

Mid-Atlantic Quarterly

THE NEWSLETTER OF USATF MID-ATLANTIC

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IT'S ELECTION TIME

Mid-Atlantic Officers To Be Chosen Sept. 22

Sept. 22 is one of the most important dates on the Mid-Atlantic Association calendar. The competitors who are running won't be wearing athletic gear, and no trophies will be awarded, but the result will be important to the future of track and field in our region.

This fall is election time for Mid-Atlantic officers. The offices up for election are president, vice president, treasurer, financial secretary, secretary, membership/sanctions and the officials committee.

The election will be conducted at the Annual Meeting of the Mid-Atlantic Association on Sept. 22 at 7 p.m. at the Holiday Inn in Fort Washington. The successful candidates will begin two-year terms on Jan. 1.

Nominations were due to the secretary by Aug. 7, but potential candidates may still be nominated by a petition signed by three association members and delivered to the secretary by Sept. 7. Nominations will also be allowed from the floor on the night of the election.

The candidates must be association members and at least 18 years old as of Jan. 1, 2011, when the new term begins.

The candidates' names will be listed alphabetically on the ballot. The voting will be by secret ballot, except for uncontested elections. Voters must have been association members as of July 31. There are no mail, phone or proxy votes.

PRESIDENT'S MESSAGE

A. Monique White

A panel of at least three individuals, including at least one athlete, will count the ballots. If no candidate receives a majority vote, there will be additional ballots, each time eliminating the candidate with the fewest votes, until one candidate wins a majority.

One reason we elect new officers is to help fulfill our mission – to energize us to bring new and improved programming to our constituents.

One of my shared goals with the executive committee and sports chairs has been to reach out and get people involved with MAUSATF. We have recruited some new faces on our various committees, but we are always looking for new potential leaders to learn the business. In this busy world, it is not easy, but we need you to be involved – with your ideas, time and talent – so we can continue to make MAUSATF better.

I ask you to put Sept. 22 on your calendar and come out and vote. The annual meeting is your opportunity to exercise your right as a member to elect those who will move the Mid-Atlantic Association into the future.

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ON THE WEB

www.mausatf.org

MAUSATF OPEN / MASTERS OUTDOOR CHAMPIONSHIP

Meet Attendance Soars

One of the uncertainties that meet organizers face in scheduling events is anticipating the effects of planned changes in meet format and/or scheduling on meet attendance.

For instance, this past indoor season saw a large decrease in attendance at the MAUSATF Indoor Open/Masters Championships due to a need to split the meet across more than a single venue and date. After-the-fact analysis may also be confounded by unplanned differences, with weather being a major factor.

In changing the MAUSATF Outdoor Championship Meet date in 2008 to early June from the historical mid-July date, little difference occurred in overall attendance (164 in 2008 vs. 160 in 2007), but notable changes occurred in the composition of those attending.

That 2008 was an Olympics year brought an increase in Open athletes, attributable to many athletes attempting to achieve times/marks that would qualify them for the USA Olympic Team trials. However, 2008 also saw a decline in visiting athletes from other USATF associations,

HIGH PERFORMANCE NEWS

Joel Dubow

probably due to severely threatening weather on meet day; MAUSATF attendance was actually a bit higher despite the weather.

It was hoped that 2009, with good weather and no Olympic year factor, would provide a better comparison to judge the effect of the date change. However, the June 6 date that year conflicted with Shore A.C.'s New Jersey International Track & Field Meet in Holmdel, N.J.

The result was an overall attendance decline to 145. Nearly all of the drop was in attendance by visiting athletes from USATF-NJ; MAUSATF athlete attendance declined only from 106 in 2008 to 102 in 2009.

