

Mid-Atlantic Quarterly

THE NEWSLETTER OF USATF MID-ATLANTIC

SPECIAL ISSUE / JANUARY 2011



2010 USATF ANNUAL MEETING

REPORT FROM VIRGINIA

Highlights Include Masters Drug Tests, AAU Pact

Fourteen delegates from the Mid-Atlantic Association attended the USATF Annual Meeting in Virginia Beach, Va., from Dec. 2-5.

Each delegate was assigned to attend various meetings at the conference and to write a report on what they learned. This issue of the Mid-Atlantic Quarterly is devoted to a summary of the reports from our delegates:

Drug Tests for Masters

After discussion and several athlete-education sessions presented by the U.S. Anti-Doping Agency (USADA), the Masters Track and Field Committee decided to begin anti-doping testing at the Outdoor Championship July 28-31 at Baldwin Wallace College in Berea, Idaho.

A USADA representative discussed how athletes are selected for testing, out-of-competition and in-competition testing, testing procedures (blood and urine), therapeutic use exemptions (TUEs), online resources for determining whether drugs are prohibited, and actions that constitute a violation of the anti-doping rule.

ANTI-DOPING WEBSITES

Website for determining if drugs are prohibited: www.globaldro.com.

USADA: www.usantidoping.org.

USATF: www.usatf.org/groups/highperformance/antidoping.

USATF-AAU Deal

USATF and the Amateur Athletic Union reached a historic agreement to avoid conflicts in scheduling youth meets between the two organizations. The two organizations, which have been in conflict for more than 30 years, signed the agreement Dec. 4 at the Virginia Beach meeting.

Other Highlights

The federation shortened its annual meeting by a full day and continues to transfer decision making to the new Board of Directors and President Stephanie Hightower.

After the board removed chief executive officer Doug Logan earlier in the year, chief operating officer Mike McNeas became interim CEO.

Here are some key points from the addresses by Hightower and McNeas:

- ▶ USATF hopes to expand television opportunities to generate revenue and add value to sponsorship partners.
- ▶ USATF now has over 100,000 members and 50,000 Facebook friends.
- ▶ The organization unveiled a new look to the usatf.org website Dec. 4.
- ▶ USATF is working on joint partnerships with the U.S. Olympic Committee. McNeas announced a multi-year sponsorship agreement with BMW.

Information for this story was contributed by Robin Jefferis, Carl Grossman, Ed Maher, Cynthia Young and Norman Green.

IN THIS ISSUE

Special Report: 2010 USATF Annual Meeting

Track and field. 3

Long-distance

running. 4-5

Cross-country. 4

Race walking. 6

Coaching. 7

Associations. 8

Youth. 8

Officials. 10

OTHER NEWS

GPTC wins Off-Road Challenge. 2

Coaching, throws clinics planned. 9

ON THE WEB

www.mausatf.org



“Desire is the most important factor in the success of any athlete.”

~Willie Shoemaker

Acknowledgment:

Most of the quotations in the margins are from “The Quotable Runner,” edited by Mark Will-Weber, Breakaway Books.



Greater Philadelphia Track Club runners, from left, Kyra McGrath, Bob Rimkis, Chuck Shields, Dave Thomas and Julie Deery celebrate at the Mid-Atlantic Awards.

GPTC Wins Off-Road Challenge

The Greater Philadelphia Track Club received the top prize in the 2010 Off-Road Series Club Challenge at the Mid-Atlantic Association’s awards ceremony on Jan. 30.

GPTC won the overall title over five other teams with a total of 2,343.97 points – including a strong showing of 372.25 points in the Delaware 5K Race, the last of seven races in the series.

Of the 264 finishers in that race, 250 live in the Mid-Atlantic area, and 47 were eligible for Series credit.

In the final standings, three GPTC runners also won their age groups — Julie Deery, Scott Brockett and Jeff Hayes.

