

Mid-Atlantic Quarterly



*Newsletter of
USATF Mid-Atlantic
4th quarter/December 2007*



President's Message

By Ed Callahan

I always loved running...it was something you could do by yourself, and under your own power. You could go in any direction, fast or slow as you wanted, fighting the wind if you felt like it, seeking out new sights just on the strength of your feet and the courage of your lungs.

~Jesse Owens



Happy holidays to everyone! We are enjoying the time of the year when the majority of the people on our planet celebrate in ways both similar and different. Our ways of celebrating are influenced by our culture, our religion and our interests. We ponder and celebrate the year concluding and look with hope to the one soon to be upon us. I am grateful for all the good work that everyone involved in USATF Mid-Atlantic has done this year. As President, I celebrate our depth and our diversity. In a year where track news sometimes focused on some heartbreaking negatives, I am humbled to be involved with so many people with a binding interest in our mission and our beliefs. The number of coaches, parents, administrators, officials and, especially, athletes who continue to believe in hard work, fair competition, and living with character is impressive and inspiring. The still pure heart seen in so many is as great a gift as I could receive on Christmas. It is what gives me hope for the New Year for our organization,

both local and national, and for everyone in it who is still chasing the dream the way a musician chases the music. It makes us who we are.

As we go into the New Year we remain strong by all the indicators by which we are judged by our national office. We have done well financially and hope soon to have some sustainable programs funded to support targeted programs. The first committee meeting on this has been held and I know we'll have something to report first quarter.

The great social writer Eric Hoffer said, "In times of great change, the learners will inherit the world, while the knowers remain well-prepared for a world that no longer exists". As we go together into the New Year I ask each of you to ponder that. USATF Mid-Atlantic has never been in better shape so we are poised for the future that we can create. Let's all be learners together and see how far we can go.

LDR NEWS by Norm Green

The Age-Graded scoring leaders at the conclusion of our 2007 Grand Prix are: Doreen McCoubrie (702), Joy Hampton (687), Theresa Kauffman (573) and Chantal Reme (560) for the females and Chuck Shields (674), David James (668), Jim Flanagan (649), Mickey Rosati (626), Jim Berger (619), Louis Coppens (618), Robert Taggart (617), and Kent Prizer (609) for the males. Eight individuals have completed all ten races and so have earned a mounted certificate plaque at our next award lunch. They are: Louis Coppens, David James, Ed Maher, Rory McManus, Frank Messenger, Mickey Rosati, Frank Schafer, and Chuck Shields (in alphabetic order).

Once again South Jersey AC won the Club Challenge with 4015.770 points with Runaway Success scoring 4000.095 points, ahead of the other 5 clubs that have scored in at least one race. Runaway Success made the challenge a tight race right to the end.

Our 2007 Off-Road Series comprised seven events. Club standings in this competition feature a different grouping: Philadelphia Athletic Charities (2072), Rosemont Running Club (1876) Pineland Striders (1712), and Wissahickon Wanderers (1158) with Pike Creek Valley trailing at (629).

Jen Flint (10 points) won the Open Females; Matthew Vavala (21 points) easily won among the Open Males. Barbara Gorka (20 points) won the Masters Females; Tom Jermyn (11 points) the Masters Males. Ted Hardies (28 points) won the Senior Males with Diane Hardies (25 points) the only Senior Female.

In the last issue I gave a warning to our athletes that the Philadelphia Marathon trio of races had instituted a 15,000 entry limit and could fill it well before the final weekend. That prediction, unfortunately for many procrastinators, came true. The marathon and half-marathon were closed on November 1, leaving only the 8k as an option for late-comers. Race management has reported that finisher medals for both the marathon and half-marathon ordered months ago required the limit, while 8k T-shirts beyond expected numbers could be re-ordered at the last minute.

Our Philadelphia area runners have been spoiled when compared with athletes in most major urban settings whose marathon sells out months in advance. Having the marathon and half-marathon sell out less than three weeks ahead may have come as a shock to many, but, I dare say, will provide a wake-up call for anyone planning their 2008 racing calendar.