This year's meet on June 12 – with good weather, no conflict with the New Jersey meet, and a non-Olympic year – serves

Please see MEET, next page

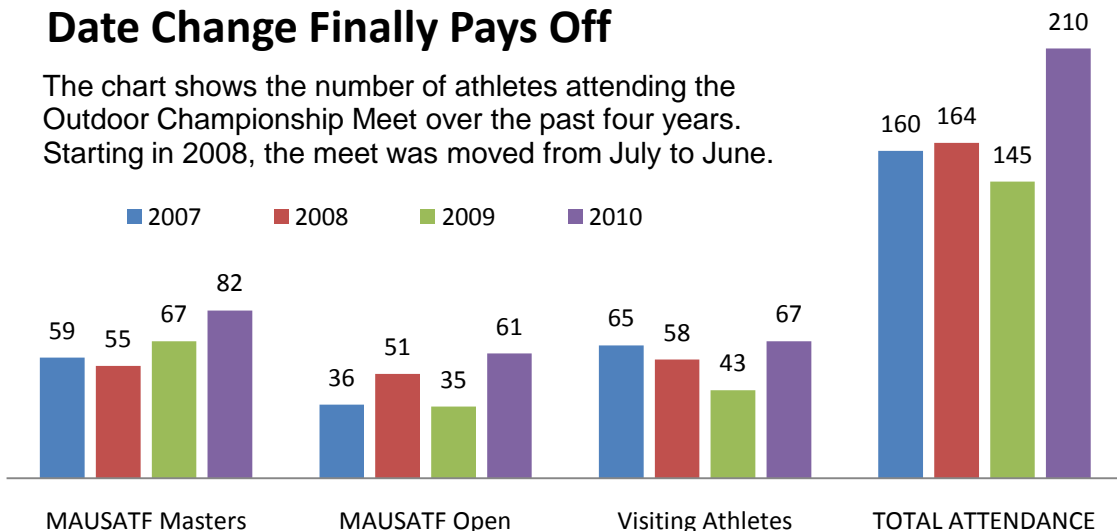
“The race is not always to either the swift or the strong, but to the clever, the skillful, and the constantly wary.”

~Arthur Lydiard



Date Change Finally Pays Off

The chart shows the number of athletes attending the Outdoor Championship Meet over the past four years. Starting in 2008, the meet was moved from July to June.



Moncada: National Champ

SEPAC Athlete First Among Under-23 Race Walkers

Jose Moncada of the Southeastern Pennsylvania Athletic Club is the 20-kilometer race walk national champion in the Under-23 Men's Division.

Jose, 21, finished first among the nation's finest under-23 walkers at the 2010 USA Outdoor Track and Field Championships on June 27. He placed seventh overall with a new personal best time of 1 hour, 38 minutes, 21 seconds.

Drake University in Des Moines, Iowa, was the host of this year's outdoor championships. That Sunday featured a cool morning that didn't stop storming with lightning until just before the 6:45 a.m. race time for the open men's division race walk.

The race, which was open to men over 18 who qualified on time, was held on a 2-kilometer loop course through the streets of the Drake campus.

Two weeks later, Jose represented the United States at the International

RACE WALKING NEWS

Ed Richardson

NACAC meet featuring the best under-23-year-olds of North America, Central America and the Caribbean.

The meet featured the top two male and female athletes based on minimum time requirements from each of the 32 member nations. This year athletes from 26 nations qualified to come to the Miramar Ansin Sports Complex in Miramar, Fla.

On a cloudless, 94-degree sun-drenched Sunday, the final day of the meet, Jose placed fourth in a time of 1 hour, 45 minutes and 14 seconds in the 20-kilometer race. The grueling 50-lap race was held on the 400-meter track at the sports complex.

Jose will be an incoming sophomore at La Salle University this fall.

"It's a strange feeling to break a world record and still lose."

*~Glenn Cunningham,
after his 3:48.0
1500, losing to Bill Bonthron by one-tenth of a second*

MEET: Continued from previous page

better as a comparison with the 2007 July date (albeit with a three-year gap in between). The result was record total attendance of 210 athletes, a 50-athlete increase from 2007, with 48 of them coming from MAUSATF and two from visiting athletes. A 4-year look at the key attendance figures is shown in the chart on Page 2.

Of Benefit to Whom?

One issue to examine in the comparisons is the question of who benefited from the date change. By and large it was our own constituency: MAUSATF members, who showed a 39% increase in Masters attendance and

a 69% increase in Open athlete attendance. Visiting athlete attendance was stable (up 3%) from 2007 to 2010.

