

Mid-Atlantic Quarterly



NEWSLETTER OF
USATF MID-ATLANTIC
4TH QUARTER / DECEMBER 2009



LOOKING BACK, AND AHEAD

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ON THE WEB

www.mausatf.org

As we begin a new year in the Mid-Atlantic Association, we are thankful for all the past blessings of 2009. We also know it was a tough year for many, with the loss of good officials and friends like Harold Adams, Ira Riddle and others.

We will forge ahead in 2010 with a new plan for how to make MAUSATF better and serve our constituents. Our outlook and goals for 2010 will focus on the following:

1. Leadership initiatives and mentoring at the executive level for strategic planning.
2. Support and development of grass-roots programs such as youth and open.
3. Recruitment of more officials of diverse backgrounds.

This may seem like a journeyman's job, but it's a necessary one for the sustainability of the organization. At the USATF national convention, as the strategic plan was being unveiled and discussed among the various constituency groups, I was hopeful but skeptical that it would be approved.

Coffee chats with Stephanie Hightower and Doug Logan proved to be effective in providing more information about how the strategic plan would affect all of us at the local and national level. To learn more about the plan, read Mike Hemsley's article on Page 5 under Law and Legislation or go to the USATF website, www.usatf.org.

PRESIDENT'S MESSAGE

A. Monique White

In the upcoming quarters, I will address each point and give a report card of where we are and what we need to do better to achieve these goals.

We hope to create programming that will be a stepping stone to the national level for our athletes and officials. Up to now, some of the process has been a mystery to our post-collegians and masters, and we hope that our work will give them the information and tools to be more competitive and achieve their personal goals.

To some, this message is an old one, but I tell you it will remain important until we have reached our goals with the help of our members. It is a necessity that we pass on the knowledge of our leadership positions to demystify what needs to be done to make our organization effective.

Let's make 2010 the year of positive change. In the next newsletter, I will discuss women's track and field initiatives and a rules report. Please send your ideas, pictures or stories to us so we may spread the word of MAUSATF. My e-mail address is moose7_89@yahoo.com.

Thanks for the opportunity to serve as your president in 2009. 2010 will be a great year for all of us. Stay connected.

2009 USATF ANNUAL MEETING

REPORT FROM INDIANAPOLIS**New Strategic Plan Will Guide USATF Through 2012**

"Running is the greatest metaphor for life, because you get out of it what you put into it."

~ Oprah Winfrey



USA Track & Field Chairman and President Stephanie Hightower introduced a new strategic plan at the 2009 Annual Meeting in Indianapolis in December. The meeting was attended by about 1,000 volunteers, officials, coaches, athletes and administrators, including a nine-member delegation from the Mid-Atlantic Association.

The strategic plan lays out USATF's mission, vision and strategies through the next Olympiad.

"This plan will help us envision a hope for the future and develop a plan for how best to achieve it," Hightower said. "This action plan will engage every constituency group in a meaningful and constructive way."

Here is a summary of the plan:

MISSION

USA Track & Field drives competitive excellence and popular engagement in our sport.

VISION (What we will look like if we are successful)

- ▶ We fully support our athletes with resources and programs.
- ▶ All our constituencies work together to support our sport's success.
- ▶ Our business model showcases our sport in innovative and lucrative ways.
- ▶ The public and the media respect and are drawn to our sport.
- ▶ Our athletes consistently outperform the competition.
- ▶ We have the resources to achieve our mission.

STRATEGIES (How will we get there?)

- ▶ Build transparent and accountable organizational model that values all constituencies.
 1. Management models new paradigm of ethical, transparent, accountable beha-

avior.

2. Describe new organizational model.
3. Communicate with membership.
4. Favorable recommendation from Law & Legislation Committee, Associations, Volunteer Advisory Committee
5. Two-thirds membership vote in December.

▶ Develop a Track & Field brand that resonates with consumers.

1. Expand media presence by strategically targeting select platforms.
2. Improve and expand our products.
3. Determine, develop and disseminate our message to targeted customers.
4. Establish sport in popular culture.

▶ Develop an aggressive business model that creates and exploits monetizable assets.

