

# Mid-Atlantic Quarterly



NEWSLETTER OF  
USATF MID-ATLANTIC  
2ND QUARTER / JUNE 2009



## IN SEARCH OF LEADERS

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### ON THE WEB

[www.mausatf.org](http://www.mausatf.org)

A few weeks ago, when I was officiating at a college track meet, the parent of one of the competitors approached me and said, "You made such a difference for my daughter."

Through my involvement with MAUSATF, I had been working with the student athlete since she entered high school, and now, eight years later, she had made it to the Olympic Trials – a mature young woman, a college graduate, and a successful athlete. That father's comment says it all about why volunteering in track and field is so rewarding.

One of my goals as president is to improve our association's bench strength – to get new members to learn about Mid-Atlantic and how they can be involved.

There are many ways to get involved, from becoming certified as an official to working on one of our committees. One of the best opportunities will be on Sept. 23, when the association's annual meeting will vote on new members of our sports committees -- Youth, High Performance (adults) and Long-Distance Running. I urge all our members to attend, to listen and to vote.

If you've never had an opportunity to be an officer in an organization, this could be your time. As an officer, your decisions can help others fulfill their dreams.

The Youth Committee, for example, plans and organizes meets and other events to help young athletes train and

### PRESIDENT'S MESSAGE

*A. Monique White*

compete. Other committees need people from all backgrounds, so take the opportunity to speak to our officers and find out how your skill set can help Mid-Atlantic.

Another wonderful way to take part is by becoming an official. If you're already an official, I urge you to bring along a friend to the meets and encourage them to get involved.

For me, officiating is a way to stay connected with the sport. You're able to get up close and personal and see athletes compete at the highest level.

If you're passionate about sports, it's an incredible thing to see – and to be able to say to yourself, "I measured that world record," or "I watched that 12-year-old become a champion."

Track is a very fast-growing sport, and in particular the number of girls who participate has been increasing. Those girls need volunteer role models – people who can show how they have opportunities to improve people's lives. By volunteering, you can demonstrate character, the willingness to give of yourself.

In your travels over the summer, please encourage runners and track and field athletes that you see to keep their dreams alive, and to keep doing what they're doing.

# LOOKING BACK, AND AHEAD

This report covers the events conducted within the scope of the High Performance Committee's responsibility from December 2008 through July 2009, as already executed and as planned after the date of this report.

## The 2008-2009 Indoor Season

**DEVELOPMENTAL MEETS:** Philadelphia Masters Track & Field Association conducted a series of five indoor developmental events from December through February.

Three of these events (Dec. 7 and Feb. 1 at Glen Mills Schools, and Jan. 18 at Albright College) were conducted as all-comers meets for athletes of all ages. Two meets at Swarthmore College (Dec. 21 and Jan. 4) were restricted to athletes 14 and older due to the limited lane capacity at that facility.

Average attendance for the five meets was approximately 120 athletes per meet.

**INDOOR CHAMPIONSHIP MEET:** The 2009 MAUSATF Indoor Open/Masters Championship Meet was conducted on March 8 at Ursinus College. At the request of the East Region, the meet also served as the 2009 Indoor Regional Championship Meet.

It had been hoped that the combined meet would draw more athletes than typical of our indoor Association championships. However, despite our attempts to avoid date conflicts – we are all always at the mercy of the facilities we try to rent – Metropolitan Association scheduled its Association meet the same day, and it appears that a number of athletes from points north and east stopped once they reached NYC.

Attendance at our meet was 169, similar to most of our recent indoor champion-

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## HIGH PERFORMANCE NEWS

*Joel Dubow*

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ship meets, and most athletes were from Mid-Atlantic, New Jersey and Potomac Valley Associations.

There were 143 masters athletes in attendance and 26 Open athletes (14-29). Of the Open athletes, all but one were MAUSATF athletes; among the masters, 93 came from the MAUSATF membership roster, 50 from other associations.

## The 2009 Outdoor Season

Last year's increase in attendance by Open athletes, which occurred concomitant with our change of date from July to June, led the Committee to again consider a June date for the Championship Meet.

