

Mid-Atlantic Quarterly



NEWSLETTER OF
USATF MID-ATLANTIC
2ND QUARTER/JUNE 2008



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



President's Message

By Ed Callahan

With Spring Track for Mid-Atlantic wrapping up, the majority of our activities for the year are winding down. We have an exciting Youth cross-country season coming in the fall, but that is a few months away. As our year winds down I want to thank each and every member of USATF Mid-Atlantic for your membership and, for so many of you, the countless hours that you volunteer to the organization and to the sport. I believe as always that our mission is to have the finest athletes with the strongest character and the highest level of humanity, dignity and grace. Athletes who are role models better their teams, the sport and the community. They are Champions!

As we mature there is a time for all of us when we will never run, walk, throw or jump as we once did. What we have from there on is our own legacy of performance and the person that we have become along the

way. It is that person that we share with the world from then on out. Because we develop those people our sport is important and has relevance. To the extent that we keep our focus on these values in Mid-Atlantic I believe we will have people willing to take the time and the trouble to keep us strong. In the fall I will be finishing up my second 2-year term as your president following four years as your vice president. I am proud that during that time we have met all of our requirements as an association and we received an award from USA Track and Field. I am humbled by the fact that I have been able to serve in a leadership position for the athletes, parents, coaches, volunteers and, from the bottom of my heart, the Executive Committee and Board of USATF Mid-Atlantic. The experience has been, as running was for much of my life, a gift.

LDR NEWS by Norm Green

At the time of this writing (June 20) we have finished the spring season in both our Off-Road Series (4 races are completed) and our Grand Prix Circuit (5 races).

In its 3rd year the Valley Forge Revolutionary 5 mile Run saw 1074 finishers with 80 being our members. This chip-timed event adjusted its course because of National Park road construction. The final up-hill grunt to the finish was not happily received by the participants but rather made a tough race even tougher. We had 6 scoring clubs headed by South Jersey AC.

The Blue Cross Broad Street Run (10 miler) continues to be our most significant event in the Grand Prix. This year the race had more than 19,000 finishers—a 21% increase from last year. Mid-Atlantic had 218 finishers headed by Macharia Yuot, 3rd in the race in 48:03. We had 10 scoring clubs headed by Bryn Mawr Running Club.

The most recent Grand Prix event was June 7 in Moorestown, NJ. This 8km event used chip timing for the first time this year. We had 104 members of the 732 finishers. Seven clubs scored at Moorestown, led by South Jersey AC.

Age-graded leaders among the 99 women are:

Amy Weiner	370.820
Chantal Reme'	347.250
Rita Alles	346.019
Joy Hampton	340.317
Elizabeth Rexas	339.340

And among the 198 men, we have:

Greg Vitali	396.973
Terry Kelly	368.859
Ian Stevenson	367.346
Trevor Orthmann	362.130
Derek Schultz	355.602

Club Challenge scoring at mid-season finds the following:

South Jersey AC	2026.059
Runaway Success	1958.592
Pike Creek Valley R C	1896.998
Philadelphia Athletic Charities	1886.718
Rosemont Running Club	1844.176
Pineland Striders	1822.375
Bucks County Road Runners	771.875
Moorestown Distance Running	717.061
Bryn Mawr Running Club	446.055
Wissahickon Wanderers	343.002

The Off-Road Series held its second event at Tyler Arboretum—a 10kXC race with 163 finishers of whom 47 were eligible for our scoring. Bucks County Road Runners had the highest score of the 6 clubs competing.

The Trail Triple Crown 10k Run in Delaware saw our 37 members finish in a field of 175. Rosemont Running Club led the 3 scoring teams in this race.

The Wissahickon Trail 10kXC event was also held on June 7—a very unfortunate conflict of timing that has received strong negative response from our participants. At the same time many voiced appreciation for the fine conduct of this event in its first year in our Off-Road Series. We had 47 members finish among the 413 finishers. Again Rosemont was the leader among 6 scoring clubs.

After 4 events Off-Road Club Challenge stands at:

Rosemont Running Club	1314.242
Pike Creek Valley R C	1233.926
Pineland Striders	1125.058
Philadelphia Athletic Charities	953.375
Buck County Road Runners	949.511
Wissahickon Wanderers	872.041

(continued on page 3)

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



ANNUAL MEETING:
WEDNESDAY, SEPTEMBER 24TH 7:30 P.M.
PRESS ROOM, THE PAVILLION
VILLANOVA UNIVERSITY
RADNOR, PA
ELECTIONS FOR OFFICERS WILL BE HELD

LDR NEWS by Norm Green (continued)

Among individuals, Sharon Schmidt-Mongrain and Daryl Weaver lead the Open Category, Leah Whipple and Jeffrey Hayes lead the Masters, while Diane Hardies and Larry Boyer lead the Seniors.

Full results may be found on our Mid-Atlantic website. We anticipate electronic distribution of a mid-year Grand Prix report soon, with paper copies coming to those who receive this newsletter in print.

HY-TEC TRAINING

The USATF Mid-Atlantic Association will be sponsoring training in the use of Hy-Tec software for FAT. The training will take place the first Saturday in October. Those accepted for the training will have to agree to:

- Be a member of USATF Mid-Atlantic Association during this entire Olympiad;
- Become a certified official;
- Keep the Hy-Tec software on their computer up-to-date;
- Be willing to be a part of a FAT team and work events of all levels;
- Commit to work at least one sanction Mid-Atlantic certified meet each year.