1. Inventory current assets.
2. Develop list of non-traditional opportunities (media, sponsorship, lifestyle).
3. Retain skills or resources to find these things.
4. Develop event presentation plan that maximizes commercial value.
5. Start development of working model for organization/athlete relationship.

▶ Develop a culture and systems that maximize competitive excellence and a superior professional experience.

1. Include all relevant constituencies in developing a High Performance Plan.
2. Create approaches for identifying and supporting future athletic talent.
3. Establish preferred standards and systems for event operations.
4. Clearly define and communicate athlete services as high mutual benefit.
5. Institutionalize procedures and education to assure a drug-free sport.

ON THE WEB: For more information on USATF and the 2009 Annual Meeting in Indianapolis, visit: www.usatf.org

2009 USATF ANNUAL MEETING

Future Looks Promising for Junior Men

This was an exciting year for Men's Track and Field, starting with the emerging of a bright future from the young men of tomorrow.

JUNIOR MEN: The U.S. team dominated the Pan American Junior Championships with 31 medals. Winners were:

100 meters: Marcus Rowland

110 meter hurdles: Wayne Davis

400 meter hurdles: William Wynne

1,500 meters: Mac Fleet

Decathlon: Curtis Beach

Shotput and discus: Mason Finley

Pole vault: Jack Whitt

Triple jump: William Claye

1,600 meter relay: Clayton Parros, Duane Walker, Joey Hughes, Tavis Tate

400 meter relay: Marcus Rowland, Keyth Talley, D'Angelo Cherry, Trevante Rhodes.

ELITE/MASTERS: The Men's elite and masters athletes continued their excellence over the past season. In the masters division, 10 records were approved during the annual meeting. Among

MEN'S TRACK AND FIELD

Cynthia Young

emerging and elite athletes, Terrence Trammell broke a 10-year-old indoor meet record during the USA Indoor Championship. In the Outdoor Championship, a number of athletes emerged as USA hopefuls, like Nick Symmonds winning the 800 meters, Brad Walker capturing his third pole vault title and Bershawn Jackson taking his second national title in the 400m hurdles.

RULE CHANGES: For the 2010 Indoor and Outdoor Championship series, Men's and Women's Track and Field will reinstitute the "A" and "B" standard system. Other key issues for the coming track season are the IAAF "No False Start" rule, which USATF will adopt. And being phased into USATF will be the limiting of rounds in the sprints to three total rounds for athletes who have met the A standard prior to the championship meet.

The Wilder Side of Long-Distance Running

Mountain, Ultra and Trail – three disciplines within long-distance running – attract runners of all ages and abilities who enjoy the adventure and challenge inherent in our sports.

There continues to be a growing interest in these programs from the running industry, which responds to our athletes' needs by developing new and innovative footwear, high performance apparel and quality nutrition and hydration products.

Associations are encouraged to add the three disciplines to their LDR programs and to consider hosting a Mountain, Ultra or Trail championship event at the association or national level.

MUT: MOUNTAIN/ULTRA/TRAIL

Carolyn Griggs

Dates of some major events in 2010:

MOUNTAIN

Aug. 28: World Masters – Poland

Sept. 6: 2010 World Mountain Championships – Slovenia

ULTRA

Mid-May: IAU 24th World Challenge – Brie, France

Nov. 6: IAU 100-Kilometer World Cup – Gibraltar

"Somewhere in the world, someone is training when you are not. When you race him, he will win."

~ Tom Fleming, Boston Marathon training sign



2009 USATF ANNUAL MEETING

Proposals Aim To Increase Talent Pool

RACE WALKING

Ed Richardson

Vince Peters, the national Race Walk Committee chairperson, presented the committee's annual report. The report expressed serious concern that we are at a distinct disadvantage when competing against world-class athletes from other countries because there is no continuous pipeline of young athletes for race walking as exists for other track and field events. The national committee offered a series of proposals to try to increase the talent and developmental pool at the emerging and youth level. The proposals included:

1. Hold ongoing collegiate race walk festivals especially within the schools of the NAIA to build more grass root interest and participation in the sport.
2. Hold Junior elite training camps to support the pipeline for junior athletes.
3. Provide a Talent ID Program to identify and recruit post collegiate athletes.
4. Youth Athletics Regional Clinics and festivals to provide coaching education and instruction for youth to stimulate interest and understanding about the event.
5. Centers of Excellence to provide coaching for elite and sub-elite athletes in a common training group as is used in Europe. Two centers are under consideration including East Coast and either Mid USA or West Coast.
6. Hold a Senior Team Camp to allow members of the USA Team to train to-

gether for World Cup competition.

