (Gdansk) Poland, March 7-9
- ▶ 2014 IAAF World Relay Championships – Nassau, Bahamas, May 25
- ▶ 2014 IAAF World Junior Championships – Eugene, Ore. – July 22-27
- ▶ 2014 NACAC Under 23 – Kamloops, Canada, Aug. 8-10
- ▶ 2014 Thorpe Cup – Germany, Summer 2014
- ▶ 2014 Americas Combined Events Championships – Ottawa, Canada, late May or

early June.

To get more information or apply for managerial positions for the following events, visit: [TeamManagers](#) at [www.usatf.org](#).

- ▶ 2014 World Indoor Championships – Sopot (Gdansk) Poland – March 7-9
  - ▶ 2014 IAAF World Relay Championships – Nassau, Bahamas, May 25
  - ▶ 2014 IAAF World Junior Championships – Eugene, Ore., July 22-27
  - ▶ 2014 NACAC Under 23 – Kamloops, Canada, Aug. 8-10
- Selections will be governed by Regulation 17 of the bylaws of USA Track & Field.

Contact [Sandy Snow](#) at 770--392--1027 for questions about the application and selection process.



## TRACK AND FIELD

# CLEAN LIVING AND CAMARADERIE

## For Lou Coppens, They're Keys to Success

By **WAYNE FISH**  
PhillyBurbs.com

When **Lou Coppens** is running down the neighborhood street pushing his 2-year-old grandson in his stroller, people must be thinking, what a nice man sharing time with his family.

Little do they know the 70-year-old Coppens is a national-class runner and, while he's enjoying these precious moments, his mind might wander off to places like Landover, Md., and be figuring out ways to whack the fastest "elder" speedsters in the United States.

That sort of planning resulted in not one but two gold medals at the USATF Masters Indoor Championships in March. The Warminster, Pa., native zipped around the track in the 3,000 meters and cruised to victory in 13:36 for the M70-74 age division. A day later, he won the mile in 6:41.

Coppens said one of the reasons he won was his support group. "I had many cheering me on," he said, "and that really helps. I feel fortunate because there were so many at this event."

At the Mid-Atlantic Outdoor Championships in June at Widener University, Coppens won the mile in 6:01.88. He also runs many of the Mid-Atlantic Grand Prix road races.

It's been a brilliant 55-year career for Coppens, including many awards and great results.

The reasons are numerous for his

longevity, but his passion for running might be the biggest of all.

"What keeps me going is always striving to do good," he said. "Especially for family and friends. My wife is my best supporter."

Coppens also is quite active in the Senior Olympics movement. He ran at the National Senior Games meet this summer in Cleveland. And he is treasurer of the Philadelphia Masters Track & Field Association.

At the big meets, Coppens is always smiling and chatting with other runners.

"The camaraderie among fellow runners is great," he said. "We all want to see each person do well."

You don't get to be a national champion just by running each day. It's about a total commitment to a healthy lifestyle.

"I think clean living is also important. I don't smoke or drink. I go heavy on fruits and vegetables," he said. "I rely on God to get me through injuries. He always does."

So when you see grandpa running down the street with that stroller, don't be fooled. He's actually on a 5-mile mission, and it's not as innocent as it might appear.

*This story is reprinted with the author's permission, with minor updates. It originally appeared in March at [www.phillyburbs.com](http://www.phillyburbs.com).*



Lou Coppens with his biggest fan, wife Kathy, and his two gold medals from the Indoor Championships. Below, running his gold medal mile in June.



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

## Pennsylvania Athlete Takes U.S. Junior Javelin Title

William and Mary sophomore **Bob Smutsky of Dillsburg, Pa.**, threw a lifetime-best of 69.08 meters on his sixth and final attempt in the javelin to win the USATF Junior National Championships in Des Moines in June.

In August, he finished 10th in the javelin at the Pan-American Junior Track and Field Championships in Medellin, Colombia. Smutsky was the best-finishing American in the event.

Other Mid-Atlantic medalists at

the Junior National Championships included **Christine Rickert** of Lancaster, Pa., a student at High Point University, who finished second in the javelin with a throw of 46.98. **Lamar Bruton** of Wilmington was third in the 400 meters in 47:25.

## LONG DISTANCE RUNNING

# ON THE LONG ROAD TO 2016

## *For an Aspiring Elite Runner, Painful But Useful Lessons*

*Josh Sadlock, a 24-year-old runner from Harrisburg, has set his sights on qualifying for the Olympic Marathon Trials in 2016. He has had a string of high-visibility successes, and was accepted to enter the USA Half Marathon Championship as part of USATF's Athlete Development Program. But the road ahead is long and rough. Josh has agreed to write about the experience along the way. Here is the first installment.*

**By JOSH SADLOCK**

Well, I learned the hard way that the body only has so many good long distance races in it in a short time period. I trained and raced hard for over four months without a break before it finally caught up to me on June 22 in Duluth at the USA Half Marathon Championships.

I did set a new personal best time of 1:08:04, but that was more than two minutes over my goal. Despite the poor showing, the experience was valuable, and I am still happy with the decision to run the race.

Leading up to the race, everyone told me to soak in as much of the experience as possible – not just the race, but the entire elite athlete experience and the chance to learn from truly elite runners.

When I woke up on Friday I did a short run with some strides and then headed to the elite athlete headquarters to hang out in the hospitality room and get a pre-race massage.

It was hard not to be intimidated walking into the elite room – everyone there looked older and faster than me – so I tried not to stay too long lest I psych myself out. One funny sight: Michelob Ultra is a big

sponsor of the race, so there were tubs and tubs of beer on ice in the elite room – all untouched.

After a massage, I headed over to sit in on a press conference for the top male runners. I took a lot out of listening to Olympic-caliber runners like Meb and Abdi talk about their mindset heading into the race. They were very even-keeled, something I need to work on because I often find myself very worked up before a race.



Photo by Jeff Parker

### The Pain

**Non-stop training and racing for months catches up with me in the half-marathon championship — I call this my 'pain face.'**

The start time was earlier than for any race I've run. I woke at 3:45 on Saturday morning to eat and hydrate, and man it felt early. I don't remember the last time I was awake and functioning at that time. I woke up well enough, but my legs did not feel good. I began having second thoughts about my goal time of 1:06, especially after feeling lousy on my pre-race strides. I pushed those thoughts aside.

The race was drawn out quickly as Mo Trafeh sprinted out to a 4:20 first mile. I came through the first mile in 4:52, quicker than I had hoped for. I was

## THE LONG ROAD TO 2016

# 'Not the Race I Had Hoped For'

tucked into the back of the Hansons Brooks pack (from the elite Olympic development program) and just tried to roll with it. But I began feeling that it would not be my day.

I hit 5k in 15:28, still hanging on to a sub-5:00 pace and the back of the Hansons pack, but I was quickly dropped between miles 4 and 5. My 10k split was 31:31, still on pace for 1:06, but with my mile splits trending upward, I knew that 1:06 was not happening and that the second half of the race would be rough.

It got ugly between 10k and 10 miles, and I hit 10

point like I did here. It is not pretty when your body takes almost a week to bounce back from a workout. I won't look to replicate that down the road.

All that being said, I would not change my decision to run the race. I feel like a college kid who has a dream season and makes it to NCAAs. Even if it took everything he had just to get there, he would never turn down a chance to run at a national championship. But I now have a better understanding of what I can and cannot handle in training and racing.

The race also gave me a chance to compete on the national stage for the first time. I was not a college All-American or NCAA qualifier like many of the runners I lined up against.

Competing at this level was an eye-opener in terms of what it will take to continue climbing the ranks of U.S. long distance running. I was definitely intimidated racing in the Hansons pack. I need to get over being starstruck around elite runners and think of myself as one of them.

Finally, it was just flat-out fun being in town for such a high-quality race and getting so many perks. They know how to treat a runner right in Duluth. From the free massages to the various banquets, they make you feel special, and I hope to return for another race at Grandma's



**The Gain** Turns out it's not all pain — that's me, chillin' with Abdi at the awards banquet. Even the toughest like to unwind.

miles in 51:39. From there, I could not get the pace back down to a respectable level and finished in 1:08:04 — a sizable PR, but not the race I had hoped for.

Looking back, my final time is not really surprising. In the 10 days before the race, my hard workouts caught up to me. I was very fatigued for days after each workout, and the fatigue lasted longer each time. I did a tough workout the Tuesday before the race, when I was still recovering from my workout the week before.

Working out tired kept me tired going into the race. I had never pushed my body past the breaking

race weekend, be it the full or half marathon.

Of course, I can't forget the great post-race parties they threw for us. The great people of Duluth like to race hard and then celebrate hard. Seeing other elite runners let loose reminds you to let yourself have a little fun sometimes.

*Josh's next big race this year will be the Philadelphia Half Marathon on Nov. 17. His blog, from which this article was excerpted, is the "2:18 Grind," which you can read at [218grind.blogspot.com](http://218grind.blogspot.com).*

## MID-ATLANTIC OFF-ROAD SERIES

# Lots of Running; Little Movement

## It's Still Greater Philadelphia and Rosemont in the Club Challenge

After six races in the 2013 Off-Road Series, the Greater Philadelphia Track Club has widened its lead in the Club Challenge, and the Rosemont Running Club is firmly in second place.

Greater Philadelphia also dominates the men's individual competition, with its members holding the top four places – **Bob Rimkis** with 21 points, **Jeff Hayes** and **Scott Brocket** with 16 each, and **Tom Jennings** with 13.

**Patricia Addis-Hudson** of the Pineland Striders is way out front with 23 points in the women's competition, 8 points ahead of the nearest rival.

In the individual competition, the runner with the best age-graded score in each race earns 5 points, second place earns 3 points, and third place gets 1 point. (Age-graded scores are like golf handicaps, factoring in each athlete's age and gender to approximate a level playing field.)

In the Club Challenge, each club's score is the total of its top five runners' age-graded scores, including at least one woman. With Greater Philadelphia holding a 60-point lead, Rosemont faces a daunting but not insurmountable challenge to catch up in the final three races.

Here's a look at the three races since our last newsletter:

### Wissahickon Trail Classic 10k

Rosemont runner **Zach Miller**, 24, won the 10K through the Philadelphia park with a time of 40:25, but three Greater Philadelphia teammates had higher age-graded scores because they are older.

Hayes, 54, finished 8th overall with a 71.4 age-graded score. Rimkis, 52, came 12th with a score of 69.0, and **Bill Gould**, 44, was sixth with an age grading of 66.9. Miller's score was 66.4, and his teammate **Bonnie Stoeckl**, 57, scored 64.0, putting Rosemont in a solid second place.

Another strong scorer was **David Wiechecki**, 51, of the Pike Creek Valley Running Club, with 67.8.

The race on June 8 had 404 finishers, including 51 from Mid-Atlantic.

The first female finisher, in a time of 48:42, was Rosemont runner **Kristin Zielinski**, 32, who was also first female finisher in 2010.

"The hills are as steep as the competition, but it is the camaraderie and benefit to the park that keep me coming back every year," she said.

