

Mid-Atlantic Quarterly



NEWSLETTER OF
USATF MID-ATLANTIC
1ST QUARTER/MARCH 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

Spring is upon us, and our outdoor season is beginning. As I have told you all before, and I'm happy to tell you again, our association is in terrific shape, both fiscally, and in terms of our responsibilities to both our national office and our membership.

We are, as an organization should always be, in a state of transition, looking to the future. Currently we are looking for someone who could take the very active role of Membership Chair. This is a critical job involving much administrative and computer work. The individual fulfilling this position is also a very important interface with the national office. Please email Norm Green(runnorm@comcast.net) or myself (ejcxc@att.net) if you feel you are qualified to handle this important responsibility.

We have an excellent website, and at this time would like to find one or more individuals who may be able to help Bill Brasington, our webmaster,

with the continual work and upkeep of our website. If you are interested in being a part of this important function, please prepare a proposal with your web credentials and forward to Bill (wbrasington@yahoo.com) or myself.

In addition to these positions, we are also in need of 10 people who would have an interest in receiving professional training in becoming timers and be willing to dedicate their time to working as timers at USATF Mid-Atlantic meets. We are always in need of timers, but to do this correctly we need a large enough volunteer corps to do it effectively. If you are interested and skilled with computers, please email Earl Williams (ecwsr@msn.com) or myself at your earliest convenience.

I wish all of you an exciting and successful outdoor season, and I look forward to seeing many of you at our numerous events.

LDR NEWS by Norm Green

At the time of this writing (March 31) we have had one Off-Road event and two Grand Prix events behind us. By the time you receive this message at least the Tyler Trail 10kXC run will also have been contested (4/5/08).

The Ugly Mudder trail run was advertised as 7.25 miles, but a missed turn by race leaders caused most of the 622 finishers to eliminate a 1.25 section of the course. We, therefore, did our age-graded scoring on a 10k basis for 35 of our 47 finishers. Sharon Schmidt-Mongrain and Grant Scott lead the Open category; Julie Deery and Tom Jermyn lead the Masters, while Diane Hardies and Larry Boyer lead the Seniors. Philadelphia Athletic Charities scored 325 points; Rosemont Running Club has 310 points, with Pike Creek Valley (270), Wissahickon Wanderers (266) and Pineland Striders (251) also finishing with scoring teams.

The Grand Prix began with the 45th running of the Caesar Rodney Half Marathon in Wilmington on March 9. 1231 runners finished Caesar Rodney of whom 104 were our members. Six days later the Adrenaline 5k in Haddonfield (NJ) found 106 of our members finish out of a total cohort of 623. After these two races, we have 7 scoring clubs led by our perennial leader South Jersey Athletic Club with 800 points, followed by last year's runner-up Runaway Success (782 points).

Age-graded leaders among the 55 women are:

Abby Dean	168.164
Joy Hampton	167.102
Julie Deery	153.530
Amy Weiner	147.910
Robin Jefferis	147.196

And among the 111 men, we have:

Steve Metraux	164.439
Greg Vitali	160.052
Greg Nash	159.837
James Berger	159.373
James Flanagan	159.029

When we went to press early this year with our Off-Road Series schedule two fall events had not finalized their dates. We can now announce that the Radnor Red Run 5k Steeplechase will be held at 9:00 a.m. on Sunday, October 12, and the Philadelphia Catholic League XC Open 5k (that serves as our Mid-Atlantic XC championship) will be at 1:00 p.m. on Saturday, October 18.

As we look ahead to 2009, we have been informed that Caesar Rodney half marathon intends to move from the weekend before St Patrick's Day to the Sunday after March 17. We have been exploring with Dave Welsh, director of the Adrenaline 5k, the possibility of his event moving a week earlier—since we know that most of our athletes would prefer to run a 5k before a hard half marathon.

We are also looking at the probability of splitting our Off-Road Series into two series—6 XC type events and 6 Trail type events in the recognition that trail runners are "a breed apart." Your comments about such a plan will be welcome and could significantly influence the final decision by our LDR committee coming in mid-May.

Finally, I want publicly to thank Bob Lion, coordinator of the Off-Road Series, and Ed Maher, coordinator of the Grand Prix, for their leadership this year. Each one has managed their respective events with imagination and commitment and has enabled me to devote my time to other responsibilities.

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



**NEXT QUARTERLY MEETING:
WEDNESDAY, JUNE 25TH 7:30 P.M.
SEVERENCE ROOM, JAKE NEVIN FIELDHOUSE
VILLANOVA UNIVERSITY
RADNOR, PA
ANNUAL MEETING: SEPTEMBER 24TH**

LIFETIME ACHIEVEMENT AWARDS

At our annual awards luncheon five officials were given a Lifetime Achievement Award. We wanted the association to recognize officials for all the work they do, in any kind of weather, for our athletes, coaches, and parents. The award was given to Bill Crowther, Ernie Seitz (posthumously), Gerry Connell, Bill Jackson, Paul Walkovic, and Jerry Leanness. After all their years of service, we think the thank-you from Paul Walkovic best represents the quality of these men: "Good afternoon everyone, you're the best people I ever met and associated with. Thank you for remembering us dedicated to track and field sportsmanship."

