

MID-ATLANTIC QUARTERLY



NEWSLETTER OF
USATF MID-ATLANTIC
1ST QUARTER/MARCH 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***



As we come to the end of our first quarter, the budget approval process has been completed. A lot of people contributed to the budget, but I want to thank especially Bob DeLambily and Norm Green for their help along the way and in the final preparation. The announcement that the National Office for USATF has approved Dave Thomas as our agent for the background screening process came to us recently. The last details of administration are being refined and the notice to the clubs will be going out shortly. This was a difficult process to put in place and I am pleased that we can now begin. I hope everyone appreciates the contribution Dave will be making to the welfare of our young athletes. Again, I want to thank Mike Hemsley for his help with this.

Our Youth Committee met recently and plans are rounding into shape for a successful outdoor season. I recently attended a terrific Eastern Regional Masters meet that Ray Feick was instrumental in our hosting. To see the enthusiasm of Ray and all the masters athletes was very exciting. It was gratifying to see that the meet was well attended and well appreciated because of the excellent site (Ursinus College) and the meet management provided by Mid-Atlantic and the Philadelphia Masters.

Recently Ken Yerger, our Officials' Chair, put on our annual Officials' Clinic, which followed several other coaching clinics that had been given in previous weeks. I would like to thank Ken for the excellent work that he is doing.

Our now Annual Level I Coaching School was recently held at Villanova. It has become the largest and most successful Level I school in the country. Mary Beth Bittles and Carl Grossman do a lot of work each year to make this happen. I went to the clinic myself a few years ago and enjoy visiting as President each year to thank and welcome the coaches who have come. This year I had a special treat. After I finished speaking to everyone, Mike Roberts of Delaware came up and said hello. My daughter was on the same high school track team as Mike and, as an official, I watched him compete in high school. When Mike was in college at Seton Hall I was selected as an official and saw him in the Olympic Trials and National Championships. Mike is an athlete in both performance and the character and decency we always hope to see. Now he is coaching and attending coaching school, and talked to me about how "his athletes" had done in the state meet. I think he was more excited about them than he ever was about himself.

This is what we dream of when we volunteer so much time--our best kids giving back. It was a great moment to be President and a track official. Seeing Mike reminds me of why I'm here, what a great association we have, and tells me in a moment, how well we are doing.

LDR NEWS BY NORM GREEN

The 2007 LDR Grand Prix began with its usual first event: Caesar Rodney half marathon on March 11. We had 78 member finishers out of almost 1000 who live in our area. Six clubs scored in the race with a new leader in the Club Challenge: Runaway Success six points ahead of South Jersey AC.

The Age-Graded scoring leaders after one event are: Doreen McCoubrie (87) and Joy Hampton (85) for the females and David James (82) and Lee Kauffman (81) for the males.

Because of the ice storm on March 16, the Adrenaline 5k was postponed until March 31 so that updated information about our Grand Prix will come after this publishing deadline but is available on our website.

Our 2007 Off-Road Series was off to an icy start when the Ugly Mudder 7.25 mile trail event had no mud but rather extremely heavy ice from mid-February storms. We had 41 members finish the race out of 504 who live in our area. Four clubs scored that day led by Rosemont Running Club only five points

ahead of Philadelphia Athletic Charities with Wissahickon Wanderers another 10 points back.

Irene Nagle leads the Open Females; Alex Barth the Open Males. Barbara Gorka leads the Masters Females; Tom Jermyn the Masters Males. Paul Makurath leads the Senior Males (no senior females competed).

The next off-road event is the Delco RRC 10kXC race on Saturday, April 7 at Tyler Arboretum in Media (PA).

Becki McClintock represented our association at the USATF Women's 15k championship held as part of the Gate River Run in Jacksonville, FL. Becki had a good run, finishing in 1:00:05. That time earned her 42nd place among more than 5,000 females. She reported the highlight of the weekend was the dinner after the race at Doug Alred's home (he is the race director) where Deena Kastor (women's winner) and her coach joined Becki's table group for a very relaxed conversation.

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



**NEXT QUARTERLY MEETING:
WEDNESDAY, JUNE 27TH 7:30 P.M.
SEVERENCE ROOM, JAKE NEVIN FIELDHOUSE
VILLANOVA UNIVERSITY
RADNOR. PA**

PIKE CREEK VALLEY R.C. MEMBERS SET WORLD RECORD

By Dave McCorquodale

Congratulations again to the relay team representing PCVRC, consisting of Kareem and Kyle Lanier, Jeff Najarian and Tom Thomasson. Running in the Masters National Track Indoor Championships in Boston on March 24, they broke the **30-34 age-group world record** they had set two weeks previously in the 4 x 800 meter relay by running 8:38.39.

In addition Kareem had a stellar performance the previous day, winning the 3000-meter event in 9:17.34. During the entire indoor season the Laniers combined for seven national titles (Kareem, 4 and Kyle, 3).

MID-ATLANTIC IMPLEMENTS USATF BACKGROUND SCREENING IN YOUTH PROGRAMS

By Mike Hemsley

In 2006 USA Track and Field established a background-screening program for youth program coaches and volunteers to further support the goal of a safe environment for youth athletics. The Mid-Atlantic Association is supportive of this initiative and will participate and facilitate the national screening program by distributing and processing USATF youth program coach/volunteer applications, which will include a criminal background screening authorization.

This initiative follows the lead of other youth-based organizations, such as Little League Baseball, Pop Warner Football and American Youth Soccer Organization in ensuring that we provide our youth with the safest environment possible in which to thrive as athletes.