The LDR committee reviewed 2007 Grand Prix results in its December 10 meeting before making its selections for Athlete of the Year among open females, open males, masters females, and masters males. We are pleased with the results and look forward to announcing them at the Award lunch on January 26. At that time we will also distribute more than \$3,000 in cash awards to the clubs that participated in the Grand Prix and/or the Off-Road series. As you plan your 2008 racing year, note that all 2007 events will return, with the Wissahickon Trail Run added to the Off-Road schedule.

***"Any day
that I'm too
busy to run is
a day that
I'm too
busy."***



Mid Atlantic Association of USATF

Report concerning

Masters Long Distance Running and the

Mountain, Ultra, Trail Running Council

USATF Annual Meeting, Honolulu, HI

November 28-December 2, 2007

By Norman Green

The Masters LDR Committee met throughout the week and accomplished its full agenda by late Saturday afternoon. During its sessions, the committee made its Athletes of the Year awards in each age group from 40-44 to 90+. It affirmed its championship bids previously awarded (10K and marathon).

The committee made appointments of its representatives to other committees and ratified the LDR masters' records as recommended by the Records Committee. Reports were received from its officers and representatives to other committees.

The LDR Division held a meeting early in the week that emphasized the Olympic Marathon Trials, completed for the men and upcoming in April for the women.

Friday afternoon the committee met in a joint session with the Masters T&F Committee. This joint meeting was very productive in forwarding the committee's agenda. Common areas of concern with Masters T&F included my report about the Masters Hall of Fame for which 11 new honorees were named and reports from several about WMA preparing for the 2008 indoor championships in France, the 2009 outdoor championships in Finland, and the 2011 outdoor championships awarded to Sacramento, CA.

The full minutes of the committee's work should be available in the January issue of *National Masters News*.

The Mountain, Ultra, Trail Running Council (MUT) held its meetings also during the week. This council is led by Nancy Hobbs. She announced that the council has received a renewal of the TEVA sponsorship for another three years. Many championships for 2008 and beyond were awarded. One of particular interest to Mid-Atlantic is the Tussey MountainBack 50-mile road championship near Boalsburg (PA) on October 11, 2008 and October 3, 2009. I have shared the news of its award with Mike Casper, race director.



***Runners just
do it - they
run for the
finish line
even if
someone
else has
reached it
first.
~Author
Unknown***

Most people run a race to see who is fastest. I run a race to see who has the most guts.

~Steve Prefontaine



Mid Atlantic Association of USATF

Report concerning Women's Long Distance Running and Race Walking

USATF Annual meeting, Honolulu, HI
November 28-December 2, 2007

by
Dolores Green

Women's LDR Committee met Friday and Saturday under the leadership of Elizabeth Phillips, now in her last year as chair. Much focus was placed on the upcoming Women's Olympic Marathon Trials scheduled for Boston on April 20, 2008.

The committee received reports about the success of its 2007 championships, including marathon (Boston), half-marathon (Houston), 10k (Tufts), 15k (Jacksonville), and 25k (Grand Rapids). Our team did well in the world championships in Osaka. Concern about pollution in Beijing next summer was expressed: David Martin reported that China assures athletes there will be no pollution even if it has to close manufacturing and transportation for 3 weeks.

LeeAnn Meyer of Minnesota reported on the mixed US team in Japan for an Ekiden relay—a very successful trip. Five of the national championships were held jointly with Men's LDR with Elizabeth very pleased with this cooperation.

RaceWalking was chaired by Vince Peters. The committee dealt with issues such as disqualifying athletes for running, training coaches in racewalk techniques for developing younger (youth) RW athletes, and a workshop for officials here in Mid-Atlantic since RW has been limited for quite some time.

Ron Daniel served as Chief Judge in the 20k Race Walk at the World Championships in Osaka. He disqualified an athlete for lifting (running) in the final 100m of the event. The jury of appeals violated IAAF rules by overturning his decision, claiming video evidence was inconclusive—IAAF rules state in such cases that the Referees' decision must be upheld. A later video proved that Ron was correct in his decision. Furthermore, one member of the jury was the president of the athlete's federation who participated in the discussion, though recusing self in the vote.

