

Mid-Atlantic Quarterly

THE NEWSLETTER OF USATF MID-ATLANTIC

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THE LONG DISTANCE RUNNING ISSUE

2 WHO ARE THOSE GUYS IN GREEN?

Those distinctive jerseys were at the front of the field in the **2013 Mid-Atlantic Grand Prix**. With a second straight Club Challenge win, is Bryn Mawr Running Club the new dynasty?



7 STARTING TIME

The **2014 Grand Prix** begins in March with the super-fast Haddonfield Adrenalin 5k, then goes long with the Caesar Rodney Half Marathon. You in?

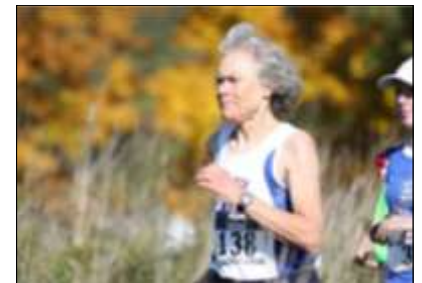


12 UGLY. VERY UGLY

Think you're tough? At the infamous **Ugly Mudder** trail race in February (why?), Bill Steele blazed a 6-mile trail through 12 inches of snow, while 340 other runners chased him. The verdict on the experience from our favorite trail blogger? "Fabulous." Thus begins the **2014 Off-Road Series**.

14 CROSS COUNTRY CHAMPS

Sandra Folzer is the national 5k cross country champion in the F70 age group. Two Mid-Atlantic clubs took home team titles, too, in an amazingly crowded field of 450 runners from across the country who descended on Flemington, NJ, for the **national Masters 5k XC Championships**.



16 THE LESSONS OF A SNOWY WINTER

You carefully crafted your training plan in December for the marathon in March, the next step, you hope, along **The Long Road to 2016** and the Olympic Trials. Then it starts snowing. And snowing. And snowing. So what's Plan B? Josh Sadlock (shown here receiving our 2013 male athlete of the year award) talks it through.



PLUS: **10** Greater Philadelphia wins Off-Road Series **11** Rimkis and Swan take Cross Country Series **8-9** Final scoreboard for Grand Prix, Off-Road and Cross Country Series **15** Junior Olympic Cross Country review and schedule for 2014 **17** Legendary sports columnist Bill Lyons on cross country **18** Tips for safe running **19** Women tops in 10k turnout **25** LDR briefs



20 WORLD BEATER

The shot put **World Indoor Championship** in Poland was a two-man battle. The lead swapped back and forth for four rounds. Then Ryan Whiting uncorked a heave of 22.05 meters. That settled it. This time.



22 'A HUGE WEIGHT HAS BEEN LIFTED'

A year ago, Nick Berra was slowing down, and was ready to get off the track. Then he circled a date on his calendar. Today he's a **world record holder**.

PLUS: **24** Mid-Atlantic Champs on June 8 **21** World gold for Pa. native **20** Coaching **25** Officials news

LONG DISTANCE RUNNING: 2013 GRAND PRIX CIRCUIT

Bryn Mawr Repeats in Club Challenge

That's two in a row.

One year after taking the Club Challenge title away from South Jersey Athletic Club for the first time since the competition started in 2002, the Bryn Mawr Running Club won the challenge again, even more convincingly – and by a stranger path.

In 2012, the club led from the start of the 11-race series, scoring the most points in the first four Grand Prix races, slipping a bit in the next four, then nailing down the victory on Race Weekend with its best performance of the year, including club member **Michael McKeeman's** victory in the Philadelphia Marathon.

In 2013, Bryn Mawr didn't win the Club Challenge point tally in any of the first seven races. But the club rose to first place overall in mid-season by consistently placing second, and then wrapped up the title with victories in the Norcross-Cooper Bridge Challenge 10k and on Philadelphia "Marathon Weekend."

Bryn Mawr's **Greg Watson** – who at age 47 often wins Open medals – was the men's individual winner for the fourth straight year, followed by **Jim Sery** in second and **Jeffrey Painter** in third. After a string of successes in the first half of the season, Watson kept it up, finishing second overall in Radnor, winning his age group in the Bridge Run, and coming second in his age group in the Rothman.

Sandra Folzer, 74, of Greater Philadelphia ran away with the women's title, finishing more than 30 points ahead of **Carolyn Bujak** in second and **Mary Swan** in third. After scoring near or above 90 points in four races early in the season, she wrapped up the title with 91.6 points in the Bridge Run.

Delaware Distance Classic 15k

The Pike Creek Valley Running Club has the home-field advantage for the Delaware Distance Clas-

Full Grand Prix results and the 2014 schedule are at www.mausatf.org/htmlldr/grandprix2013.htm.

sic 15k, which it sponsors. With 16 club members in the field on Oct. 6, Pike Creek Valley edged out the Greater Philadelphia Track Club by one point to top the club tally with 402.

Even without club superstar **Hugh Campbell**, who is recovering from an injury, Pike Creek Valley showed its depth, with five runners scoring 78.7 or above, including **Carol Giampietro**, 55, (82.0 age-graded score); **David Wiechecki**, 51, (80.9) and **Jay Coughenour**, 48, (80.7).

Plus, one of the club's younger runners, **Kirsten Belair**, 41, finished second overall among the women, with a time of 1:00:11, and one of the oldest, **John Schultz**, 81, set a Delaware record for his age group in 2:00:37.

Greater Philadelphia finished with 401 points in the Club Challenge scoring, led by Folzer, whose age-graded score of 86.9 was the highest of the Mid-Atlantic runners, and **Sean Smith**, 52, with 85.5.

Other top performers included **Scott Lebo**, 47, with the eighth overall finish and an 86.0 age-graded score; Sery, of the South Jersey Athletic Club, 84.9 points; and Swan, of Athena, 84.3 points.

The 330 finishers labored through unseasonably warm and humid weather for the race, which also serves as the Mid-Atlantic 15k Championship.

"It felt more like a summer day, with the humidity hovering around 80% and temperatures in the low 70s," Pike Creek Valley member **Thomas Steenkamer** said. "Thank goodness the cloud cover remained throughout the race."

Mid-Atlantic members took three of the top five places in both the men's and women's competitions.

(Continued on page 3)



Pike Creek Valley Running Club

LIKE A FIELD OF RUNNERS in their own little race, trophies for the Delaware Distance Classic await new owners.

LONG DISTANCE RUNNING: PENN MEDICINE RADNOR RUN / DELAWARE DISTANCE CLASSIC

Leslee Hoey of the Athena Track Club nears the finish line in the Penn Medicine Radnor Run 5-Miler on Oct. 27. She finished first among the masters women and third overall. Full results: www.runtheday.com/registration/results/13888

(Continued from page 2)

Darryl Brown of the Downingtown Running Club came second in 49 minutes, 26 seconds, and Bryn Mawr members **Joseph Carpenter** and **Jossi Fritz-Mauer** placed third and fifth, respectively.

In the women's competition, in addition to Belair, **Leslee Hoey**, 44, of the Athena Track Club placed fourth overall, and Bryn Mawr's **Kimberly Cary** was fifth.

Penn Medicine Radnor Run 5 Mile

Greater Philadelphia dominated the club scoring in this race on Oct. 27, led once again by Folzer, who finished in 43:22 for an age-graded score of 89.8, by far the best of the event.

GPTC also had three other high scores – 84.5 for Smith, who finished sixth overall, 83.4 for **Chuck Shields**, 54, and 81.4 for **Thomas Jennings**, 69 – and ended up with a 20-point margin over the next-best South Jersey Athletic Club.

South Jersey's best scores came from Bu-jak (82.3) and **Joy Hampton**, 67, (81.3).

Bryn Mawr fell a few points further back in club scoring, but two members put a strong mark on the individual competition. Watson placed second overall in 27:25 (age-graded score of 86.9) of the 457 finishers. And **Lena Edelstein**, 26, finished first among the women and seventh overall in 29:26.

(Continued on page 5)



Mark DeNio / Pike Creek Valley Running Club

ON A SUMMER-LIKE DAY in October, the winners of the Delaware Distance Classic 15k pose with their "hardware." From left are **Graham Peck**, 24, of Baltimore, who won the race in 49:20.4; **Darryl Brown**, 31, of the Downingtown Running Club, second; and Bryn Mawr Running Club member **Joseph Carpenter**, 24, third.