7. High Performance Summit to bring athletes, their coaches and a sports scientist for analysis of biomechanics, physiology and training systems using high speed video technology, sports psychology, and injury prevention.

These themes were thoroughly discussed over several days. I noted that the Mid-Atlantic Region is perfectly positioned to take a lead in one or more of these areas through the existing plans and efforts of its leaders to establish dynamic clinical and festival approaches with its track club members.

The Elite Athlete Sub-committee reported that the Open elite women have developed a plan for a Senior Elite Training Camp in South Carolina at the facility developed by Ian Whatley. An account was established for funding donations and seed money for this effort. The concept received immediate and significant support.

Several important details remain, such as selecting the sports therapist, biomechanics specialist, massage therapist and sports psychologist, and determining who can attend (athletes, personal coaches, etc.).

"You know who I look up to? I look up to the five-minute milers. Because they don't get any of the good things I get. They're out there running just as hard. They're the guys with guts."

~ Mark Belger, Villanova star, 1971



Neely Spence: XC Athlete of the Year

Shippensburg University sophomore Neely Spence has been named the 2009 Women's Cross Country Athlete of the Year by USA Track and Field, a prestigious national award. Spence, a Shippensburg native, won the 2009 USA Junior Cross Country Championships in February and represented her country as the captain of the U.S. delegation at the IAAF World Cross Country Championships in Amman, Jordan.



2009 USATF ANNUAL MEETING

NEW BYLAWS ADOPTED

Delegates Approve Changes Reasserting National Authority

The closing session of the 2009 Annual Meeting adopted a significantly revised set of bylaws and regulations for USATF.

During the sessions of the Law and Legislation Committee, a number of revisions to the proposed amendments were accepted and incorporated into the final package of amendments adopted at the final general session.

Once the final text of the amendments as adopted is available, they will be evaluated by the Mid-Atlantic Association's Law and Legislation Committee to assess their impact on this Association's governance and operations, with recommendations made as warranted.

The proceedings before the USATF Law and Legislation Committee are highly political and negotiated, particularly given some of the issues addressed in the bylaw amendments including a reassertion of USATF Board authorities, management authorities and prerogatives and the selection of championship staffs, coaches, etc.

Although the amendments are substantive and subject to considerable discussion throughout the process, they are less daunting than appears, in that the committee also sought to restructure the bylaws and regulations and replace "legal jargon" with "plain English."

Of particular note as the adopted amendments are reviewed will be those amendments addressing:

Sanctions: The amendments clarify that the national governing body rather than its Regional Associations have the authority to grant sanctions. The regulations will need to be reviewed to determine what effect, if any, it has on our As-

LAW AND LEGISLATION

Michael C. Hemsley

The Key Changes Will:

- ▶ Establish the primacy of the Board of Directors as the organization's fiduciary and policy-maker.
- ▶ Give the CEO discretion to act, under the board's direction, in the best interest of the sport, or to protect USATF from liability or other financial risk in emergency situations.
- ▶ Give the CEO authority to accept or reject meet management and officials if their participation poses a risk to USATF.
- ▶ Codify an ethics committee.
- ▶ Amend the process by which Team USA staffs are selected.

ONLINE: A complete summary is at: www.usatf.org/events/2009/AnnualMeeting/Hightower3.pdf

sociation's processes for securing event sanctions under renumbered Regulation 23.

Residency Exceptions: This amendment allows athletes to be members of any association within 100 miles of their bona fide residences.

Regional Association Solvency: This amendment makes the solvency of Regional Associations subject to annual review by the National Office. Fortunately, that would not appear to be an issue for this Association.

