

Mid-Atlantic Quarterly



NEWSLETTER OF
USATF MID-ATLANTIC
3RD QUARTER / SEPTEMBER 2009



MAKE YOUR VOICE COUNT

Annual Meeting Sept. 23 Will Choose Sports Committee Members

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ON THE WEB

www.mausatf.org

As the dog days of summer have ended we now enter the cooler days of fall and Cross Country season. For some this is a season off. For others, we keep rolling over hill and dale.

My message will be simple this quarter, as the top priority is our Annual Meeting coming up Sept. 23 at the Holiday Inn in Fort Washington. We encourage you to come to the meeting and participate in electing new representatives for our sports committees. (A list of the nominees is on Page 10 of this newsletter.)

We also hope you will become more involved in Mid-Atlantic this year as we need new and energetic members to take on leadership roles or be mentored to take leadership in the future. My message in the last newsletter discussed the variety of ways to get involved.

This summer I had the privilege of going to Lahti, Finland, for the World Masters Association World Championship. It was an incredible journey and an opportunity to work side by side with officials from the host country, Finland, and other countries. Ken Yerger, who also went to Finland, has written a short piece on his experience.

It was truly a learning experience and helped me develop greater patience when struggling with language, customs and general ways of doing things. I encourage our members, if given the opportunity, to go and explore how

PRESIDENT'S MESSAGE

A. Monique White

track is done in many places around the globe.

In our upcoming newsletters I will be adding new sections to help our members connect with more resources. Please send me your ideas and lists of resources that you think our membership needs.

Our goal is to get you the information so you can continue to support track and field, long-distance running, race walking and the other sports that we support. In particular, our post-collegians and open athletes need your help in connecting and transitioning to professional status or continued involvement in the sport.

In closing, this newsletter is dedicated to Harold Adams, our former treasurer, who lost his battle to cancer. Harold was an exceptional human being who gave selflessly to those in the Mid-Atlantic USA track and field community. We will remember him and others in the association who are no longer with us.

We ask for your help in letting us know of members who have passed so they can be acknowledged by our wide and diverse track community.

See you on Sept. 23 at the annual meeting.

OBITUARY

Harold Adams: Longtime Leader And Trainer Of Track Officials

Leadership. Compassion. Integrity. Selflessness.

The Mid-Atlantic Association lost a cornerstone with the passing of Harold B. Adams on July 18, and these qualities came up repeatedly as members of the track and field community remembered his many contributions.

Mr. Adams, 75, of Plymouth Meeting, died of pancreatic cancer at Montgomery Hospital Medical Center in Norristown. He had retired in 2003 after a long career as a teacher and principal in the Philadelphia School District.

He played many roles in the track world, including president and, most recently, treasurer of the Mid-Atlantic Association. But perhaps none had a more lasting impact than his leadership in training officials to conduct track and field competitions.

Mr. Adams was a longtime leader of the clinic for training officials conducted during the Penn Relays each year, and many officials who now oversee competitions in the region began under his tutelage.

“Harold Adams was an exceptional human being who gave selflessly to those in the Mid-Atlantic USA

track and field community,” said A. Monique White, current president of the Mid-Atlantic Association. “He trained many of the officials and coaches you see here today with integrity and patience. Many officials went through the Penn Relays officials clinic that he started and have continued to officiate and follow his example of what it means to be an official. He encouraged people to be officials to serve others – not for yourself, but to give back, which is the best reward.”



Harold B. Adams and Bill Cosby at the Penn Relays.

Photo courtesy of Bobby Parker, B&B Photography, Havre de Grace, Md.

Mr. Adams was an official at the 1984 Olympics in Los Angeles, the 1996 Olympics in Atlanta and many other national and international competitions. He officiated at the Penn Relays for more than 25 years.

“Harold was an outstanding track and field official at all levels and served as a tremendous example for others to follow. Harold’s leadership will be sorely

missed, and he leaves shoes very difficult to fill,” White said.