Full results: www.pcvrc.com/ddcresults/ddc2013.php

LONG DISTANCE RUNNING: COOPER NORCROSS RUN THE BRIDGE



Photo by Avi Steinhardt

Photo by Colin Kerrigan/Philly.com

▲ **ALL OF THE TOP MALE FINISHERS** are at the front of the starting line in Camden for the Cooper Norcross Run the Bridge 10k race on Nov. 3. From left: #843 **Joseph Ekuom** of Jamaica, first masters finisher; **Henry Rutto** (in black over green) of Royersford, Pa., fourth place; #1828 **Kevin McDonnell** of Moorestown, N.J., seventh; #21 **Cameron Marantz** of Philadelphia, third; #20 **Matt Kane** of Haverford, Pa., eighth; **Robert Marino** of Hanover, Md., first in the M55 division; **Rich Wright** of Cherry Hill, N.J.; **Jim Sery** of Clarksboro, N.J. (with white gloves) first in M50; **Greg Watson** of Media, Pa., first in M45; #245 **Girma Bedada** of Washington, ninth; and **Jossi Fritz-Mauer** of Wynnewood, Pa., 13th. Obscured behind Fritz-Mauer is **Girma Gebre** of New York, the winner.

◀ **AFTER STARTING** at the base of the Ben Franklin Bridge in Camden, the runners cross the bridge, double back, and finish in Campbell's Field.

▼ **THE LEADING PACK** races back across the bridge into Camden. **Girma Gebre**, the winner, is at far right behind #35 **Henry Rutto**, who finished fourth. The others, from left, are #13 **Abiyot Endale**, second place; #21 **Cameron Marantz**, third; #25 **Haile Mengesha**, fifth; and #1051 **Takele Gebreluil**, sixth.

Photo by Colin Kerrigan/Philly.com

LONG DISTANCE RUNNING: 2013 GRAND PRIX CIRCUIT

Marathon Weekend Closes the Circuit

(Continued from page 3)

Other top Mid-Atlantic performers included Hoey, third woman overall, and **Fran Savage**, 29, fifth woman overall.

The race, which raises funds for the American Lung Association and is in its 35th year, starts and finishes at the Radnor Township Building and winds through Radnor Township.

Cecily Tynan, the ABC Action News meteorologist who is celebrity chair of the race, described it as “a very challenging course with plenty of steep hills through beautiful neighborhoods with a downhill finish.”

Cooper Norcross Bridge Challenge 10k

The Bryn Mawr Running Club had been in first place in the Club Challenge since June, but didn't actually win an event until the fabled “Run the Bridge” race on Nov. 3.

With 3,400 runners crossing the Benjamin Franklin Bridge twice, then traversing the Camden waterfront and finishing in centerfield at Campbell's Field, the Cooper Norcross race is the largest 10k in the area. The proceeds benefit the Larc School for children with special needs.

Bryn Mawr ran away with 431 points in the Club Challenge standings, led by three high-end performances – **Cameron Marantz**, 26, third overall in 29:44 (age-graded 90.3); **Matt Kane**, 23, eighth; and **Watson**, the second masters finisher (87.7 points).

Next came South Jersey with 418 points, led by **Sery** (87.1 points); **Bujak** (85.5) and **Annette MacMillan**, 69, (85.1) – all of whom won their age groups.

Greater Philadelphia scored 415 points, with 91.6 from **Folzer**.

Sixty percent of the runners were women, and Mid-Atlantic women dominated both the open and masters categories. **Jane Murage**, 26, finished first overall in 33:53, and **Katie O'Regan**, 28, came fifth.

Lorraine Jasper, 52, was the third masters women finisher in 40:38 – and she beat every female runner over age 30 except two. Four other Mid-Atlantic women won their age groups – **Swan** (F50), **Bujak** (F60), **MacMillan** (F65) and **Folzer** (F70).

For the Mid-Atlantic men, **Jay Coughenour**, 48, was the third masters finisher, and age-group winners included **Fritz-Mauer** (M25), **Matthew Cutrona** (M40), **Sery** (M50), **Jennings** (M65) and **Louis Coppens** (M70).

Philadelphia Marathon Weekend

Going into Race Weekend, Bryn Mawr had a virtually insurmountable lead of over 50 points in the Club Challenge, although Athena had a chance.

Of the three races that weekend, the largest Mid-Atlantic contingent (93 runners) was in the smallest race, the Rothman Institute 8k, with 1,019 entrants, and that's where most of the Club Challenge points were scored.

Bryn Mawr would be hard-pressed to repeat last year's Race Weekend performance, when **McKee** man won the Philadelphia Marathon, but the club racked up 445 points for its top five runners in the Rothman 8k, plus 421 points for its next five runners – three in the half marathon and two in the 8K.

That cemented the Club Challenge title.

In the Rothman 8k, Bryn Mawr had three top-10 finishers – **Kyle Dawson**, 25, fifth in 23:18 (age-graded score of 91); his brother **Owen Dawson**, 25, eighth (89.5); and **Kane** ninth (88.6). **O'Regan** was the seventh woman finisher in 27:53 (86.4). **Watson** scored 89.8, also padding his victory margin in the Grand Prix individual competition.

While Bryn Mawr's strong suite is the men's open division, Athena ruled in the women's masters at the Rothman 8k, winning every age group from F40 to F60 — **Hoey** (F40), **Peggy Conlon** (F45), **Jasper** (F50), **Marjorie Olsho** (F55) and **Coreen Steinbach** (F60). But it wasn't enough to keep up with Bryn Mawr in the Club Challenge.

Mid-Atlantic members who are not affiliated with a local club included **Henry Rutto**, 31, who finished third in the Rothman and fifth in the Half Marathon, and **Jane Murage**, 26, third woman overall in both the Rothman and Half Marathon.

Other Mid-Atlantic age group winners in the Rothman 8k were **Mia Bezar**, 12, **Nikolas Toocheck**, 10, **Hugh Biggin** (M55), **Billy Wright** (M60), **MacMillan** (F65), **Jennings** (M65), **Margaret Hoey** of TNT (F70), **Coppens** (M70) and **Frederick Hoey** of TNT (M75).

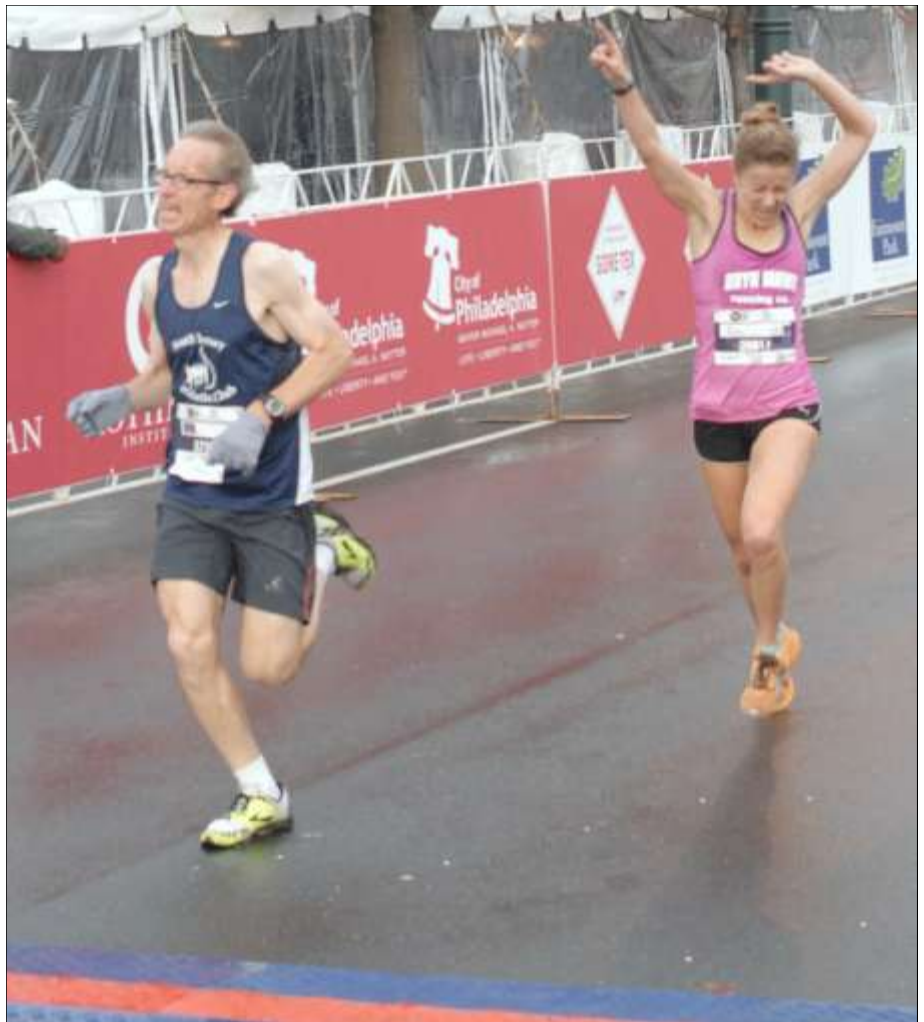
The next day, in the Half Marathon's huge field of 12,480 runners, Mid-Atlantic had a slew of age group winners – **Brianna Ligotski** (F15), **Laura Kline** of the Keystone Track Club (F35), **Cutrona** (M40), **Gregory Cauller** of Pike Creek Valley (M50), **Linda Boyer** of Greater Philadelphia (F55), **Bujak** (F60), **Hampton** (F65), **Daniel Simmons** of Pike Creek Valley (M65) and **Jim Flanagan** of South Jersey (M75).

