



# MID ATLANTIC NEWS

A Quarterly Publication MID-ATLANTIC MEMBERS

Volume 3, Issue 3

Carolyn Griggs, Editor

Fall 2005

## Helping Others.....

### A Message from the MAUSATF President

I want to thank and congratulate everyone who came out to our Mid-Atlantic, Regional or National USATF meets. There were a number of athletes who achieved national medal status and they should be quite proud of their accomplishments as should all the athletes, coaches, parents and officials at every level who "made" the season. We have such a great sport and an even better community too; almost every time I am out with any of our people anywhere I am struck by the wonder of it, and that I get to be there and do the things I do.

Our own meets have continued to exceed revenue expectations and consistently brought in nice new membership numbers. We remain strong and focused on improving, as we have been by virtually any measure. I look forward to the cross-country season as yet another terrific success in Mid-Atlantic.

I am president of Mid-Atlantic, but also a member of USA Track And Field and I have been particularly thrilled recently to see our team win 14 Gold Medals at the World Championships in Helsinki, Finland. I would love to have gone to the meet, but I could not get away from work. Nevertheless, I was able to watch hours and hours of the meet live and through archives by having subscribed, through USATF, to a WCSC webcast of the meet for only \$4.95 for the entire meet. I think that the almost-total- coverage concept was often better than being there. I hope USATF will stay on the cutting edge with benefits like this.

While watching the World Championships I had another great thrill. An athlete who I have known for a number of years and think of almost as a family member finally made a US team. She didn't medal, but my wife and I got to watch her make three throws and see her smile while an official was kidding her about something. Seeing someone grow as an athlete and a person and develop into the definition of the type of individual who wears the USA team uniform is an awe-inspiring experience. Courage, determination and perseverance allowed her to achieve something most people can only dream of. Witnessing her performance reminded me once again of the many reasons for being a part of USATF.

I applaud all of you who came out this year and would hope that you will find in yourself the dream and the steel to see it through. That's why we are here at Mid-Atlantic. See you for cross or next year.



## Mid-Atlantic Quarterly Meeting

The next meeting of the Mid-Atlantic Association of USA Track and Field will be:

**October 26<sup>th</sup>  
7:30 PM**

Severence Room  
Jake Nevin Field House  
Villanova University

### IN THIS ISSUE

- 1 A Message from the Mid-Atlantic President
- 2 Submitting Nominations; Philly Masters Update
- 3 LDR Update; More On Philly Masters
- 4 Cross Country Info
- 5 Strengthen Your Family



more, 70 entries in the 4 throwing events had a long day under the sun. Still about 2 dozen All American performances were attained in the field events with notable achievements like Glenn Thompson winning overall in the shot put, discus, and weight throw.

As usual, the officials did a great job in all areas from clerking to timing; many athletes praised the officiating to the meet managers. Many thanks to all who made this meet a success but especially to the officials, Whitemarsh Track Club, Philly Masters and all the great athletes who competed.



## LDR News

The next Off-Road event is the Philadelphia Catholic League Open XC Championship at Belmont Plateau on Philadelphia starting at noon on Sunday, November 6. This 5K race will serve Mid-Atlantic Association as its Cross-Country championship. Anyone interested in becoming more active, and or in giving leadership to LDR, and/or serving on the committee is encouraged to contact Norm Green at 610-466-9197 or [runnorm@comcast.net](mailto:runnorm@comcast.net)).

## A Thought On Breaking Through

"Whatever you can do, or dream you can, begin it. / Boldness has genius, power, and magic in it."