Once it was learned that the Masters National Championship Meet had been ad-

## 2008 AWARDS

The Association's 2008 Outstanding Athlete Awards were presented at the Annual Awards Banquet on Jan. 24:

**Open Athlete:** Zafirah Green

**Masters Men, Throwing Events:** Ray Feick

**Masters Women, Throwing Events:** Gloria Krug and Heather Scanlon

**Masters Men, Track Events:** Lou Coppens and Kevin Forde

**Masters Women, Track & Field Events:** Caren Ware

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

**~John Bryant**



vanced from early August to July 9-12 (in Oshkosh, Wis.), the need for a June date became an imperative.

Communications with USATF-NJ led to a successful attempt to avoid a conflict of dates. We arranged to schedule an MAUSATF pre-Championship developmental meet on May 23 (the Saturday morning of Memorial Day weekend), and the MAUSATF Championship Meet two weeks later on June 6. USATF-NJ scheduled their meet for June 20-21. Later, the East Region scheduled its annual Outdoor Masters Meet in our geography: June 27 at East Stroudsburg University.

**PRE-CHAMPIONSHIP MEET:** The pre-Championship developmental meet for athletes 14 and older on the morning of May 23 at Widener University drew 90 entrants. This contrasts with last year when this meet, which was plagued by late date changes and resultant delayed publicity, drew fewer than 30 entrants.

One other outdoor meet was sanctioned within the Association prior to the Cham-

pionship Meet – a University of Delaware developmental meet on May 2. However, that meet was cancelled due to a case of swine flu on that campus a few days before the meet.

**CHAMPIONSHIP MEET:** The 2009 MAUSATF Open/Masters Championship Meet was conducted as a full-day meet on June 6 at Widener University. Two MAUSATF championship events, however, were scheduled to be nested into the New Jersey meet on June 20-21: the on-the-track 10K and the 2000m/3000m Steeplechase.

**SANCTIONED ALL-COMERS MEETS:** Philadelphia Masters has informed us that they, in partnership with the Ambler Olympic Club, will conduct four USATF-sanctioned all-comers meets at Plymouth-Whitemarsh High School this summer, up from three last year. The dates – moved this year from Tuesday to Wednesday evenings – are June 24, July 1, July 15 and July 21. Details for these meets are available at the Philly Masters website ([www.pmtf.net](http://www.pmtf.net)).

## The Role of the HP Committee

During both the Indoor and Outdoor seasons, the High Performance Committee has the responsibility to make available to its constituency a reasonable number of USATF-sanctioned developmental meets and an Association Championship Meet. It is not necessary that the committee itself schedule and manage these meets, but rather that it monitor and as necessary arrange for a schedule under the auspices of other groups as event organizers. In the absence of other groups generating a sufficient schedule of events, it would become the responsibility of the committee to produce meets on its own initiative.

For most of the past decade the HP Committee has relied primarily, though not exclusively, on the Philadelphia Masters Track Association (PMTA) to execute its own independent schedules of meets to fulfill the developmental meet function. The committee also has regularly assigned management of the Association Championship meets to PMTA. In that arrangement, MAUSATF funds the costs of sanctions, awards, the Fully Automatic Timing system (except for operator costs), and the meet facility rental fee, while PMTA assumes all the publicity, personnel and meet management costs on a risk/reward basis against meet revenues.

– Joel Dubow

***"Runners just do it – they run for the finish line even if someone else has reached it first."***

***~Author Unknown***



# LDR IS RUNNING STRONG

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

**~Steve Prefontaine**



Our Long Distance Running program continues to have the strong support of the several adult clubs in this association. Both the road racing Grand Prix and the off-road trail and XC series have exciting competition.

Our most recent road race, June 6 in Moorestown, N.J., featured eight scoring clubs. Although South Jersey Athletic Club maintains its perennial hold on first place, the fact that seven other clubs are fielding scoring teams is testimony to the health of this LDR community.