LONG DISTANCE RUNNING: ROTHMAN INSTITUTE 8K

REASON TO CELEBRATE:

Jim Sery, 52, crosses the finish line at the Rothman Institute 8k, finishing second in the M50 division with a time of 27:52. Just behind him, and already celebrating, is Katie O'Regan, 28, the seventh female finisher in a time of 27:53 – a personal record.

Photos by IslandPhoto.com



A RUN WITH A VIEW:
The sights of Philadelphia are an integral part of Marathon Weekend.

Above, 12-year-old **Mia Bezar** passes the Eakins Oval fountain into the home stretch. She won the F10 division. At right, **Annette MacMillan**, 69, winner of the F65 division, passes the Philadelphia Museum of Art. At far right is **Peggy Conlon**, 45, on Martin Luther King Drive, opposite the boat houses, on the way to winning the F45 division. All are members of USATF Mid-Atlantic.



Photos by IslandPhoto.com

LONG DISTANCE RUNNING: 2014 GRAND PRIX

Two Weekends, Two Races

Adrenaline 5k and Caesar Rodney Half Marathon Open Season

The 24th annual Grand Prix Circuit will begin on March 15 with the Haddonfield Adrenaline Run 5k in Haddonfield, NJ, followed by the Citizens Bank Caesar Rodney Half Marathon the next weekend.

Unlike last year, Adrenaline and Caesar Rodney are not on the same weekend this year, so the two races will be scored separately as in the past. Otherwise, the schedule is unchanged.

Two more races on the circuit – Caesar Rodney and the Philadelphia Marathon – will now be considered USATF Mid-Atlantic championship races, in addition to the current 5k, 8k and 15k championships.

You must complete an entry form for each race you want to run. You must be a USATF athlete member for your performances to be scored in the Grand Prix. Registrars will be available at each circuit race to facilitate purchase of USATF athlete memberships, but it's better to [join online in advance](#).

If you want to participate but belong to another USATF association, such as New Jersey, read the [Association Transfer Instructions](#) on our website.

Mid-Atlantic members will receive a \$2 discount on registration if they enter a Grand Prix Circuit race online by the race's early entry deadline. The discount code and instructions are included on the Grand Prix web page as they become available.

Scoring the Circuit

The Grand Prix Circuit is a series of 11 races of varying lengths, from 5k to marathon, run from March to November each year in eastern Pennsylvania, southern



[Click to watch](#) the new video promoting the Valley Forge Revolutionary 5-Mile Run, part of the Grand Prix Circuit.

▼ The finisher's medal for the upcoming Caesar Rodney Half Marathon.



New Jersey and Delaware. (The last three races on Philadelphia's Marathon Weekend are considered a single "event" for scoring purposes.)

The individual competition is based on "age-graded scoring," which is designed to level the playing field among runners of both genders and all ages, similar to the use of handicaps in golf or bowling. After each race, every athlete receives a score that is a percentage

value of the world record for their age and sex.

Take, for example, a 5-mile road race. The approximate world record for a 25-year-old man is 21:20, so a man that age who runs a 26:40 would get an age-graded score of 80% (commonly called just 80). The approximate record for a 55-year-old woman is 29:13, so a woman who runs 36:31 would also score an 80. Their age-graded scores would be a tie.

Each athlete counts his or her best six scores out of the nine Grand Prix events. Awards are given to the 10 men and 10 women with the highest totals. Also, awards go to the three highest male and female scorers in each five-year age group, starting at age 15.

The awards are presented at the annual Mid-Atlantic Awards Luncheon, usually held in January. Certificates are also awarded to every individual who completes nine races.

Club Challenge

USATF Mid-Atlantic clubs can compete for cash awards in the Grand Prix Circuit, including \$1,000 for the winner.

Each race is scored by totaling each club's best five age-graded scores, including at least one for a female. At the end of the season, each club's seven best events are totaled for the final score.

90%? A Race Result?

Yes, and a great one. USATF describes typical age-graded scores this way:

100%	Approximate world-record level
90%+	World class
80%+	National class
70%+	Regional class
60%+	Local class
20%+	Newsletter editors*

*Just kidding.

LONG DISTANCE RUNNING: 2013 FINAL SCOREBOARD

GRAND PRIX CLUB CHALLENGE

CLUB	Adrenaline/ Caesar Rodney	Valley Forge	Broad Street	Moore- town	Delaware Distance	Radnor	Bridge Run	Rothman/Phila Mara./ Phila Half Marathon	Total
1 Bryn Mawr Running Club	435	409	433	403	[392]	[395]	431	867	2,978
2 Athena Track Club	427	422	435		399	393		833	2,909
3 Greater Philadelphia Track Club	424	392	421	[383]	401	417	415	423	2,894
4 Pike Creek Valley Running Club	436	402	[391]	403	402		412	823	2,879
5 South Jersey Athletic Club	420	[363]	424	408	[381]	397	418	806	2,873
6 Pineland Striders	367	358	375	360	[320]	332	344	382	2,518
7 Moorestown Distance Running Project	367		399	372			299	605	2,042
8 Downingtown Running Club	394	379	405	372	375				1,925
9 Keystone Track Club	408	393	422					405	1,628
10 TNT International Racing Club	387	349		375		288			1,398

Each club's top seven scores count. Scores in brackets are not counted.

OFF-ROAD CLUB CHALLENGE

CLUB	Chilly Cheeks	Tyler Arboretum	Triple Crown	Wissa- hickon	Double Trouble	Radnor Red Run	Evansburg Challenge	Delaware XC Champ	Total
1 Greater Philadelphia Track Club	301	361	346	334	311	359	343	387	2,741
2 Rosemont Running Club	291	363	332	313	296	356	355	353	2,660
3 Pike Creek Valley Running Club	251	351	322	283	273	327	327	387	2,522
4 Pineland Striders	259	318	317	284	260	326	311	325	2,400
5 TNT International Racing Club				280	234	317		319	1,150



[Photos by IslandPhoto.com](http://IslandPhoto.com)

MID-ATLANTIC MEMBERS WON eight age-group titles in the Philadelphia Half Marathon, including these three. At left, **Linda Boyer** of the Greater Philadelphia Track Club finished first in the F55 division. Center, **Laura Kline** of the Keystone Track Club won the F35 group. **Greg Cauler**, right, won the M50 group, just a day after running strongly in the Rothman Institute 8k. Cauler, of the Pike Creek Valley Running Club, finished the Half Marathon in 1:20:35, cutting two minutes off his 2012 time and five minutes off his 2011 time.

LONG DISTANCE RUNNING: THE UGLY MUDDER

► The runners at the Ugly Mudder in February called it “the luge,” a slightly alternate route of questionable advantage.

▼ Bill Steele, 22, forges the trail for the other runners as he climbs the last hill to win the race.



Photo by Joanna Hellman



Photo by Helene Horn

RACE REPORT

‘A FABULOUS DAY’

Danielle Murtha, who documents her running experiences on a blog called “[Trails & Cocktails](#),” posted her dismay at realizing that, despite clear sidewalks at home in South Philadelphia, wearing shorts to run the Ugly Mudder was a “grave error.”