***"I go by the axiom of training that Jumbo Elliott of Villanova used. KISS – Keep It Simple, Stupid."
~ Marty Liquori***



2009 USATF ANNUAL MEETING

Masters Championship Schedule Takes Shape

The schedules for Masters national and regional championships for the next several years are emerging:

NATIONAL

2011 National Indoor Championships, Albuquerque, N.M., March 5-6

2011 World Masters Championships, Sacramento, Calif., July 7-17

2011 National Outdoors Masters Championships: Cleveland, Ohio, July 28-31

2012 National Indoor Championships, U. of Indiana, Bloomington, Ind., March

2012 National Outdoor Championships, Benedictine U., Lisle, Ill., Aug. 2-5

REGIONAL (TENTATIVE)

The following dates and locations for the Eastern Regional Championships are **tentative**:

2011 Indoor: New England Association, with New Jersey as a backup host.

2012 Indoor: Metropolitan New York,

MASTERS TRACK AND FIELD

Michael C. Hemsley

with New Jersey as backup.

2013 Indoor: New Jersey

2010 Outdoor: Adirondack

2011 Outdoor: New Jersey, with Potomac Valley (Howard County Community College) as backup

2012 Outdoor: Potomac Valley

2013 Outdoor: Niagara

2014 Outdoor: Mid-Atlantic

Advisory Council

The chair of the Eastern Zone indicated he was re-establishing the Eastern Region Masters Advisory Council to be composed of each Regional Association's Masters Chairs to enhance coordination and communication among the regional associations.

"Talk to me not of time and place; I owe I'm happy in the chase."

~William Shakespeare, epistle to David Garrick, Esq.

**Delegates Get Insight, And Coffee, With USATF Leaders**

The USATF Board of Directors and chief executive officer Doug Logan conducted coffee chats, in which a cross section of constituents expressed their concerns and suggestions in a more informal atmosphere. Two Mid-Atlantic delegates, Michael C. Hemsley and Carolyn Griqas, attended the chats and reported back:

MIKE: *The comment most significant to our Association was from Mr. Logan. In response to a question relative to USATF support for Regional Associations, he indicated that one goal was to reduce the level of diversity in Regional Association governance and operations. Mr. Logan appears to believe that greater standardization across Regional Associations will create greater efficiencies at the National Office and enable the National Office to better understand and support Regional Association operations.*

CAROLYN: *Mr. Logan opened the session by stating that the board is available to address any concerns of the constituents and will take into consideration suggestions for improvement as well. A question was presented concerning whether the U.S Olympic athletes would be able to perform on U.S. soil at the close of the summer. The AAC representative, Aretha Hill-Thurmond, responded by saying that it would be somewhat difficult to do, with training schedules and international competitions under way.*



DELEGATES from the Mid-Atlantic Association joined some of the biggest names in track and field at the Annual Meeting in Indianapolis Dec. 2-5.

LEFT: Mid-Atlantic delegates Norm and Delores Green.

BELOW: 100-meter hurdler Lolo Jones, center, poses with Cynthia Young and Nelson Berrioss of Mid-Atlantic.



ABOVE: Mid-Atlantic Association President A. Monique White and association Secretary Ken Yerger.

LEFT: U.S. 100-meter record holder Tyson Gay, who received the Jesse Owens Award, USATF's highest accolade, for the second time.

Photos: Nelson Berrioss, A. Monique White

2009: ANOTHER GOOD YEAR FOR LDR

Grand Prix: It's SJAC, Again

Ed Maher, coordinator of our Grand Prix Circuit, has produced a year-end report on our 2009 season, which was sent to all participating athletes.

On an age-graded basis, the leaders were Doreen McCoubrie and David James. South Jersey Athletic Club won our Club Challenge for the seventh consecutive year – and is still the only club to win since we started the Challenge in 2003. Second-place Runaway Success gained significantly on SJAC; a year ago Runaway Success was 236 points behind; this year only 25½ points separated the two clubs.

Ten athletes participated on all 10 weekends to earn a mounted participant plaque; another 26 earned participant certificates for finishing seven or more races.

All the awards will be presented at the USATF Mid-Atlantic Award Lunch on Jan. 23. At that time we will also distribute \$2,800 among six clubs for their success in the Club Challenge.

Off-Road Is On Course

Our Off-Road Series, managed by Bob Lion, also had a successful year.

Helen Cheung and Daryl Weaver were winners in the Open category; Lorri Fencer and Jeffrey Hayes won the Masters category; and Diane Hardies and Fred Shufflebarger were tops in the Senior category.