The road Grand Prix since our last newsletter had three events. The Valley Forge Revolutionary 5-miler on April 19 saw 70 of our members finish from the 1,067 total, even with many athletes in Boston for marathon weekend. The Blue Cross Broad Street 10-mile run on May 3 increased its number of finishers by more than 4,000 from last year. We had 177 members join the more than 23,000 across the finish line. Then on June 6 at Moorestown for the 8k association championship, we had 91 members competing out of a total of 777.

The Moorestown 8k celebrated its 25th anniversary this year and has served as our 8k championship for the past 15 years. The longevity of our relationship with such races is also a testimony to our strong program.

It should be noted that the Broad Street Run is the only event that has been continuously part of our Grand Prix since its beginning in 1991. Broad Street is our pre-eminent race, without challenge as the most popular event in this area.

Our Off-Road Series had two events in

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## LDR NEWS

**Norm Green**

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April: the Tyler Trail 10k XC managed by the Delco Road Runners on April 4 and the Trail Triple Crown 10k in White Clay Creek State Park, Del., on April 25.

We had 47 members finish the Tyler Arboretum event out of 302 finishers. Five clubs fielded scoring teams. We managed 22 finishers of 143 at the Delaware event, with only three clubs scoring.

## Upcoming Events

The next Off-Road event is the Double Trouble 15k Trail Run in French Creek State Park at Morgantown on June 28.

Then the new Cross Country Race Series will launch its inaugural race on Aug. 4 at Westtown School in Westtown. Note this first race is a Tuesday evening at 7 p.m. – cross country at 5k distance.

Our next Grand Prix race will be a 10k in Stone Harbor, N.J., on Aug. 30.

## The Other Race

The invitation to be a candidate for the 2010-2011 LDR Committee is still open. All present committee members except me and several athletes who regularly attend our meetings have thrown their hats into the ring.

Elections will take place at the Association Annual Meeting on Sept. 23. We want a strong committee to lead this program into the next decade.

**MORE: For Grand Prix results, standings and schedule see Pages 6-7**

# Outdoor Junior Olympics Begin

The 2009 Outdoor Junior Olympic Series has begun!

Four preliminary qualifiers were held June 6 in Delaware, Southern New Jersey, Philadelphia and Northeastern Pennsylvania.

The top six athletes in each event qualified to move on to the USATF Mid-Atlantic Junior Olympic Track and Field Championships June 13 at Kutztown University.

The top four at Kutztown win the opportunity to compete at the USATF Region 2

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## YOUTH ATHLETICS NEWS

### *Celeste Battle*

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Championship on July 9-12 in Jamestown, N.Y.

The top three athletes in each event at the Region 2 Championships will qualify to compete in the USATF National Junior Olympics Track and Field Championships, which will be at North Carolina A&T University in Greensboro, N.C., from July 28 to Aug. 2.

# Financial Secretary Taking Office

When Harold Adams, Treasurer, became ill this spring, the association was left without his capable leadership.

The association checkbook was passed to me on June 1 to catch up on the vouchers and invoices. I am handling this position on a temporary basis as the only viable signatory on the association's bank account.

Harold is recovering from his illness. Please keep him in your prayers.

We will shortly add Mary Braverman of Narberth to the account as she assumes the position of Financial Secretary on July 1.

Mary is an active LDR athlete with women's Olympic Marathon trials credentials. She also is a Wharton graduate with considerable financial experience. We look forward to Mary's leadership in this role.

For the long term, however, Mid-Atlantic Association still requires a volunteer for the position of Membership Chair and Sanctions Administrator.

With more than 1,800 members, almost

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## LEADERSHIP NEWS

### *Norm Green*

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half of whom are 18 or younger, and 109 clubs and event organizers, the membership position is one of the most important leadership roles we have.

### MID-ATLANTIC MEETINGS

Villanova University, 7:30-9 p.m.  
(unless otherwise specified)

**Aug. 26:**

Executive Committee

**Sept. 23:**

Association Annual Meeting  
(location to be announced)

**Nov. 18:**

Executive Committee

**Dec. 16:**

Association Quarterly Meeting

***"It is true  
that speed  
kills. In  
distance  
running,  
it kills  
anyone  
who does  
not have  
it."***

***~Brooks  
Johnson***



## 2009 Grand Prix: Results and Standings

Here are the runners from MAUSATF who finished in the first 100 places in the last three Grand Prix events, plus their home town, time (in minutes and seconds) and club affiliation. A full list of results and standings is at [www.mausatf.org](http://www.mausatf.org).