Carolyn D. Griggs, a longtime official and member of MAUSATF, recalled Mr. Adams as professional and caring, and as always giving his best. “Harold’s name is true to the meaning, a warrior, with power

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and generosity who was very intelligent in his decisions and compassionate to others.”

She recalled that, upon learning of his failing health, a group of officials who had been trained by Mr. Adams visited and prayed with him in the hospital. “Harold could feel our presence and acknowledged so by squeezing of our hand and a slight turn of his head toward the voices.”

Mr. Adams grew up in Philadelphia and graduated from Northeast High School, where he was on the track team. He received a bachelor's degree from Cheyney State University and a master's degree in education from Temple University.

Mr. Adams joined the Philadelphia School District in 1958 as an industrial-arts and math teacher at Fitzsimons Junior High School. He was principal at Fitzsimons Junior High School from 1978 to 1990 and then at Vaux Middle School, which he had attended as a student.

An obituary in the Philadelphia Inquirer recounted that, when Mr. Adams was vice principal at Vaux earlier in his career, the school had a championship chess team. He was shocked, he told an Inquirer reporter, when he returned as principal and learned that the chess program had been disbanded. He set about reinstating it, and the Vaux chess team came in third in a statewide competition in 1995.

Mr. Adams helped establish the Vaux Family Health Care Center at the school. He formed partnerships with churches and initiated Vaux's participation in the Philadelphia School District's Safe Corridors program, recruiting parents to patrol the streets near the school to deter crime.

Mr. Adams was a life member and held national offices in the Kappa Alpha Psi Fraternity. “If I could sum it up in a word, it would be a leader,” Richard Snow, executive director of the fraternity, told the Philadelphia Tribune. “He molded many young men and helped them develop their leadership characteristics so that they can go on and be leaders such as he was. So, his legacy would be that he left an army of ambassadors to mentorship that will make a difference in the city, region and country.”

He enjoyed travel, woodworking and home-improvement projects.

He is survived by his wife, Barbara; a son, Carlton; two grandchildren; and his former wife, Shirley.

The funeral was held at Reformation Lutheran Church. In lieu of flowers, the family requested that donations be made to the Montgomery Hospital Cancer Center and Montgomery Hospital Home Care and Hospice in Norristown, Pa.

Remembering Harold B. Adams

“As I reflect on the many track meets we worked, I was reminded of the quiet leader that stood at the finish line, keeping order and marking the time and place of each athlete. Mr. Adams has crossed the finish line, a race well run, and has left us with precious memories of his kindness and leadership which will remain with us forever.”

CAROLYN D. GRIGGS
Former youth chair
Mid-Atlantic Association

“When we came back from the Olympics, Harold had a special assembly for the children in his school. During the course of the assembly, he said to the children, “If you do not know how to read, you could not participate in the holding-up-the-card ceremony at the Olympics. You would not be able to read the instructions for raising the cards.” This was his special way of stressing the importance of education. Harold was a dedicated educator.”

JERRY LEANESS
Fellow track official

“Harold was the voice of conscience when I was struggling. He always knew what to say to get me on the right path. He will be missed as a leader, mentor and great friend.”

A. MONIQUE WHITE
President
Mid-Atlantic Association

2009 OUTDOOR CHAMPIONSHIP

How Did Schedule Change To Early June Affect Attendance?

The 2009 MAUSATF Open/Masters Outdoor Track and Field Championship Meet was contested on June 6 at Widener University.

Philadelphia Masters Track Association organized the event, and the meet results are available on their website at www.pmtf.net. (The indoor championship results are also available there.)

Last year, with the move of the meet from mid-July to early June, issues were raised regarding whether the change was beneficial. Addressing the issues were several confounding factors:

- (1) The question of beneficial *to whom*.
- (2) In 2008, many athletes were seeking USATF-sanctioned meets to earn qualifying marks for the Olympic Trials.
- (3) The threatening weather in 2008, which seemed to reduce attendance among athletes from other associations.

It was hoped that, with favorable weather and no Olympics effect this year, we could compare the attendance effects of a mid-July vs. early-June date. The results were a mixed bag – placing emphasis on the question of “*beneficial to whom*”: Open vs. Masters athletes; MAUSATF vs. visiting athletes.

