



MID ATLANTIC NEWS



Volume 1, Issue 1

A Quarterly Publication for Mid - ATL Members

Winter 2005



PRESIDENT'S MESSAGE

by Ed Callahan

I am proud to be the new president of Mid-Atlantic USA Track and Field. At the USATF Annual Meeting in Portland, Mid-Atlantic was given an award for being ***the most improved association in USATF***. I am glad that we received this well earned award. We have a lot of new and existing members working hard to improve and grow our association and I hope we will have more.

I would like to thank all those who put their faith in me with their vote and I also thank Earl Williams. I was able to serve as Earl's vice president for four years and he has taught me a lot. I am grateful for that and the strong association that he has handed off. I also value the friendship that we have built and intend to call on his advice whenever necessary.

Ron Jackson and Bill Brasington have upgraded the website and added new features. We have a new Communications Committee that will work with the website, the newsletter, and the press. Carolyn Griggs, a new addition to our executive committee, has created the new format for our newsletter. Ken Yerger is working hard on completing the certification process for our officials for the new Olympiad. I very much appreciate everyone's efforts.

Monique White-Archer has secured Villanova University as a meeting place. It is one of the great centers in the history of track and field. It's location is more convenient to major highways, which is something many of our members have been asking for.

Norm Green, our secretary and LDR chair, has reported that our membership has continued to increase, as has our sanction revenue. Norm is working hard in this area as well as running one of the finest long distance running programs available anywhere in the country.

Our High Performance Committee and our Masters Runners continue to work hard to bring exciting running and championship opportunities. I think we will see this area grow stronger and stronger over time.

The Budget and Finance Committee will have an updated and more accurate budget to present at the next quarterly meeting and our financial processes are being reviewed and updated by Gary Arend and Harold Adams.

My agenda as President is simply to allow us to prosper and grow under the leadership of all of these people and the many others who are also helping. Mid-Atlantic is an association that has, in my experience, achieved diversity and excellence with us working together toward a common goal of supporting our athletes, coaches, and parents. Let's keep at it, we can't go wrong.

"We must be the change we wish to see in the world. - Gandhi"

INSIDE THIS ISSUE

- 1 A Message from the Mid ATL President
- 2 Officials Committee Chair Chats
- 2 The Road To The Games- *"Get on the Right Track"*
- 3 Membership & Updates
- 4 What's Up with LDR; Earth's Easiest Exercise
- 5 High Performance News
- 6/7 2004 Awards Luncheon – Youth Honored
- 8 Club/Coach of the Year



MID-ATLANTIC USATF EXECUTIVE COMMITTEE MEMBERS

Ed Callahan	President
Monique White-Archer	Vice-President
Norman Green	Secretary
Harold Adams	Treasurer
Gary Arend	Financial Secretary
Bob Delambily	Budget & Finance
Bill Brasington	Membership
Earl Williams	Past President
Carolyn Griggs	At-Large
Ken Yerger	At-Large

New Officials Committee Chair Elected

The newly elected Officials Committee has met to elect the Chairman for the next two years. Ken Yerger was elected to fill that position and has been working closely with the Executive Committee to improve on the service to the over 200 certified officials within the Mid-Atlantic Association. New information has been added to the Association's web site, which now allows an official to apply for either new certification or re-certification for the new 2005-2008 Olympiad. The site includes the application form, instructions and links to the appropriate rules review. All applications are to be submitted to Ken Yerger, Certification Chair for the Mid-Atlantic Association of USATF.

Please note that all applications are now required to have a digital head shot photo (passport type). As the National Certification Chair makes advances in electronic processing, the process of becoming an official should become easier.

For those who have already submitted for recertification, new cards should be arriving in the next month or so. Ken has been in touch with the National Certification Chair and the initial batch of applications is being reviewed.

The committee plans to hold a series of clinics in various locations. Check the Association website, www.mausatf.org, for further information.

The 2005 Officials Annual meeting is scheduled for March 20, 2005 at 1:00 PM and will be held at the [Fort Washington Holiday Inn](#). The hotel is conveniently located off the Fort Washington exit of the Pennsylvania Turnpike. Simply exit the Turnpike and go straight onto Pennsylvania Avenue approximately 1/8th mile and the hotel is on the left. We will be meeting in the Montgomery Room.

THE ROAD TO THE GAMES

by *Ron Jackson*

So you want to be an Olympian? Well the trip starts right now. Believe it or not most U.S. Track & Field Olympians began their quest in high school, most even before. They participated in many local, association, regional and national competitions that helped to prepare them for the rigors of international competition. The trip can be exciting, grueling and quite rewarding but like any journey it starts with a first step.

USA Track & Field is the national governing body for track and field in the United States. The U.S. Olympic track and field team is selected in a trials process conducted every Olympiad by U.S.A. Track and Field. Regardless of what anyone else might tell you there are no short cuts to the Olympic games. There are no automatic selections or coaches choice. You have to earn your spot.

To prepare our young athletes for that type of competition, USA Track & Field has established a grass roots development program called the 'Junior Olympics'. The J.O.s are a series of competitions that start at your local area level and advance through association and regional meets. The competition culminates with a National Championship. The Junior Olympics have been around since 1964. They were originally conducted by the Amateur Athletic Union (AAU) until the charge was shifted to USA Track & Field by the US Olympic Committee in 1980, when USA Track & Field officially took over the governance role.

In the Mid-Atlantic association, we currently conduct six area meets. These meets are located throughout the Association and in South Jersey. The exact locations are listed on our website at www.mausatf.org. Qualifiers at the local level earn the right to advance to the Association Championship, which in 2005 is being conducted in Allentown, PA. Qualifiers at the Association Championship will advance to the Region 2 Championship meet being held at the same location. Over 7,000 young athletes will compete at the national championship, which in 2005 is being conducted at Indiana University.

We want you to be a part of this exciting opportunity to test your talents against the nation's best young athletes. You don't have to be a star athlete to compete. Our association has been the breeding ground for many top Olympians in our sport. You could be next. Visit our website and get additional information or **contact Ron Jackson at rjackson1104@comcat.net or Bill Brasington at wbrasington@yahoo.com.**

USATF MEMBERSHIP



Have you renewed your USATF membership? Why not join the "Most Improved Association of the Year". Take a moment to download an application and mail it in or sign-up online to renew or become a member of one of the best associations in USATF. By being a member you can benefit from the following things:

- ❖ Special offers from running camps
- ❖ Subscription to Fast Forward Magazine
- ❖ Discounts/Fees waived to meets (MidATL only)
- ❖ Member Decal
- ❖ 10% Discounts on USATF apparel.

Don't delay, Sign-up today.

&



**MID-ATLANTIC USATF
QUARTERLY MEETINGS**

**7:30 P.M.
Severence Room
Jake Nevin Field House
Villanova University**

**April 27
July 27
October 26**

Mid-Atlantic USA Track & Field

National Governing Body for Track & Field Race Walking and Long Dist

Guess Who's had a makeover???

The Communications Committee has redesigned the website. **Logon to MAUSATF.org** to view the new look. Let us know how we can continue to keep our members informed and up-to-date on the latest news in track and field.

Communications Committee

Bill Brasington - Chair

1709 Somerset St.

Dresher, PA 19025

Home: 215-659-2066

E-

Mail: Wbrasington@Yahoo.com



On a snowy January 30th, Philadelphia Masters Track & Field Association conducted a fundraising meet benefiting the Albright College track team. In excess of 150 Youth, Open, and Masters came to support this good cause. A check for \$1164.00 was turned over to Head Coach Deneen Ebling for use in the Albright College track programs. Philadelphia Masters would like to thank all those who made this meet a success, especially the following officials who volunteered their services: Jim Lamb, Jim Adderly, Jim Alysworth, Ray Feick, Paul Walkovic, Joe McGonigle, and Dan Scott.

By Gary Arend

LDR News

by Norm Green

The 2004 LDR Grand Prix of ten events finished in November. The top five athletes in the age-graded competition were:

Females		Males	
Joy Hampton	668.059	Jim Flanagan	671.964
Joan Potterfield	585.762	Richard Webb	659.353
Chantal Reme	541.371	Robert Taggart	656.750
Connie Montana	539.747	Herb Townsend	653.733
Helene McGovern	537.436	Norman Green	649.018

Each of the top ten scoring athletes in the age-graded competition earned a nylon wind-shirt or long-sleeve denim shirt (their choice) plus an oxford beanie cap.