— Johann Wolfgang von Goethe

## Mid-Atlantic Goes to Hawaii by Norm Green



USATF Masters Track & Field Championships were held on a rainbow track at the University of Hawaii in Honolulu. Several Mid-Atlantic athletes attended the championships with the following results: Andersson, Lynne of Philadelphia: 3rd F40 at 5000m and 2nd F40 at 10,000m Arend, Gary of Upper Darby: 7th M50 at 100m Burke, Michael of Ephrata: 2nd M40 at 110m Hurdles Bynoe, David of Willingboro: 5th M40 at 400m and 2nd M40 at 800m Cauller, Greg of York: 2nd M45 at 5000m Lanier, Kareem of Lincoln University: 1st M30 at 5000m and 10,000m Lanier, Kyle of Lincoln University: 1st M30 at 800m and 1500m Levine, Frank of Norristown: 1st M90 at 5000m, 800m, and 1500m Patton, Russell of Norristown: 4th M50 at 800m Prizer, Kent of Collegeville: 3rd M55 at 5000m Shumaker, S Craig of Glenmoore: 1st M55 in the SP and 2nd M55 in DT Tillman-Lanier, Gina of Lincoln University: 2nd F40 in the SP Webb, Cynthia of Wilmington: 10th F50 at 5000m Webb, Richard of Wilmington: 2nd M60 at 5000m and 1st M60 at 10,000m. To help athletes conserve travel dollars the USATF Masters LDR Committee scheduled its 8K championship in Honolulu on Sunday, August 7. The following Mid-Atlantic athletes participated in this race: Gregg Cauller of York: 2nd M45 Norman Green of Coatesville: 1st M70 Kent Prizer of Collegeville: 2nd M55 Cynthia Webb of Wilmington: 5th F50 Richard Webb of Wilmington: 1st M60 Congratulations to these athletes who endured high temperatures and humidity, a six-hour time difference while representing Mid-Atlantic well.

# PHILADELPHIA EXPRESS ATHLETIC ASSOCIATION

## PHILADELPHIA EXPRESS ATHLETIC ASSOCIATION

2005 CROSS COUNTRY MEETS  
For Age Groups and Open Adults

**Location:** Belmont Plateau, Fairmount Park

**Directions:**

Take Route 76 Schuylkill Expressway To the City Avenue Exit. Follow City Avenue to Monument Rd. Go Left on Monument Road to Belmont Avenue. Go left on Belmont Avenue to Belmont Mansion Road. Go left on Belmont Mansion Road to Parking lot entrance on the left.



**Dates:**

- Meet 2 – September 24, 2005 8:45 A.M., Meet 3 – October 1, 2005 8:45 A.M.
- Meet 4 – October 8, 2005 8:45 A.M., Meet 5 – October 15, 2005 8:45 A.M.
- Meet 6 – October 22, 2005 8:45 A.M. (Parent – Child Relay)
- **Championship Meet** – October 29, 2005 – 8:45 A.M.

**Fee:**

- \$3.00 per Athlete Development Meets - \$4.00 per Athlete Championship Meet

**Division & Distances:**

- Sub-Bantam (8 & Under) – 2000 Meters
- Bantam (9 & 10) – 3000 Meters
- Midget (11 & 12) – 3000 Meters
- Youth (13 & 14) – 4000 Meters
- Intermediate (15 & 16) – 5000 Meters
- Young M&W (17 & 18) – 5000 Meters
- Open Women – 5000 Meters
- Open Men 5 Miles

**Contact Information:**

Meet Director:  
Madeline Willette  
8427 Lynnewood Road  
Philadelphia, PA 19150  
215-242-1014 Tel  
215-753-1217 Fax  
E-Mail: [maddy.w@comcast.net](mailto:maddy.w@comcast.net)

# A DOZEN WAYS TO STRENGTHEN YOUR FAMILY

1. Spend time with each other; do things together as a family.
2. Develop a spiritual focus within your family.
3. Establish a reasonable balance between outside activities, work schedules and your family.
4. Plan ahead with your family so things **will** happen and not **just** happen.
5. Talk with each other and listen carefully to understand each other's viewpoint.
6. Show each family member consideration and appreciation, especially in everyday ways.
7. Respect each person – his or her ideas, thoughts, and feelings.
8. Develop pride in your family.
9. Resolve problems and conflicts in a constructive way.
10. Help each other and be willing to let others help you.
11. Contact and build ties with each other.
12. Take part in community affairs and use community services.

I offer you peace. I offer you love. I offer you friendship. I see your beauty. I hear your need. I feel your feelings. My wisdom flows from the Highest Source. I salute that Source in you. Let us work together for unity and love. --*Gandhi's Prayer For Peace*



---

**Mid-Atlantic Track & Field Members' Newsletter**

c/o Carolyn Griggs  
5720 Woodcrest Ave  
Phila, PA 19131

Mail To: