

Mid-Atlantic Quarterly



NEWSLETTER OF
USATF MID-ATLANTIC
4TH QUARTER/DECEMBER 2008



President's Message By Monique White

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



It has been an honor serving the Mid-Atlantic Association as its Vice-President these past two terms. I am pleased that our association has again shown their support in electing me as President. As Vice-President under Ed Callahan, I have had the privilege and honor to work with someone who had a vision of our organization being stronger financially and reaching out to its broad constituency. I personally thank him for his mentoring and for all he has done for the Mid-Atlantic Association.

As your President, I want to continue our financial strength in these turbulent economic times by continuing to keep a keen eye not only on the bottom line, but also how we can invest in endeavors that will make our organization stronger. Some of the areas that I feel we as an organization can improve upon are reaching out and working with our members who are further away and strengthening our ties with the organizations that are close to Philadelphia. This membership I speak of crosses across age barriers, not only youth, but masters and open athletes as well. Secondly, working with our coaches on coaches background screening is vitally important to the overall health and outside view of our organization. As a professional educator and coach myself, I see first hand how having coaches that are in good standing with the law can only protect the overall health and safety of our

children. I can't emphasize this more to you, my fellow constituents, that you please have your coaches and volunteers screened to help protect our children's future from predators or those who would endanger our children.

The Mid-Atlantic Association is also interested in getting as many of our coaches trained at the Level One USATF certification as possible. In order to achieve this goal we need to hold more Level One clinics in our area and get more of you certified. In this era of USOC demands on medals and having more depth in our overall program, USATF Mid-Atlantic, rich with youth talent like Ryan Krais and Nicole Leach, should be giving our youth athletes the best in athletic technology and training that is out there. To those of you who have passed the Level One School, I encourage you to go to Level 2 and show that Mid-Atlantic has the talent and that we know how to train them. Let's be a leader in emerging youth and open talent.

In closing, I ask you to stand with me to continue to make Mid-Atlantic the organization that people look up to in officiating, coaching, masters and grass roots programming. Let's provide our members with the tools they need to be their best in all that they do. I look forward to serving you as the President of USATF Mid-Atlantic.

LDR NEWS by Norm Green

The 2008 season for our LDR Grand Prix finished with an exciting day just before Thanksgiving when more than 18,000 runners competed in one of 3 events that day. It was the climax of our 18th Grand Prix in USATF Mid-Atlantic. We ended the year with 340 athletes having participated in at least one event, many representing one of the 10 clubs that joined our Club Challenge.

Joy Hampton won the Age-Graded competition among the women, while Jim Flanagan led the men. For the 6th consecutive year South Jersey AC won our Club Challenge, having fielded a scoring team in every one of the Grand Prix races.

Rosemont Running Club won our 7 event Off-Road Series which saw 5 athletes completing all of the races. They are: Steve Clarke, Ted Hardies, Jeff Hayes, Lisa McKeon, and Richard Szymanski.

In the individual competition of the Off-Road Series: Helen Cheung and Daryl Weaver won the Open Category, Leah Whipple and Michael Dolan won the Masters, while Diane Hardies and Larry Boyer won the Seniors.

The top 10 Age-Graded males and females, the top 3 in each 5-year age group (age 15 up) and participants completing at least 7 events in the Grand Prix received awards at our annual Award Lunch on Saturday, January 24. The top 3 in the Open, Masters, and Senior groupings for the Off-Road Series also were award recipients. Six clubs in the Grand Prix and four in the Off-Road Series received cash awards.

Abby Dean was named Open Female Athlete of the Year for LDR. Carolyn Bujak was honored as the Masters Female Athlete of the Year, while Jim Flanagan and Seth Bergmann shared the Masters Male honor.

The 2009 Off-Road season will launch with the Ugly Mudder trail run in Reading on February 22. The Grand Prix starts with its traditional first race: the Caesar Rodney Half Marathon in Wilmington on March 15, followed closely by the Adrenaline 5k in Haddonfield on March 21.

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



**THE MAUSATF OUTDOOR
TRACK & FIELD CHAMPIONSHIPS
2008 and 2009
By Joel Dubow**

The 2008 Meet:

The 2008 MAUSATF Outdoor Open/Masters Championship Meet was originally scheduled for June 14, with a pre-Championship meet scheduled for May 31. However, after the planning process for those meets had begun, a facilities conflict subsequently occurred regarding the use of the Widener University track on June 14. Perforce, it became necessary to change the dates. The Championship Meet was shifted to the May 31 date, which remained available to us, while the pre-Championship meet was changed to the closest, earlier available weekend date -- May 10. Unfortunately, the change to May 10 made for an earlier than desirable date and occurred on too short notice to maximize publicity for the meet. Only 28 14-and-older athletes attended on May 10. A more fortunate outcome of the shift in the date of the Championship Meet was that it came to avoid a direct conflict with USATF-NJ's Championship Meet, which did occur on June 14.

In 2007 the Championship Meet had occurred on July 14. Two motives precipitated the move of the 2008 meet to an earlier (*preferably mid-June*) date. One was concern about the potentially dangerously hot temperatures (to both athletes and officials) that could occur in Philadelphia in mid-July. The second factor was a perceived need to afford our Open athletes a Mid-Atlantic-located opportunity to achieve qualifying marks for the U.S. Olympic Team Trials just prior to the June 15 qualifying deadline.