The race benefits [Wissahickon Restoration Volunteers](#), a nonprofit organization devoted to restoring the natural lands of the park.

### Double Trouble 15k Trail Run

Mid-Atlantic runners dominated the race. Rimkis came first with a time of 1:09.02, and his Greater Philadelphia clubmate **Donna Palisca**, 35, finished first among the women in 1:20.10.

Other top Mid-Atlantic male finishers included **Derek Schultz**, 34, of Rosemont in fourth place; **John Costello**, 52, of Pike Creek Valley in fifth; **Thomas Devlin**, 34, of Rosemont in sixth; and Hayes in eighth. (Remarkably, Hayes went on to finish second overall in the 30K race that is run at the same time.)

And for the women: **Bonnie Boyer**, 57, of Rose-

### OFF-ROAD SERIES AGE GROUP LEADERS

WOMEN				MEN			
Age Group	Pts	Age Group	Pts	Age Group	Pts	Name	Pts
19-39 age group	15	50-59 age group	15	19-39 age group	8	John Regan	6
	9		Bonnie Boyer		5	Derek Schultz	5
	5		Bonnie Stoeckl		5	Matthew Byrne	5
	4		Diane Grim		5	Ryan Bair	5
	4		Shelley Hill		5	Andrew Jakubowitch	5
40-49 age group	23	60-plus age group	13	40-49 age group	16	Bob Rimkis	21
	13		Joy Hampton		13	Zach Miller	16
	4		Diane Hardies		13	Stephen Schelander	6
4	Joy Oakey	13	50-59 age group	16	Jeff Hayes	16	
				60-plus age group	12	John Costello	6
					13	Tom Jennings	13
					12	Ted Hardies	12
					10	Gene Dykes	10

**MID-ATLANTIC OFF-ROAD SERIES**



The Radnor Red Run 5k Steeplechase says it is “not your ordinary 5k race,” and the pictures confirm that. Above, an official keeps runners inside the flags. Right, Kathleen Roach, first finisher in the F20 group. Below, Stephen Schelander, the winner.

Photos courtesy of Radnor Red Run



mont came second; **Barbara Gorka**, 50, of Greater Philadelphia was fifth; and Ad-dis-Hudson, 47; of the Pineland Striders was eighth (and first in F40-49).

Greater Philadelphia also won the Club Challenge scoring, led by Rimkis with 68.9 and Hayes with 64.7. Rosemont came next, led by Boyer, whose 70.6 was the best in the competition.

Overall, there were 254 finishers, including 48 from Mid-Atlantic, in the race on July 7 in French Creek State Park.

**Radnor Red Run 5k Steeplechase**

Another race dominated by Mid-Atlantic – and even more so. Of more than 600 finishers, 54 were Mid-Atlantic members, but they took seven of the top 10 places for both men and women.

The steeplechase was run Aug. 18 through the fields of the Radnor Hunt in Malvern, Pa., over horse jumps, water pits and cross country trails.

**Stephen Schelander**, 23, of Rosemont won the race in 17:26 – almost a minute ahead of the next finisher. Schelander was a standout runner at Shippensburg University before graduating in 2012.

**Fran Savage**, 29, also from the Rosemont club, was the first woman finisher in 21.27.

As in all but one of the Off-Road Series races so far, Greater Philadelphia finished first in age-graded scoring – but only 3 points ahead of Rosemont.

Greater Philly’s top scorers were Rimkis with 76.7, **Chuck Shields**, 54, with 74.3; and Gould, 44, with 72.3. Rosemont’s leaders were Schelander with 74.0; **Scott Lebo**, 47, with 72.3; and **Francis Kolimago**, 48, with 71.6.

The race also raises the question: Are you faster than a 4-year-old? The steeplechase is popular with young people, including some who compete seriously with the grown-ups, and children as young as 4 enter as competitors.

The third female runner to finish this year was Emma Seifried, who is 13. Mid-Atlantic member Ben Palisca, who is 11, finished in 60th place.

**OFF-ROAD CLUB CHALLENGE STANDINGS**

CLUB	CC	TA	3C	WIS	DT	RR	TOTAL
Greater Philadelphia	301	361	346	334	311	359	2,012
Rosemont	291	363	332	313	296	356	1,952
Pike Creek Valley	251	351	322	283	273	327	1,808
Pineland Striders	259	318	317	284	260	326	1,764
TNT International				280	234	317	831

## MID-ATLANTIC CROSS COUNTRY SERIES



The herd thunders off the starting line at Belmont Plateau, the opening of the 2013 Mid-Atlantic Cross Country Series.



## Swan, Shields Get a Jump As Quad X Race Opens Series

The Quad X 5K Race at Belmont Plateau in Philadelphia's Fairmont Park on Sept. 7 kicked off the 2013 Mid-Atlantic Cross Country Series.

The Open 5K is also the USATF Mid-Atlantic Cross Country Championship for the 2013 season. The winner was **Kyle Dawson**, 24, of the Bryn Mawr Running Company, in a time of 15:40. **Carol Jefferson**, 28, was first in the women's division in 19:02.

The top men's age-graded scores went to **Chuck Shields**, 54, with 80.9; **Bob Rimkis**, 52, with 80.8; and **Zach Miller**, 29, with 79.3, who also placed fourth overall.

The highest-scoring women were **Mary Swan**, 51, with 83.2, Jefferson with 77.8 and **Donna Palisca**, 36, with 74.2.

The race, which is sponsored by the Bryn Mawr Running Co., drew 123 runners in the Open Division on Sept. 7 – an ideal running day with sunny skies and temperatures in the 60s.

The Cross Country Series, now in its fifth year, consists of six races, with the top five used for each runner's total score.

Next up is the Saint Clair Memorial Cross Country Race on Oct. 12 at the Belmont Plateau. The women's 6K starts at noon, and the men's 5-miler starts at 1 p.m.

More information is available at [www.mausatf.org](http://www.mausatf.org)

### Schedule Correction

The 5K Delaware Open Cross Country Championship will be held on Nov. 30, not Nov. 23 as previously listed. This continues the tradition that the race is run on the Saturday after Thanksgiving.

The race, the final event in both the Cross Country Series and the Off-Road Series, starts at 10:30 a.m. at Brandywine Creek Park in Wilmington. More details will be at [www.delawarerunningclub.com](http://www.delawarerunningclub.com).

**Mary Swan**, above left, and **Chuck Shields**, left, clear an obstacle on the way to taking the lead in the men's and women's division of in the Cross Country Series.

All photos courtesy of Bryn Mawr Running Company.

## LONG DISTANCE RUNNING

# For Hugh Campbell, a Bad Turn

Perhaps you have wondered what has become of **Hugh Campbell**, who took up long distance running in 2011 at the age of 87 and promptly began rewriting the national record books for his age group.

Sadly, Hugh's career was abruptly interrupted in June, when a tumor ruptured his spine. After emergency surgery, he has embarked on a long, slow jour-

ney to recovery, which he has undertaken in the same spirit of humility, hard work and hope that marked his brief running career.

**Robin Jefferis**, the Mid-Atlantic LDR chair who became close to Hugh and his wife, **Naomi**, after his emergence as a running phenomenon, recently received this email update from him:



Photo by Robin Jefferis

*I appreciate that some friends in USATF are interested in my welfare. I'm happy to summarize for you my injury and my road to recovery.*

*I should have known I had a problem when I had to walk 4 of the 5 miles at the big Williamsburg race I had been looking forward to. What I thought was muscle pain turned out to be a tumor that had grown between two discs of my spine and ruptured (and ruptured it) on June 24.*

*Surgery the next day put my back together with twin titanium rods and big screws. (Naomi told me that when I was recovering from the anesthesia I asked "did I win?" and a little while later "what was my time?").*

*When the incision healed, I had ten radiation treatments, and now am into a six-month chemotherapy program, with infusions once a month on two successive days. I had no noticeable ill-effects from the radiation, nor so far from the chemo.*

*I'm learning to walk again, at home and two days a week as an outpatient at Wilmington Hospital. I work hard at it, and am making progress, but it's slow. I'm still using a walker at home, but am starting to use a cane at PT.*

*It's going to be a slow process, because my muscles and my brain aren't working together too smoothly yet. No matter how long it takes I feel very lucky to be alive, and grateful for the encouragement I've received from my friends, including those in the Pike Creek Valley Running Club and you folk in USATF.*

*I spend far more time reminiscing pleasantly about my short running career than moping about my present condition. I'll keep you posted.*

Hugh emerged on the running scene in June 2012 at the Moorestown 8K, where he finished ahead of more than 300 runners in a field of 868.

Then he chopped almost a minute off the U.S. 5K record in the 85-89 age group with a time of 26:42 in Syracuse in September. His age-graded score, 101.87, was the highest ever recorded by an American man.

In November, he broke the 8K record in 47 minutes, 14 seconds in the Rothman 8K in Philadelphia. In December he was named the USATF National Runner of the Year for his age group. In January he won

Mid-Atlantic's overall Athlete of the Year award. Within two months, he added the U.S. indoor 1,500-meter record and the world 3,000-meter record.

Beyond the achievements and awards, Hugh endeared himself to many in the distance running community with a humble countenance, a steely determination, a joyous smile and an encouraging and gracious wife.

Among his biggest fans were his teammates at the Pike Creek Valley Running Club and fellow distance runners in Mid-Atlantic races.

Our wish for him is a full and speedy recovery.

## LONG DISTANCE RUNNING

# Masters To Join U.S. Road Champs

## Age Group Titles Will Be Contested at Elite National Championships

Masters athletes age 40 and over will compete on the same stage as the nation's top open and professional athletes at the inaugural .US National Road Racing Championships on Nov. 17 in Alexandria, Va., USATF has announced.

For the first time, a single race will serve as both a USA Track & Field open national championship and a USATF masters championship.

"With both the open and masters divisions serving as national championships, the race truly will showcase the full range of top-level racing in this country, while also featuring everyday runners and fitness enthusiasts,"

USATF Chief Executive Officer **Max Siegel** said.

The .US National Road Racing Championships is a 12-kilometer event providing a season-capping



finale to the USA Running Circuit (USARC), a series of national championship races that provides nearly \$1 million in prize money to American runners each year.

Elite athletes must place in the top-ten at a USARC race to be eligible to compete at the .US National Road Racing Championships. The .US National Road Racing Championships feature \$100,000 in prize money, with \$20,000 going to the men's and women's national champions.

In addition to the elite and masters championships, the event will feature competitive, recreational, and lifestyle/fitness runners from around the region and the country, with USATF members receiving a \$10 discount off the cost of registration.

The race lineup includes the Elite Championship 12 km, Masters Championship 12 km, a 12 km open division, and 5 km and ½-mile fun runs.

The event will feature specially designed medals for all finishers in the 12 km race, 5 km run/walk and ½ mile kids' run; food and refreshments, including a beer garden; an awards stage and entertainment; and a USATF Merchandise truck, selling limited-edition Nike gear.

All over-40 runners in the race are eligible for na-

### Masters 5K XC in N.J.

For all the masters runners out there who enjoy cross country and off-road running, here's your chance to run the USATF Masters 5K Cross Country Championships.