Total attendance this year was 145, down from 160 in July 2007 (and 164 in June 2008). However, attendance among MAUSATF athletes was up from 2007: 102 this year vs. 95 in 2007.

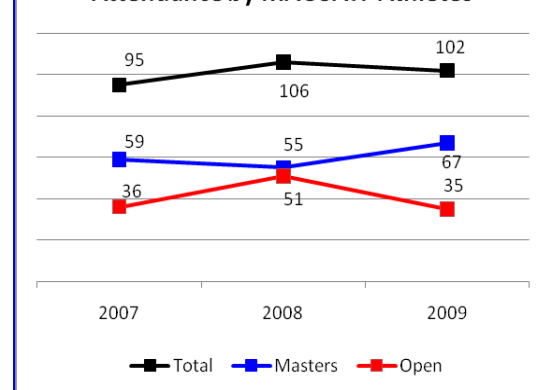
Examining the attendance by age groups reveals that for 2009 vs. 2007 MAUSATF Masters attendance was up, while MAUSATF Open attendance was stable. And, clearly, the jump in Open athletes (but not Masters) during 2008 was due to the Olympics-year factor.

The decrease in total attendance was due solely to a drop in visiting athletes,

HIGH PERFORMANCE NEWS

Joel Dubow

Attendance by MAUSATF Athletes



from 65 in 2007 to 43 in 2009. An examination of the source of the decline by visitors' geography was revealing.

In prior years, most of our visiting athletes came from New Jersey Association, with a large minority from Potomac Valley and a few from other associations. This year, Potomac Valley and New Jersey supplied equal numbers, and Potomac Valley and other associations made up the majority. The probable cause was competition from another meet: Shore A.C.'s New Jersey International Track & Field Meet on June 6 in Holmdel, NJ.

Athlete-wise, it seems from the 2009 vs. 2007 data that the June date benefited MAUSATF Masters athletes and had no effect on Open athletes.

Income-wise, the reduced total attendance did not unfavorably impact MAUSATF because the association's cost were fixed and occurred in advance of the meet, independent of attendance. The reduced attendance therefore impacted only the meet organizer, Philly Masters.

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

~ Oprah Winfrey



HEI HEI

If It's The 2009 World Masters, This Must Be Finland

Monique White and I were again privileged to be a part of the 16 American track & field officials invited to work the World Masters Championship, held this year in Lahti, Finland.

After a VERY long flight (Finland is next to Russia), we landed in Helsinki and took a bus for the one-hour trip to Lahti. The international officials were housed in a dorm on the local military base and we were treated to breakfast and dinner at the officer's club. The service and cuisine were excellent.

We got our share of walking in as the dorm was 1½ miles from the main venue and with a few exceptions, walking was the main means of travel. The meet was contested at five separate venues with shuttle buses running to each for the athletes, fans and officials.

The meet was not as well attended (about 5,000 athletes) as the previous meet in Italy (9,000), likely due to the expensive transportation and the high cost of nearly everything in the country.

Even the Europeans complained about the high cost, and when you factor in the euro conversion from the dollar, we found ourselves limiting many side trips and dining out. Think \$15 hamburgers and \$12 for nachos, and don't even think about what the reindeer steaks cost.

The meet got off to an interesting start as

OFFICIALS NEWS

Ken Yerger

we found out the night before that we were to be combined events referees at two different stadiums.

While there was generally someone in the stadiums who spoke some English, most did not, making it difficult to convey requests. The local officials can best be described as having a more "relaxed" attitude as they left for coffee between the combined events, *sometimes* returning in time to start the next event. It made for two challenging days for us.

For the remainder of the 10-day meet we were assigned to a stadium and throwing events, jumping events, track, etc. The local crews exhibited varying levels of rules knowledge and operated field events differently than we are accustomed to in the States. We again came away from the meet thinking the British and American officials had a better grasp of the IAAF rules and event safety.

The meet is scheduled to be held in Sacramento in 2011, so there will be a greater opportunity for American officials to work an International meet.