“I soon realized that although it was warm enough for shorts, there was still at least a foot of snow on the grassy areas and trails on Mount Penn,” she wrote. “The race director, **Ron Horn** (Pretzel City Sports), gave us the pre-race talk. He mentioned that these were “the worst conditions they’d ever had.”

The first mile was frustrating – a “slow conga line,” Danielle said. “The snow was so

On [Youtube](#): One man’s Ugly Mudder

deep that the leaders had to forge a single track trail in the snow, which ended up clogging the whole race.”

She developed a strategy: “I decided early on to bomb the downhills where possible, instead of trying to slowly slide down like many. It proved to be effective, though I did fall on my butt a couple times without getting hurt.

“The snow was slushy and slippery simultaneously due to the above-freezing temperatures, and I definitely wished I had a snowboard instead of running shoes at a few points. I saw several splashes of blood in the snow along the second half of the course, proving not everyone made it out unscathed.”

But after the race, the German beer was delicious, the band was fun and folky, and the T-shirt (below) was “awesome.”

So would she do it again?

“Hell yes!”



2013 USATF MASTERS 5K CROSS COUNTRY CHAMPIONSHIPS

Mid-Atlantic Drives Record Turnout

Runners Win One Individual, Two Team Titles in Biggest XC Field Ever

A total of 124 Mid-Atlantic runners – more than a quarter of the record field – turned out for the USATF Masters 5k Cross Country Championships in Flemington, NJ, in October.

The Mid-Atlantic contingent, which included 53 runners from the Greater Philadelphia Track Club alone, hauled in two national team championships and one individual title.

The championships were hosted by USATF New Jersey.

“A fun day,” said **Robin Jefferis**, former LDR chair at the Mid-Atlantic Association. “Mid-Atlantic had lots of great team and individual performances.”

Sandra Folzer, 74, of Greater Philadelphia, won the championship for women aged 70-74 with a time of 26:52, almost three minutes ahead of her nearest competitor.

A team from the Greater Philadelphia Track Club beat 12 other teams in the M50-59 division. The scoring runners were **Sean Smith**, 52, **Scott Brockett**, 50, **Jeffery Hayes**, 54, **Bob Rimkis**, 52, and **Chuck Shields**, 54. All finished in under 17:45.

An Athena Track Club team of **Marisa Sutera Strang**, 50, **Mary Swan**, 52, and **Elizabeth Stewart**, 50, finished first among 11 teams in the F50-59 division. All three runners finished ahead of every other woman in the division except one.

Finishing third in the M50-59 division was a team from the Pike Creek Valley Running Club – **John Stoudt**, 50, **David Wiechecki**, 51, **Thomas Steenkamer**, 54, **Greg-**



Photo by Andrew Albright

THE LOOK OF A CHAMPION — Sandra Folzer on her way to winning the national 5k cross country championship in the F70 division in October.

ory Cauller, 54, and Dirk Sweigart, 53.

Another team from Greater Philadelphia took third in the M60-69 division — **Don Morrison**, 63, **Thomas Jennings**, 69, **Dennis Mellish**, 63, **Steve Fidler**, 64, and **Steve Sawyer**, 62.

A record 450 athletes competed in the championships on a blustery day in Deer Path Park, far higher than the previous record participation of 282 athletes. The team races were highly competitive, with 67 teams competing for national team titles.

Shields described the course as two loops, 99% grass, with two hills, the first a long, steady incline, the other short but steep.

Top-five finishers in the individual age groups were:

Michael Dolan, 46, of Bryn

Mawr Running Club, third in M40.

Greg Watson, 47, of Bryn Mawr, fourth in M45.

Sean Smith, 52, of Greater Philadelphia, third in M50.

Jim Sery, 52, of the South Jersey Athletic Club, fifth in M50.

Stephen Shaklee, 57, of South Jersey, third in M55.

James Flanagan, 76, of South Jersey, second in M75.

Bruce Gilbert, 78, of Philadelphia Masters, fourth in M75.

Cecily Tynan, 44, of Bryn Mawr, fourth in F40.

Peggy Conlon, 45, of Athena, fourth in F45.

Patricia Addis-Hudson, 47, of the Pineland Striders, fifth in F45.

Mary Swan, 52, of Athena, fourth in F50.

Carolyn Bujak, 61, of South Jersey, fifth in F60.

2013 JUNIOR OLYMPIC CROSS COUNTRY CHAMPIONSHIPS

Young Runner Finishes 7th in Nation

Garrett Baublitz finished seventh in the nation in the 11-12 age group at the 2013 Junior Olympic Cross Country Championships in San Antonio in December.

Garrett's journey to the 3k national championship race began in Philadelphia's Belmont Park on Nov. 9, when he won his age group and set a course record of 11:09.42.

He went on to win the Region 2 Championships in Cooper's Lake Campground in Slippery Rock, Pa. With a time of 10:48.6, he was the only runner to break 11 minutes among the 55 finishers.

Garrett, who runs for the Juniata Valley Striders, placed sixth last July in the 2013 National Junior Olympic 1500 meters in 4:50.47.

Also at the Region 2 Championships, Dalton Hengst, an unaffiliated runner, ran away from the field in the 4k for the 13-14 age group. His time of 14.20.1 was more than 30 seconds ahead of the next finisher.

Other top 10 finishers at the Region 2 Championships included:

- ▶ **Jonathan Buytenhuys**, third in the 5k for men aged 17-18.
- ▶ **Amber Germer**, fifth in the 3k for girls 11-12.
- ▶ **Ciara Conboy**, seventh in the 3k for girls 9-10.
- ▶ **Justice Sheaffer** of Juniata Valley, eighth in the 2k



Garrett Baublitz runs the 3k national championship race for ages 11-12 in San Antonio in this video on [USATF-TV](#).

for girls 8 and under.

- ▶ **Alyssa Lynch** of Juniata Valley, eighth in the 3k for girls 9-10.
- ▶ **Noah Shepherd** of Juniata Valley, eighth in the 3k for boys 9-10.
- ▶ **Justin Chan**, ninth in the 3k for boys 9-10.

2014 Junior Olympics Schedule

Mid-Atlantic Association Championships: June 21-22 at Widener University in Chester, Pa.

Region 2 Championships: July 10-13, Richard Stockton College in Galloway, N.J.

National Championships: July 21-27 in Houston, Texas.

2013 MID-ATLANTIC JUNIOR OLYMPIC CROSS COUNTRY CHAMPIONSHIPS RESULTS

The top three finishers in each division at the championships in Philadelphia's Belmont Park on Nov. 9, 2013:

GIRLS			
Age 8 and under — 2k Run			
1	Justice Sheaffer	Juniata Valley	9:21.48
2	Ava Smith	Hershey Blaze	9:40.86
3	Kyiah Miller	Southwest	10:30.16
Age 9-10 — 3k Run			
1	Ciara Conboy	Unattached	13:08.79
2	Alyssa Lynch	Juniata Valley	14:17.34
3	Isabella Spickler	Juniata Valley	15:00.76
Age 11-12 — 3k Run			
1	Amber Germer	Unattached	12:16.89
2	Amy Conboy	Unattached	13:02.75
3	Mia Bezar	Dashers	13:12.78
Age 13-14 — 4k Run			
1	Amy Williq	Unattached	17:47.06
2	Brenna Ruhnke	Unattached	18:43.58
3	Alexus Hartman	Juniata Valley	19:09.76
Women age 17-18 — 5k Run			
1	Erin Mullican	Unattached	20:29.53

BOYS			
Age 8 and under — 2k Run			
1	Daniel Tulloch	St. Luke's Spirit	9:21.78
2	Jeremiah Downey	Isaa	10:19.05
3	Isaac Curry	Juniata Valley	11:03.00
Age 9-10 — 3k Run			
1	Noah Shepherd	Juniata Valley	13:03.23
2	Justin Chan	Unattached	13:08.66
3	Ryan Kothstein	St. Jane's	13:33.03
Age 11-12 — 3k Run			
1	Garrett Baublitz	Juniata Valley	11:09.83
2	Ezekiel Dawkins	Unattached	11:41.99
3	Declan McDonnell	Unattached	12:14.69
Age 13-14 — 4k Run			
1	Dalton Hengst	Unattached	14:36.69
2	Alexander Dailey	St. Jane's	15:33.79
3	Brett Zatlín	Unattached	15:39.53
Men age 17-18 — 5k Run			
1	Jonathan Buytenhuys	Unattached	18:20.60
2	Tanner Hilton	Unattached	20:18.10

THE LONG ROAD TO 2016

When the Going Gets Tough ...