More than 120 Mid-Atlantic members have already signed up for the race, which will be in Flemington, N.J., on Oct. 20 – the first time it will be held in the tri-state area in years.

For registration and details, visit [www.usatf.org/2013MastersXC.aspx](http://www.usatf.org/2013MastersXC.aspx).

The event offers good prize money for individuals as well as clubs.

If you don't run for a club but would like to, e-mail me at [jefferisr@mindspring.com](mailto:jefferisr@mindspring.com). Several USATF clubs are looking for runners to fill male and female teams.

– **Robin Jefferis**, LDR chair

tional masters titles, though a slate of world-class U.S. masters athletes will likely take the spotlight.

"This is a tremendous development for our masters competitors," said USATF Masters Long Distance Running Chair **Don Lein**. "Our athletes are world-class in their own right and are richly deserving of the national spotlight that this race brings. We look forward to this season-ending race on the cobblestone streets of Alexandria."

The masters segment of long distance running is a strong and vibrant segment, with more athletes participating each year. According to Running USA, in 2011 more than half of all road race finishers were over the age of 35.

USATF's 2013 calendar includes seven masters championships prior to the .US National Road Race, ranging in distance from one mile to the marathon.

For more information on the .US National Road Racing Championships, including a 12 km course map and online event registration, visit [www.uschampionships.us](http://www.uschampionships.us). Follow the .US National Road Racing Championships on Twitter: [@dotUSchamps](https://twitter.com/dotUSchamps) and Facebook: [www.Facebook.com/DotUSNationalRoadRacingChamps](http://www.Facebook.com/DotUSNationalRoadRacingChamps).



GERARD J. NOLAN / 1927-2013

# 'Jerry Was Always the First To Volunteer'

## *Running Community Remembers a Dedicated Contributor*

**Gerard J. "Jerry" Nolan**, a former chair and one of the longest-serving members of Mid-Atlantic's Long Distance Running Committee, died on Sept. 21 after a lengthy battle with cancer. He was 86.

Nolan had served on the the LDR Committee since 1990 and missed only four meetings in 23 years. He chaired the committee in the mid-1990s to give longtime chair **Norman Green** a break.

"In addition to his impeccable attendance, Jerry was always the first to volunteer to work at races and expos," current LDR Chair **Robin Jefferis** said.

Nolan received the Presidents Award from the Road Runners Club of America in 2002. He was an active member of the Northeast Road Runners Club and the South Jersey Athletic Club.

"Jerry was the most selfless, humble man I knew," said **Freddi Carlip**, editor of *Runner's Gazette* and former president of the Road Runners Club of America. "He cared deeply for others, for our sport, and was the first one to help with races, expos, club things."

He was a major contributor to *Runner's Gazette* since the 1980s, writing articles about races large and small in Philadelphia and South Jersey.

The South Jersey club puts on a six-race summer race series, "No Frills, Just Thrills," and "Jerry was *always* there to assist," said **Ed Maher**, club secretary.

In 2000, Green gave a testimonial in honor of Nolan, in which he said:

"Jerry has regularly volunteered to staff our Mid-Atlantic tables at Grand Prix events and has given supportive leadership throughout the running community.

"Jerry has represented his club at the Road Runners Clubs of America national conventions year after year and has made helpful reports to our Long Distance Running Committee about these meetings.

"Jerry has been a regular contributor of articles and reports that were published in the *Runner's Gazette* about road races in this area and our Grand Prix events. ...

"In short, Jerry has responded positively to re-

quests and has volunteered his energies for the past decade to the betterment of road running throughout this Mid-Atlantic area. We are all the beneficiaries of his faithful service."

Nolan attended North Catholic High School and La Salle University, then served in the Navy. He worked for the Social Security Administration for 35 years. After retirement, he earned a masters in history at Villanova University.

He started running marathons at age 50 and continued through his mid-70s. He ran shorter races until he was almost 80, when he was hit by a car and was unable to race any longer.

Nolan was a longtime friend of the late **Browning Ross**, who is sometimes called the "father of long-distance running" in the United States.

In a story earlier this year in the *Runner's Gazette*, Carlip called Nolan an "unsung hero" of distance running and

said he "embodies the spirit and the joy of running that Browning shared."

Nolan often photographed running and other events. "I believe Jerry's favorite LDR job was being the 'unofficial' photographer at the USATF Mid-Atlantic Luncheons," Jefferis said. "As recently as 2011, he would sit at one of the front tables and snap photos of our awardees with his instamatic camera. Each year, I received a stack of photos within a few days of the luncheon."

Most of Nolan's fellow LDR Committee members attended the funeral mass at Holy Innocents Church, along with folks from Northeast Road Runners and the South Jersey Athletic Club.

In a remembrance at the service, niece **Theresa Brady** closed with a list of ways to "keep his memory alive," including a hopeful reference to his battle with melanoma: "Educate a child, pray for the service men and women, run strong, don't let unimportant things get in the way of enjoying life, keep your faith, always use sunblock, and smile!"

Donations may be sent to Holy Innocents School or Church, 1337 E. Hunting Park Ave., Philadelphia, PA 19124.



## YOUTH ATHLETICS

## Online Pole Vaulting Course Teaches Skills and Safety

The NCAA Sport Science Institute, the National Federation of State High School Associations and USA Track and Field have partnered to develop a new online pole vault skill development program for both coaches and athletes.

The program, "Pole Vault: Successful Skill Development," is available at [nfhslearn.com](http://nfhslearn.com).

The program aims to help coaches better instruct introductory skills of pole vaulting to their athletes. It also provides athletes with step-by-step instruction about basic concepts and drills to enhance their knowledge of the sport.

The program is the Sport Science Institute's newest initiative to improve pole vaulting safety.

"Learning the basic skills and safety requirements for the event are key prevention strategies in pole vault," said NCAA Sport Science Institute Director **David Klossner**. "All pole vault coaches, athletes and parents are encouraged to complete this free online sport education course."

The pole vault pit was expanded in 2002 in an effort to reduce injuries from missing the pit both off the back and on the sides, a common factor in many injuries. The change resulted in a reduction of catastrophic injuries.

That change will be augmented by a new padded box collar that will be required effective in December.

### Youth Outdoor Champions

Eight young Mid-Atlantic members won national titles at the USA Youth Outdoor Track and Field Championships at Southern Illinois University in Edwardsville in June. They are:

**Zahra Bryant**, 7-8 girls, 800 meters, 2:47.61

**Zahra Bryant**, 7-8 girls, javelin, 15.15m

**Payton Tavares**, 9-10 boys, 1500 meters, 5:03.27

**Isaac White**, 9-10 boys, 400 meters, 1:02.72

**Julian Talley**, 9-10 boys, 200 meters, 27.91

**Isaac White**, 9-10 boys, 800 meters, 2:23.47

**Nikolas Toocheck**, 9-10 boys, 1500-meter race walk, 9:23.12

**David Bellefleur**, 11-12 boys, 3,000 meters, 9:59.97

**Alexander McCord**, 15-16 boys, high jump, 1.90m

## Pennsylvania Youth Wins Javelin Gold At Junior Olympics

### Two Other Mid-Atlantic Boys Win National Titles in 800m, High Jump

**Rob Castellani** of Peckville, Pa., threw the javelin 56.46 meters to win the national championship in the men's 17-18 division at the USATF National Junior Olympic Championships.

Rob was one of three Mid-Atlantic youths who won gold medals at the championships July 22-28 in at North Carolina A&T in Greensboro.

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#### Full list of Mid-Atlantic medalists, Pages 24-27

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Castellani had been disappointed that he had not qualified for the state championships in his senior year at Valley View High School in Archbald, Pa., according to a story in the Scranton Times-Tribune.

But he won the Mid-Atlantic Junior Olympics with a throw of 60.26, and then won the Region 2 Championships to qualify for the national meet.

"It is just amazing," Castellani told the Times-Tribune. "The states thing and not qualifying really bummed me out. So to come out and keep working, and win something just as good, and in a way, maybe better is really great. ... I was thrilled with winning the gold."

In other events, **Isaac White** of Philadelphia took gold in the 800 meters for boys aged 9 and 10, finishing in 2:20.75. – less than two seconds over the national record.

Isaac's teammate in the Juventus Track Club, **Payton Tavares** of Philadelphia, finished third in that race in 2:24.7 and also won the bronze medal in the 1,500 meters with a time of 4:57.5.

**Alexander McCord** of Lititz, Pa., won the high jump in the boys 15-17 division. His best jump, 1.95 meters, put him in a tie for first, and he took the win because he had fewer misses.

Alexander also took home gold in high jump at this year's USA Youth Outdoor Track & Field Championships.

The only female Mid-Atlantic member to win a medal was **Anna Bailey** of Harrisburg, who placed third in the women's 17-18 division in the javelin with a throw of 41.33 meters.

## YOUTH ATHLETICS

## Junior Olympic Cross Country Championships Set for Nov. 9

The 2013 USATF Mid-Atlantic Junior Olympic Cross Country Championships will be held on Saturday, Nov. 9, at Belmont Plateau in Philadelphia.

The competition is for athletes age 18 and under who are current USATF members. To apply for membership, go to [www.mausatf.org/membership.htm](http://www.mausatf.org/membership.htm).

There are two important deadlines, with NO EXCEPTIONS:

1. The Mid-Atlantic membership chair must receive each athlete's proof of birthdate by **Oct. 25**.

2. All entries must be completed online by **9 p.m. on Nov. 6**.

Proof of birthdate is a copy of the athlete's birth certificate, passport, certified baptismal record, driver's license, or U.S. government identification.

All entries must be completed and paid for online at <http://coachoregistration.com/track>. The entry fee is \$10 per athlete. There is no charge for teams.

**Course description:** The course has a variety of up and down hill loops. The 4k and 5k course runs through wooded areas with grassy, paved and rocky terrain. Course maps are at [www.mausatf.org](http://www.mausatf.org).

**Medals:** USATF Junior Olympic medals will be awarded to the top 10 individuals in each age division.

**Regional advancement:** The top 25 individuals and the top three teams in each age group will advance to the USATF Region 2 Championships, which will be on Nov. 24 at Coopers Lake Campground in western Pennsylvania. All entries for the regional championships must be completed online.

**National advancement:** The top 20 athletes and three teams at the regional championships will qualify for the National Championships on Dec. 14 at the Shooting Complex in San Antonio, Texas. Information is available at [www.usatf.org/events/2013/](http://www.usatf.org/events/2013/)

Age	Dist	Time
8 and under	2 km	Boys – 10:00 a.m.
		Girls – 10:15 a.m.
9-10	3 km	Boys – 10:30 a.m.
		Girls – 10:45 a.m.
11-12	3 km	Boys – 11:00 a.m.
		Girls – 11:20 a.m.
13-14	4 km	Boys – 11:40 a.m.
		Girls – 12:00 p.m.
15-16	5 km	Boys – 12:20 p.m.
		Girls – 12:50 p.m.
17-18	5 km	Boys – 12:20 p.m.
		Girls – 12:50 p.m.

[USATF Junior Olympic XC Championships](http://www.usatf.org/events/2013/).