Rosemont Running Club repeated as Series winner, with Pike Creek Valley RC again in second place. In fact, the five clubs that competed remained in their respective places for a second year in a row. In this competition, \$1,350 will be awarded among the five clubs.

Cross-Country: The Series

2009 saw the emergence of a Cross-Country Race Series of four events. Phyllis Yester and Chuck Shields were series winners among 26 men and seven women. Dave Thomas and Bill Kampf plan to expand this series in 2010.

LDR NEWS

Norm Green

Conflicts in 2010 Schedule

Our 2010 running season will have some conflicts over which we have no control. The Long Distance Running Committee is making the best of an unfavorable situation.

Caesar Rodney, a 16-year lead-off half-marathon event for our Grand Prix, has moved its 2010 date to March 21; while the Adrenaline 5k in Haddonfield in its 10th year on our circuit retains its March 20 date. Since we have no desire to promote back-to-back racing, we will treat the two events as one for scoring purposes.

Similarly, the Scott Coffee Moorestown Rotary 8k of the Grand Prix and the Wissahickon Trail 10k of the Off-Road Series will both be held on June 5. Our LDR Committee regrets the conflict yet believes removing either event from its respective series would be a disservice to our members.

A Personal Note

With this article, my tenure as LDR chair for USATF Mid-Atlantic comes to an end. I have been richly blessed by the friendships made across these more than two decades.

Thank you for giving me the privilege of serving the association and its long-distance runners for all this time.

While I will not be attending the several race expos or race-day tables as in the past, I will drop by somewhere, sometime to renew these cherished friendships.

– Norm Green

Philly Relay Team Sets World Record

GPTC Foursome Runs 4x800 in 8:07.48, Fastest Ever for 40-49 Age Group



The Greater Philadelphia Track Club 4x800 relay team traveled to New York Armory on Sunday with a goal of breaking the American Club record for the 40-49 age group (8:15.29). But the team of Scott Landis, Bob McGinty, Nick Berra and Kevin Forde surprised the Armory crowd and themselves by setting a new world record for the age group with a time of 8:07.48.

The leadoff runner, Landis -- a member of the 1982 Wissahickon team that set a 4x800 high school record in 1982 -- went out strong following the B relay team of Phil Reilly, who set a pace of 59 seconds at the 400-meter mark. Landis charged to the lead and handed off to Bob McGinty in 2:01.4.

McGinty, who like Landis was part of a high school record team for Southern Lehigh in 1983, led his leg slightly over the B team's Delvin Dinkins. McGinty ran a 400 split of 58.5 seconds and handed the baton off with a slight lead and a 2:02.8 split.

Kevin Forde, a two-time age group winner of the Fifth Avenue Mile, took the baton for the third leg and quickly separated himself from the B team with a 26.2 opening 200 split. The GPTC squad was now running against the clock.

Forde's early fast pace took its toll but he was able to

MASTERS NEWS

Chuck Shields, Greater Philadelphia Track Club

hold it together and hand off to anchorman Nick Berra in 2:05.8. "Clearly I couldn't hold on to a brutal pace," Ford said. "I was gassed. I could not let my teammates down. I dug down deep to get the baton around."

Berra, a graduate and former coach for Cumberland Valley High School, took the baton from Forde and ran 29-second splits for three laps and the last 200 in under 29 seconds to break the tape with a split of 1:57.4.

Berra, who began running masters track in early 2009, said "masters track has made competitive track available and fun again. I haven't worn spikes in 18 years before turning 40."

For setting the world record, the 4x800 squad was invited to take a victory lap in front of an appreciative Armory crowd.

"It was like nothing I have ever experienced in my years of racing," McGinty said. "The victory lap is something I'll remember forever."

Officials Panel Studies ‘Best Practices’

The National Officials Committee has undertaken a study of “best practices” and reported its preliminary findings at the USATF Annual Meeting in December. The study noted a need to get information to officials that goes beyond the rules, such as how to plan an event, control an event, set up venues, brief crews, brief athletes and evaluate performance. Material was collected from the nation’s certification chairs and is posted in draft form on the national committee’s website, www.usatfofficials.com. The site is now also found on the national USATF website. More than 70 draft items have been posted and are open for comments.