And, the 2004 Club Challenge found our usual top 4 participating clubs finishing in the same order as 2003 with Pineland Striders breaking 2000 points also.

Each of the top ten scoring athletes in the age-graded competition earned a nylon wind-shirt or long-sleeve denim shirt (their choice) plus an oxford beanie cap.

And, the 2004 Club Challenge found our usual top 4 participating clubs finishing in the same order as 2003 with Pineland Striders breaking 2000 points also.

South Jersey AC	4408.547
Pike Creek Valley RC	4218.344
Valley Forge Striders	4091.722
Bryn Mawr Running Club	3408.462
Pineland Striders	2001.166



The top four clubs earned cash awards given at the Award Lunch on January 22.

The Grand Prix year-end report was distributed in mid-December to all participants. Top 3 in each 5-year age group earned a beanie cap with first place finishers also receiving a blue denim travel gym bag.

The Mid-Atlantic Off-Road series has completed its second season. Club standings at the end were:

Philadelphia Athletic Charities	1798.900
Pike Creek Valley Run Club	1558.863
Rosemont Running Club	1312.410

Jen Flint won the open female competition, Suzanne Watts and Connie Montana (tie) the masters females, Ed Robson the open males, Keith Davies the masters males, and Richard Webb the senior males. The three clubs listed above also earned cash awards for their Off-Road achievements.

Also at the Award Lunch we honored the following Runners of the Year: Andrea Niggemeier (open female), Ross Martinson (open male), Doreen McCoubrie (masters female) and James Flanagan (masters male). A record 17 athletes earned their 10-event certificate plaques, while another 18 received certificates for finishing 7 to 9 Grand Prix races. The top athletic award—the Frank Percival Award—went to Ross Martinson for his wins at Bancroft and Parkway Run and 5th place at Broad Street Run. He also had excellent performances at the NYCRRRC 8k national championship and Papa John's 10 mile Men's LDR national championship. Both of the latter exceeded 90% on the new WMA age-graded tables.

Looking ahead, the 2005 Grand Prix season starts as usual at the Caesar Rodney Half Marathon 9:00 a.m. on Sunday, March 13, followed closely by Bancroft Neurohealth 5k on March 19. As in the past several years, Bancroft will be an Eastern Regional 5k qualifier for females. However, this year the competition will be among MASTERS women (US citizens) who better their 5-year age standard. More information will be released soon.

Trivia Challenge

Where was the 2004 U.S. Olympic Team Trials- Men's Marathon?

			
Atlanta, GA	Baltimore, MD	Birmingham, AL	Dallas, TX

HIGH PERFORMANCE COMMITTEE

The Mid-Atlantic Indoor Track & Field Championships will be held at Ursinus College on Saturday, February 26, 2005. Registration opens at 5:00pm with the events starting at 5:40pm. The pre-entry cost is \$10 for the first event and \$7 per event for each subsequent event if postmarked before February 19 and \$14/\$8 thereafter. Please note that no spikes or shoes that can hold spikes may be used.

The USATF Level I Coaching School will be held at **Germantown Academy March 18-20**. The purpose of the school is to give a basic broad overview of the science and events in track & field. The USATF wants all coaches to have a common language for better communication and understanding. This is also the first step toward the advanced, more specialized Level II and Level III programs. The contact for the school is Mary Beth Bittles, 610-687-2754 or rywdb@msn.com



Earth's Easiest Exercise

Walking can add years to your life and life to your years. And it couldn't be easier. You don't need to join a health club, wear special equipment or go into training to reap the rewards:

The Conditioner Walking conditions your heart and lungs and raises your body's ability to use oxygen more efficiently. Fact: In one study, women who walked briskly (3-4 miles per hour) at least three hours a week cut their risk of heart attack and stroke by more than half.

The Protector Walking helps beat other health problems, too. It reduces your risk of some forms of cancer and osteoporosis. It fights the battle of the bulge, taking off fat and burning muscle. Walking can even help people with diabetes reduce or eliminate their need for medication.

The Joint-Saver Walking can burn about as many calories per mile as jogging does. But it delivers only about a quarter of the jolt, so it's much easier on your joints and muscles.

The De-Stressor Walking's easy on your mind, too, since it lessens stress and lightens depression. Beginning walkers usually report that they feel better, sleep better and that their mental outlook improves.