*"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*



### Valley Forge Revolutionary Run, April 19

|     |                   |                   |       |                                 |
|-----|-------------------|-------------------|-------|---------------------------------|
| 1   | Michael Didio     | Churchville, PA   | 25:26 | Unattached                      |
| 6   | Jeffery Hayes     | Philadelphia, PA  | 28:59 | Greater Philadelphia Track Club |
| 8   | Thomas Jermyn     | Newark, DE        | 29:32 | Pike Creek Valley Running Club  |
| 10  | Michael Precopio  | Collegeville, PA  | 29:49 | Runaway Success                 |
| 11  | Robert Ferrante   | Philadelphia, PA  | 29:50 | South Jersey A C                |
| 13  | Jeffrey Painter   | Swarthmore, PA    | 30:29 | Rosemont Running Club           |
| 14  | Terence Kelly     | Berwyn, PA        | 30:53 | Runaway Success                 |
| 16  | Doreen Mccoubrie  | Malvern, PA       | 31:10 | Runaway Success                 |
| 17  | Mickey Rosati     | Haddon Hts, NJ    | 31:13 | South Jersey A C                |
| 18  | Bianca Simpson    | Glenmoore, PA     | 31:23 | Downingtwn Running Club         |
| 20  | Gregory Vitali    | Havertown, PA     | 31:34 | Bryn Mawr Running Co.           |
| 25  | Michael Bodary    | Downingtwn, PA    | 31:56 | Downingtwn Running Club         |
| 26  | Michael Kimmel    | Downingtwn, PA    | 32:0  | Downingtwn Running Club         |
| 28  | David James       | Newark, DE        | 32:19 | Pike Creek Valley Running Club  |
| 29  | Kevin Matthews    | Honey Brook, PA   | 32:19 | Downingtwn Running Club         |
| 30  | Chuck Simpson     | Glenmoore, PA     | 32:31 | Downingtwn Running Club         |
| 31  | Hugh Biggin       | Berwyn, PA        | 32:32 | Runaway Success                 |
| 45  | Robert Bezzin     | Downingtwn, PA    | 33:45 | Downingtwn Running Club         |
| 48  | Thomas Jennings   | Ft Washington, PA | 33:52 | Phila. Masters T.F.A.           |
| 49  | William Kampf     | Monte Clare, PA   | 33:57 | Greater Philadelphia            |
| 51  | Duane Renninger   | Reading, PA       | 34:5  | Runaway Success                 |
| 52  | Michael Mcgrath   | Havertown, PA     | 34:6  | Greater Philadelphia Track Club |
| 57  | Alex Estrada      | Mt Laurel, NJ     | 34:13 | Pineland Striders               |
| 69  | Jeremy Helm       | Marlton, NJ       | 35:4  | Pineland Striders               |
| 72  | Steve Sawyer      | Philadelphia, PA  | 35:6  | Greater Philadelphia Track Club |
| 73  | Ian Stevenson     | Mount Laurel, NJ  | 35:7  | Pineland Striders               |
| 74  | Kevin Goldstein   | Berwyn, PA        | 35:10 | Runaway Success                 |
| 75  | Julie Deery       | Bala Cynwyd, PA   | 35:11 | Greater Philadelphia Track Club |
| 78  | Jerilyn Kucharski | Quakertown, PA    | 35:17 | Rosemont Running Club           |
| 80  | Dean Coffin       | Claymont, DE      | 35:23 | Pike Creek Valley Running Club  |
| 82  | Dirk Sweigart     | Newark, DE        | 35:27 | Pike Creek Valley Running Club  |
| 86  | Daniel Simmons    | Newark, DE        | 35:37 | Pike Creek Valley Running Club  |
| 100 | Thomas Mccinley   | Worcester, PA     | 36:27 | Unattached                      |