HEI HEI

(common form of hello and goodbye in Finnish)

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

~ Tom Fleming, Boston Marathon training sign



HAVE YOU RECERTIFIED? USATF officials who have not recertified need to do it now. If your photo ID does not say 2009-2012, you are not in good standing. If you are a National or Master level official and want to keep getting the applications for national USATF Championships, you must keep your certification current. Information and the application form can be downloaded at www.mausatf.org in the officials link. For a hard copy of the application, call me at 610-489-4320 (nights), email me at kyerger@yahoo.com, or drop me a note at 133 Spruce Lane, Collegeville, PA 19426. – KEN YERGER

ROSEMONT CLUB VICTORIOUS

Open Men's Team Wins National 10k On A Tough Trail

*"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, the guys with a lot of inner determination."
~ Mark Belger, Villanova star, 1971*



The national 10k Trail Championship was held in Laurel Springs, N.C., on Saturday, Aug. 29. Our Rosemont Running Club won the open men's team championship. The course was described by one participant as "incredibly difficult, hardest trail race I've ever run." We congratulate Rosemont on this victory.

Meanwhile, closer to home (yet not quite close enough to satisfy purists) our most recent Grand Prix event was the 10k in Stone Harbor, N.J., on Sunday, Aug. 30. Seventy of our athletes competed. Seven clubs scored in the race, led by South Jersey and Runaway Success. Those two clubs continue to lead our Club Challenge with 2,429 and 2,367 points respectively. Mark Stallings of Atglen finished second overall with a time of 31:50; while Doreen McCoubrie led the women in 37:44, good enough for 12th overall.

Our Off-Road Series had two events in June. We scored 46 finishers in the Wissahickon Trail 10k on June 6. They were led by Daryl Weaver of the Rosemont club and Helen Cheung of the Wissahickon Wanderers. Greater Philadelphia with 354 points and Rosemont with 347 led among five clubs in team scoring.

June 28 saw 40 of our members traveling to French Creek State Park to compete in Ron Horn's Double Trouble 15k Trail Run. Again Daryl and Helen were the individual leaders as they increased their season scores to 25 and 15 points respectively in the Open category. Greater Philadelphia managed 315 points, while Rosemont had 305 to lead five scoring teams. Rosemont remains in first place for the year thanks to Greater Philadelphia missing the Triple Crown event in April.

LDR NEWS

Norm Green

On Aug. 4 we launched a new Cross Country race series with the West Chester 5k event in Westtown. The Tuesday evening event found 18 of our athletes competing, led by John Carroll M46 in 10th place and Linda Hawke F41 in 36th place. Altogether, race director Kevin Kelly had 111 finishers in his event.

Looking Ahead

Looking to the future, the Cross Country series will hold its second event on Saturday, Sept. 19, at 9 a.m. It is a 3-mile event at the Chestnut Hill School in Philadelphia, with Paul Hines serving as our contact (215-487-2934).

We will again have a conflict in events as the Delaware Distance Classic 15k of our Grand Prix Circuit was moved to Sunday, Oct. 11, while the Radnor Red 5k Steeplechase Run of our Off-Road Series continues on the same date. Both races are fine events with established support by our athletes and clubs.

I remind everyone that our USATF Mid-Atlantic annual meeting on Wednesday, Sept. 23, will be the opportunity to elect the LDR committee members for 2010-2011. In that meeting we will elect nine from the 13 nominees on the ballot. High Performance and Youth Athletics committee members will also be elected, as will USATF Annual Meeting delegates.

The meeting at the Holiday Inn in Ft. Washington will be an important opportunity to exercise our privilege of voting. It will be the first time in a quarter-century I won't be on the ballot.

SEPAC MAKING A MARK

Women's Race Walkers Among Best In The Nation

The Southeastern Pennsylvania Athletic Club (SEPAC) was founded as a club for runners, athletes learning race walking, and elite race walkers. Our top walkers include: Solomiya Login who is a top four nationally ranked walker in the women's open division, and three highly successfully junior walkers – Catherine Davis, Diana Rado and Pamela Alva.