FAT Workshop

The Mid Atlantic Association Official's Certification Committee is planning a training workshop on FAT. A select group of certified officials will be trained in all phases of FAT. This workshop will take place during the first quarter of 2008. Those interested must apply and then be selected to take part in this workshop. Watch the association web site for further details.

The officials committee will be conducting its annual officials' techniques clinics on Thursday evenings starting April 3, 2008, and conclude on April 17, 2008. These clinics are conducted in cooperation with Distract 12 PIAA officials. Clinics will start at 7:30 each evening and conclude at 9:00. Contact Bill Jackson, 215.387.7969 or Earl Williams, 215.920.7684 to sign up.



***A runner's creed:
I will win;
if I cannot win, I shall be second;
if I cannot be second, I shall be third;
if I cannot place at all, I shall still do my best."
~ Ken Doherty***



2008 USATF Mid-Atlantic Association YOUTH TRACK & FIELD INDOOR MEETS ALL ARE WELCOME!

Jan. 6, 2008

Swarthmore College
1:30 p.m.-5:30 p.m.

Events: 55MR, 400 MR, 1500 MR, 60 MH, LJ, SP*

Jan. 13, 2008

Swarthmore College
9:00 a.m.-3:00 p.m.

Events: 55MR, 200MR, 800MR, 1500RW, 4-lap relay

Jan. 20, 2008

Lehigh University
9:00 a.m.-3:00 p.m.

*Events: same as wk 1

Feb. 24, 2008

Lehigh University
9:00 a.m.-3:00 p.m.

Events: ALL

Logon to mausatf.org for more information

Mid-Atlantic Quarterly

Award Luncheon Scheduled Norm Green

The 2008 Mid-Atlantic Association Award Luncheon has been scheduled for Saturday, January 26 at noon in its usual location: the American Baptist Churches Mission Center, Route 363 and First Ave., King of Prussia, PA.

For sixteen years Bause-Landry Catering of Pottstown has produced delicious meals that have attendees expressing delight and vowing to return year after year. Erin and Amy will be back to work their wonders in 2008.

As good as the meal is, the feature of the luncheon will be the awards honoring 2007 performances and achievements. Youth athletes, high performance, long distance runners, the Grand Prix and Off-Road clubs, the Jesse Owens and Frank Percival awardees, and President Awards will all be part of the program.

All that remains is for you to reserve your place when association leadership gathers for this annual celebration. The flyer and reservation form for the lunch is included on the last page of this newsletter. It can also be downloaded from the association website (www.mausatf.org).

Ticket prices are based on age: \$25 for adults; \$20 for ages 11 through 18; and \$15 for children under age 11. Tickets must be prepaid and can be purchased through our association's on-line credit card system (VISA, MasterCard, Discover, or American Express).



USATF Mid-Atlantic Executive Committee

Ed Callahan – President

A. Monique White --Vice President

*Norman Green – Financial
Secretary*

Ken Yerger -- Secretary

Harold Adams – Treasurer

Mike Hemsley – L & L Chair

Bob Delambily - B&F Chair

Bill Brasington – Membership

John Barber -- Youth

Earl Williams - Past-President

Carolyn Griggs -- At-Large

About USATF Mid-Atlantic

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, and the State of Delaware, as well as our membership in New Jersey.

Mid Atlantic Association of USATF
Report concerning
**Officials and Association Committees, and Affirmative
Development Subcommittee**

USATF annual meeting Honolulu, HI
November 28-December 2, 2007

By Kenneth Yerger

At the first meeting of the Association Committee a discussion was held regarding the scheduling of the Junior Olympic Regional meets and the Youth National meets and the concern of Associations finding venues on or near the July 4th weekend. The Youth Committee representative explained that the Committee is permitting Regional meets to occur a week later than normally permitted, one week prior to the National Junior Olympic Championship.