The national committee also prepared a “SWOT” analysis of USATF officials, including strengths, weaknesses, opportunities, and threats. **Strengths** noted were that our officials were generally well educated in the rules of the sport and are among the best in the world. **Weaknesses** noted were the non-uniformity of advancement across the country and the difficulty of recruiting younger officials. **Opportunities** included the ability to work Youth and Master meets to acquire experience to advance levels, to find younger and more diversified officials, and to find more ways to show appreciation to officials at all levels for their service. **Threats** included not being able to replace aging officials due to the expense of officiating and lack of opportunity to work national or international meets.

Keep Your Certification, Membership and Contact Info Up To Date

CONTACT INFORMATION: It is very important to notify me, as Certification Chair, whenever your contact information changes in order to keep your database listing current. Whenever you move or change email addresses, please drop me a note at kyerger@yahoo.com so I can update your records. Invitations to apply for the U.S. National Championship are based on the database, making it more important to be current.

MEMBERSHIP: USATF has added insurance as a new benefit to officials certification beginning in 2009. In conjunction with the change, membership in USATF is now required by the National Committee to remain current, so be sure to keep your membership up to date. Many of us have purchased multi-year memberships (at a discount) to cover the cur-

OFFICIALS NEWS

Ken Yerger

Mark the Date: Annual Officials Meeting

The Mid-Atlantic Officials Committee will hold its annual meeting Sunday, March 21, at the Fort Washington, Pa., Holiday Inn, starting at 1 p.m. In addition to the review of rule changes for USATF, NCAA and HS Federation, we will host a clinic on umpiring by one of the best-known umpires in the country, Gordon Bocock. Gordon has umpired at numerous national championships and sits on the national officials executive committee. He has been known to be entertaining as well as a great source of information. His presentation was well-received at the USATF annual meeting during one of the clinic sessions. The largest group selected for national championships are the umpires, so join us to hear from one of the best. Light refreshments will be served.

Penn State Officials Clinic Well-Received

The officials committee recently completed a clinic for new and not-so-new officials at Penn State University. The clinic was attended by over 20 people, and five people passed the test for new officials. The clinic was followed by the Blue-White meet, which enabled them to put newly learned skills to work.

rent Olympiad (through 2012) to avoid missing a year. Membership can be purchased online on our website, www.mausatf.org, by going to the “Join” link on the main page. Please let me know when you have renewed your membership so I can send a sticker that will be affixed to your photo ID card.

RECERTIFICATION, ITERUM: Recertification WHAT? Hopefully I caught your eye and you read on. Yes, I know I am a broken record, but a number of officials still have not recertified. More and more meet directors are looking for their officials to be certified, knowing that they come with experience and are insured, so please take a few minutes to submit your application. Iterum is Latin for “again.” Please recertify so I don’t have write “iterum” about it.

– *Ken Yerger*

PROBLEM AND RESOLUTION

The Story Behind the 2010 MAUSATF Open/Masters Indoor Championship Meet

One of the constant problems faced by organizers of Track and Field meets who do not own facilities is being at the mercy of the facilities they seek to rent. During 2008 and 2009, the MAUSATF Open/Masters Championship Meet was held at Ursinus College. This past year, Ursinus changed its rental policies and decided not to make its facilities available to outside groups, with the exception of longstanding users that offered Ursinus a recruiting benefit – e.g., high school championship meets. Our meet did not fit the profile.

Both the High Performance Committee and the Association's Youth Committee conducted searches for facilities for their respective meets that were available, suitable and affordable for full-scale meets. Neither committee was successful; the sites that were suitable and affordable were not available.

Facilities suitable for the type of meet we conduct are usually found at universities; Lehigh University and the University of Delaware are examples. A problem is that, no matter how early such sites are contacted, decisions cannot be made for the dates we need until the schools return to session in September and all the facility requests can be considered and compared. In those considerations, the schools' own needs and the needs of affiliate organizations get priority. We got shut out.