### Blue Cross Broad Street Run, May 3

|    |                   |                    |       |                          |
|----|-------------------|--------------------|-------|--------------------------|
| 1  | Linus Maiyo       | Royersford, PA     | 47:21 | Unattached               |
| 7  | John Itati        | Royersford, PA     | 49:58 | Unattached               |
| 9  | Jonathan Fasulo   | Ardmore, PA        | 50:11 | Unattached               |
| 17 | Joseph Dare       | Souderton, PA      | 52:5  | Unattached               |
| 18 | Ross Martinson    | Conshohocken, PA   | 52:10 | Phila. T.C./PUMA         |
| 19 | Matthew Wagoner   | New Cumberland, PA | 52:10 | 301                      |
| 27 | Thomas Parlapiano | Thorndale, PA      | 53:13 | Bryn Mawr Running Co.    |
| 33 | Joey Wiegner      | Yardley, PA        | 53:29 | Unattached               |
| 36 | Jane Murage       | Royersford, PA     | 53:31 | Unattached               |
| 42 | Wylie Belasik     | Philadelphia, PA   | 53:57 | Unattached               |
| 45 | Mike Carriglito   | Philadelphia, PA   | 54:3  | 301                      |
| 48 | Seth Kampf        | Phoenixville, PA   | 54:26 | Downingtwn Running Club  |
| 49 | John Carroll      | West Chester, PA   | 54:29 | Chester Co Running Store |
| 58 | Molly Pritz       | Williamsport, PA   | 54:55 | Unattached               |
| 61 | Richard Angelillo | Philadelphia, PA   | 55:14 | Unattached               |
| 62 | Zach Chupa        | Wilmington, DE     | 55:18 | Unattached               |
| 86 | Eric Demerice     | Harrisburg, PA     | 57:16 | 301                      |
| 92 | Rob Jones         | Chester, PA        | 57:27 | Unattached               |
| 97 | Gregory Cauller   | York, PA           | 57:37 | Chester Co Running Store |
| 99 | Jason Gish        | Camp Hill, PA      | 57:50 | 301                      |

### Scott Coffee Moorestown Rotary 8K – Mid-Atlantic Championship, June 6

|   |                    |                     |       |                                |
|---|--------------------|---------------------|-------|--------------------------------|
| 3 | Matthew Sandercock | Exton, PA           | 26:13 | Downingtwn Running Club        |
| 6 | David Welsh        | Mullica Hill, NJ    | 27:42 | Haddonfield Running Co.        |
| 7 | Joshua Emery       | King of Prussia, PA | 28:39 | Rosemont Running Club          |
| 8 | Austin Gee         | Philadelphia, PA    | 28:53 | Pike Creek Valley Running Club |