**Volunteers:** Parent and coach volunteers are needed. Please email your interest to meet director [Nelson Berrios](mailto:nberriosr@comcast.net) at [nberriosr@comcast.net](mailto:nberriosr@comcast.net), or volunteer at registration so assignments can be made.

The flyer for the event with more information is at [www.mausatf.org](http://www.mausatf.org).

## 2014 YOUTH SCHEDULE

## Mid-Atlantic Indoor Championships

Jan. 19, Widener University

## Junior Olympics Outdoor Championships

Mid-Atlantic: June 21-22

Widener University

Region 2: July 1-6

Location TBD

National: July 21-27

Central U.S.

## Junior Olympics Cross Country Championships

Mid-Atlantic: Nov. 8

Region 2: Nov. 22, 2014

Mid-Atlantic

National: Dec. 13

East Coast



**A REASON TO SMILE** — The Mid-Atlantic Youth Committee puts another Junior Olympics Championship under their belts at Widener University in June. From left in front row: Cynthia Young, Annette White, Keisha Vaughn, Sharnette Handy-Hall, Craig Carter. Back row: Wayne Hassler, Marcus Holman, Nelson Berrios (chair), Daryl Nelson. Next challenge: the Cross Country Championships in November.

## ASSOCIATION NEWS

# From Workshop, a Torrent of Ideas

## Association Leaders Put Their Heads Together To Improve USATF

I found the 2013 Associations Workshop in Indianapolis in August to be very beneficial, and I came away with some new ideas for our association.

Here is a recap of the main topics at the meetings I attended:

### Are Regional Championships Worth It?

The first topic at the Regional Meeting was whether the regional track and field meets are viable based on the number of participants.

The New York Association held a regional meet at Icahn Stadium and had 385 runners, but said it needed other associations to help advertise and "push" the meet. No other associations had mentioned the meet on their websites.

We discussed whether it would be better to consolidate and hold one meet in the East, one in the West, etc., but no associations were willing to serve as hosts during our meeting.

We also discussed whether travel costs would make the meets prohibitive for athletes from other associations.

### Association Accreditation Glitches

Each association received a report showing whether the association met the accreditation standards. Many members stated that the reports were inaccurate, and tempers flared.

Mid-Atlantic was docked because one of our championship meets was not listed, and the number of officials in our association was wrong.

Surprisingly, there was no official response from National. We discussed the idea that each association should be sent a preliminary report so that errors can be corrected before the report is published.

### Sanctions: An Insurance Bargain

Mike Price, president of ESIX, the insurance company used by USATF to insure the races we sanction, said our coverage is far superior to that of the Road Runners Club of America (RRCA) and is offered at a very reasonable price.

Price asked for a big push to better educate event directors about the insurance. There is a brochure on

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### 2013 ASSOCIATIONS WORKSHOP

**Doreen McCoubrie**

*Membership / sanctions chair*

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the mid-Atlantic website detailing the coverage.

Price also shared some ridiculous claims that have been filed and said they show the need for education so that events are safer.

### Fine-Tuning Online Event Sanctions

USATF sanctioning is completely online as of Sept. 1, and the National Office is working with sanction chairs to streamline and fine-tune the process to make it easier.

Event directors can learn about the process in online tutorials. I have been working to help them. So far it is going well, but there is a learning curve.

### Wanted: Good Reasons To Join USATF

The main obstacle to increasing membership is this question: "What benefit is there to being a USATF member?"

USATF Chief Executive Officer Max Siegel acknowledges this is a problem, and the staff is working on this for the National Meeting in December.

Breaking into groups based on association size, we shared ideas for increasing membership: Increase use of social media. Offer workshops by elite athletes for youth athletes. Advertise at local universities for marketing majors to help us get the word out. Offer memberships as gift certificates.

### Volunteers Are Waiting, But Where?

We talked about ways to get people to volunteer. It may be as simple as asking them!

Why don't people volunteer? They may feel that they don't know what to do or what is involved, so it is important to have job descriptions.

Other ideas: Look for volunteers in local clubs such as Rotary or Key clubs. Get youth coaches involved with new programs. Ask youth parents to volunteer. Call on sports marketing majors to help.

## ASSOCIATION NEWS

# Sports Committees, Delegates Elected

The USATF Mid-Atlantic Association, at the 2013 Annual Meeting on Sept. 25, elected the following members to the association's three sports committees and delegates to the USATF Annual Meeting in December. The new two-year terms begin on Jan. 1.

**Youth Committee:** Nelson Berrios, Angie Gordon, Sharnette Handy-Hall (coach), Wayne Hasler (coach), Marcus Holman (coach), Daryl Nelson (coach), Kisha Vaughn (athlete), Annette White (official) and Cynthia Young.

**Long Distance Running Committee:** Carl Grossman (athlete, coach), Diane Hardies (athlete), Ted Hardies (athlete), Robin Jefferis (athlete), Ed Maher (athlete), Jim Marino (administrator), Mary Matthews (athlete), Sean McKinney (athlete) and David Thomas (athlete, coach).

**High Performance Committee:** Rogers Glispy (coach), Delores Grandison (athlete), Rohan Grant (coach), Carl Grossman (athlete, coach), John Hadrick (athlete), Gina Lanier (athlete), Kyle Lanier (athlete), Solomiya Login (athlete) and Ed Richardson (coach).

Under the association bylaws, the president will appoint three additional members to each committee. Each committee will elect its chair and vice-chair within 30 days after the Annual Meeting.

The membership also elected 14 delegates to the USATF Annual Meeting, which will held Dec. 4-8 in Indianapolis. They are Earl Edwards, Carl Grossman, Mike Hemsley, Robin Jefferis, Solomiya Login, Kristine Longshore, Ed Maher, Doreen McCoubrie, Ed Richardson, Edwin Roberts, A. Monique White, Annette White, Ken Yerger and Cynthia Young.

## Hobnobbing With a Hero

The Associations Workshop isn't all work. Mid-Atlantic President Cynthia Young, left, and former President A. Monique White met Jackie Joyner Kersee, winner of six Olympic medals, including three gold, in the heptathlon and long jump. Kersee now sits on the USATF board of directors.



## Save the Date For Awards

The 2014 Mid-Atlantic Award Luncheon will be held on Saturday, Jan. 25, at noon at the Central Baptist Church in Wayne, Pa., (the same location as last year).

Tickets for the event will go on sale later this year, and a notice will be posted at [www.mausatf.org](http://www.mausatf.org).

## Permanent Membership Cards!

Here is some welcome news: Beginning Nov. 1, any new or renewing member of USATF will be issued a permanent membership number that will be kept for life.

After you receive your membership card for 2014, new cards will not be sent every year. You can even opt to go green and not get a card at all.

This will end the annual hassle of changing your membership number and swapping the old card for the new one.

– Doreen McCoubrie, Membership chair

## Penn State To Host Officials Clinic

Penn State University and the Mid-Atlantic Officials Committee announce a training clinic on Dec. 14 for those interested in becoming certified USATF track and field officials.

The clinic is open to people who have little or no officiating experience or who want to hone their skills.

The training at various venues in the Ashenfelter multi-sports facility will be followed by working at the Penn State Blue White Intrasquad track meet. Visit [www.mausatf.org](http://www.mausatf.org) for [more information](#).

– Earl Edwards, Officials chair

## 2013 MID-ATLANTIC OUTDOOR TRACK & FIELD CHAMPIONSHIPS

Here are the Mid-Atlantic Association members who won medals in their age groups at the Open/Masters Championships June 9 at Widener University in Chester, PA. The results are divided by age, with the Open Division (age 14-29) listed first, followed by the five-year age groups for the Masters Division. Complete results, including those for visiting athletes, are posted at [www.mausatf.org](http://www.mausatf.org).

### MEN'S RESULTS

Name	Age	Result	Medal
<b>100-METER DASH</b>			
Benjamin Petrak	22	11.21	Gold
Ceyhun Eksin	29	11.58	Silver
Jelani Knight	21	11.71	Bronze
Jerome Holder	31	11.64	Gold
John Porter Jr.	34	12.33	Silver
Etroy Nelson	39	11.38	Gold
Clinton Fields	41	11.95	Gold
Wayne Foulke	46	12.37	Gold
Tim Ireland	49	14.11	Silver
Stephen Donnelley	49	14.76	Bronze
Byron Friend	54	13.15	Gold
John Cataldo	54	15.27	Silver
Gary Leigh	58	13.10	Gold
John Borden	63	15.79	Gold
Joachim Acolatse	65	14.60	Silver
Burr Daly	74	16.86	Gold
William Bittner	76	14.87	Gold
Joe Paradine	77	17.98	Silver
Bill Brown	76	18.25	Bronze
Tom Rice	85	21.43	Gold
Champion Goldy	96	28.90	Gold

#### 200-METER DASH

Ceyhun Eksin	29	23.37	Gold
Shammah Swaray	20	23.38	Silver
Jelani Knight	21	23.52	Bronze
Jerome Holder	31	23.45	Gold
Etroy Nelson	39	23.16	Gold
Matthew Crowell	35	24.47	Silver
Delvin Dinkins	41	24.97	Gold
Robert Schwartz	43	26.23	Silver
Wayne Foulke	46	25.89	Gold
Byron Friend	54	27.34	Gold
Tom Gregory	53	31.85	Silver
Jeffrey Horick	67	29.82	Silver
Joachim Acolatse	65	29.95	Bronze
Burr Daly	74	38.22	Gold

#### 400-METER DASH

Chu Otuonye	22	50.25	Gold
Brandon Patterson	18	54.54	Silver
John Weldon	20	55.52	Bronze
Delvin Dinkins	41	55.21	Gold
Robert Schwartz	43	59.28	Silver
David O'Connell	46	1:00.69	Gold
Duncan Smith	54	1:03.03	Gold
John Patterson	51	1:03.82	Silver

Name	Age	Result	Medal
David Ransom	59	1:07.80	Gold
Jeffrey Horrick	67	1:09.47	Gold

#### 800-METER RUN

David Smith	23	1:55.22	Gold
James Downey	38	2:17.56	Gold
David O'Connell	46	2:18.74	Gold

#### 1,500-METER RUN

Larry Hannon	29	4:42.27	Gold
Timothy McCarthy	15	4:47.50	Silver
Tony Mieu	21	5:07.72	Bronze
Dave O'Connell	46	4:50.16	Gold
Bruce Rash	51	4:54.78	Gold
David Stewart	53	4:57.82	Silver
Duncan Smith	54	5:06.35	Bronze
John Kostenbauder	58	7:19.50	Gold
Seth Bergmann	65	5:59.77	Gold
Louis Coppens	70	6:01.88	Gold

#### 5,000-METER RUN

Tony Mieu	21	20:07.99	Gold
Steve Hranilovich	49	21:27.89	Gold
John Kostenbauder	58	24:36.61	Gold
Seth Bergmann	63	20:11.38	Gold
Carl Grossman	66	27:07.42	Gold