A National Force

Solomiya Login won the silver medal for the grand prix national championship series in 2008.

She began the 2009 racing season as the third place overall and second place American finisher in the Millrose Games on Jan. 30 in New York City. She finished with a time of 7:09 for the one



Copyright 2009, www.racewalk.com
Solomiya Login finishes third in the national 10K race May 30 in Albany.

RACE WALKING NEWS

Ed Richardson

mile race walk held on the venerable indoor boards of Madison Square Garden. She then placed third in the USA Indoor Nationals in the 3k race on Feb. 28 at the Reggie Lewis Center in downtown Boston. Solomiya's time of 13:45 ranked as the 20th all-time fastest for a U.S. women's race walker.

Solomiya next traveled to Pharr, Texas, in late March for the USA Team trials and finished second overall with a time that qualified her for the USA women's team to compete in the America's Race Walk Cup in San Salvador, El Salvador. This international IAAF event on April 28-29 featured athletes and teams from 30 countries throughout North, Central and South America. In the elite women's division, Solomiya finished 10th overall and led her USA team to capture the team Bronze medal. The medal was only the seventh that a USA team has ever received medals in an international race walking competition – a great day for Solomiya and USA women's race walking.

In her final competition for the spring, Solomiya finished third overall in the national 10k championship race May 30 in Albany, N.Y. This ended an outstanding spring for one of the finest athletes in the Mid-Atlantic Region, solidifying her place as a national and rising international force in women's race walking.

Three Top Juniors

Catherine Davis is the 2008 grand prix junior national champion in the women's division. Catie's time of 53:38 at the USA

Continued on next page

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



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

***~William
Shakespeare,
epistle to
David
Garrick, Esq.***



TRIBUTE

Ira Riddle, 1946-2009: A Philly Masters Mainstay

Ira Riddle was a longtime USATF-certified official. I first met Ira in 2005 when he began to regularly officiate at our Philadelphia Masters Track Association Tuesday evening all-comers meets at Plymouth-Whitemarsh High School. He was recruited as an official by our then-President, Kyle Mecklenbourg, who told me (as meet director) that Ira was a "very good man" and would serve us well. Kyle was right.

From 2005-2008, Ira missed nary a meet. He began as one of our pole vault officials, but that changed following our 2007 season.

At the end of that season our club had fallen into an odd state of affairs: We were cash-rich, but human resources-poor, and there was a real chance that the club would fold. We needed to elect four members to our Executive Committee, but there was a shortage of members willing to step up.

Ira was one of several of our regular officials who stepped forward to join as Philly Masters members and take on committee responsibilities or stand for election to our Executive Committee. Ira was elected for a two-year 2008-2009 term



and became treasurer of the club.

He also became our pre-meet print materials coordinator, the keeper of our printed paraphernalia, the pre-registration manager for the MAUSATF Championship Meets we managed, and one of the key people at the

Registration Table for all of our meets. And, once the initial registration rush abated at these meets, he often went on to assist other officials wherever we came up shorthanded.

Ira passed away on July 6 while on a cruise vacation around England with his wife, Polly. He suffered a heart attack while taking an early morning walk on deck to catch the morning air.

During the years I knew Ira, he became not only a colleague, but a good friend. Many of you knew Ira not only from our meets, but because he officiated at so many other association-sanctioned or PIAA meets. In addition, he actively served as an official for high school volleyball and helped manage tournaments for two chess organizations in our region. Philadelphia Masters will miss him, I will miss him, and so will many others.

– JOEL DUBOW

Continued from previous page

team trials remains the fastest 10k for both 2008 and 2009 by a junior woman. She is a two-time member of the USA junior national team, traveling to Russia for the World Cup and to Long Island, N.Y., for the USA-Canada competition.

Diana Rado is the 2007 grand prix junior national champion in the women's division. Her time of 1:22.48 is the pending

USA record for the 15k distance, smashing the existing record of 1:34.15. She is also a member of the USA junior national team and competed in the USA vs. Canada meet in Long Island in 2007.