CLUB CHALLENGE FINAL RESULTS

1. Greater Philadelphia Track Club	2343.977
2. Pike Creek Valley Running Club	2233.404
3. Pineland Striders	1989.262
4. Rosemont Running Club	1776.671
5. Wissahickon Wanderers	1457.450
6. Philadelphia Masters	326.037

FINAL INDIVIDUAL STANDINGS

Open Female		Open Male	
Polly Jensen	11	Josh Loren	19
Sharon Schmidt-Mongrain	10	Daryl Weaver	13
Helen Cheung	8	Josh Emery	6
Masters Female		Masters Male	
Julie Deery	17	Scott Brockett	17
Mary Pat Braverman	15	Bob Rimkas	15
Missy Wietlisbach	5	Tom Jermyn	13
Grand Masters Female		Grand Masters Male	
Shelley Hill	16	Jeff Hayes	30
Jean Lizzio	11	Jay Miers	11
Bonnie Stoeckl	10	Tom Steenkamer	6
Melanie Marinaccio	10	Epi Camacho	6
Seniors Female		Seniors Male	
Diane Hardies	30	Fred Shufflebarger	18
Deborah Compton	5	Ted Hardies	12
Diane McManus	3	Randolph Clever	8

2010 USATF ANNUAL MEETING

Schedules Outlined For Major Track and Field Championships

Masters Events in 2011

► **USA Masters Indoor Track and Field Championship:** The Masters Indoor Track and Field Championship is being held on the same track as the open Track and Field Championship, at the Albuquerque Convention Center in Albuquerque, N.M., March 4-6 (earlier than usual).

► **World Masters Athletics Outdoor Championship:** For the first time in many years, the World Masters Championship will be held in the United States at Sacramento State College from July 6-17. This is a great opportunity for those who are interested in competing in an international meet without traveling overseas.

► **National Senior Games:** As a result

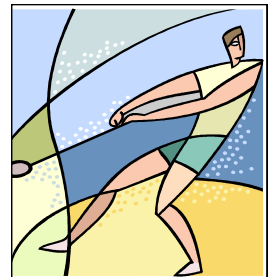
MASTERS TRACK AND FIELD

Carl Grossman

of an agreement between the Masters Track and Field committee and the National Senior Games, the Masters USATF Games Committee will conduct the Track and Field Competition at this year's National Senior Games in Houston from June 15 to 22.

Fast Forward

Our group previewed a soon to be released membership recruitment film, "Forever Fast." It was inspiring and should help promote and encourage master age athletes to join USATF and get involved in competing in Masters Track and Field.



Open Events in 2011

The Pan Am Junior Championships will be held in Miramar, Fla., with tentative dates of July 22-24. The World Indoor Championships will be March 9-11 in Istanbul, Turkey. The World Junior Championships will be July 10-15 in Barcelona, Spain. The time and place for the NACAC Under-23 has not been determined.

Changes In Standards

The Standards Committee changed the senior standard for the 100 meters from 10.20 to 10.21 to comply with IAAF rule of not having a country standard lower than IAAF standard.

The junior standards for hammer and shot put were adjusted due to implementation and calculation errors. And the

MEN'S TRACK AND FIELD

Carolyn Griggs

long jump standard was reduced to allow for more entries.

Olympic Trials

The Olympic trials schedule was completed. The 10-day meet will include two four-hour schedules on eight days.

There will be 45 entries in the 100 meters; 36 in the 200 meters; 28 in the 400 meters and 400-meter hurdles; 30 entries (three heats of 10) in the 800 meters and 1,500 meters; 24 entries in the steeple chase, 5 kilometers and 10 kilometers; 15 entries in the race walk; 24 entries in the field events; and 18 entries in the decathlon.

"Running recharges me. I don't have all the distractions that drain me. I really need that part of my day."

~Paula Zahn
TV journalist

2010 USATF ANNUAL MEETING

Requirements Are Tightened For Masters Hall Of Fame

A joint session between the Masters LDR Committee and the Masters Track and Field Committee included my report about the Masters Hall of Fame, for which 12 new honorees were named.

After providing management of the MHOFF since 1997, 2010 was the first time I did not use a prepared script for my report.

Our MHOFF subcommittee had debated the need to tighten criteria for the hall. I brought recommendations for nominating and electing fewer candidates than previously. The joint meeting adopted the recommendations, with one adjustment.