As president, Ed Callahan was honored to give these awards to people he has looked up to for most of his time in USATF Mid-Atlantic.



MID-ATLANTIC HOSTS YOUTH SUMMIT

The Mid-Atlantic Youth Summit took place on Saturday, April 12th. The Summit included various activities and information sessions related to all aspects of Track and Field. The Mid-Atlantic Association Youth Committee presented clinics on the shot put, discus, javelin, hurdles, and horizontal jumps. Programs presented by Velocity Sports and Temple Sports Medicine included Injury Prevention Tips, Orthopedic Care, Sports Nutrition, and Principles of Speed. There was also representation by some the region's best track and field clubs in PA, NJ and DE. Thank you to the Youth Committee for providing a fun and informative day for all in attendance.

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



YOUTH OUTDOOR TRACK & FIELD UPCOMING EVENTS

9:00 a.m. to 3:00 p.m.
\$5.00 per event/athlete

Saturday, May 5th	Germantown High School 40 E. High St., Phila, PA
Saturday, May 17th	Gratz (Marcus Foster Stadium) W. Hunting Park & Germantown Ave.
Saturday, May 31st	Germantown High School
Saturday, June 7th Phila Area Jr. Olympic Qualifier	Gratz (Marcus Foster Stadium)
Saturday, June 21st Mid-Atlantic Jr. Olympic Qualifier	Site TBA

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



TWO GREAT USATF PROGRAMS

By Ed Callahan

During the past few years USA Track & Field has been involved in instituting two great new programs for the betterment of our sport: the Criminal Background Check Program and the Win with Integrity Program. Please take a few minutes to visit the following link to our website to learn more about these initiatives. This site will answer any questions you might have about either of these fine programs.

<http://mausatf.org/pdf/CriminalBackgroundCheckProgram.pdf>



*I pledge to make good decisions in my life
I will be an enthusiastic and positive person.*

*I will live with integrity every day;
I will lead a healthy, active lifestyle.*

*I will take pride in my successes
on the playing field and in the classroom;*

*I will be honest and drug-free,
knowing cheaters never win.*

I am a Champion!

National Officials List Serve

Those of you who haven't checked out the national Officials Committee's web site, www.usatfofficials.com should do so as it is a wealth of information, manuals, meet information, etc. Last year the committee initiated a list serve and sends out information to those signed up. There is no fee for the service and it helps keep officials abreast of upcoming events on a national level. To sign up go to the website and click on the list serve link and follow the simple instructions.

New National Shirts Available

The new USATF national official's shirts are available! For those who have the red, white, and blue shirts, they will still be appropriate for most meets, but anyone chosen to work one of the USATF National Championships will want to purchase one or more of the new shirts. A new supplier is being used and the shirts now are red and blue made out of a wicking material with the new logo. Shirts can be ordered at www.usatfofficials.com. Click on the uniform/equipment link.



***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***

Penn Relays Clinic

The Penn Relays Carnival will be held April 22nd through the 26th and anyone wishing to become a USATF certified official and to receive hands-on training at one of the greatest track meets in the world contact Harold Adams at haroldadams@verizon.net, or 610-270-3946. The clinic will finish with testing and certification as a USATF Track & Field official.

Save the Date:
2008 Associations Workshop
August 22-24
Indianapolis, Indiana

THE MAUSATF HIGH PERFORMANCE COMMITTEE

Co-Chairs: Joel Dubow, Lou Coppens

The High Performance (HP) Committee of MAUSATF is charged with the responsibility for Open and Masters track and field activities within the Association. The three most specific activities expected of the HP Committee are arranging for the Indoor and the Outdoor Association Championship Meets for Open and Masters athletes, and selecting athletes-of-the-year in several age/event areas. In addition, the HP Committee attempts to encourage and coordinate indoor and outdoor developmental meets. These are usually conducted as all-comers under the auspices of either MAUSATF member clubs or other interested parties that choose to obtain USATF sanctions for their meets. In the past several years, the Philadelphia Masters Track and Field Association has served as the Association's primary agent for executing these efforts.

2007 Athlete Awards

The athlete awards for 2007 were presented at the Association's annual awards banquet in January. The recipients were: Masters Men's Field Events – Glenn Thompson; Masters Women's Field Events – Gloria Krug; Masters Men's Track Events – Kevin Forde; Masters Women's Track Events – Lorraine Jasper; Open Athlete Award – Kareem Lanier.

2008 Indoor Season

The 2008 Indoor season consisted of three sanctioned meets conducted by Philadelphia Masters and the Championship Meet. The first developmental meet was held on January 6th at Swarthmore College. Due to facility limitations, that meet was restricted to athletes 14-and-older; 101 athletes attended. The January 27th and February 10th meets occurred at Albright College in Reading, PA and were conducted as all-comers meets for all ages; respective attendance was 102 and 105 athletes.

