

# MID-ATLANTIC QUARTERLY



NEWSLETTER OF  
USATF MID-ATLANTIC  
2ND QUARTER/JUNE 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



Another exciting year in Mid-Atlantic has almost completely flown by. We have completed Indoor and Outdoor Seasons with meets and championships at all levels. Carolyn Griggs has an article covering the recent USATF Outdoor Junior Olympics championships to which some of our great young athletes traveled. Ray Feick recently competed well at the USATF Masters Outdoor Championships. Ken Yerger and Monique White have represented us as Officials at National meets, which is an honor for them and for us. So we haven't just had a terrific year here, but members, at all levels, have carried our beliefs and our name across the country.

Bob DeLambily is representing us at the annual USATF Associations meeting in Baton Rouge. He will carry our voice and bring back information about future opportunities for our athletic community. Our finances remain strong and, with the blessing of the

Executive Committee, I will be appointing a committee to create some programs that will give back dollars to some of our programs. The results of the committee's work will not be large at first because the programs must be sustainable, but this will be something new and greater than we have done before. We all hope that as the Association grows and revenues grow, these programs that are going to be created will grow as well.

We have concluded our first year of Background Screening for Youth Coaches and Volunteers. We expect the program to grow stronger and be more thorough each year. So as we look forward to Cross Country we have never been in better shape, we have never had more happening and I couldn't be more proud to be associated with all of you. Thank you for a wonderful year so far. Let's keep it going.

## LDR NEWS BY NORM GREEN

On April 30 I reported to the LDR committee that it was time to pass the torch to someone else. I was instrumental in creating the LDR Grand Prix 17 years ago and the Off-Road Series 5 years ago and have coordinated each ever since. Ed Maher of Cherry Hill (NJ) will assume the Grand Prix coordination role on July 16. Bob Lion of West Chester (PA) volunteered to coordinate the Off-Road Series, and began that role on July 10. Ed and Bob have given strong leadership in the LDR committee and will bring new life to both types of events.

The 2007 LDR Grand Prix has completed half of its schedule, with the Stone Harbor Lions 10k on August 26 the next event. In mid-June a mid-year report was mailed to all 277 athletes who had participated in at least one of the first five events. The 277 represent almost one-half (46%) of the 584 Mid-Atlantic 2007 members who registered as LDR.

The Age-Graded scoring leaders after five events are: Doreen McCoubrie (439) and

Joy Hampton (345) for the females and David James (422) and Chuck Shields (406) for the males. Seventeen individuals have completed all five races and so are on pace to earn a mounted certificate plaque at our next award lunch.

The Grand Prix Club Challenge shows Runaway Success with 2015 points and South Jersey AC with 2005 points ahead of the other 5 clubs that have scored in at least one race.

Our 2007 Off-Road Series has held 3 of its seven events. Club standings in this competition feature a different grouping: Philadelphia Athletic Charities (944), Rosemont Running Club (934) and Wissahickon Wanderers (892) lead the pack.

Sharon Schmidt-Mongrain leads the Open Females; Matthew Vavala the Open Males. Barbara Gorka leads the Masters Females; Tom Jermyn the Masters Males. Ted Hardies leads the Senior Males with Diane Hardies the only Senior Female.

***(Continued on page 3)***

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



## LDR NEWS (CONTINUED) BY NORM GREEN

The next off-road event is the Half-Wit Half-Marathon race on Sunday, August 12 on trails of Egelman's Park in Reading (PA). Typical of a Ron Horn event, participants can be assured of a well-marked yet very challenging course.

Each year the Grand Prix and Off-Road brochures are printed in time for distribution at the Philadelphia Marathon weekend (one week before Thanksgiving). As has happened before, circumstances can force schedule changes. NOTE: the Delaware Distance Classic (15K) will now be held on October 7 (8:30 in Wilmington) and the Philadelphia Catholic League XC Open 5k (our Mid-Atlantic cross-country championship)

has been moved to Saturday, October 27 at 1:00 p.m. still at Belmont Plateau.