One alternative that the High Performance Committee considered was to conduct a dual championship meet with USATF-New Jersey. A problem, though, was that the New Jersey meet does not include the Weight Throw and Superweight. Another alternative was to use New Jersey for the track and jump events and another site (Albright College) for a Throws Meet. Both alternatives, however, would effectively remove a meet date from the usual schedule leading up to the USATF Indoor Championship Meet in late March in Boston.

Thus, a third alternative was to find multiple facilities that could collectively suit our needs. Dates were identified at Glen Mills Schools (March 7) and Albright College (March 21) that conflicted with neither the New Jersey nor the East Regional Meet (March 13 in Landover, Md.) The two sites dovetailed nicely. Glen Mills has a suitable track, but has time and logistic limitations that would preclude the field events

HIGH PERFORMANCE NEWS

Joel Dubow

there. Albright can accommodate all field events, including the Weight Throw and Superweight, but has only a 176-yard/four-lane track, not a 200-meter/six-lane one.

The time problem at Glen Mills was that it was available only until 12:30pm. The logistic limitation was that the Pole Vault, Long Jump and Triple Jump use up several lanes of the track. The High Performance Committee deemed Glen Mills suitable for a track-only portion of the meet -- suitable, but not perfect. Some compromises were necessary vs. the ideal: the hurdles and short sprint would have to be 55 meters, not 60 meters; Glen Mills is a spikeless facility; time was so tight that the relays and one other event, the Racewalk, would have to be sacrificed. (Our Racewalk Championship event will have to be nested into the New Jersey meet on Feb. 21.)

Albright can well accommodate the field events, but it, too, is a spikeless facility.

Thus, the final decision was to use the following schedule:

TRACK EVENTS March 7 at Glen Mills Schools: 55 meter hurdles, 55 meter dash, 200 meters, 400 meters, 800 meters, 1-mile run, 3,000 meters.

FIELD EVENTS March 21 at Albright College in Reading, Pa.: Shotput, weight throw, superweight, high jump, pole vault, long jump, triple jump.

RACEWALK Feb. 21 at the New Jersey meet.

Because of the less than optimum circumstances, the Philadelphia Masters Track Association, which serves as the meet organizer for MAUSATF, has informed us that it will lower entry fees compared with the last two years' meets at Ursinus College.

ON THE WEB:

Meet details will be available online at the Philly Masters website (www.pmtf.net) and the Mid-Atlantic website (www.mausatf.org).

Congratulations Go To Young Cross-Country Runners

Cross-Country Championships

On Saturday, Nov. 7, the Youth competed in the Mid-Atlantic Cross-Country championships at Fairmount Park. Congratulations to all Region 2 and National qualifiers, who represented well for the Mid-Atlantic Association this season. Special congratulations go to these athletes:

NATIONAL MEDALISTS:

Terri Turner (19th place), bantam girls 3k
Brendan Shearn (4th place), youth boys 4k

REGION 2 CHAMPIONS:

Terri Turner, bantam girls
Emily Giannotti, young women
Stanley St. Fleur, sub-bantam boys

Upcoming Events for Youth

Our 2010 Youth Indoor Championship is to be held

YOUTH NEWS

Celeste Battle

on Jan. 3 at Swarthmore College. The meet is for youth and under-age groups and will be held in the afternoon immediately following an indoor open and masters meet, where intermediate and young athletes are welcome to enter in the Open Division.

This June, stay tuned for the 2010 USATF Mid-Atlantic Junior Olympic Preliminary and Association Championships, which will tentatively be held June 5 and 19, respectively.

Volunteers and sponsors are always welcome to come out and help our youth. Please contact me at cebattle@msn.com if you wish to volunteer or sponsor youth this summer.

MID-ATLANTIC ASSOCIATION NOTES

Time To Renew Your Membership!

Unless your personal membership number begins with "201," your membership expires Dec. 31, 2009.

Our USATF Mid-Atlantic website (www.mausatf.org) has a button on its main page titled "Join." Use that button to renew membership online or to print an application for mailing to our P.O. Box.

If you have any difficulties or questions about membership, please call me at 610-647-2201; fax me at 610-647-4946. E-mail me at runnorm@comcast.net or write me at: 101 Fairfax Court, Chesterbrook, PA 19087.

– **Norm Green**

TWO NEW COMMITTEE CHAIRS ELECTED

Two Mid-Atlantic Association committees have chosen new chairmen to replace veteran leaders who are stepping aside.