Josh Sadlock, a 24-year-old runner from Harrisburg who hopes to qualify for the Olympic Marathon Trials in 2016, has agreed to write about the experience along the way. Here is his second installment.

My coach at Lafayette College, Julio Piazza, had a multitude of mantras at the ready to cajole us and motivate us to run our best. One has always stuck with me: "The great ones adjust." I have really taken this quote to heart this winter.

We have been pretty blessed as runners in the Northeast the last several winters, with snow and winter weather rarely interrupting or bothering our training. Not so this winter. A week has not gone by since 2014 started without a measurable snowfall or one of those lovely polar vortexes that so kindly send the mercury plummeting.

This kind of weather is a big enough nuisance when all you have to do is drive to work, but when you have 100 miles a week that need to be run to prepare for an early spring marathon, calling it a nuisance may be the understatement of the year.

But in the words of Coach Piazza, the great ones do adjust, and that is what I have been trying my best to do as I prepare for my next marathon. I had a carefully crafted training plan written up in December outlining the 14 weeks leading up to the Shamrock Marathon in Virginia Beach.

Things went smoothly through December, as I stepped back up to the 100 mile per week mark for the first time since last spring. Once January rolled around, and arctic blast after arctic blast descended upon us, I really had some scrambling to do.

I am not sure if good old Mother Nature has it out for me or not, but it certainly seems that way this winter. Storm after storm has arrived on a Tuesday, the day I do my fast interval workouts.

Forget doing them on the track as I would prefer – I haven't even seen a track without snow on it since December. It has been hard enough even doing those workouts outdoors with black ice and slush making the roads treacherous after dark. On more

than one occasion I have been forced onto the treadmill at the YMCA, no doubt leaving many in the gym wondering why that idiot in short shorts was running like a madman on the treadmill. Treadmill workouts get boring, but with no other options some days, I have been forced to make the best of them.

It definitely has not been an ideal winter, but I have found a way to make it work, all while avoiding frost bite and escaping the perils of black ice. In the

nine weeks after I began the training cycle leading up to Virginia Beach, I ran over 900 miles and nailed several workouts that have left me a little shocked at my level of fitness.

One that stands out was a 3x2 mile workout. With two minutes of rest between intervals, I averaged 9:30 feeling very relaxed. To put that in perspective, when I entered college, my best two-mile time was 9:36.

Running truly is an amazing sport. With hard work, there is no limit to how fast you can become. In an ideal training world, there would be no snow, but dealing with such obstacles is not all bad. Work-

ing around snowstorms and sub-zero temperatures has been good for me as a runner. It has showed me how badly I want to succeed.

I could not tell you with a straight face that I bound out the door on a 15-degree day bundled up from head to toe, eager to spend 90 minutes away from my toasty house. It is not comfortable in the least, but then again, is running ever?

Running is not my job, and it certainly would have been easy to skip runs or neglect my workouts when difficult weather rolled in. Through all of the cold, snowy runs, I have come to realize how much I love to run and how much I love the day-in, day-out grind that is marathon training.

As the thaw begins (fingers crossed), I have only a few weeks to get through before I toe the line in Virginia Beach. With a few more weeks of hard training under my belt, I am confident I will be ready to get after 2:18 and an Olympic Trials qualifier, no matter what type of weather I run into the rest of the winter!



Josh Sadlock receives Mid-Atlantic's Long Distance Running Open Male Athlete of the Year award in January.

LONG DISTANCE RUNNING: CROSS COUNTRY

'There's Another Kind of Hero'

A View of Cross Country, From A Legendary Sports Columnist

By **BILL LYON**[The Philadelphia Inquirer](#)

A cold wind blew the golden leaves across the hard ground. They made a rasping sound, like a death rattle. It was a sound that matched his breathing. Harsh and grating and painful.

The sweat was frozen in crystal crusts at the end of his hair that flopped each time he took another stride and his feet fell heavily, jarringly, on the ground.

He wore sneakers that were tattered and shredded from the shrapnel of a thousand small pebbles over which he had run. His sweatpants were gray. It was a color that matched his complexion.

His arms drooped with exhaustion, like the flowers bending to give way to winter, and his was a lost, hopeless cause. For the winner was already across the finish line, far ahead, out of sight. And the other runners had long ago left him behind.

His legs screamed at him to stop. His lungs pleaded for rest. Even his socks seemed to fly at half-mast around his ankles, soiled flags of surrender.

In the autumn of our dreams, we are all quarterbacks. We are cunning and graceful and when we step into the huddle everyone bends forward eagerly and the crowd rises expectantly because it knows we will deliver the bomb just as the clock blinks down to zero.

Ah, but that is in the autumn of our dreams, not the winter of our reality.

You want to know about reality? Then go watch the other autumn sport. It is called cross-country. Watch it and you will know what they mean when they speak of the loneliness of the long distance runner.

Cross-country runners don't get scholarships. Or no-cut contracts. Or offers to endorse deodorant or panty hose or coffee or cars.

Cross-country runners get shin splints and blisters on their feet and runny noses and watery eyes. One thing more. They get a special kind of

self-satisfaction that few of us are ever privileged to experience.

Oh, it is not from winning. It is merely from finishing, from ever going out there in the first place and running through puddles and briar patches and up hills and down hills and telling lies to your legs, and running on even when the others pass you, one-by-one, and geez, don't they ever get tired, don't they have a chest that's on fire, don't they ever get the dry heaves, and who cares anyway because there's no crowd, no cheerleaders, just hard ground and ugly ol' trees with no leaves and some guy driving by in a car, honking his horn and grinning like an idiot, and oh God why don't I just slow down and walk for a little ways? That, friends, is reality.

Oh, us silly damn sports writers, we get all caught up in downs-and-outs and slam-dunks and power-play goals and a frost-bitten World Series ... So we tend to dismiss things like cross-country as "minor" sports, and besides, who the hell knows how to read a stopwatch past the 4-minute mark anyway?

So in our jock fantasies, the hero is the guy who scores the winning touchdown. But that is not reality. Reality is the kid you'll see when you're driving through a park or past a golf course, the kid with the stocking cap and the sweat-stained sneakers, loping along way behind the field, his eyes rolling wildly, this hypnotic trance of pain and puzzlement contorting his face.

Maybe he will not be able to put into words exactly why he runs. Maybe he will mention something about "gutting it out" or pushing through the pain barrier or running on because he has this curiosity that drives him to discover just how much he is capable of ... or not capable of. That can be the harshest kind of reality and anyone who is willing to confront it, then he is, in the truest, purest sense, an athlete.

This column originally appeared in the Philadelphia Inquirer in 1979. It is reprinted with the Inquirer's permission.

LONG DISTANCE RUNNING

Tips for a Safe Running Program

Before, During and After, You Can Reduce Your Risk of Injury

Courtesy American Academy
of Orthopaedic Surgeons
OrthoInfo.org, ©2014

Although running injuries are quite common, you can reduce your risk for injury. Be sure to follow the proper conditioning and training programs, wear the appropriate apparel and footwear, and be aware of your running environment.

Plan for Your Environment

- ▶ Run in the shade, if possible, to avoid direct sun. If exposed to the sun, apply at least SPF 15 sunscreen. Wear sunglasses to filter out UVA and UVB rays, and wear a hat with a visor to shade your eyes and face.
- ▶ During hot weather, run in the early morning or evening to avoid heat exhaustion. Do not run when pollution levels are high.
- ▶ In high altitudes, gradually acclimate yourself to lower oxygen levels by slowly increasing your speed and distance.
- ▶ In cool weather, you are less likely to get chilled if you run into the wind when you start running and run with the wind at the finish.
- ▶ Do not run at night. If you run at dusk or dawn, wear reflective material. Do not wear a headset or jewelry while running.
- ▶ Whenever possible, run on a clear, smooth, resilient, even, and reasonably soft surface. Avoid running on hills, which increases stress on the ankle and foot. When running on a curve, such as a running track, reverse directions halfway through your run so that you have even pressure on both feet during the run.

Preparation

- ▶ Plan a progressive running program to prevent injuries. A five-minute warm-up (which should raise your temperature by one degree) followed by stretching exercises, is essential before starting a run. Following the run, stretching again is important.
- ▶ Start your run with your body feeling "a little cool." Your body temperature will increase when you start running.