#### 100-METER HURDLES

Andre Miller	40	20.32	Gold
Lee X	56	17.35	Gold

#### 400-METER HURDLES

Jerome Holder	31	1:02.86	Gold
Gary Glowitz	55	1:09.28	Gold

#### 3,000-METER STEEPLECHASE

Tony Mieu	21	13:48.82	Gold
Chris Carroll	42	12:38.06	Gold
Sean Harbison	53	12:58.69	Gold

#### 3K RACEWALK

John Kostenbauder	58	23:24.05	Gold
Art Lebofsky	71	19:33.93	Gold

#### LONG JUMP

Tim Ireland	49	3.88	Gold
Brandon Newell	50	5.20	Gold
Brian Keith Buckler	53	4.43	Silver
John Patterson	51	4.27	Bronze
Michael Ingram	57	4.45	Gold
David Ransom	59	4.20	Silver
Rufus Jordan	63	3.75	Gold

Name	Age	Result	Medal
Joachim Acolatse	65	3.57	Silver
David Marovich	70	3.30	Gold
Burr Daly	74	2.68	Silver
Tom Rice	85	2.04	Gold

#### TRIPLE JUMP

John Porter Jr.	34	11.42	Gold
Stephen Donnelley	49	7.85	Gold
David Ransom	59	8.86	Gold
David Marovich	70	6.57	Gold
Burr Daly	74	6.30	Silver

#### HIGH JUMP

John Porter Jr.	34	1.62	Gold
Tim Ireland	49	1.47	Gold
John Patterson	51	1.16	Gold
Michael Ingram	57	1.32	Gold
Rob Schaible	63	1.16	Gold
David Marovich	70	1.11	Gold
Art Lebofsky	71	1.06	Silver
Burr Daly	74	0.96	Bronze

#### POLE VAULT

Patrick Bradley	16	3.04	Gold
Riley Laron	16	3.04	Silver
David Provost	16	3.04	Bronze
John Patterson	51	3.04	Gold
Carl Grossman	66	1.67	Silver
Joe Paradine	77	2.13	Gold

#### SHOT PUT

Stephen Harris	22	11.08	Gold
John Porter Jr.	34	9.41	Gold
Tim Ireland	49	9.95	Gold
Hartley Palleschi	58	10.99	Gold
Rufus Jordan	63	9.07	Gold
Gregory A. Harris	66	9.62	Silver
Ed Donnelly	71	9.90	Gold
David Marovich	70	9.88	Silver
Ray Feick	81	8.96	Gold
Champion Goldy	96	5.96	Gold

#### DISCUS THROW

Brian Littlepage	22	45.50	Gold
Kyle Kirschner	19	37.95	Silver
Tim Ireland	49	28.42	Gold
Hartley Palleschi	58	33.96	Gold
Rufus Jordan	63	32.19	Gold
Larry Pratt	71	43.01	Gold
David Marovich	70	31.11	Silver

## 2013 MID-ATLANTIC OUTDOOR TRACK &amp; FIELD CHAMPIONSHIPS

**MEN'S RESULTS (continued)**

Name	Age	Result	Medal
Ed Donnelly	71	25.10	Bronze
Ray Feick	81	22.71	Gold
Champion Goldy	96	14.67	Gold

**JAVELIN THROW**

Vincent Duvernois	22	64.81	Gold
Matthew Birk	19	61.80	Silver
Curtis Thompson	17	59.74	Bronze
Tim Ireland	49	37.69	Gold
Michael Scaltritto	52	49.49	Gold
Len Garza	56	51.04	Gold
Hartley Palleschi	58	37.27	Silver
Pat Good	56	33.50	Bronze
Robert Jacoby	60	33.51	Gold
Gerry Shatzer	64	32.65	Silver
Rufus Jordan	63	32.02	Bronze
David Marovich	70	25.51	Gold
Ed Donnelly	71	24.33	Silver
Ray Feick	81	18.50	Gold
Tom Rice	85	15.31	Gold
Sidney Kiwitt	85	13.82	Silver
Champion Goldy	96	11.11	Gold

**HAMMER THROW**

Daniel Jordan	20	41.05	Gold
Hartley Palleschi	58	36.61	Gold
Rufus Jordan	63	28.19	Gold
David Marovich	70	33.91	Gold
Ed Donnelly	71	21.82	Silver
Lew Overbeck	77	33.28	Gold
Ray Feick	81	28.33	Gold

**4x100-METER RELAY**

44.94 Gold

**ISAA:** Brandon

Patterson, 19, Kevin

Robinson, 19, Jelani

Knight, 22, Shammah

**Greater Philadelphia:** 45.61 Silver

Delvin Dinkins, 43,

Ceyhun Eksin, 29, Lamar

Moore, 26, Jerome

Holder, 31

**Force Fields:** Julian 46.12 Bronze

Weldon, 20, Max Arias,

15, Dan Kielty, 15,

Anthony Jackson, 22

**WOMEN'S RESULTS**

Name	Age	Result	Medal
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**100-METER DASH**

Zafirah Green	23	12.70	Gold
Chelsea Slaughter	15	13.39	Silver
Christine Roemer	45	15.23	Gold
Grace Keller	52	15.08	Gold
Lisa Meeden	50	15.09	Silver
Catherine D'Ignazio	50	15.67	Bronze
Gwen King	55	18.45	Gold
Lana Kane	72	21.09	Gold
Jane Simpson	72	22.36	Silver

**200-METER DASH**

Zafirah Green	23	25.80	Gold
Sara Ann Brown	26	26.40	Silver
Tema Kidd	20	27.75	Bronze
Beth Shisler	49	30.12	Gold
Lisa Meeden	50	31.35	Gold
Catherine Popovitch	51	36.10	Silver
Jane Simpson	72	51.72	Gold

**400-METER DASH**

Zafirah Green	23	57.61	Gold
Sara Ann Brown	26	1:00.43	Silver
Marion Rosario	15	1:11.18	Bronze
Beth Shisler	49	1:06.53	Gold
Lorraine Jasper	51	1:08.26	Gold
Betsy Stewart	50	1:16.01	Silver
Catherine Popovitch	51	1:22.50	Bronze
Jane Simpson	72	2:17.15	Gold

**800-METER RUN**

Sophia Downey	25	2:31.59	Gold
Monica Maj	21	2:37.17	Silver
Betsy Stewart	50	2:47.87	Gold
Cheryl Bellaire	58	2:46.88	Gold

**1,500-METER RUN**

Sophia Downey	25	5:24.53	Gold
Lorraine Jasper	51	5:10.64	Gold

**5,000-METER RUN**

Sophia Downey	25	21:20.34	Gold
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**80-METER HURDLES**

Christine Roemer	47	15.49	Gold
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**400-METER HURDLES**

Christine Roemer	47	1:28.73	Gold
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**2,000-METER STEEPLECHASE**

Christine Longshore	45	14:46.17	Gold
Cheryl Bellaire	54	8:48.10	Gold
Jane Simpson	72	15:46.00	Gold

Name	Age	Result	Medal
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**3K RACEWALK**

Mary Jacobsen	53	18:40.25	Gold
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**LONG JUMP**

Grace Keller	52	3.82	Gold
Jane Simpson	72	2.17	Gold

**TRIPLE JUMP**

Jean Chambers	49	7.94	Gold
Jane Simpson	72	4.71	Gold

**HIGH JUMP**

Melanie Berra	44	1.37	Gold
Linda Jarjisian	53	1.06	Gold
Jane Simpson	72	0.91	Gold

**POLE VAULT**

Jenny Hinneman	16	2.74	Gold
Linda Jarjisian	53	1.67	Gold

**SHOT PUT**

Sharon Shipe	36	8.13	Gold
Lana Kane	73	5.67	Gold
Jane Simpson	72	4.62	Silver

**DISCUS THROW**

Jane Simpson	72	9.34	Gold
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**JAVELIN THROW**

Kristine Longshore	45	9.16	Gold
Jane Simpson	72	10.63	Gold

**HAMMER THROW**

Vandora Myers	37	20.28	Gold
Christine Roemer	47	21.88	Gold
Jane Simpson	72	7.08	Gold

**4x100 METER RELAY****Philadelphia Masters:** 1:01.00 Gold

Lisa Meeden, 50, Grace

Keller, 52, Cathy

D'Ignazio, 50, Jean

Griffin, 57

**4x400 METER RELAY****Philadelphia Masters:** 6:12.09 Gold

Lisa Meeden, 50, Cathy

D'Ignazio, 50, Kristine

Longshore, 45, Cathy

Popovitch, 51

## 2013 USA MASTERS OUTDOOR TRACK & FIELD CHAMPIONSHIPS

Following is a list of Mid-Atlantic Association members who won medals at the championships July 11-14 in Olathe, Kan. The complete results are posted at [www.usatf.org](http://www.usatf.org).