Committee Business

The Masters Long Distance Running Committee made its Athletes of the

**MASTERS HALL OF FAME /
LONG-DISTANCE RUNNING**
Norman Green

Year awards in each age group from 40-44 to 90-94. It affirmed previous championship bids, heard two bids for the 8k distance in 2011 and extended contracts with several events through 2012 or beyond.

Service Award

LeeAnn Meyer of Minnesota was given the Otto Essig Award for Meritorious Service to Masters LDR. She has been influential in our Twin Cities Marathon relationship as well as the AADP program across many years.



***“If you want
to become
the best
runner you
can be, start
now. Don’t
spend the
rest of
your life
wondering
if you can
do it.”***

~Priscilla Welch
Masters
marathon great

Cross-Country Residency Rules Changed

The Cross-Country Council executive committee reported on its decisions for rules about residency requirements for XC competitors. The major change involves treating metropolitan areas as an entity, particularly when metro areas are split between USATF associations. It is not yet clear what impact the amendment will have on Mid-Atlantic clubs that involve New Jersey members.

Events for 2011

Masters will have a stand-alone 8k XC championship event on Feb. 5, 2011, in San Diego. The USA Masters 5k XC Championships for 2011 will be Oct. 22 in Rochester, N.Y., and will serve as a resumption of the Canadian-American

CROSS-COUNTRY COUNCIL

Dolores Green

XC challenge. The club XC championship for 2011 will be Dec. 10 in Seattle.

Event Bids

A bid from Lexington, Ky., for 2012 was approved with \$30,000 prize money offered. Long Island Association presented an impressive bid for the Dec. 13, 2013, club XC championship. Bill Quinlisk, masters LDR rep, described a 2011 Masters LDR Championship Team Grand Prix with road and XC events for 10-year age groups.

2010 USATF ANNUAL MEETING

CITIZENSHIP ISSUE TABLED

The Men's and Women's LDR Committees passionately debated a proposal to allow new U.S. citizens to compete in national long distance running championships, so long as they have not previously represented another country in international competition.

IAAF rules require new citizens to wait at least two years to become eligible for international competition, and USATF rules allow only international-eligible athletes to compete in national championships. The proposal would carve out an exception for long-distance runners.

The proposed change was eventually tabled and returned to the Board of Directors with a recommendation that USATF revise the rule to apply to all USATF Athletes, both track and field and road running.

Olympic Marathon Course

Bob Hersh, IAAF Vice President, reported that the 2012 Olympic Marathon in London will be on a three-loop course – a 2.2-mile "out and back" portion followed by three 8-mile loops.

The U.S. Olympic Trials Marathon in Houston on Jan. 14, 2012, will be on a course that mimics the three-loop design.

The U.S. Half Marathon Championship in Houston on Jan. 29, 2011, will include its final 8 miles as the "loop" of the Olympic Trials Marathon course.

Among women competitors, to date 24 women have met the "A" qualifying standard and 84 women have met the "B" qualifying standard. Women's performances are exceeding the 2008 Olympic Trials pool of "A" qualifiers".

World Half Marathon

Hersh also discussed the move of the

LONG-DISTANCE RUNNING

Ed Maher / Robin Jefferis

World Half Marathon Championships from October to March in even-numbered years.

The goal is to revitalize the event by eliminating conflict with major marathons held in the fall and holding it sufficiently early to avoid spring schedule conflicts. This will take effect with the 2014 Championship.

Mountain/Ultra/Trail

MUT reported that the men's team won the silver medal at the 100K Championships in Gibraltar on Nov. 9 and the men's team won the bronze medal in the IAU 24 Hour Run World Championships in Brive, France on May 14.

American Scott Jurek took the individual silver medal in an new American record of 266.677 kilometers, or just over 165 miles.

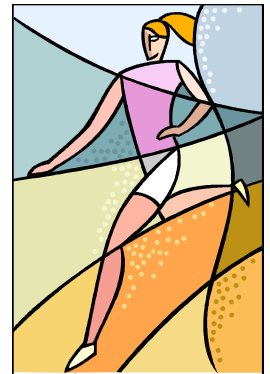
Tussey 50 Mile Race

Of importance to USATF Mid-Atlantic, the Tussey Out & Back 50 Mile Race was selected to host the USA 50 Mile Championships again in 2011.