- ▶ Run with a partner. If alone, carry identification, or write your name, phone number, blood type and medical information on the inside sole of your running shoe.
- ▶ Let others know where you will be running, and stay in familiar areas, away from traffic. If possible, carry a small bag for a cell phone and a whistle or other noisemaker to use in an emergency.

Dress Appropriately

- ▶ When selecting a running shoe, look for good shock absorption and construction that will provide stability and cushioning to the foot. Make sure that there is a thumbnail's width between the end of the longest toe and the end of the shoe. Buy shoes at the end of the day when your foot is the largest.
- ▶ Sixty percent of a shoe's shock absorption is lost after 250 to 500 miles of use, so people who run up to 10 miles per week should consider replacing their shoes every 9 to 12 months.
- ▶ Excessive clothing can produce sweating, which causes the body to lose heat rapidly and can increase the risk of hypothermia. Instead, dress in layers. The inner layer should be material that takes perspiration away from the skin (polypropylene, thermal); the middle layer (not necessary for legs) should be for insulation and absorbing moisture (cotton); the outer layer should protect against wind and moisture (nylon).
- ▶ To avoid frostbite in cold weather, do not have gaps of bare skin between gloves and jackets, wear a hat, and cover your neck. Petroleum jelly can be used on exposed areas, such as the nose.

Hydration

- ▶ You can lose between six and 12 ounces of fluid for every 20 minutes of running. Drink 10 to 15 ounces of fluid 10 to 15 minutes prior to running and every 20 to 30 minutes along your route. Weigh yourself before and after a run. For every pound lost, drink one pint of fluid.

Sources of some information include: USA Track and Field, Road Runners Club of America, and American Orthopaedic Society for Sports Medicine

LONG DISTANCE RUNNING

IT'S NO LONGER A MAN'S RACE

More women than men are entering the largest 10k road races

By ERIN WHITE

Northwestern University

CHICAGO — Men might be faster, but women are stronger in numbers in the nation's largest 10-kilometer road running races, according to a Northwestern Medicine study.

Researchers analyzed data from more than 400,000 runners who participated in 10 of the largest 10k (6.2 mile) races in the U.S. from as early as 2002 through 2011.

Other findings from the study, the first to analyze performance trends among the nation's 10k runners, include:

- ▶ The top groups of men and women appear to be getting faster.
- ▶ The fastest men are also increasingly younger.
- ▶ There are more sub-hour finishers, with increasingly more women accomplishing this feat compared to men.

An increasing percentage of finishers, however, are completing races in more than one hour.

The study was published online in the *Journal of Strength and Conditioning Research* in October.

"It seems that as these large races have more people participating, we have slower runners, but I see

that as a positive thing," said Dan Cushman, M.D., lead author of the study.

"It's not just elite runners or former high school athletes running today's 10km races, there are more everyday people running this distance," Cushman said. "One of the best things we can do to improve our health is exercise, and taking on a 10k race is a great goal."

Cushman is a clinical instructor in physical medicine and rehabilitation at Northwestern University Feinberg School of Medicine and chief resident at the Rehabilitation Institute of Chicago.

Ten-kilometer races have become increasingly popular in the U.S. over the past decade, with 1.3 million people participating in such races in 2010.

Women began outnumbering men in the 2006 and 2007 timeframe and today make up the majority of runners who participate in these 10 large 10k races in the U.S., Cushman said.

"Coaches and trainers can use this information to develop more women-specific 10k training programs to accommodate this surge of female middle-distance runners," Cushman said.

This article is reprinted with permission from Northwestern University. A slightly longer version is at www.northwestern.edu.

Ugly Mudder Kicks Off 2014 Off-Road Series

(Continued from page 12)

for cash awards in the Off-Road Series Club Challenge. Teams consist of each club's five fastest (age-graded) Mid-Atlantic members, one of whom must be female.

Next on the Off-Road Series itinerary is the Tyler Arboretum 10k Trail Run on April 5, but registration has already closed.

After that is the Triple Crown 10k Run at White Clay Creek State Park in Newark, Del., on April 26. The 10k race – part of a day of events including a marathon, a half marathon and a 5k – is a "creekside communion with nature," up the creek to the Pennsylvania border and back with just a few hills.

The terrain is mixed hardwood forest interspersed with streams and upland meadow. The trails

are mostly single-track with short sections of dirt road and only a couple of hundred feet of pavement.

The race is organized by Newark's Head of Christiana Presbyterian Church and the Trail Dawgs Athletic Club. The proceeds benefit four Newark-area faith-based homeless shelter programs.

The Ugly Mudder returned to its traditional season-opening place in the series this year, after being replaced by the Chilly Cheeks in 2013.

Another change in the schedule is that the Chobot Challenge 8 Mile Trail Run on July 13 will replace the Double Trouble, which had become, well, too much trouble. (A previous announcement that the Chobot date would change was incorrect.)

"For us trail runners, we like some change now and then," Hardies said. "New courses and challenges are fun."

2014 WORLD INDOOR CHAMPIONSHIPS

Whiting Repeats as World Shot Put Champ

It's starting to look like "one of the greatest shot put rivalries in history," but the 2014 round goes to U.S. shot put champion **Ryan Whiting**.

Whiting, a Mid-Atlantic member from Port Matilda, Pa. won his second straight gold medal with a 22.05-meter toss at the 2014 IAAF World Indoor Championships on March 7.

Whiting and his German rival, two-time world champion **David Storl**, swapped the lead several times before Whiting unleashed a winning 22.05-meter effort in the fourth round.

Storl won the silver medal – a reversal of the result in Moscow, where Storl won gold and Whiting took silver.

"I'm so used to competing against him in the Olympics and in World Championships, I just expect that from him; he's going to bring his best on the day," Whiting said. "I think you're just seeing the begin-

ning of one of the greatest shot put rivalries in history."

With his victory at the championships in Sopot, Poland, Whiting extended the U.S. winning streak in the event to six.

"I came in the favorite and I'm just glad I could execute because I couldn't last year in Moscow" at the world championships, he said.

"Now I know I can do that, and I plan to be the favorite a lot in the future. It's a good step. No one really knew who I was two years ago. To come in here the favorite, I felt like I was in a little better shape this year, a little more prepared. I threw 22 meters, but I felt like I was in shape to throw even further."

In February, Whiting set a USA Indoor Championship meet record of 22.23 meters in Albuquerque, breaking USATF Hall of Famer **John Godina's** previous mark of 21.83 meters, set in 2005.



Photo by Kirby Lee/USATF

Ryan Whiting celebrates his gold medal in Sopot, Poland.

NEWS IN BRIEF: COACHING

Level 1 Coaching School

A USATF Coaching Education Level 1 School will be presented by Gill Athletics at Villanova University in Villanova, Pa., March 21-23.

The 2½-day program covers fundamentals, rules, safety/risk management and instruction techniques and prepares individuals to coach junior high school, high school, club and age-group athletes.

The Level I School will follow the [Day of Distance Coaching Clinic](#) on March 21 at Villanova, and it is possible to attend both events. Register online at www.usatf.org/groups/Coaches/education/schools.

Women's Running Summit

Renowned coaches and running experts **PattiSue Plumer**, **Sage Rountree**, **Wendy Winn Rhodes**, **Damion Martins** and **Mary Finckenor** will speak at the Women's Running Summit on March 22-23 in Morristown, NJ.

Topics will include coaching female athletes, coaching high schools with limited resources, running rehabilitation, running more efficiently, running nutrition, and strength and flexibility. The event is open to coaches and athletes of all levels.

For more information, visit www.runningsummit.com.

Jasper Wins 2 World Masters Bronze Medals

Lorraine Jasper won the bronze medals in the W50 division in both the 800 meters and the 1500 meters at the Masters World Championships in Porto Alegre, Brazil, in October.

Jasper, 52, ran the 800 in 2:27.10 and the 1500 in 5:06.36.

Jasper and another Mid-Atlantic member, **Kathleen Shook**, 52, also ran on a U.S. team that won gold in the W50 division of the 4x400-meter relay.

Shook, who is from Indiana, also finished second in the 400 meters and third in the Heptathlon in W50.

2014 WORLD INDOOR CHAMPIONSHIPS

Price's Gold: 'Incredibly Rare'

Easton Area High Grad Is First U.S. Woman To Win 800m Indoor Title

Chanelle Price, a graduate of Easton Area High School in Pennsylvania, became the first American woman to win the 800-meter world indoor title, running a personal best of 2:00.09.