|    |                  |                   |       |                                     |
|----|------------------|-------------------|-------|-------------------------------------|
| 9  | Derek Schultz    | West Chester, PA  | 28:59 | Rosemont Running Club               |
| 12 | Jeffrey Painter  | Swarthmore, PA    | 29:21 | Rosemont Running Club               |
| 14 | Ralph Harris     | Haddonfield, NJ   | 29:36 | Moorestown Distance Running Project |
| 16 | Peter Churchman  | Ardmore, PA       | 29:43 | Unattached                          |
| 18 | Denise Dahlhoff  | Philadelphia, PA  | 29:45 | South Jersey A C                    |
| 25 | Jim Sery         | Clarksboro, NJ    | 29:56 | South Jersey A C                    |
| 26 | Terence Kelly    | Berwyn, PA        | 29:57 | Runaway Success                     |
| 27 | Doreen Mccoubrie | Malvern, PA       | 29:58 | Runaway Success                     |
| 29 | Thomas Elliott   | Cinnaminson, NJ   | 30:0  | Moorestown Distance Running Project |
| 32 | Bryant Nix       | Clifton Hts, PA   | 30:24 | Greater Philadelphia Track Club     |
| 33 | Ben Nicholson    | Merion Sta, PA    | 30:26 | Runaway Success                     |
| 34 | Gregory Vitali   | Havertown, PA     | 30:28 | Bryn Mawr Running Co.               |
| 35 | David James      | Newark, DE        | 30:33 | Pike Creek Valley Running Club      |
| 36 | Kevin Brake      | Cherry Hill, NJ   | 31:3  | Moorestown Distance Running Project |
| 37 | Bianca Simpson   | Glenmoore, PA     | 31:3  | Downingtown Running Club            |
| 40 | William Dirkin   | Mt Misery, NJ     | 31:15 | Pineland Striders                   |
| 45 | Chuck Simpson    | Glenmoore, PA     | 31:29 | Downingtown Running Club            |
| 46 | Michael Bizal    | Exton, PA         | 31:42 | Runaway Success                     |
| 49 | Mark Drummond    | Gibbstown, NJ     | 31:53 | South Jersey A C                    |
| 52 | Ira Meyers       | Ambler, PA        | 32:7  | Greater Philadelphia Track Club     |
| 59 | Mary Braverman   | Narberth, PA      | 32:23 | Greater Philadelphia Track Club     |
| 60 | Barry Bier       | Medford, NJ       | 32:24 | Pineland Striders                   |
| 64 | James Berger     | Haddon Hts, NJ    | 32:37 | South Jersey A C                    |
| 65 | Chris Sanchirico | Philadelphia, PA  | 32:39 | Wissahickon Wanderers               |
| 66 | Thomas Jennings  | Ft Washington, PA | 32:46 | Phila. Masters T.F.A.               |
| 69 | Alex Estrada     | Mt Laurel, NJ     | 32:59 | Pineland Striders                   |
| 72 | Robert Bezgin    | Downingtown, PA   | 33:4  | Downingtown Running Club            |
| 74 | Ian Stevenson    | Mount Laurel, NJ  | 33:10 | Pineland Striders                   |
| 75 | Timothy Jones    | Phoenixville, PA  | 33:13 | Runaway Success                     |
| 77 | Amy Weiner       | Haddonfield, NJ   | 33:25 | South Jersey A C                    |
| 80 | Elizabeth Litten | Morrestown, NJ    | 33:32 | Moorestown Distance Running Project |
| 83 | Gene Dykes       | Bala Cynwyd, PA   | 33:44 | Rosemont Running Club               |
| 85 | Daniel Simmons   | Newark, DE        | 33:48 | Pike Creek Valley Running Club      |
| 86 | William Cody     | Moorestown, NJ    | 33:49 | Moorestown Distance Running Project |
| 87 | Julie Deery      | Bala Cynwyd, PA   | 33:52 | Greater Philadelphia Track Club     |
| 88 | Michael Mcgrath  | Havertown, PA     | 33:53 | Greater Philadelphia Track Club     |
| 94 | Theresa Kauffman | Wilmington, DE    | 34:5  | Pike Creek Valley Running Club      |
| 98 | Stanley Cooper   | Cherry Hill, NJ   | 34:18 | South Jersey A C                    |

### 2009 GRAND PRIX STANDINGS

Top 10 runners after the first five races, with the number of points accumulated:

#### WOMEN

|    |                  |                 |         |
|----|------------------|-----------------|---------|
| 1  | Doreen Mccoubrie | Malvern, PA     | 441.907 |
| 2  | Carolyn Bujak    | Palmyra, NJ     | 425.508 |
| 3  | Shelley Hill     | Thorofare, NJ   | 360.102 |
| 4  | Joy Hampton      | Clarksboro, NJ  | 345.301 |
| 5  | Jennifer Ropka   | Cherry Hill, NJ | 334.376 |
| 6  | Dawn Kempton     | Medford, NJ     | 321.910 |
| 7  | Deborah Compton  | Newark, DE      | 321.862 |
| 8  | Donna Ruberti    | Clayton, NJ     | 314.951 |
| 9  | Theresa Kauffman | Wilmington, DE  | 305.444 |
| 10 | Amy Weiner       | Haddonfield, NJ | 300.427 |