The Association realizes that our club's Youth Track seeks to attract the most qualified coaches and volunteers to administer its programs and activities. At the same time, we all must be aware that this could make these clubs a target for those with criminal backgrounds, including sexual predators. The USATF background-screening program is intended to preserve the safety and security of our youth members and, at the same time, to provide a hostile environment for individuals who pose a threat to the safety of children involved in track and field activities. Additionally, having all youth coaches and volunteers properly screened may protect each club and its organizers from possible criminal or civil liability, and/or loss of personal or club assets resulting from costly litigation. (Continued on page 4)



***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



BACKGROUND SCREENING (CONT.)

The intent of the background screening program is not to arbitrarily exclude those who may have a criminal conviction in their past; rather, it is to identify individuals who may pose a risk to children and limit the potential for future harm. The process will screen for the following offenses: 1) any crimes against children, 2) any sexual offenses, 3) DWI/DUI (within five years), 4) drug convictions (within five years), 5) weapons violations, 6) assaults, 7) lewd conduct.

For quite some time, this Association has held internal discussions regarding this program and how best to implement it. After much consideration, the Association has made the decision to implement the USATF program utilizing Sterling Testing Systems, Inc. Sterling Testing Systems is a national provider of such services to a number of industries throughout the United States.

Youth club coaches and volunteers who have successfully completed the USATF application process, (including the background screening) will have their names posted to the USATF web site as being in "good standing." Only these individuals in youth athletics will receive the protection of USATF's practice insurance liability program.

A club coach or volunteer's name will not appear on the USATF web site if: 1) she or he is not a current USATF member, 2) he or she fails to submit the coach/volunteer application form (including signing the "Background

Screening Acknowledgement"); or 3) his or her club coach/volunteer application is denied due to information revealed during the background screening process.

In this program the Mid-Atlantic Association processes each application, utilizing Sterling Testing Systems to undertake and report back search results. These results are reported to USATF, which will undertake further review and investigation of any positive results. USATF has established procedures to ensure accuracy and fairness in its review and decisions on any such application including contact with the applicant to confirm the accuracy of information and obtain additional relevant facts as warranted.

Throughout this process confidentiality of all information is a high priority. Locally, Dave Thomas has agreed to act as the Association's Background Screening Agent. At the Association level only Dave will have access to submitted applications and search results; again all subject to confidentiality. Youth clubs should expect a letter from the Association shortly with necessary forms and instructions.

The USATF Mid-Atlantic Association believes that such screening programs are, unfortunately, necessary to reasonably assure the safety of our youth athletes. Youth coaches and volunteers are encouraged to participate in this important process.



OFFICIALS' CLINIC

THE MID-ATLANTIC ASSOCIATION OF USATF NEEDS OFFICIALS!

For those that are interested but have not taken that step please contact Harold Adams to be a part of the **PENN RELAYS Clinic** between April 24th and April 28th. You will have a chance to shadow some of the best officials in the region and to become certified as USATF officials. We guarantee hands on training experiences! If you are interested or know someone who is interested please contact Harold at:

Harold Adams
610-270-3946 (phone)
610-272-6069 (fax)
haroldadams@verizon.net

OFFICIALS COMMITTEE

The officials committee recently concluded a series of clinics at Villanova University for new officials. The series was well attended and we look forward to working with them at the very busy season coming up. Congratulations to:

Mike Payton
Earl Edwards
Stacy Peterson
Annett White
Nancy Weldon
Leslie Stokes
El'Phant Eure
Shafi Tinsley

for completing the four night series!

The officials committee held their annual meeting on March 18th at the Fort Washington Holiday Inn with a good turnout to hear sessions on rule changes and a clinic on race walking officiating.



**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**

HELP WANTED: CPA

Mid-Atlantic is required to file a Form 990 with the Internal Revenue Service each year. The 2007 deadline is May 15. Norm Green, financial secretary, and Harold Adams, treasurer, are seeking a member CPA who would be willing to contribute her/his service in ensuring that Form 990 is properly completed.

Any CPA member willing to assist us is invited to respond by e-mail (runnorm@comcast.net) or phone: 610-647-2201.

SAVE THE DATE:

ASSOCIATION WORKSHOP--AUGUST 17-19
BATON ROUGE, LOUISIANA

MID-ATLANTIC
QUARTERLY



WE'RE ON THE WEB!

SEE US AT:

WWW.MAUSATF.ORG

USATF MID-ATLANTIC
P.O. Box 884
SOUTHEASTERN, PA
19399-0884

**Mid Atlantic Association USATF
Philadelphia Chapter PIAA
Official's Certification Committee
Ken Yerger – Chair**

Bill Jackson & Earl C. Williams, Workshop/Clinic Chairs

SPRING OFFICIALS WORKSHOP/CLINIC

6:30 P.M. - 9:00P.M. Grace Epiphany Church
224 East Gowen Avenue (Gowen Avenue & Ardleigh Street)
Philadelphia, PA 19119

**CLINIC IS OPEN TO ALL PERSONS WHO WOULD LIKE TO
OFFICIATE TRACK & FIELD EVENTS.**

Thursday April 12, 2007:

Clinic Goals; Certification, USATF & PIAA; Code of Conduct;
Throws (Discus, Shot Put, Javelin, Weights)

Thursday April 19, 2007:

Horizontal Jumps (Long/Triple Jumps);
Starting; Implement Inspection

Thursday May 3, 2007:

Umpiring; Vertical Jumps (High Jump/Pole Vault)
Timing /Judging

SIGN UP BY CALLING BILL JACKSON AT (215)387.7969

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.