Concern was expressed that some Associations are putting the title of a "championship" on a group's meet without requiring membership in USATF and suggested a closer scrutiny of the legitimacy of championships was warranted.

A national template for association by-laws is coming out in January and final revisions are due by

October 15, 2008.

The Officials Committee met with all of the Officers and subcommittees reporting. Of note was that a new National Officials Shirt will be coming out in March/April. The shirt has been redesigned and will be red and blue and of a quick drying fabric. It was noted that the old shirts are fine to use except for National Championships at which the new shirts will be expected. The Committee held its inaugural Hall of Fame banquet. The selections for the National Championships were announced, with Mid-Atlantic represented by Doug and Gloria Winemiller, TJ Marino and Ken Yerger.

The Affirmative Development Subcommittee of the Officials Committee met to develop a brochure for distribution to the Certification Chairs.



SAVE THE DATES!!
MARCH 26TH QUARTERLY MEETING
JUNE 25TH QUARTERLY MEETING
SEPTEMBER 24TH ANNUAL MEETING
VILLANOVA UNIVERSITY

Mid Atlantic Association of USATF
Report Concerning

Women's Track and Field Committee and Rules

USATF Annual Meeting, Honolulu, HI

November 28-December 2, 2007

By Alcmena Monique White

This year at the Annual Meeting the Women's Track and Field Committee had much to discuss about the upcoming Olympic year. As we approach the Trials and Beijing again medal count is at the forefront of our minds. Helping our athletes with the latest in training as well as funding was a key point. Adequate support staffing was also stressed along with coverage of event specific coaching areas. The mandates are 26-30 as a medal count, a challenging and attainable goal with the right level of support. Everyone on the committee felt strongly that supporting the younger up-and-coming college coaches by giving them international experience will provide our leaders of tomorrow. Sub committees were charged at creating action plans to mentor coaches as well as encourage coaches to apply for junior team competitions overseas. Coaches were selected for the various junior meets coming up in 2008-2009. Team reports of the prior year were also discussed and critiqued with the goal of improving the overall mechanisms of taking juniors overseas. Because junior athletes are coming from all over the US, they present certain challenges, such as transportation, contacts, school and club obligations and funding. The committee is seeking improved communication strategies with this constituency group so to develop our future Olympians. On that note one of the sensitive topics discussed was the current situation with Marion Jones. There were various opinions, but the overall stance is supporting the Zero Tolerance policy and taking the higher ethical road of keeping our sport clean. Lastly, I felt privileged sitting in a room with my heroines of the past and the new and emerging athletes and coaches of the future. To be a change agent in creating opportunity for our future women Olympians is truly an honor. I look forward to continuing my work with the Women's Track and Field Committee.

As the rules representative for Women's Track and Field along with my mentor Bert Lyle, this year was not a rules year. There were 75 items and most were passed without much fanfare. Issues closely watched by athletes had to do with item 23, raising one's hand prior to the start to alert the starter of a problem. After athletes' input at the rules meeting from the men's and women's track and field committees, consensus was reached and the item was passed. Next year is a rules year and we continue to align our rules with the IAFF with some individuality that addresses and supports our athletes. Officials and coaches, please review the rule changes to help our athletes have a fair and positive experience because who knows—you may be working with a future Olympian or Olympic coach of tomorrow.

We're on the Web!

See us at:

www.mausatf.org

USATF MID-ATLANTIC
P.O. Box 730
Warrington, PA
18976

**Mid-Atlantic
Quarterly**

Mid Atlantic Association of USATF
Report concerning
Men's Long Distance Run Committee
USATF annual meeting Honolulu, HI
November 28-December 2, 2007
By Cynthia M. Young

The men's LDR reported a very successful season, ending with the highly talked about 2007 Men's Olympic Marathon trials held November 3, 2007 in New York. The success of the race was attributed to the preparations made by the NY Road Runners Club, course design and previously implemented standards. Congratulations to the 2008 Men's Olympic Marathon team:

- 1st Ryan Hall 2:09:02 Olympic Trials Record
- 2nd Dathan Ritzenhein 2:11:06 PR
- 3rd Brian Sell 2:11:40

On a very sad note the USATF family would like to express our condolences to the family of Ryan Shay. During this year's Olympic Trials we lost an exciting young runner; many were excited about his prospects for the USA marathon team.