The Association Championship Meet for Masters and Open athletes was conducted on March 8th at Ursinus College. 159 athletes competed, of which 124 were Masters (30-and-older) and 35 were Open athletes (14-29). The Association permits what have traditionally been called "junior" athletes (14-18) to compete in the Open category following Open category rules, hurdle heights, and implement weights. The total attendance of 159 was the largest attendance in recent years for the Indoor Championship Meet.

Of the 159 competitors, 94 were Mid-Atlantic Association members, while the remaining 65 were visiting athletes from other Associations – mostly NJ and Potomac Valley. NJ Association had suggested a team challenge pitting their athletes against Mid-Atlantic. However, when it was seen that they would be outnumbered by a lopsided ratio of 4-1, Philadelphia Masters stepped in to take up the challenge. Using 8-5-3-2-1 scoring, and Masters athletes only, the 37 Philadelphia Masters athletes outscored the 23 NJ athletes 417-221.

We are hopeful in the future, dates permitting, of conducting annual Mid-Atlantic vs. NJ "double-dual" meets by using both our Championship Meet and theirs in a combined home-and-away format. See below for this year's outdoor plan.
(continued on page 7)

HIGH PERFORMANCE COMMITTEE (continued)

2008 Outdoor Season

As of the drafting of this article the 2008 Outdoor season is very much a work-in-progress. The HP Committee itself had sought to sanction a two or three meet series including the Association Championship meet. One restriction involved a risk management consideration based on how potentially hot (and dangerous) it could get on our usual mid-July date. In addition, there was the desire to conduct the Championship Meet prior to the date by which Open athletes would have to attain qualifying times or marks to compete in the U.S. Olympic Team trials.

Ultimately, two meets have been scheduled:

- **Saturday, May 10** – a developmental meet at Widener U.; restricted to athletes 14-and-older.
- **Saturday, May 31** – the Association Masters/Open Championship Meet at Widener U. (Open = 14-29; Masters = 30+). Note: our Association Championship events in the 5000m Racewalk, 10k Run, and 2k/3k Steeplechase events will be nested into the MAUSATF-NJ meet on June 13-14 at Monmouth U. in West Long Branch NJ.

Both of the May meets will be managed in partnership between the Widener U. athletic department and Philadelphia Masters T&F Association. Info is available at the Philly Masters website (www.pmtf.net) or by calling Joel Dubow (484-437-9463).

WE'VE BEEN CHALLENGED!!! MID-ATLANTIC vs. NEW JERSEY MAY 31 and JUNE 13-14

For our Championship meet on May 31st, and the MAUSATF-NJ meet on June 13-14 **there will be a "double-dual" home-and-away challenge between Mid-Atlantic and NJ Associations. We encourage, nay urge, all Mid-Atlantic Association track-and-field athletes 14-and-older to try to enter both meets.** Info on the NJ meet is available via email request of jcompagn@monmouth.edu, or at 732-571-3676. Or, go to www.usatfnj.org, click on "Track & Field Calendar," then click on the event line for a downloadable entry form.

Later in the summer

Plans for later in the summer are currently in development. We do know that there will be all-comers meets at West Chester Henderson H.S. on Friday evenings, June 20, July 18, and July 25. Full specifics are not yet available. Their website is www.runcrrs.com.

The usual Plymouth-Whitemarsh H.S. Tuesday night events conducted by Philly Masters are indeterminate at this point.

Mid-Atlantic Quarterly



We're on the Web!

See us at:

www.mausatf.org

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

Officials Needed!

More and more meet directors are having problems getting qualified officials to work their track meets, so if you have an interest in becoming a track & field official, contact Ken Yerger at ken919@comcast.net or 610-666-0846 to start the certification process.

Just as a reminder officials are required to be members of USATF and be recertified every Olympiad. The cycle for recertification starts again following the Olympics in September. **For any new certifications this year, the national committee has agreed to include the next Olympiad (4 years) in the certification period. In other words there will be only one test and application fee for new officials this year to cover through 2012. Also, beginning in the next Olympiad the national committee will require USATF memberships but will be supplying official's insurance at no cost to the official.**

Any officials desiring to upgrade their certification level should notify Ken, including a copy of a track resume that justifies the upgrade and a completed copy of the test for the level being sought. The request will then be passed along to the officials committee for review and consideration. There is no fee for an upgrade. The test can either be found on-line at www.usatfofficials.com or a paper copy requested. Go to the certification page and look for the appropriate "rules review" (test) for the on-line version. The National officials committee requires a minimum of two years experience between Association and National certification levels and three years between the National and Master levels. One's resume must also justify the upgrade.

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
Mike McCloskey – Membership
Carolyn Griggs -- Youth
Earl Williams - 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.