The large attendance increase among Open athletes is particularly gratifying. The High Performance Committee has recognized that prior to 2008 we had not been well satisfying the needs of these competitors. In 2008 and 2009, in addition to scheduling the Championship Meet in early June, the committee added a weekend morning developmental meet to the calendar in May. For 2011, a pair of weekend developmental meets is being considered for May.

One change this year that seemed to result in little benefit was a move of the 5000-Meter Run to Friday evening: Only five athletes entered the event.



Junior Olympics Season Ends

Nationals Held in Sacramento; Cross Country Ahead

America's next generation of track and field stars took center stage at the 44th USATF National Junior Olympic Track & Field Championships in Sacramento, Calif., from July 27 to Aug. 1.

The event was at Sacramento City College, which has a seating capacity of 22,000 and previously hosted the 1968, 1982 and 1995 outdoor championships.

The USATF Junior Olympic Track & Field Championships is the most visible youth athletic development program in the world. Many of today's Olympic stars began their track and field careers competing in the Junior Olympics.

At the Region 2 championships, the top three athletes from Mid-Atlantic competed against athletes from the New Jersey, Midatlantic, Niagara and Three Rivers Associations to qualify for the national championships.

To see the results from Sacramento, visit www.usatf.org/events/2010/USATFJuniorOlympicTFChampionships/results.

Mark Your Calendars

Here is a look at youth events coming up in 2010 and 2011:

2010

- ▶ Junior Olympic Mid-Atlantic Cross Country Championship: Tentatively set for Saturday, Nov. 6, location to be announced.
- ▶ Junior Olympic Region 2 Cross Country Championship: Sunday, Nov. 21 at Bushy Run Battlefield, just outside Greensburg, Pa. (Hosted by Three Rivers Association.)
- ▶ Junior Olympic Cross Country Championships: Saturday, Dec. 11, in Hoover, Ala.

For more information, go to www.usatf.org/events/2010/USATFJuniorOlympicXCChampionships.

YOUTH NEWS

Celeste Battle

2011

- ▶ USATF Mid-Atlantic Association Indoor Developmental Championship: Date and location to be announced.
- ▶ USATF Mid-Atlantic Association Junior Olympic Qualifiers: Tentatively Saturday June 4 and 18, location to be announced.
- ▶ USATF Region 2 Track & Field Championship: July 7-10. (Hosted by Three Rivers Association.)
- ▶ USA Youth Track & Field Championships. June 28-July 3, Myrtle Beach, S.C.
- ▶ Junior Olympic Track & Field Championships: July 26-31, Wichita, Kan.
- ▶ Junior Olympic Cross Country Championships: Dec. 10, Myrtle Beach, S.C.

Youth News Notes

BIG NEWS FOR SUB-BANTAMS: The sub-bantam age group has been added to the National Championships starting in 2011! Athletes must be 7 years of age on the first day of the national championship to compete at the youth athletics or Junior Olympic national championship. Stay tuned to www.usatf.org and www.mausatf.org for upcoming event flyers.

REGISTER ONLINE: Registration and advancement for all youth events will be in advance and online with a firm cutoff date to enter. Please make note of all

"The problem with big kickers is they often lose to other big kickers."

**~Harry Groves
Penn State coach**



Please see YOUTH, next page

Cross Country Series Underway

The second season of the USATF Mid-Atlantic 2010 Cross Country Race Series continues on Sept. 11 with the Chestnut Hill School Cross Country 3-mile race.

The four-race series was created to enhance the quality of cross country and promote competition in a series format. Scoring by the World Masters Athletics Age Graded Table gives all competitors the chance to compete head to head and adds excitement throughout the series.

The series offers competition and awards to individual USATF runners, but we encourage club spirit in each race. The races in the series use USATF Mid-Atlantic sanctioned events, ensuring the competitors the highest standard.

Participants must complete forms for each race they run, and they must be registered as 2010 USATF Mid-Atlantic athletes before their performance in a race is scored. A USATF representative is at each race to sign up members and answer questions.