During this year's meeting a number of items were discussed regarding safety issues. First, the Enforceable Headphone Ban: Some members of the committee were concerned that not enforcing the rule could result in runners being injured as well as insurance carriers not insuring races. Others were concerned that recreational runners would not support races where the ban was in place. The general consensus was that all races should place the ban information on all applications, as well as enforce the ban during national championship races with disqualification for anyone violating the rule. Second, race directors have expressed a desire for USATF to create a policy regarding the circumstances which should cause a race to be cancelled. Membership felt very strongly that a policy should not be created and that current guidelines were enough. The committee felt that an added measure should be included in the guidelines, to add the suggestion that race directors create a crisis plan with input from municipalities and the medical director. In the end, members felt that race directors should use COMMON SENSE when concerns arise during their races. (Both items were tabled until further research could be done.) Finally, a motion to send a change to Law and Legislation for the ratification process for records was approved. The committee would like for ratification of records to be done once the race course has been verified.

The committee approved the following to start with the January 1, 2010 season; the B standard will no longer be in effect by 2010. Participants with the following standards from an approved list of quality courses will be able to compete in championship events. A one-day window may be approved for the fall 2009 trials.

- 2:19:00 or below for a marathon
- 1:05:00 for half marathon
- 28:30 on the track

Congratulations to this year's Men's LDR Award winners: The H. Browing Ross Mert Award to Don Kardong; the Scott Hamilton Memorial Award to Tyler Abbott; the Robert E. DeCelle, Jr. Award to Alan Steinfeld; and Athlete of the Year to Ryan Hall.

The following is a list of 2008 Championship series for USATF:

- January 13, 2008 Aramco Houston Half Marathon
- February 16, 2008 USA Cross Country—Mission Bay Park, San Diego, CA
- March 8, 2008 Gate River 15K—Jacksonville, FL
- March 15, 2008 NYRR 8K—New York
- May 10, 2008 Fifth Third Bank 25K—Grand Rapids
- September 1, 2008 Stratton Faxon 20K—New Haven, CT
- September 14, 2008 CVS Pharmacy 5K—Providence, RI
- October 5, 2008 Medtronic Twin Cities Marathon, MN

USATF MID-ATLANTIC
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AWARD LUNCHEON

Saturday, January 26, 2008

12 P.M. (Noon)

American Baptist Churches cafeteria
Gulph Rd (Rte 363) and First Ave
(Across from the Valley Forge Radisson)
King of Prussia, PA

Mid-Atlantic Association of USATF has the pleasure of inviting you to participate in this significant occasion to honor athletes whose performances in 2007 have been particularly noteworthy.

The Long Distance Running Committee will honor its awardees of the 2007 Grand Prix Circuit.

Athlete of the Year awards will be made by the Sport Committees.

Mid-Atlantic will also make the following awards:

Frank Percival Award
Jack Milne Outstanding Club Award
Jesse Owens Award

Come share in an exceptional meal; celebrate the many disciplines of our sport.

Complete the reservation form below and then mail it with your check to Mid-Atlantic Association of USATF, PO Box 730, Warrington PA 18976 or use VISA, MasterCard, Discover, or American Express on-line through our association website: www.mausatf.org. Tickets are **based on age: \$25 for adults; \$20 for ages 11 through 18; and \$15 for children under age 11.**

Seating is limited to 150. Order your tickets soon, lest you find yourself outside in January looking in the windows.

Name _____ No. of \$25 Tickets _____

Address _____ No. of \$20 Tickets _____

City, State, Zip _____ No. of \$15 Tickets _____

Phone _____ Amount Enclosed _____

E-mail _____

Make checks payable to: **Mid-Atlantic Association of USATF**