Price, 23, led from the start and was never overtaken in the final on March 9 at the 2014 IAAF Indoor World Championships in Sopot, Poland.

"I just don't like the mess in the pack. You get pushed, you get tripped, and Coach [**JJ Clarke**] always tells me to go after it," Price said after the race. "I was right on today and he told me some tips so I wouldn't get caught at the line like I have been these last few races. I listened and all the glory to God, it came out right."

Price is the first ever American woman to win a world championship in a middle-distance or long-distance event since 1983, according to letsrun.com, a website with extensive coverage of her victory.

Even counting outdoors, she's only the second U.S. women's champion. (These statistics discount two athletes later convicted of doping.)

"Price's win is incredibly rare," letsrun.com said. "History shows that Price did something over the weekend that most likely no other current American star – whether it's **Mary Cain, Ajee' Wilson, Galen Rupp, Ryan Hill, Chris Derrick**, etc. – will ever do – win a global title."

Price, who graduated from the University of Tennessee with a degree in journalism and electronic media, now lives in Knoxville, Tenn.

In 2008 at Easton Area, she ran the second fastest 800-meter time for an American high school athlete and was the High School Athlete of the Year.

With her college team at the University of Tennessee, she set world records for the distance medley relay and the 4x800-meter relay and a U.S. record for the 4x1500-meter relay.



Photo courtesy USATF

Chanelle Price closes the deal for the 800-meter world title.

In both 2013 and 2014, Price finished in second place to Ajee' Wilson at the USA Indoor Track and Field Championships.

Wilson, a Mid-Atlantic member from Neptune, N.J., won the national championship in Albuquerque this year with a personal best of 2:00.43. But in Poland, she came fourth in her heat and failed to make the final.

In the first two months of this year, Price has set personal indoor records at 400 meters (54.64), 800 meters (2:00.09), 1,000 me-

ters (2:36.63) and the mile (4:43.64).

On March 13, Price visited her high school in Palmer Township. She got a surprise welcome from all 140 current members of the school track team, who cheered and held banners trumpeting her world championship, according to a [story by the Express-Times](#).

Overcome with emotion, Price covered her face and wiped away tears, the Express-Times re-

ported. The crowd also included Easton coaches, former teammates and even

Joetta Clark-Diggs, a former three-time Olympian whose high school record was broken by Price in her senior year at Easton.

"It still hasn't hit me yet, although this really helps," Price said, referring to the athletes who were posing with her and getting her autograph. "When you have people follow you, it's great they can celebrate with you, too."

MORE: [Videos of race and post-race interviews](#)

TRACK AND FIELD

Indoor 800m: 'The Most Fulfilling Race I've Ever Run'

Berra Sets Two World Records

"A huge weight has been lifted off my shoulders," **Nick Berra** blogged after setting two world records in one week.

Berra, who turned 45 in February, ran the 800 meters in 1:56.10 on March 8 at the Armory in New York, breaking the world indoor record for men age 45-49 of 1:56.29, set by **Anselm LeBourne** in 2005.

Six days earlier, he ran the anchor leg on a relay team that ripped through the 4x800 in 7:49.90, demolishing the old indoor mark of 7:58 by eight seconds.

Setting the individual world record at the Armory was "the most fulfilling race that I've ever run," Berra said in a post-race interview with RunnerSpace. "This is obviously the highlight of my masters career."

Berra, a Mid-Atlantic member from Enola in central Pennsylvania, has had the 800-meter record in his sights since last June, when he surprised even himself by running 1:56.27 in the masters event at the USATF Outdoor Championships at Drake University in Des Moines.

Downward Spiral to Surprise Success

Earlier in the year, Berra had been worried that his running career might be in decline. He had hamstring problems, and wasn't sure he could continue to dedicate the time and effort required for age-group competition.

"I had conceded the fact that my 'career' was on a trajectory that was following the course of my age," he wrote in [his blog](#). "I was getting older, therefore I was getting slower – both were getting bigger at an irreversible rate."

But then came the startling 1:56.27 in Des Moines – basically his second best time ever (how many 44-year-olds can say that?). And it was under the indoor record for the M45 age group – which Berra would enter on his birthday in February.

For the next six months, the date that he would try to break the record was circled on his calendar.

Meanwhile, Berra surprised himself again in the fall with a second-straight victory in the Fifth Avenue Mile in New York, and yet again by winning the Hartshorne Mile at Cornell University in January.

Taking Aim at World Relay Record

At the Hartshorne, "a bunch of us started hatching a plan to take a shot at the 4x800 world record," Berra said.

Berra had anchored a team from the Greater Philadelphia Track Club that set a 4x800 world indoor record in 2009, but another team broke that record in 2013 with a time of 7:58.

Berra wanted to get it back.

His chance came at the Boston University "Last Chance Meet" March 2. The four runners – **Ed Winslow, Chris Blondin, Mark Williams** and Berra – all broke 2 minutes, including a 1:54.93 split by Berra.

"Everyone nailed it," Berra said, for a world record of 7:49.90 – eight seconds under the old mark.

At Armory, 'The Scoreboard Flashed'

Six days later, Berra broke the individual indoor world record at the Columbia Final Qualifier meet at the Armory in New York.

Paced by **Pete Brady**, a competitor and colleague, and cheered on by a supportive crowd, Berra hit the halfway point in 57.0 and passed the 600-meter mark in 1:26.3.

"I made it to the home stretch before starting to tie up, but knew I had it when I crossed the line," he said. "The scoreboard flashed almost immediately – 1:56.10 – mission accomplished."

In a blog entry reflecting on his accomplishment, Berra wrote: "The beauty of this mark is I feel like I have essentially held my own against every M45 800m runner who has ever laced them up on the indoor track – my generation of runners as well as the guys older than me who have all passed through this age group. Holding my own against them and now being able to associate myself with guys who I hold in high esteem is a very good feeling."

How To Get Out Of A Rut

So how has Berra revived his performance so dramatically? He cites two factors.

One is a strength and flexibility program he undertook at Elite Athletic Performance. "I've felt stronger and faster than I have in a long time. That, coupled with lots of underwater running, has kept me

TRACK AND FIELD



Photos by Melanie Berra

Nick Berra, far right, blasts off toward a world record in the 800 meters at the Armory in New York on March 8. To his left and below left is Pete Brady, who set the pace just ahead of Berra through the first 500 meters.

(Continued from page 22)

healthy and fit," he wrote.

Second, he has acquired new ideas and approaches from the book "Faster Than Forty" by his "old arch frenemy" **Mark Gomes** and another master athlete, **Rick Miller**.

"Thorough does not even begin to describe the research [Gomes] has done on every minute detail concerning various training approaches, dietary and supplement benefits and pitfalls, injury prevention, rest, and many more things that affect all of our lives in the sport," Berra said. "I think it has really helped me get out of the rut."

Now that he has accomplished his highest priority, Berra said, his goals will shift from "performance-based results to medal-based ... All I want to do from this point forward is win, or at least give it my all in the quest to do so. Times become secondary."

Berra also has become "fascinated" by a new event – the 400 meters – and has run in the 57-second range in two races.

"Now I own spikes purchased from the sprinting page of Eastbay, and am planning on cutting loose like I never thought I would ever do again," he said.



In Des Moines on June 23, after the breakthrough race that put him back on the path to a world indoor 800m record, Nick Berra wrote:

Running isn't always fun, and to achieve any measure of success on the roads or track you know before you even get started that you are going to hurt. Bad. There is no way to run a great race in the 1500m or 800m (arguably the mother-of-all-painful-races) without being willing to go to a place that 99.9% of the people on the planet would find highly undesirable. Seeing the finish line 50m ahead of you but feeling like you are unable to get there because your legs cease to respond to the call for "more power" is no fun. Knowing you still have a lap or more to go and the lungs are already on fire is something I dread. Starting a workout that you know will end with you wishing you had taken up tennis but you do it anyway is just a sick form of entertainment. With all this either in our minds or in our recent memory we keep pounding the pavement, hitting the track, doing our pushups, and skipping the cake because we hope and pray that the next race will be the day when our legs don't fill with cement, our lungs will fend off the burn, and when the gorilla tries to jump on your back he just can't find the handle to hang on. Today for me was that day, and it made every minute of suffering worth it ...