#### MEN

|    |                 |                   |         |
|----|-----------------|-------------------|---------|
| 1  | David James     | Newark, DE        | 405.509 |
| 2  | Gregory Vitali  | Havertown, PA     | 398.459 |
| 3  | Robert Bezgin   | Downingtown, PA   | 375.613 |
| 4  | Steve Sawyer    | Philadelphia, PA  | 370.923 |
| 5  | Terence Kelly   | Berwyn, PA        | 369.723 |
| 6  | Ian Stevenson   | Mount Laurel, NJ  | 364.992 |
| 7  | Michael Mcgrath | Havertown, PA     | 357.420 |
| 8  | Dirk Sweigart   | Newark, DE        | 348.558 |
| 9  | Thomas Jennings | Ft Washington, PA | 333.064 |
| 10 | Dean Coffin     | Claymont, DE      | 326.662 |

#### GRAND PRIX SCHEDULE

**Aug. 30, 8 a.m.:** Stone Harbor Lions 10K  
[www.active.com](http://www.active.com)

**Oct. 11, 8:30 a.m.:** Delaware Distance Classic - Mid-Atlantic Championship (15K)  
[www.pcvrc.com](http://www.pcvrc.com)

**Oct. 25, 8:30 a.m.:** Penn Medicine at Radnor Run (5 miles)  
[www.lunginfo.org/radnorrun](http://www.lunginfo.org/radnorrun)

**Nov. 1, 8:30 a.m.:** Norcross-Cooper Bridge Challenge (10K)  
[www.runthebridge.org](http://www.runthebridge.org)

**Nov. 22:** Philadelphia Half-Marathon (13.1 miles), Philadelphia Marathon (26.2 miles), Rothman Institute 8K  
[www.philadelphiamarathon.com](http://www.philadelphiamarathon.com)

***"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*



## Web Resources for Officials

The following resources for officials are available on the Internet, according to the latest edition of the USATF National Officials Committee newsletter:

**IMPLEMENT INSPECTOR'S HANDBOOK** -- A revised version of the handbook is available at [www.usatfofficials.com/training/WMManual\\_2009-0-1.pdf](http://www.usatfofficials.com/training/WMManual_2009-0-1.pdf).

**STARTER'S CASEBOOK IN PAPERBACK** -- The Starter's Casebook is now available in a paperback edition for \$10 plus shipping and handling. For more information or to order, visit [www.lulu.com/content/paperback-book/the-starters-casebook/6180962](http://www.lulu.com/content/paperback-book/the-starters-casebook/6180962).

**OFFICIATING OPPORTUNITY** -- Applications are being accepted to officiate at the 2010 Mid-American Outdoor Championships at the University at Buffalo (NY) May 13-15. Officials will receive a fee, and lodging and meals will be provided for out-of-town officials. To request an application, contact Jim Glinsky, coordinator of officials, at [officials@usatf-niagara.org](mailto:officials@usatf-niagara.org).

**NOC EXECUTIVE BOARD MEETING** -- Minutes from the mid-year meeting of the NOC Executive Board are now available at [www.usatfofficials.com/minutes/NOC\\_Board\\_2009\\_MidYear\\_Minutes.pdf](http://www.usatfofficials.com/minutes/NOC_Board_2009_MidYear_Minutes.pdf).

**NEW STARTERS MONOGRAPH** -- The 2009 Starters Monograph is now available at [www.usatfofficials.com/training/2009\\_Starters\\_Monograph.pdf](http://www.usatfofficials.com/training/2009_Starters_Monograph.pdf).

**FACEBOOK GROUP FOR OFFICIALS** -- The USATF Certified Officials group on Facebook now has more than 80 members. To join the group, visit: [www.facebook.com/group.php?gid=98592597792](http://www.facebook.com/group.php?gid=98592597792).

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MID-ATLANTIC**  
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### USATF Mid-Atlantic Executive Committee

**A. Monique White** – President

**Mike Hemsley** – Vice President

**Mary Braverman** – Financial Secretary

**Ken Yerger** – Secretary

**Harold Adams** – Treasurer

**Mike Hemsley** – Law/Legislation

**Bob Delambily** – Budget/Finance

**Norman Green** – Membership

**Celeste Battle** – Youth

**Joel Dubow** – High Performance

**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.