<p style="text-align: center;"><b>WOMEN'S 30-34 AGE GROUP</b></p> <p><b>Brandice Coleman</b>, 30, Philadelphia Masters 1st, 2,000-Meter Steeplechase, 12:03.0</p> <p style="text-align: center;"><b>WOMEN'S 45-49 AGE GROUP</b></p> <p><b>Kristine Longshore</b>, 45, Philadelphia Masters 1st, 2,000-Meter Steeplechase, 13:27.0 1st, 400 Long Hurdles 30", 2:04.2</p> <p><b>Charmaine Roberts</b>, 46, Athena 1st, 400-Meter Dash, 1:01.0 1st, 800-Meter Run, 2:26.3 2nd, 200-Meter Dash, 27.85</p> <p style="text-align: center;"><b>WOMEN'S 50-54 AGE GROUP</b></p> <p><b>Cheryl Bellaire</b>, 54, Athena 1st, 2,000-Meter Steeplechase, 9:01.9 3rd, 800-Meter Run, 2:47.6</p> <p><b>Mary Grene</b>, 50, Athena 2nd, 5,000-Meter Run, 20:37.4</p> <p><b>Debra Hoffman</b>, 53, Athena 1st, 200-Meter Dash, 29.22 1st, 400-Meter Dash, 1:04.7</p> <p><b>Lorraine Jasper</b>, 51, Athena 1st, 800-Meter Run, 2:25.5 1st, 1,500-Meter Run, 5:06.8</p> <p><b>Lisa Meeden</b>, 50, Philadelphia Masters 3rd, 100-Meter Dash, 15.49</p> <p><b>Kathleen Shook</b>, 52, Athena 1st, 300 Long Hurdles, 54.51 1st, Long Jump, 3.41m 2nd, 100-Meter Dash, 14.88 2nd, 200-Meter Dash, 30.24 2nd, 400-Meter Dash, 1:10.1 2nd, Outdoor Pentathlon, 2,954</p> <p><b>Mary Swan</b>, 51, Athena 1st, 5,000-Meter Run, 19:57.9 3rd, 1,500-Meter Run, 5:37.0</p>	<p style="text-align: center;"><b>WOMEN'S 60-64 AGE GROUP</b></p> <p><b>Coreen Steinbach</b>, 62, Athena 1st, 400-Meter Dash, 1:13.0 2nd, 800-Meter Run, 2:49.2 2nd, 1,500-Meter Run, 5:50.1 3rd, 200-Meter Dash, 34.44</p> <p style="text-align: center;"><b>WOMEN'S 70-74 AGE GROUP</b></p> <p><b>Cathy Primmer</b>, 70, Philadelphia Masters 2nd, 400-Meter Dash, 1:44.6 3rd, 200-Meter Dash, 43.42 3rd, High Jump, 0.90m</p> <p><b>Jane Simpson</b>, 72, TNT 1st, Outdoor Pentathlon, 1,478 1st, 2,000-Meter Steeplechase, 15:23.0 2nd, Long Jump, 1.90m 2nd, Triple Jump, 4.59m 3rd, 100-Meter Dash, 22.74 3rd, 400-Meter Dash, 1:55.8 3rd, High Jump, 0.90m</p> <p style="text-align: center;"><b>WOMEN'S 80-84 AGE GROUP</b></p> <p><b>Gloria Krug</b>, 82, Philadelphia Masters 1st, Long Jump, 1.55m 1st, Triple Jump, 3.57m 1st, Shot Put 2K, 7.42m 1st, Javelin Throw 400G, 15.65m 1st, Discus Throw .75k, 16.64m 1st, Hammer Throw, 17.84m</p> <p style="text-align: center;"><b>WOMEN'S 40-49 RELAY AGE GROUP</b></p> <p><b>Philadelphia Masters 'A'</b> 1st, 4x400-Meter Relay Club, 6:10.78 Jean Griffin, 57; Lisa Meeden, 50; Kristine Longshore, 45; Catherine Popovitch, 51</p> <p><b>Philadelphia Masters 'A'</b> 1st, 4x800-Meter Relay Club, 16:47.38 Lisa Meeden, 50; Kristine Longshore, 45; Cathy Primmer, 70; Catherine Popovitch, 51</p>	<p style="text-align: center;"><b>WOMEN'S 50-59 RELAY AGE GROUP</b></p> <p><b>Athena Track Club 'A'</b> 1st, 4x400-Meter Relay Club, 4:57.75 Kathleen Shook, 52; Elizabeth Stewart, 50; Cheryl Bellaire, 54; Debra Hoffman, 53</p> <p><b>Athena Track Club 'A'</b> 1st, 4x800-Meter Relay Club, 11:21.63 Mary Swan, 51; Lorraine Jasper, 51; Elizabeth Stewart, 50; Cheryl Bellaire, 54</p> <p><b>Philadelphia Masters 'A'</b> 2nd, 4x100-Meter Relay Club, 1:07.30 Jean Griffin, 57; Cathy Primmer, 70; Catherine Popovitch, 51; Lisa Meeden, 50</p> <p style="text-align: center;"><b>MEN'S 40-44 AGE GROUP</b></p> <p><b>David Ash</b>, 42, TNT 2nd, Weight Throw, 7.12m 3rd, Shot Put 7.26K, 8.04m</p> <p style="text-align: center;"><b>MEN'S 50-54 AGE GROUP</b></p> <p><b>David Bynoe Sr.</b>, 51, TNT 3rd, 400-Meter Dash, 55.07</p> <p><b>Mark Carver</b>, 53, Greater Philadelphia 3rd, Outdoor Pentathlon, 2,900</p> <p><b>Kevin Ellis</b>, 50, TNT 1st, 100-Meter Dash, 12.07</p> <p><b>Jim Sery</b>, 52, South Jersey 3rd, 10,000-Meter Run, 37:24.0</p> <p style="text-align: center;"><b>MEN'S 70-74 AGE GROUP</b></p> <p><b>Larry Pratt</b>, 72, Long and Strong Throwers 2nd, Discus Throw, 41.92m</p> <p style="text-align: center;"><b>MEN'S 80-84 AGE GROUP</b></p> <p><b>Ray Feick</b>, 81, Philadelphia Masters 1st, Weight Throw, 12.76m 1st, Shot Put 3K, 9.72m 2nd, Javelin Throw 400G, 20.85m 2nd, Discus Throw, 22.02m 3rd, Hammer Throw, 27.15m</p>
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## 2013 USATF NATIONAL JUNIOR OLYMPIC CHAMPIONSHIPS

Following is a list of Mid-Atlantic Association members who finished in the top 10 places in events at the championships July 11-14 in Olathe, Kan. The complete results are posted at [www.usatf.org](http://www.usatf.org).

<p style="text-align: center;"><b>BOYS 7-8</b></p> <p><b>Fazl Oshodi</b>, Swedesboro, NJ 10th, 1,500-Meter Run, 5:39.4</p> <p style="text-align: center;"><b>BOYS 9-10</b></p> <p><b>Julian Talley</b>, Philadelphia 8th, 200-Meter Dash, 27.86</p> <p><b>Isaac White</b>, Philadelphia, PA 1st, 800-Meter Run, 2:20.8</p> <p><b>Payton Tavares</b>, Philadelphia 3rd, 800-Meter Run, 2:24.7 3rd, 1,500-Meter Run, 4:57.5</p> <p style="text-align: center;"><b>BOYS 11-12</b></p> <p><b>Myles Talley</b>, Philadelphia 7th, 400-Meter Dash, 58.18</p> <p><b>Stanley St-Fleur</b>, Philadelphia 7th, 800-Meter Run, 2:18.3</p> <p><b>Garrett Baublitz</b>, Mifflintown, PA 6th, 1,500-Meter Run, 4:50.6</p>	<p><b>La'Mar Hughes</b>, Bridgeport, PA 10th, Discus, 28.83m</p> <p style="text-align: center;"><b>BOYS 13-14</b></p> <p><b>Dalton Hengst</b>, York, PA 10th, 1,500-Meter Run, 4:31.9 10th, 3,000-Meter Run, 9:48.7</p> <p><b>Robert Erwin</b>, Pottstown, PA 10th, Pentathlon, 2,445</p> <p style="text-align: center;"><b>BOYS 15-16</b></p> <p><b>Alexander McCord</b>, Lititz, PA 1st, High Jump, 1.95m</p> <p style="text-align: center;"><b>BOYS 17-18</b></p> <p><b>Kevin Hagamin</b>, Sicklerville, NJ 8th, 110-Meter Hurdles, 25.07</p> <p><b>Johnnie Jackson</b>, Cherry Hill, NJ 4th, Hammer, 60.17m 10th, Discus, 47.55m</p>	<p><b>Rob Castellani</b>, Peckville, PA 1st, Javelin, 56.46m</p> <p style="text-align: center;"><b>GIRLS 7-8</b></p> <p><b>Zahra Bryant</b>, Philadelphia 8th, Javelin, 14.06m</p> <p style="text-align: center;"><b>GIRLS 9-10</b></p> <p><b>Lauren Shedleski</b>, Kulpmont, PA 6th, Javelin, 22.29m</p> <p><b>Alyssa Lynch</b>, Burnham, PA 9th, Javelin, 19.67m</p> <p style="text-align: center;"><b>GIRLS 11-12</b></p> <p><b>Rebecca Wusinich</b>, Upper Darby, PA 6th, 3,000-Meter Run, 10:41.3</p> <p><b>Aniyah Alston</b>, Philadelphia 6th, Shot Put, 10.34m</p>	<p style="text-align: center;"><b>GIRLS 13-14</b></p> <p><b>Emily Johns</b>, Hunlock Creek, PA 6th, Discus, 35.30m</p> <p style="text-align: center;"><b>GIRLS 15-16</b></p> <p><b>Maiya Dendy</b>, Middletown, DE 4th, 200-Meter Dash, 24.48 7th, 100-Meter Dash, 12.43</p> <p style="text-align: center;"><b>GIRLS 17-18</b></p> <p><b>Anna Bailey</b>, Harrisburg, PA 3th, Javelin, 41.33m</p> <p><b>Sarah Firestone</b>, Mercersburg, PA 5th, Javelin, 40.75m</p>
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## 2013 MID-ATLANTIC JUNIOR OLYMPIC CHAMPIONSHIPS

Here are the Mid-Atlantic Association members who won medals in their age groups at the Mid-Atlantic Junior Olympic Championships on June 22-23 at Widener University in Chester, Pa. The list shows the finish place, the athlete's club (see key on next page) and the result, either in minutes and seconds or in meters. Please note: Some first names are abbreviated because the number of characters is limited in the automated results. The complete results are posted at [www.mausatf.org](http://www.mausatf.org).