The Philadelphia Marathon and Rothman Institute 8k events on November 18 have been joined by the Philadelphia Half-Marathon. You can run any of the 3 races on November 18 and be given scoring credit in our Grand Prix. Philadelphia Marathon (including the half and the 8k) leadership have made 15,000 a top limit for entries. Word to the wise: don't wait until the last minute to register regardless of which race you want to do. Some were disappointed when the 2,000 limit for the half-marathon last year was reached well before the expo. That could happen this year if combined entries reach 15,000.

**NEXT QUARTERLY MEETING:**  
**WEDNESDAY, SEPTEMBER 26TH**  
**7:30 P.M.**  
**PRESS ROOM,**  
**THE PAVILION**  
**VILLANOVA UNIVERSITY**  
**RADNOR, PA**



***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



## **JUNIOR OLYMPICS by Carolyn Griggs**

It was an outstanding competition this year at Mt San Antonio College in Walnut, California, with more than 6,000 athletes competing at the USATF National Junior Olympic Track & Field Championships. It is the largest and most visible youth athlete developmental program in the world. Many of today's Olympic stars got their start by competing in the USATF Junior Olympic Track & Field Championships.

Here are some results from the Champion athletes representing Region 2 at Mt. SAC:

Brianna Kennedy of Mid-Atl UNA of Newark, DE, set a meet record in the young women's javelin at

44.64m/146-5, and ended up as a double champion after topping the discus competition earlier in the week.

Kanae Taylor of Juventus, Phila., PA won the bantam girls 800 meter run in a time of 2:30.28.

The United Stars Young Women's 4x800 Meter Relay team set a new National and JO Meet record of 8:50.72. The relay team consisted of Syeeda Gee, Benita Taylor, Ije Iheoma and Chanell Price.

Let us continue to support our youth and those programs that enable them to be the best that they can be. ***(Continued on page 5)***

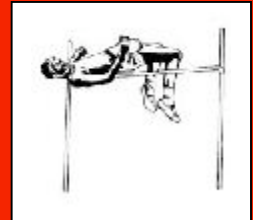


## JUNIOR OLYMPICS (CONTINUED) by Carolyn Griggs

Remember this.....

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others."

- Marianne Williamson



**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



## Green Goes Under the Knife

After two falls (December and June) while running, Norm Green underwent a series of tests and was told that his aortic valve was leaking, and he had an ascending aortic aneurysm. Both cardiac conditions were repaired at the Hospital of the University of Pennsylvania on August 1. Green entered the hospital on July 31 for a cardiac catheterization and we are happy to report that he is home now and on the mend.

While he had been permitted to run "easily" in late winter and spring, the second fall in June led to a "stop running" order from his physician. At that time Green commented "it was bad enough when they told me not to race after the Valley Forge Revolutionary 5-miler in April, now all I can do is walk and that isn't aerobic for me." After a period of recuperation Green expects to return to daily running, though racing is likely put off until 2008.

**MID-ATLANTIC  
QUARTERLY**



WE'RE ON THE WEB!

SEE US AT:

**WWW.MAUSATF.ORG**

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

## **MID-ATLANTIC ADDRESS CHANGE**

The Southeastern, PA post office has been the location of Mid-Atlantic's PO Box and mailing address for more than 10 years. It was a convenient location for Norm Green, who served the association as membership processor and more recently as sanctions administrator. Beginning August 1, Mike McCloskey of Doylestown has assumed these responsibilities. Mike's daily commute is nowhere near Southeastern PA's Devon location. Therefore the association Post Office Box will be relocated to the Warrington post office, which is more accessible to Mike.

The Mid-Atlantic website and descriptions of Mid-Atlantic's address carried on the USATF national website will be updated shortly to convey these changes. Any mail arriving at the Southeastern PA box will be forwarded to the new address in Warrington:

**USATF Mid-Atlantic  
Post Office Box 730  
Warrington PA 18976**

### **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.