TRACK AND FIELD

Outdoor Championships Will Be on June 8

The 2014 USATF Mid-Atlantic Open and Masters Outdoor Championships will be on Sunday, June 8, at Widener University in Chester, Pa.

The Open division is for athletes age 14-29, and the Masters division will include categories for those 30 and older.

USATF membership for 2014 is required and is available online at www.mausatf.org or at the meet. To minimize registration delays, we strongly recommend that athletes obtain their USATF membership well before the day of the meet.

Medals will go to the first three Mid-Atlantic finishers in each age/sex division (14-29, and 30-and-older by five-year age groups). Duplicate awards will go to non-Mid-Atlantic members finish-

ing in the top three overall in their age/sex division.

The winning men's and women's teams for both open and masters will be awarded a \$500 travel stipend to the USATF National Club Track and Field Championships/USA Masters Outdoor Track and Field Championships.

The entry fee is \$10 per individual event for entries postmarked by May 30. After that date, the fee is \$20 for the first individual event and \$10 for each subsequent individual event. For relay teams, registration will be on the day of the meet only, with a \$20 fee per team.

Hurdlers must pre-register.

For more information, including the schedule and contact information, visit www.mausatf.org. An entry form is at the back of this newsletter.

NEWS IN BRIEF: TRACK AND FIELD

Records, Victories, Upcoming Meets, etc.

Youth Meet To Be April 12

USATF Mid-Atlantic will host a Youth Developmental Outdoor Meet on Saturday, April 12, at Lincoln High School in Philadelphia.

The deadline to register is 9 p.m. on April 9. Entries and payment are accepted online only at the Coach O website.

The entry fee is \$9 for three events, which is the maximum for each athlete. More information is at www.mausatf.org

Athena World Record

An Athena Track Club team shattered the world record in the 4x400 Meter Relay for women 50 and over.

Deb Hoffmann, Lorraine Jasper, Joan Hunter and Julie Haden clocked 4:26.10, besting the old mark by a second and a half.

Another Record for Krug

Gloria Krug of the Philadelphia Masters Track and Field Association broke her own U.S. record in the 16-pound super weight in January in Providence, RI.

Krug, 82, threw 6.16 meters, breaking the record of 5.70 meters for women age 80-84, which she set in March 2013. She was competing at the USATF East Region Track and Field Championships.

Victory at Millrose

A Greater Philadelphia Track Club relay team won the 4x400 meters in the M50 division at the Millrose Games, setting an event record of 3:50.15 at the Armory in New York City on Feb. 15.

Ray Parker came from behind to take the lead on the third leg with the fastest split in the heat, 56.58. The other team members were

Daryl Johnson, Bruce Rash and Dave Richard.

USATF Mid-Atlantic Association

Next Meeting

The next Mid-Atlantic Association Quarterly Meeting will be on March 26 at 7:30 p.m. in the Severance Room in the Jake Nevin Field House at Villanova University.

[See directions here.](#)

Newsletter Editor

Paul Spencer

Contact at:

communications@midatlantic.usatf.org

NEWS IN BRIEF: LONG DISTANCE RUNNING



Boston Mayor's Cup

A team from the Bryn Mawr Running Club won the Squires Trophy in the 8k team competition at the Boston Mayor's Cup Cross Country Invitational in October.

The team consisted of **Cameron Marantz, Kyle Dawson, Owen Dawson, Matt Kane, Eric Arnold, Joseph Carpenter** and

Anders Hulleberg, and took three of the top five places, including Marantz in second in 23:58.

The team's score of 23 was far ahead of the 41 points for the second-place Boston Athletic Association, a perennial cup winner.

The Mayor's Cup, which is directed by the USATF New England Association, resumed in Boston's Franklin Park after a one-year hiatus because of construction work.

Campbell's Top Score

Hugh Campbell of Wilmington, who set a world record in the 5k last year for men aged 85-89, was the only American man to record an age-graded score above 100 in 2013.

Don and Marian Lein, who collect results and calculate masters rankings, released their list of the top 10 age-graded times for 2013 for runners age 40 and above at four distances – 5k, 10k, half marathon and marathon.

Campbell, 88, set a world record of 26:33 on last March at the Haddonfield Adrenaline 5k, which translated to an age-graded score of 102.64.

Several women scored higher than 100 during the year, led by **Libby James**, 77, of Fort Collins, Colo., whose 1:45:52 half marathon scored at 103.75.

The Leins' results and rankings appear on runningtimes.com/masters-rankings.

NEWS IN BRIEF: OFFICIALS

Penn Relays Clinic

The annual Officials Clinic at the Penn Relays on April 22-23 is an excellent way to get started in the world of track and field officiating. The clinic includes both classroom instruction and hands-on outside activities, followed by possible shadowing of veteran officials at the Relays.

Participants will be able to complete certification as a USATF official at the clinic. To enroll in the clinic, you must be a USATF member and apply for certification as an Apprentice-level official by April 7.

More information and application instructions are at www.mausatf.org/officials/2014-Penn-Relays-Clinic-flyer.pdf.

Annual Meeting on April 6

The Mid-Atlantic Officials Committee will hold the Annual Officials' Meeting on April 6 from 1-5 p.m. All officials or those interested in becoming officials can attend.

Certification Chair Earl Edwards will host the meeting at the Holiday Inn, 432 Pennsylvania Ave., Fort Washington, Pa. 19034.

About the USATF Mid-Atlantic Association

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

USATF Mid-Atlantic Association Executive Board

Cynthia Young..... President
Mike Hemsley Vice president, Law/legislation
Rogers Glispy..... Treasurer, High performance
Paul Spencer Secretary, Communications
Annette White..... Financial secretary

Bob Delambily Budget/finance
Doreen McCoubrie.. Membership, Sanctions
Nelson Berrios Youth athletics
Earl Edwards Officials
A. Monique White.... Past president

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

2014 USATF MID-ATLANTIC OPEN AND MASTERS OUTDOOR CHAMPIONSHIPS ENTRY FORM

Hosted by USATF Mid-Atlantic High Performance/Masters Committee

Sunday, June 8, 2014

First Name: _____ Last Name: _____

**HURDLERS
MUST
PREREGISTER!**

Address: _____

City: _____ State: _____ Zip: _____

Telephone: _____ E-Mail: _____

**HURDLERS
MUST
PREREGISTER!**

Gender: M F Date of Birth: ____/____/____ Age as of 6/8/14: ____
(circle) (mm/dd/yy)

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

Individual Events / Recent Performance (or your best estimate) or Start Height for HJ and PV:

- | | |
|------------------|------------------|
| 1. _____ / _____ | 4. _____ / _____ |
| 2. _____ / _____ | 5. _____ / _____ |
| 3. _____ / _____ | 6. _____ / _____ |

Fee Schedule for Individual Events (registration and payment for Relays will be day of meet only, \$20 per team)

(All athletes must be USATF members, and entries must be postmarked by Saturday May 30, 2014 for Pre-Entry Rate):

Events	Pre-Entry by Mail	Late Mail and Meet Day Entry
1	\$10	\$20
2	\$20	\$30
3	\$30	\$40
4	\$40	\$50
5	\$50	\$60
6	\$60	\$70
	Etc.	Etc.

Send to: USATF Mid-Atlantic
High Performance
c/o Rogers Glispy
111 Florence Ave
Wilmington, DE 19803

**HURDLERS
MUST
PREREGISTER!**

Total Amt. _____

Enclosed _____

Make checks payable to: "USATF Mid-Atlantic"

Waiver and Release: In consideration of your accepting my entry into this meet, I hereby for myself, my heirs, executors, administrators, and assigns waive and release any and all rights and claims for damages I may have against USATF, Mid-Atlantic USATF, High Performance Committee, Widener University, and the employees, agents, officers, volunteers, representatives, successors and assigns thereof for any and all injuries suffered by me in said event, or as a result of my travel to and from the competition. I attest and certify that I am physically fit and have sufficiently trained for the competition and that my date of birth is as stated on this application. I authorize meet personnel and their agents permission to request emergency medical treatment or care as necessary to insure my well-being. I agree to release my name and/or photo for publicity purposes. I acknowledge that my failure to comply with the rules of competition as set by USATF and/or the Mid-Atlantic High Performance Committee will result in my disqualification, and that my entry fee is nonrefundable, including if the event is cancelled.

Signature: _____ Date _____

USATF Mid-Atlantic Association

P.O. Box 662

Southeastern, PA 19399-0662