More information and results are at home.comcast.net/~maher/html/xc2010.htm

YOUTH: Continued from previous page

deadlines once meet information becomes available so you don't miss out on the action. Stay tuned to our association website, www.mausatf.org, and feel free to contact Celeste Battle, youth chair at cebattle@msn.com

ATHLETES OF THE YEAR:

Nominations for youth athletes of the year for the Mid-Atlantic Association are now being accepted. Please email cebattle@msn.com for nomination forms, which are due by Dec. 1. Performances for the 2010 season at USATF Mid-Atlantic Association and Junior Olympic events will be used to make selections for outstanding performers.

LONG DISTANCE RUNNING NEWS

Robin Jefferis

Schedule

Tuesday, Aug. 3, 7 p.m.: West Chester XC Races, 5000 meters, www.runccrs.com

Saturday, Sept. 11, 9 a.m.: Chestnut Hill School XC, 3 miles, www.wanderersrunningclub.org

Saturday, Oct. 2, 1:30 p.m.: Saint Clair Memorial XC, women 6000 meters, men 5 mile, www.fatcatsports.com

Saturday, Oct. 23, 1 p.m.: Philadelphia Catholic League Open, 5000 meters, www.fatcatsports.com

Standings

Here are the top three competitors in the age-graded standings after the first race:

Women	Men
1. Lorraine Jasper	1. Greg Watson
2. Julie Hankin	2. Bob Rimkis
3. Cecily Tynan	3. Chuck Shields

Mid-Atlantic Miler

Congratulations to Annick Lamar for representing USATF Mid-Atlantic at the USA 1 Mile Road Championships in Minneapolis on May 13, where she ran a 4:59.



Annick was selected as part of the Athlete Development Program. She is a recent graduate of Haverford College and runs for Bryn Mawr Running Company.

"The footing was really atrocious. I loved it. I really like cross-country; you're one with the mud."

~ Lynn Jennings
after winning the 1984 cross-country nationals



HOW THE ELECTION WORKS

WHERE AND WHEN: The election will be held at the Annual Meeting of the Mid-Atlantic Association on Sept. 22 at 7 p.m. at the Holiday Inn in Fort Washington, Penn.

NOMINATIONS: Nominations were due to the secretary by Aug. 7 and must be posted by Aug. 22. After that date, nominations may be made by petition signed by three members and delivered to the secretary by Sept. 7. Nominations will also be allowed from the floor.

BALLOTING: The candidates' names will be listed alphabetically on the ballot. The voting will be by secret ballot, except for uncontested elections. Voters must be association members as of July 31. There are no mail, phone or proxy votes.

COUNTING: A panel of at least three individuals, including at least one athlete, will count the ballots. If no candidate receives a majority vote, there will be additional ballots, each time eliminating the candidate with the fewest votes, until one candidate wins a majority.

BYLAWS: See Article 8 (Elections) of the association's bylaws at www.mausatf.org/pdf/mabylaws.pdf.

The Nominees

Here are the nominations that have been submitted so far:

President: A Monique White

Vice president: Mike Hemsley

Financial secretary: Mary Braverman

Secretary: No nominees

Treasurer: Norman Green

Membership/sanctions: Doreen McCoubrie

Officials Committee: James Aylsworth, Ed Callahan, Earl Edwards, Claire Koegler, Frank Palombaro, A. Monique White, Annette White, Doug Winemiller, Ken Yerger, Cynthia Young.

Mid-Atlantic Calendar

Aug. 23: Nominations for officers posted for membership.

Aug. 25: Executive Committee meeting.

Aug. 27-29: Associations Workshop in Buffalo, N.Y.

Sept. 7: Nominations by petition must be delivered to secretary.

Sept. 22: Mid-Atlantic Annual Meeting.

Nov. 17: Executive Committee meeting.

Dec. 1-5: USATF Annual Meeting in Virginia Beach, Va.

Dec. 15: Mid-Atlantic Quarterly Meeting.

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 Executive Committee

A. Monique White – President

Mike Hemsley – Vice President

Mary Braverman - Financial Secretary

Ken Yerger – Officials

Norman Green -- Treasurer

Ed Callahan – Past President

Mike Hemsley – Law/Legislation

Bob Delambily – Budget/Finance

Norman Green – Membership

Celeste Battle – Youth

Ray Feick – High Performance

Robin Jefferis - Long-Distance Running