The Long Distance Running Committee on Nov. 16 elected Robin Jefferis – longtime committee member, masters runner and some-time triathlete – as chair for 2010-2011. Robin followed her election by attending the USATF Annual Meeting in Indianapolis in early December. She replaces Norm Green, who is stepping down after more than two decades.

Ray Feick was elected as the new chair of the Mid-Atlantic Association's High Performance Committee at a meeting conducted by conference call on Dec. 27. Lou Coppens nominated Ray, and the nomination was seconded by Carl Grossman. Upon close of nominations, Ray was elected unanimously. He replaces Joel Dubow, who is stepping down.

UPCOMING MID-ATLANTIC ASSOCIATION MEETINGS

Quarterly meetings: March 24, June 16, Sept. 22 (annual meeting), Dec. 15.

Executive meetings: Feb. 24, May 26, Aug. 25, Nov. 17.

Meetings start at 7:30 p.m. Tentative location is Villanova University.

You Are Invited


USA
TRACK & FIELD
 MID-ATLANTIC

Award Luncheon

Date: Saturday, January, 23, 2010

Time: Noon

Place: American Baptist Churches cafeteria

Sulph Road (Rt. 363) and First Avenue (across from the Valley Forge Radisson), King of Prussia, PA

Mid-Atlantic Association of USATF has the pleasure of inviting you to participate in this significant occasion to honor athletes whose performances in 2009 have been particularly noteworthy. Come share in an exceptional meal and celebrate the many disciplines of our sport.

The Long Distance Running Committee will honor awardees of the 2009 Grand Prix Circuit and Off-Road Series. The Sports Committees will make Athlete of the Year awards. Mid-Atlantic will also present the Frank Percival Award, the Jack Milne Outstanding Club Award and the Jesse Owens Award.

Complete the reservation form below and mail it with your check, or use VISA, MasterCard, Discover or American Express on-line through our association website: www.mausatf.org.

Ticket prices are \$20 for adults; \$15 for ages 11 through 18; and \$10 for children under age 11. Seating is limited to 150. Order soon, lest you find yourself outside in January looking in the windows.



Reservation form: Mid-Atlantic USATF Award Luncheon, January 23, 2010

Name _____ Number of \$20 tickets: _____

Address _____ Number of \$15 tickets: _____

City, State, Zip _____ Number of \$10 tickets: _____

Phone _____ Amount enclosed: _____

E-mail _____

Mail reservation form and check to: USATF Mid-Atlantic, PO Box 662, Southeastern PA 19399

Make checks payable to: USATF Mid-Atlantic

PICTURES OF SUCCESS

A highlight of 2009 was the Rosemont Running Club's victory in the team division at the national 10k Trail Championship in Laurel Springs, N.C., in August. The team's time was 4:32:46. Another Rosemont Running Club member, Bonnie Stoeckl, was first in the 50-59 age group with a time of 1:10:37. In a letter to USATF, team member Derek Schultz said the Rosemont club had an "absolute blast" at the race and is looking forward to defending the team title in 2010. "Race Director Jason Bryant put on a flawlessly marked, fantastic challenging race. The awards were unique and the vibe of the race was electric," Schultz said. "The whole experience was so great, the challenging course and elevation did not dampen our spirits, and we are happy to see it is back at Laurel Ridge, N.C., for 2010."



ABOVE: Rosemont Running Club's national 10k Trail champions, from left, Thomas Devlin, Morty Castor, Derek Schultz and Andrew Herzog. (Daryl Weaver not pictured.)



LEFT: Rosemont club member Bonnie Stoeckl displays her first-place medal.

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

ON THE WEB:
www.mausatf.org

USATF Mid-Atlantic Executive Committee

A. Monique White – President

Mike Hemsley – Vice President

Mary Braverman – Financial Secretary

Ken Yerger – Secretary, Officials

Norman Green -- Treasurer

Ed Callahan – Past President

Mike Hemsley – Law/Legislation

Bob Delambily – Budget/Finance

Norman Green – Membership

Celeste Battle – Youth

Ray Feick – High Performance

Robin Jefferis - Long-Distance Running

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; the state of Delaware; and our membership in New Jersey.