The Winner Best of all, walking has the lowest dropout rate of any form of exercise. So you're more likely to stick with it and get all these benefits and more, like better digestion, improved regularity and lower blood pressure.

There's Nothing To It

Just put on a sturdy, comfortable pair of shoes and go. Smart moves: walk to the store for the Sunday paper..., park a few blocks from work or get off the bus or train one stop early and walk from there.... use stairs instead of elevators or escalators... on bad weather days walk in a mall or on a gym treadmill.

How fast should you go? That's easy, too. Just use the "talk test." Move at a steady clip that makes your heart beat faster and causes you to breathe more deeply – but doesn't leave you too breathless to carry on a conversation. You'll do yourself a world of good.

Youth News From The Awards Luncheon

Each year, The Youth Committee accepts nominations from parents and coaches, for athletes worthy of being the association's outstanding athletes in their age group.

This year, the awards luncheon was a January event to remember. Attendees braved the biggest storm of the year so far, to sit together and honor the achievements of our Mid Atlantic members. The youth were well represented. *The following honored individuals attended:*



Tatyana Harris
Track - Girls 8 And Under

Tatyana broke the Region 2 records for the 100m and the 200m. She ran the 4th fastest time in history at the East Coast Invitational.



Camille Griggs
Track – Bantam Girls

Camille is the Region 2 400m Champion. She finished 6th at Youth Nationals in Baltimore, MD and 7th at the Nationals in Eugene, Oregon. She was a member of the National Champion 4x400 for the second year in a row.



Shanae Gee
Cross Country - Bantam Girls

Over a 6 week period of time this fall, Shanae dominated her class in the Philly Express Series at Belmont Plateau. During one of those weeks, she ran out of her class with the high school division, winning the race running under 21 minutes on a very tough Belmont 5k course.



Brandon McCleese
Field – Bantam Boys

Brandon got all the way to nationals in two events, Shot Put and Javelin. He is our association champion in both events, finishing 9th at Nationals in the shot put and 18th in the Javelin.



Gabrielle Kennedy
Field - Midget Girls

Gabrielle got all the way to nationals in two events, Shot Put and Javelin. She is the Delaware area Shot Put champion, and our association champion in the Javelin. She was 21st at Nationals in both the Shot Put and the Javelin.



Brianna Kennedy
Field - Youth Girls

Brianna is the Region 2 champion in 3 events! *The Shot Put, Javelin and Discus*. She broke the Region 2 record in the Discus and was 9th at Nationals in the Shot Put. She was 4th at Nationals in the Discus.

She is USATF National Javelin Champion!



Alex Brasington
Cross Country – Youth Girls

Alex is our Association Champion, and the Philly Express Belmont Champion breaking 15 minutes on the 4k course. She won the Endless Mountains XC invitational breaking her own course record. She won the Northeast Cross Country invitational at Bloomsburg State, breaking the course record by over 30 seconds. She won the Berwick Marathon - School Days race over Thanksgiving breaking the high school record by over 20 seconds.



Robert Kennedy Jr.
Field - Youth Boys

Robert is our Mid-Atlantic Association Champion in the Javelin and the Discus. He was 4th in the Region 2 meet at Slippery Rock in the Shot Put, and 5th in the Javelin.

2004 Youth Athletics Club Of The Year

The Mid-Atlantic Association would like to recognize The Bethany Baptist Track Club for its outstanding service in 2004. This club is relatively new, organizing in 2001 and entering competition the following year. That first year, with only 16 athletes, they managed to qualify a racewalker to the National Championships. The following year, while the club basically doubled in size, they still managed to get 80% of the team qualified to the Region 2 Championships. This last year, their 3rd competitive year, they again doubled the size of the club. They also became very vocal interacting with our association youth organization. They had 12 athletes qualify for Nationals. They had 3 top 10 finishers at Nationals.



2004 Youth Athletics Coach Of The Year

The Mid-Atlantic Association has named Leonard Scott, head coach of Bethany Baptist Track Club as the 2004 Youth Coach of the Year. He has provided steady leadership over a growing organization. By maintaining quality in the clubs leadership, quality in the teams performance, and a very high growth rate, he has struck a fine balance with success in and out of competition.