<b>GIRLS 8 AND UNDER</b>		<b>4x100-Meter Relay</b>		<b>Long Jump</b>		<b>4x400-Meter Relay</b>			
<b>100-Meter Dash</b>		1	Greater Norristown PAL A	1	Kiana Sechler JV	4.26m	1	Wilmington TC A	4:12.1
1	Zahra Bryant	15.26		2	Siani Sanders	GE 4.18m	2	South Jersey Rising	4:21.3
2	Eliza Hildreth	GN 18.01		3	Tivonna Davis	GN J4.18m	3	Greater Norristown	4:33.6
3	Alaysia Kinlaw	WI 18.65		<b>Shot Put 6 lb.</b>			<b>4x800-Meter Relay</b>		
<b>200-Meter Dash</b>				1	Aniyah Alston	SL 10.02m	1	Morris Estate A	10:10.5
1	Naki Cobb	35.60		2	Zoe Smith	JE 6.19m	2	South Jersey Rising	11:29.0
2	Eliza Hildreth	GN 37.75		3	Cyarra Cobbs	PH 6.11m	3	Juniata Valley	13:06.4
3	Jamiya Webb	GE 38.20		<b>Discus 1kg</b>			<b>High Jump</b>		
<b>400-Meter Dash</b>				1	Aniyah Alston	SL 19.41m	1	Maci Mazzatesta	1.30m
1	Sarai Moore	JE 1:22.0		2	Zoe Smith	JE 14.33m	2	Nicole Harris	J1.30m
2	Jamiya Webb	GE 1:34.8		3	Cyarra Cobbs	PH 14.24m	3	Brianna Wolke	ST 1.20m
3	Kyra Morris	SL 1:45.3		<b>Javelin 300g</b>			<b>Pole Vault</b>		
<b>800-Meter Run</b>				1	Aliana Rodriguez	11.60m	1	Maci Mazzatesta	1.85m
1	Zahra Bryant	2:53.7		<b>Pentathlon</b>			<b>Long Jump</b>		
2	Morgan Fuller	PH 3:12.1		1	Kharonay Brown	JE 901	1	Taylor Givens	4.49m
3	Naki Cobb	3:16.7		2	Jordan Beacham	JE 637	2	Breene Carlin	ST 4.36m
<b>1,500-Meter Run</b>				<b>GIRLS 13-14</b>			3	Caitlin Harris	4.34m
1	Morgan Fuller	PH 6:33.5		<b>100-Meter Dash</b>			<b>Shot Put 6 lb.</b>		
2	Justice Sheaffer	JV 6:49.7		1	Chanel Brissett	AO 12.41	1	Emily Johns	11.80m
3	Simone Neal	SL 7:17.6		2	Daija Lampkin	WI 13.01	2	Jordan Wilson	ME 10.74m
<b>Long Jump</b>				3	Taylor Givens	13.38	3	Madelyn Witkoski	9.99m
1	Naki Cobb	2.94m		<b>200-Meter Dash</b>			<b>Discus 1kg</b>		
2	Justice Sheaffer	JV 2.04m		1	Chanel Brissett	AO 24.67	1	Emily Johns	33.08m
<b>Shot Put 2k</b>				2	Jayana Webb	GE 25.98	2	Madelyn Witkoski	31.80m
1	Khans Smith	JE 5.00m		3	Daija Lampkin	WI 26.45	3	Jordan Wilson	ME 24.84m
2	Teh'airrah Webb	GN 4.18m		<b>400-Meter Dash</b>			<b>Javelin 600g</b>		
3	Simone Neal	SL 3.03m		1	Jayana Webb	GE 59.9	1	Emily Johns	33.61m
<b>Javelin 300g</b>				2	Charity Guy	GN 1:01.7	2	Mackenzie Hainley	27.08m
1	Zahra Bryant	14.97m		3	India Norman	SJ 1:03.6	3	Michelle Petrik	ST 22.82m
2	Khans Smith	JE 10.98m		<b>800-Meter Run</b>			<b>Pentathlon</b>		
3	Justice Sheaffer	JV 10.68m		1	Taylor Obrien	GN 2:28.8	1	Cecilia Puente	1209
<b>GIRLS 9-10</b>				2	Lianna Tirado	2:31.1	<b>GIRLS 15-16</b>		
<b>100-Meter Dash</b>				3	Nicole Harris	2:33.1	<b>100-Meter Dash</b>		
1	Jada Peoples	GE 14.43		<b>1,500-Meter Run</b>			1	Maiya Dendy	12.12
2	Kamiyah Christian	PH 15.43		1	Lianna Tirado	5:14.2	2	Jenny Bellefleur	JS 12.69
3	Semaj Barnett	GN 15.46		2	Nicole Harris	5:24.5	3	Sherita Lowman	FS 12.79
<b>200-Meter Dash</b>				3	Aliyah Navarro	5:42.7	<b>200-Meter Dash</b>		
1	Jada Peoples	GE 30.00		<b>3,000-Meter Run</b>			1	Jenny Bellefleur	JS 25.71
2	Kamiyah Christian	PH 32.30		1	Bree Spickler	JV 13:34.1	2	Sherita Lowman	FS 26.18
3	Semaj Barnett	GN 33.19		2	Alexus Hartman	JV 13:45.2	3	Nya Boone	GE 26.57
<b>400-Meter Dash</b>				3	Fudia Kameika	SL 17:26.8	<b>400-Meter Dash</b>		
1	Darrajai Moseby	GN 1:13.5		<b>100-Meter Hurdles</b>			1	Stephanie Laudien	58.68
2	Sojourna Orlena	1:16.5		1	Talial Cintron	WI 15.75	2	Kanae' Taylor	JS 59.50
3	Jeramiya May	BR 1:19.2		2	Tiaja Jackson	SJ 16.64	3	Karen Ukpong	1:01.5
<b>800-Meter Run</b>				3	India Norman	SJ 17.48	<b>800-Meter Run</b>		
1	Jada Kinlaw	WI 2:50.4		<b>200-Meter Hurdles</b>			1	Kanae' Taylor	JS 2:27.2
2	Jordan Obrien	GN 2:51.4		1	Talial Cintron	WI 28.48	2	Rachelle St-Fleur	JS 2:33.3
3	Jeramiya May	BR 2:59.9		2	Taylor Obrien	GN 31.35	3	Adia Berkel	FS 2:50.4
<b>1,500-Meter Run</b>				3	De'Ania White	SJ 33.39	<b>1,500-Meter Run</b>		
1	Jada Kinlaw	WI 6:01.6		<b>4x100-Meter Relay</b>			1	Rachelle St-Fleur	JS 5:20.0
2	Katelyn Deitrick	HB 6:10.3		1	Greater Norristown PAL A	54.16			
3	Alyssa Lynch	JV 6:17.2		2	St Luke Spirit A	1:03.9			
				<b>4x400-Meter Relay</b>					
				1	Greater Norristown PAL A	4:51.4			

## 2013 MID-ATLANTIC JUNIOR OLYMPIC CHAMPIONSHIPS

**100-Meter Hurdles**

1 Sherita Lowman	FS	16.10
2 Sydney Hood	HB	17.65
3 Sara Bloss	ST	22.42

**400-Meter Hurdles**

1 Ashley Bailey	FS	1:13.8
2 Sara Bloss	ST	1:30.2

**4x100-Meter Relay**

1 First State Destroyers A	51.56
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**4x400-Meter Relay**

1 First State Destroyers A	4:47.3
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**High Jump**

1 Ashley Bailey	FS	1.50m
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**Pole Vault**

1 Ashley Bailey	FS	3.35m
2 Rachel Brouse		2.90m

**Long Jump**

1 Aigner Bookard	SL	4.86m
2 Veronika Karpenko		4.69m
3 Stephanie Laudien		4.61m

**Triple Jump**

1 Stephanie Laudien		10.11m
2 Micaiah Dendy		10.09m
3 Veronika Karpenko		10.02m

**Shot Put 4kg**

1 Jocelen Ruth		11.23m
2 Aliyah Striver		9.33m
3 Madeline McDonnell	ND	7.17m

**Discus 1kg**

1 Jocelen Ruth		37.66m
2 Aliyah Striver		27.39m
3 Breanna Kitchell	ST	24.80m

**Hammer**

1 Jocelen Ruth		24.74m
2 Madeline McDonnell	ND	17.07m

**Javelin 600g**

1 Jocelen Ruth		36.53m
2 Katie Hohl	ST	23.32m
3 Marie Johns		21.41m

**WOMEN 17-18****100-Meter Dash**

1 Taylor Williams	FF	11.97
2 Tyra Reid		12.38
3 Taylor Chapman	GE	12.62

**200-Meter Dash**

1 Taylor Williams	FF	24.35
2 Tyra Reid		24.91
3 Madailein Cobb		25.37

**400-Meter Dash**

1 Cydney Christian	PH	1:00.4
2 Lyric Debro	BR	1:03.2
3 Amani Fields	FF	1:03.4

**100-Meter Hurdles**

1 Ashley Williams	FL	15.12
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**400-Meter Hurdles**

1 Ashley Williams	FL	1:10.3
2 Rachel Daniels	WI	1:21.5

**2000-Meter Steeplechase**

1 Tina Bowers		7:56.3
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**Long Jump**

1 Leslie Alston	SL	5.28m
2 Junei' Mosley		4.92m
3 Gabrielle Gieringer		4.53m

**Triple Jump**

1 Junei' Mosley		10.47m
2 Gabrielle Gieringer		9.88m

**Shot Put 4kg**

1 Avree Wright		10.95m
2 Keyarah Jones	ND	10.25m
3 Taylar Duncan	FS	10.11m

**Discus 1kg**

1 Fallyn Boich		38.07m
2 Taylar Duncan	FS	35.83m
3 Keyarah Jones	ND	35.11m

**Hammer**

1 Keyarah Jones	ND	38.08m
2 Natalie Liles	ND	27.99m
3 Rachel Hoffing	ND	27.05m

**Javelin 600g**

1 Anna Bailey		42.15m
2 Fallyn Boich		40.09m
3 Carissa Lorimer		39.33m

**Heptathlon**

1 Holly Sullivan		4713
2 Caroline McMahon		3289

**BOYS 8 AND UNDER****100-Meter Dash**

1 Germain Harper	SJ	15.57
2 Dominick Godoy	GN	16.02
3 King High	SJ	16.08

**200-Meter Dash**

1 Germain Harper	SJ	32.90
2 Dominick Godoy	GN	33.40
3 Marc Cobbs	PH	33.73

**400-Meter Dash**

1 Jamal Stevenson	SW	1:19.1
2 Miles Bley		1:21.1
3 Jey Brown		1:21.5

**800-Meter Run**

1 Fazl Oshodi	SJ	2:52.2
2 Daniel Tulloch	SL	3:19.0

**1,500-Meter Run**

1 Fazl Oshodi	SJ	5:45.3
2 Daniel Tulloch	SL	6:11.9

**4x100-Meter Relay**

1 South Jersey Rising	1:05.8
2 Greater Norristown	1:10.1

**Long Jump**

1 Kai Gatson	WI	2.96m
2 Saleem McArthur	PH	2.90m
3 Miles Bley		2.65m

**Shot Put 2k**

1 Saleem McArthur	PH	6.88m
2 Javon Redmon	PH	5.17m
3 Levar Talley	GN	4.43m

**Javelin 300g**

1 Saleem McArthur	PH	17.66m
2 Miles Bley		12.83m
3 Javon Redmon	PH	11.23m

**BOYS 9-10****100-Meter Dash**

1 Julian Talley	JS	13.55
2 Jsun Hampton-Miller		14.18
3 Ashton Barnes	JS	14.25

**200-Meter Dash**

1 Julian Talley	JS	27.38
2 Zuri Jerman		29.00
3 Ashton Barnes	JS	29.26

**400-Meter Dash**

1 Isaac White	JS	1:03.8
2 Zuri Jerman		1:08.1
3 Ian Kelly	SW	1:09.6

**800-Meter Run**

1 Isaac White	JS	2:25.4
2 Payton Tavares	JS	2:27.0
3 Bryon Hopkins	JS	2:40.7

**1,500-Meter Run**

1 Payton Tavares	JS	5:03.6
2 Bryon Hopkins	JS	5:38.3
3 Michael Stokes	PH	5:52.1

**4x100-Meter Relay**

1 Greater Norristown	1:00.6
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**4x400-Meter Relay**

1 Greater Norristown	5:15.9
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**Long Jump**

1 Josiah Sechler	JV	3.35m
2 Machi Church	JE	3.28m
3 Shatir Hall	WI	3.26m

**Shot Put 6 lb.**

1 Rymeek Ware	PH	5.91m
2 George Rodgers	JE	4.63m
3 Jaheim Lance	JE	4.13m

**Javelin 300g**

1 Josiah Sechler	JV	22.13m
2 Jackson Bley		20.51m
3 Noah Shepherd	JV	17.97m

**1,500-Meter Race Walk**

1 Nikolas Toocheck		10:59.8
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**Triathlon**

1 Jackson Bley	442
2 Nikolas Toocheck	434
3 Manuel Puente	309

**BOYS 11-12****100-Meter Dash**

1 Aaron Jenkins	SW	13.69
2 Elijah Banks	BR	14.14
3 William Anderson	GE	14.21

**200-Meter Dash**

1 Myles Talley	JS	25.75
2 Aaron Jenkins	SW	28.24
3 Andrew Bailey	GE	28.44

**400-Meter Dash**

1 Myles Talley	JS	58.28
2 Stanley St-Fleur	JS	1:04.4
3 Andrew Bailey	GE	1:06.0

**800-Meter Run**

1 Stanley St-Fleur	JS	2:28.8
2 Garrett Baublitz	JV	2:34.6
3 Ezekiel Dawkins		2:36.4

**1,500-Meter Run**

1 David Bellefleur	JS	4:55.1
2 Garrett Baublitz	JV	4:58.4
3 Steven St-Fleur	JS	5:10.3

**3,000-Meter Run**

1 David Bellefleur	JS	10:11.8
2 Ezekiel Dawkins		11:07.4
3 Steven St-Fleur	JS	11:46.2

**80-Meter Hurdles**

1 Justice Hall-	SL	16.09
2 Thomas Lofton	SL	17.83
3 Jahzier Bratcher	FS	18.58

**4x100-Meter Relay**

1 Marlton Track Club A	56.16
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**KEY TO CLUBS:** AO: Ambler Olympic Club BR: Ballistic Response Athletics CO: Conshohocken Track Club CSC: CSC Track and Field CY: Cambria Youth Association EA: Eagleville Elite FF: Force Fields FL: Flight Track Club FS: First State GE: Generation Next GN: Greater Norristown PAL HB: Hershey Blaze Track Club IH: Ivy Hill JE: Judah Elite JS: Juventus Track Club JV: Juniata Valley KD: Kappa's Diamond Dashers LB: LB All-Stars LL: Lawnside Lightning LS: Lickity-Split MA: Mt Airy ME: Morris Estate MN: Marlton Track Club ND: Next Dimension PH: Philadelphia RR: Running Rebels SC: Second Chance SJ: South Jersey SL: St. Luke Spirit ST: St Jane's Track and Field Club SW: Southwest TC: Tri County Express US: United Stars WB: Willingboro WC: West Chester WI: Wilmington. No code: Unattached.