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



THE MAUSATF OUTDOOR TRACK & FIELD CHAMPIONSHIPS 2008 and 2009

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

**~Steve
Prefontaine**



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Some notable changes occurred in meet composition as a result of the move to the earlier date; however, a full understanding of those changes is confounded by the fact of the threatening weather that occurred on May 31 – which may have “dampened” some athletes’ enthusiasm to make the trip to compete. In fact, there did occur a mid-meet thunderstorm that lasted about an hour and led a number of athletes to leave prior to their afternoon events -- some without competing at all despite having showed up and paid to enter.

Total at-the-meet attendance (not necessarily participation) this year was 164, compared to 160 last year. But, though the attendance was similar, the age composition was not. The date shift clearly drew more Open athletes to the meet, up from 43 to 71, a gain of 28 athletes. On the other hand, Masters’ attendance dropped from 117 to 93, or 24 fewer Masters – *but for the most part the decline was not among MAUSATF Masters athletes*. An examination of the MAUSATF Masters attendance showed a drop of only four athletes – from 59 to 55. Those from other Associations declined by 20, from 58 to 38.

Relevant questions are: (1) was weather was a factor in the attendance decline on the part of Masters athletes from other associations, and (2) might we have had even more of our own Masters this year had *either* the meet been held at a later date *or* had the weather been better on May 31? The answer to the first question is, “Probably.” The answer to the second question is “Indeterminate.” The 2009 meet, now planned for early- or mid-June, should give a partial answer to the second question – providing that the weather cooperates. **(CONTINUED ON PAGE 5)**

A NOTE FROM THE EDITOR

After three years as Editor of the *Mid-Atlantic Quarterly*, it is time for me to step down. It has been a pleasure working on the newsletter, and I would like to thank you all for your support, both as readers and contributors. Please contact Monique White (moose789@yahoo.com) if you are interested in becoming the next editor of USATF Mid-Atlantic’s newsletter.

~Wendy Callahan

THE MAUSATF OUTDOOR TRACK & FIELD CHAMPIONSHIPS 2008 and 2009

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Resulting Issue:

Bearing in mind that the High Performance Committee has the responsibility for attending to *both* Masters *and* Open athletes, the following issue arises: USATF has had the recent problem of a decline in Open athletes' interest in T&F after their scholastic days. If moving the Championship Meet earlier, to June, can get more of them involved, would it not be in the organization's better interest to maintain a June Championship date even if it would mean -- though it probably would not -- a comparative decline in Masters participation?

At this point, one recommendation for 2009 would be to obtain a mid-June date for the Championship Meet and to also schedule a pre-Championship meet on May 23, the Saturday before Memorial Day. With it now known that University of Delaware has plans for a May 2 all-comers meet, both Open and Masters athletes would have two meets available to prepare for the Championship meet.

Subsequent Events That Impact the 2009 Meet Date:

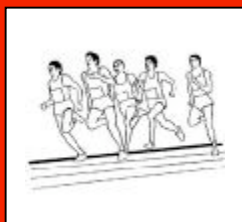
Subsequent to the issue discussed and recommendation made above, two happenstances have occurred that change the recommendation to an imperative: (1) The 2009 USATF Masters Outdoor Meet has been rescheduled; it will take place in Oshkosh, WI on July 9-12 – *n.b., not in August!* (2) The 2009 East Regional Outdoor Meet has been awarded to USATF-NJ; they will conduct it simultaneously with their Association Championship Meet on a to-be-determined June weekend.

We are currently in discussions with both the New Jersey Association and Widener University in an attempt to avoid a conflict in dates. We are hopeful that we can schedule a developmental meet on May 23, with three of the following four weekends seeing three other events in this preferred order: (1) The Philadelphia Masters Annual Throwathon, (2) the MAUSATF Outdoor Meet, and (3) the USATF-NJ/East Regional Meet.

Stay tuned!

PLEASE PLAN TO ATTEND:
MID-ATLANTIC QUARTERLY MEETINGS
Villanova University, 7:30-9:00
March 25th
June 24th
September 23rd (Annual Meeting)
December 16th

**Mid-Atlantic
Quarterly**



We're on the Web!

See us at:

www.mausatf.org

**USATF MID-ATLANTIC
PO Box 662
Southeastern PA
19399-0662**

THE 2008-2009 INDOOR SEASON

Philadelphia Masters has underway a series of five sanctioned indoor meets prior to the 2009 Indoor Championship meet, as follows:

Dec. 7 --- at Glen Mills Schools
Dec 21 – at Swarthmore College
Jan 4 ---- at Swarthmore College
Jan 18 -- at Albright College
Feb 1 --- at Glen Mills Schools

March 8 has been obtained at Ursinus College for the **MAUSATF Indoor Open/Masters Championship Meet**. In addition, the **East Regional Masters Meet** has been assigned to Philly Masters, to be conducted simultaneously with the MAUSATF Meet.

Info/Entry Forms for the March 8 meet can be found at the www.mausatf.org website – click on Events/Calendar -- or, at the Philly Masters website, www.pmtf.net – click on Key Links. The contact person for the meet is Joel Dubow, joeldubow@usa.net, 484-437-9463.

USATF Mid-Atlantic Executive Committee

A. Monique White – President

Mike Hemsley -- Vice President

Norman Green – Financial Secretary

Ken Yerger -- Secretary

Harold Adams – Treasurer

Mike Hemsley – L & L Chair

Bob Delambily - B&F Chair

Norman Green – Membership

Celeste Battle -- Youth

Ed Callahan - Past-President

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.