Pamela Alva is the 2007 grand prix bronze medal junior national champion in the women's division. Along with Catie and Pamela, she is a first team High School All American in Track and Field in the sport of race walking.



*USATF Program
Honors Masters
Long-Distance
Runners With
Engraved Plaque*

THE PHIDIPPIDES AWARD

USA Track & Field has announced enhancements to the Phidippides Award program, a participatory recognition award for masters athletes (aged 40 or older). The award was initiated last year in partnership with National Masters News to provide the "everyday" runner an opportunity to be recognized by USATF.

Award winners will now receive a plaque engraved with their name and award level – gold, silver or bronze. The awards are free to runners who earn enough points in a calendar year by participating in road races. The improvements to the award are made possible through a partnership with Hasty Awards of Ontario, Kan., the official supplier of medals and awards to USATF.

"USATF is proud to be able to offer this award to the running community as it is something different. Rather than simply rewarding the speed of someone's performance in a given race we are rewarding athletes for the number of times they cross the finish line in races throughout the country," said Don Lein, USATF Masters Long Distance Running Chair.

In 2008, 70 athletes were recognized with Phidippides Awards. This number is expected to increase substantially with the improved award and increased awareness.

More information: www.usatf.org/groups/RoadRunning.

Who Was Phidippides, And Why The Silly Hat?



The award, represented by the logo at left, is named for an ancient Greek hero (hence, the helmet). The story of Phidippides' astonishing running feats during the Greek-Persian wars, as described by Robert Browning in an 1879 poem, was the inspiration for the creation of the marathon.

How To Earn One

▶ Runners can earn points toward their year-end point total as follows:

RACE DISTANCE	POINTS
5 km - 5 mile	1 point
10 km - 15 km	2 points
10 mile - 1/2 marathon	3 points
25 km - marathon	4 points

▶ Runners will be eligible for the following awards, based on their point totals:

AGE:	40-59	60-79	80-plus
Gold	20 points	16 points	8 points
Silver	16 points	12 points	4 points
Bronze	12 points	8 points	2 points

▶ Award applicants must be USATF members. The course for each event must be USATF-certified.

▶ Each runner will be eligible for only one award per year.

▶ A finish time must be recorded for the runner. The award application must include the website reporting the race results or a printed copy of the results.

2009 Mid-Atlantic Sports Committee Nominees

Here are the nominees for membership on the Mid-Atlantic Association sports committees. The members will be elected at the annual meeting of association members at 7:30 p.m. on Sept. 23 at the Holiday Inn in Fort Washington.

High Performance

Jim Aylsworth
Bob Beale
Lou Coppens
Ray Feick
Jim Fischer
Carl Grossman
Pete Hischmann
Kyle Lanier
Rogers Glispy

Long Distance Running

Mary Braverman
Deborah Compton
Carl Grossman
Robin Jefferis
William Kampf
Mark Kordich
Robert Lion
Edward Maher
James Marino
Mike McCloskey
Tom McGinley
Jerry Nolan
David Thomas

Youth Athletics

Celeste Battle
Nelson Berrios
Stephen Chapman
Sharnette Handy-Hall
Marcus Holman
Daryl Nelson
Leonard Scott
Darren White
Palak Nelson
Carolyn Griggs
Malcolm Pace

UPCOMING MID-ATLANTIC MEETINGS

Sept. 23: Association Annual Meeting, Holiday Inn, Fort Washington, 7:30 p.m.

Nov. 18: Executive Committee, Villanova University, 7:30-9 p.m.

Dec. 16: Association Quarterly Meeting, Villanova University, 7:30-9 p.m.

USATF Mid-Atlantic Executive Committee

A. Monique White – President

Mike Hemsley – Vice President

Mary Braverman – Financial Secretary

Ken Yerger – Secretary, Officials chair

Ed Callahan – Past President

Mike Hemsley – Law/Legislation

Bob Delambily – Budget/Finance

Norman Green – Membership

Celeste Battle – Youth

Joel Dubow – High Performance

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.

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