## 2013 MID-ATLANTIC JUNIOR OLYMPIC CHAMPIONSHIPS

**4x800-Meter Relay**

1 Juniata Valley Striders 12:22.8

**High Jump**

1 Cade Richardson JV 1.20m

2 Jordan Smith MN 1.15m

**Long Jump**

1 Evan Serafin FL 4.26m

2 William Anderson GE 4.18m

3 Jordan Smith MN 4.05m

**Shot Put 6 lb.**

1 Tre'marr Williams GN 10.02m

2 La'Mar Hughes GN 9.85m

3 Thomas Kitchell ST 7.50m

**Discus 1kg**

1 La'Mar Hughes GN 23.90m

2 Tre'marr Williams GN 22.98m

3 Jaren Paynter HB 20.45m

**Javelin 300g**

1 La'Mar Hughes GN 32.33m

2 Tre'marr Williams GN 26.96m

3 Chase Sheaffer JV 26.13m

**Pentathlon**

1 Justice Hall- Alex- SL 860

2 Thomas Lofton SL 687

**BOYS 13-14****100-Meter Dash**

1 Malik Sechler JV 12.08

2 Terrance Graves MN 12.25

3 Donovan Sanders FL 12.36

**200-Meter Dash**

1 Malik Sechler JV 24.25

2 Donovan Sanders FL 24.67

3 Keith Jenkins SW 24.77

**400-Meter Dash**

1 Delorian Lewis SJ 57.19

2 David Brown GE 58.36

3 Tamir Hartsock 59.19

**800-Meter Run**

1 Gregory Biddle 2:21.2

2 Charles Hohl ST 2:28.7

3 Khalif Pruitt GN 2:31.9

**1,500-Meter Run**

1 Dalton Hengst 4:32.4

2 James Dailey ST 5:05.3

3 Alexander Dailey ST 5:08.1

**3,000-Meter Run**

1 Dalton Hengst 10:05.0

2 Alexander Dailey ST 10:46.6

3 James Dailey ST 11:04.5

**100-Meter Hurdles**

1 Michael Tate JV 20.36

**200-Meter Hurdles**

1 Tyler Wellman WI 31.73

**4x100-Meter Relay**

1 Marlton Track Club A 49.99

2 First State Destroyers 50.85

3 St Janes Track Field Club A 54.01

**4x400-Meter Relay**

1 First State Destroyers A 4:14.3

2 Juniata Valley Striders 4:53.7

3 St Janes Track Field Club A 10:40.1

**4x800-Meter Relay**

1 St Janes Track Field Club A 10:40.1

2 First State Destroyers A 4:01.8

3 First State Destroyers B 4:01.8

4x800-Meter Relay 10:01.3

1 First State Destroyers A 10:01.3

2 First State Destroyers B 4:01.8

3 First State Destroyers A 10:01.3

4x400-Meter Relay 3:39.0

1 First State Destroyers A 3:39.0

2 First State Destroyers B 4:01.8

3 First State Destroyers A 10:01.3

4x400-Meter Relay 3:39.0

1 First State Destroyers A 3:39.0

2 First State Destroyers B 4:01.8

3 First State Destroyers A 10:01.3

4x400-Meter Relay 3:39.0

1 First State Destroyers A 3:39.0

2 First State Destroyers B 4:01.8

3 First State Destroyers A 10:01.3

4x400-Meter Relay 3:39.0

1 First State Destroyers A 3:39.0

2 First State Destroyers B 4:01.8

3 First State Destroyers A 10:01.3

4x400-Meter Relay 3:39.0

1 First State Destroyers A 3:39.0

2 First State Destroyers B 4:01.8

3 First State Destroyers A 10:01.3

4x400-Meter Relay 3:39.0

1 First State Destroyers A 3:39.0

2 First State Destroyers B 4:01.8

3 First State Destroyers A 10:01.3

4x400-Meter Relay 3:39.0

1 First State Destroyers A 3:39.0

2 First State Destroyers B 4:01.8

3 First State Destroyers A 10:01.3

4x400-Meter Relay 3:39.0

1 First State Destroyers A 3:39.0

2 First State Destroyers B 4:01.8

3 First State Destroyers A 10:01.3

4x400-Meter Relay 3:39.0

1 First State Destroyers A 3:39.0

2 First State Destroyers B 4:01.8

3 First State Destroyers A 10:01.3

4x400-Meter Relay 3:39.0

1 First State Destroyers A 3:39.0

2 First State Destroyers B 4:01.8

3 First State Destroyers A 10:01.3

4x400-Meter Relay 3:39.0

1 First State Destroyers A 3:39.0

2 First State Destroyers B 4:01.8

3 First State Destroyers A 10:01.3

4x400-Meter Relay 3:39.0

1 First State Destroyers A 3:39.0

2 First State Destroyers B 4:01.8

3 First State Destroyers A 10:01.3

**4x100-Meter Relay**

1 First State Destroyers A 45.17

2 First State Destroyers B 49.63

3 First State Destroyers A 45.17

4x100-Meter Relay 45.17

1 First State Destroyers A 45.17

2 First State Destroyers B 49.63

3 First State Destroyers A 45.17

4x100-Meter Relay 45.17

1 First State Destroyers A 45.17

2 First State Destroyers B 49.63

3 First State Destroyers A 45.17

4x100-Meter Relay 45.17

1 First State Destroyers A 45.17

2 First State Destroyers B 49.63

3 First State Destroyers A 45.17

4x100-Meter Relay 45.17

1 First State Destroyers A 45.17

2 First State Destroyers B 49.63

3 First State Destroyers A 45.17

4x100-Meter Relay 45.17

1 First State Destroyers A 45.17

2 First State Destroyers B 49.63

3 First State Destroyers A 45.17

4x100-Meter Relay 45.17

1 First State Destroyers A 45.17

2 First State Destroyers B 49.63

3 First State Destroyers A 45.17

4x100-Meter Relay 45.17

1 First State Destroyers A 45.17

2 First State Destroyers B 49.63

3 First State Destroyers A 45.17

4x100-Meter Relay 45.17

1 First State Destroyers A 45.17

2 First State Destroyers B 49.63

3 First State Destroyers A 45.17

4x100-Meter Relay 45.17

1 First State Destroyers A 45.17

2 First State Destroyers B 49.63

3 First State Destroyers A 45.17

4x100-Meter Relay 45.17

1 First State Destroyers A 45.17

2 First State Destroyers B 49.63

3 First State Destroyers A 45.17

4x100-Meter Relay 45.17

1 First State Destroyers A 45.17

2 First State Destroyers B 49.63

3 First State Destroyers A 45.17

4x100-Meter Relay 45.17

1 First State Destroyers A 45.17

2 First State Destroyers B 49.63

3 First State Destroyers A 45.17

4x100-Meter Relay 45.17

1 First State Destroyers A 45.17

2 First State Destroyers B 49.63

3 First State Destroyers A 45.17

4x100-Meter Relay 45.17

1 First State Destroyers A 45.17

2 First State Destroyers B 49.63

3 First State Destroyers A 45.17

**1,500-Meter Run**

1 Ernest Nguatem FS 4:26.1

2 Ernest Nguatem FS 4:26.1

3 Ernest Nguatem FS 4:26.1

1,500-Meter Run 4:26.1

1 Ernest Nguatem FS 4:26.1

2 Ernest Nguatem FS 4:26.1

3 Ernest Nguatem FS 4:26.1

1,500-Meter Run 4:26.1

1 Ernest Nguatem FS 4:26.1

2 Ernest Nguatem FS 4:26.1

3 Ernest Nguatem FS 4:26.1

1,500-Meter Run 4:26.1

1 Ernest Nguatem FS 4:26.1

2 Ernest Nguatem FS 4:26.1

3 Ernest Nguatem FS 4:26.1

1,500-Meter Run 4:26.1

1 Ernest Nguatem FS 4:26.1

2 Ernest Nguatem FS 4:26.1

3 Ernest Nguatem FS 4:26.1

1,500-Meter Run 4:26.1

1 Ernest Nguatem FS 4:26.1

2 Ernest Nguatem FS 4:26.1

3 Ernest Nguatem FS 4:26.1

1,500-Meter Run 4:26.1

1 Ernest Nguatem FS 4:26.1

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1,500-Meter Run 4:26.1

1 Ernest Nguatem FS 4:26.1

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3 Ernest Nguatem FS 4:26.1

1,500-Meter Run 4:26.1

1 Ernest Nguatem FS 4:26.1

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3 Ernest Nguatem FS 4:26.1

1,500-Meter Run 4:26.1

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1,500-Meter Run 4:26.1

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3 Ernest Nguatem FS 4:26.1

1,500-Meter Run 4:26.1

1 Ernest Nguatem FS 4:26.1

2 Ernest Nguatem FS 4:26.1

3 Ernest Nguatem FS 4:26.1

1,500-Meter Run 4:26.1

1 Ernest Nguatem FS 4:26.1

2 Ernest Nguatem FS 4:26.1

3 Ernest Nguatem FS 4:26.1



**NOTICE:** If you wait until Nov. 1 to join, your membership will also be valid for 2014. If you join before Nov. 1, it will expire on Dec. 31, 2013.

# 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

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 your local Association.

Mailing addresses can be found at  
[www.usatf.org/associations](http://www.usatf.org/associations)

OPTION 2

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

**Youth Membership (18 yrs & under)**  
\$ 20.00 x \_\_\_\_\_ = \$ \_\_\_\_\_  
[ # of membership years]

**CONTRIBUTIONS (TAX DEDUCTIBLE)** \$ \_\_\_\_\_  
Please direct my contribution to  LDR  Youth  
 Masters T & F  RW  Association Programs  
 Unrestricted

**TOTAL** \$ \_\_\_\_\_

Please make checks payable to USATF.