To apply for this training contact Earl C. Williams, 215.920.7684 or ecwsr@msn.com



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



USATF Membership..... Official's Certification.... Just What Is The Difference? By Ken Yerger

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

**~Steve
Prefontaine**



Some of the newer officials and some of the not-so-new officials have been confusing USATF membership and USATF Officials Certification numbers and their respective renewal processes. Hopefully this will help. USATF membership is yearly but can be purchased for multiple years at a time. Officials Certification is by Olympiads, or four years, and ends at the conclusion of each outdoor Olympics. In the case of certification, one fee covers the entire four years. USATF Membership can be paid by the year or for a discount paid for multiple years.

The Association Certification Chair DOES NOT typically handle membership applications but they can be purchased on-line at www.mausatf.org ("join us" link) by either credit card or by downloading and printing a paper application form. For those officials getting or renewing their membership, be sure to check off the official's box.

The Association Certification Chair DOES process certification and recertification applications. For any new applications the paper copy of the instructions and application form can be downloaded and printed from the same website in the officials section.

Current officials – look for a mailing in late August or early September with the requirements for recertification. The date of the actual mailing will be dependent upon when the national committee releases the new forms and procedures to the various Association Chairs, but that is the estimated time frame.

One new requirement is certain and that is the requirement for all certified officials to be members of USATF. While that is not a new requirement for Mid-Atlantic, it is for other associations. The new application form, which is currently on-line on the Association website, has a space to insert your membership number. Beginning with the new Olympiad NO new certification recertification will be processed without a current membership number and in order to maintain your certification, proof of membership will be required each year. Beginning in November certification and membership will provide liability insurance with it at no additional cost. Further information can be found at <http://www.usatfofficials.com/chairman.html> on the insurance.

Ken Yerger, Certification Chair

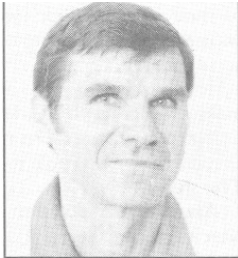
610-666-0846

kyerger@yahoo.com **(New Address)**

PLEASE NOTE: The following article is reprinted from *National Masters News*, May 2008 (page 8) with permission from Randy Sturgeon, owner and publisher.

Is Road Racing Going the Way of Bowling?

By Mike Tymn



As I read an article in the February 22, 2008 issue of *The Honolulu Advertiser* about bowling alleys on the island of Oahu closing right and left, I wondered if road racing is headed in the same direction.

The article mentioned that there were 31 bowling facilities on the island during the 1960's, but the number is down to three and there will soon be just two. "Bowling nationwide is coming to an end," one of the remaining bowling alley owners is quoted, going on to say that the expense of running the lanes is getting too high.

Within two hours of reading the article, I happened to run into my old friend Harry, who, at 72, is still active in local road races. Harry is a member of the Mid-Pacific Road Runners Club. When I asked him how the club is doing, Harry shook his head and replied that things are not going well. He said that the logistics of putting on road races is simply too difficult these days and so nobody really wants to run the club. Apparently, the biggest problem is getting volunteers to help out at races.

When I put in my time as an officer of the club 36 years ago, I occasionally served as race director of one of the club's races every other week. There really wasn't that much to it. We needed only a clipboard, a stopwatch, and a bunch of tongue depressors with numbers on them. The race director explained the course to the participants, which numbered anywhere from 35 to 70, blew a whistle to start the race, and then waited with two assistants at the finish line. As the runners finished, the race director called out the times, which were copied down by one assistant on the clipboard, as the other assistant handed out tongue depressors with the place numbers on them. As I recall, small awards went to first, second, and third places. I don't remember if Leah Ferris, the only woman runner in the islands back then, was given an award for being the first and only woman. I think the first person 40-over got some kind of recognition, but it wasn't much more than a special handshake.

Most of our races back then were at odd distances—two times around Kapiolani Park (3.6 miles), three times around the park (5.4 miles), or from the park out to Hawaii Kai and back (15K, but it could have been anywhere from 14.5K to 15.5K, more likely 14.5 as most courses were measured with a car odometer.) We really didn't start wheel-measuring courses until about 1975, as no one seemed to care that much about times. It was all about place or outrunning your usual opponents.

We didn't have to get permission from the City to conduct a race, have a surveyor measure the course, hire a half-dozen off-duty police officers to stop traffic at key intersections and escort the leaders, purchase a million dollar liability insurance
(continued on page 6)

Mid-Atlantic Quarterly



We're on the Web!
See us at:
www.mausatf.org

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

(continued from page 5)

policy naming the City as an additional insured, set up several aid stations along the way, make sure an emergency medical person is available, arrange for computerized finishing times, and purchase awards for 20 different categories, not to mention finishers' T-shirts. Nor did we have to start the races before sunup, to beat the traffic and beat the heat. They all started at 8 a.m.

I'm not saying all that stuff is bad, although I think only wimps need aid stations for races under the marathon distance. Is it any wonder people don't want to volunteer to administer races or to assist at them these days? Clearly, it can involve quite a few hours and may even mean assuming some liability risks. The most difficult thing for the race director is getting volunteers to help out. Who wants to volunteer to staff an aid station when it means getting up at 4:30 on a Sunday morning?

Who wants to volunteer for the finish line crew when you have to wait around for people walking the course to finish? You might be stuck out there for three hours on a 10K, 9-10 hours on a marathon.

Back in 1972, we paid something like five dollars for an annual membership. There was no entry fee for the races. I'm not sure what they charge for run-of-the mill races these days, but somebody has to pay for those police officers, the liability insurance, the Gatorade, the computer nerds, etc. Why would anyone who has no chance of winning anything want to pay an entry fee when he or she can stay at home and run around the block for nothing or run the race course as an unofficial participant?

I hope road racing doesn't go the way of bowling, but it certainly appears headed in that direction.

**Make your plans to attend:
2008 Associations Workshop
August 22-24
Indianapolis, Indiana**

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.