This ultramarathon covers 50 miles of mountain roads including the Tussey Mountain Ski Area. The event is very close to State College.

Race Director Mike Casper submitted a bid prior to the Annual Meeting.

This is the only U.S. championship race held in the Mid-Atlantic Association. Similar to 2010, the LDR committee will feature the race brochures on our website.



"The difference between a jogger and a runner is a race-entry blank."

~Dr. George Sheehan

Runner and writer

2010 USATF ANNUAL MEETING

Race Walk Goal: Keep Up Success As Juniors Enter Open Division

The overall performance of U.S. race walk juniors in 2010 improved from many previous years, and the Race Walk Committee discussed how to continue the successes as the juniors enter the open division.

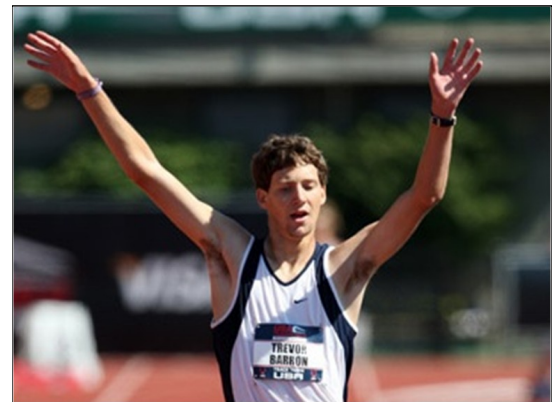
The results in 2010 included: a sixth-place finish by the junior men's team at the IAAF World Cup in Chihuahua, Mexico, selection of two juniors to the World Junior Championships in Canada, selection of one junior to World Youth Olympics in Singapore, and a sweep by both the junior men and women in the USA vs. Canada dual meet.

The committee agreed to present a series of proposals to the Board of Directors to improve race-walking results at all levels, including:

- ▶ A collegiate race walk festival to expand the athlete base and provide coaching opportunities.
- ▶ Junior elite training camps to teach athletes how to train.
- ▶ A talent ID program to recruit and develop post collegiate athletes interested in becoming race walkers.
- ▶ National team summits to develop a common dialog for training and developmental needs of the elite athletes and assist personal coaches selected for international competitions and teams.
- ▶ Regional clinics and centers of excellence to provide competent coaching for elite and sub-elite athletes in a common training group.
- ▶ A senior team camp to provide short- and long-term capability for athletes to train together.

RACE WALKING

Ed Richardson



Don Rich/penntrackxc.com

TREVOR BARRON: Pennsylvania race walker named junior athlete of the year.

Junior Athlete of the Year

Trevor Barron, an 18-year-old from Bethel Park, Penn., near Pittsburgh, was named the USATF junior athlete of the year. Trevor broke five junior records in events from February through September 2010.

Login Selected Event Leader

Solomiya Login, a top-five-ranked race walker from the Mid-Atlantic Association and the Southeastern Pennsylvania Athletic Club, was elected as the Athlete's Advisory Committee women's event leader for the race walk.

In this position she will be the advocate for women race walkers concerning courses, opportunities and new policies.

Login was also selected as one of three athletes on the USATF Executive Committee for Race Walk.

2010 USATF ANNUAL MEETING

Coaching Committees Make Game Plans

Coaches Education programs for the coming year included a revision of the curriculum for upcoming Level I Schools. The Level I curriculum is also being adapted for an on-line version.

Discussion took place over the success of the initial Level II Youth School last summer in Sacramento. It will be held again this summer after the Junior Olympics Games. The traditional Level II School, which was successfully held at Villanova University last summer, will be held in Atlanta this summer.

High School Coaches

The National Senate of High School Track Coaches Association held a meeting during the convention.

The NSHSTCA was founded by a group of high school track coaches for the pur-

COACHING

Carl Grossman

pose of developing high school track and field and cross country programs through strong coaches associations and coaches education programs.

The Senate encourages a partnership between State Senate Associations, USATF, the U.S. Track and Field and Cross Country Coaches Association (mostly geared to college coaches) and the National Federation of High Schools.

The Senate is trying to gain members and to tap into the other organizations to expand educational opportunities for high school coaches.

Coaching Director

The Coaches Advisory Committee's major advances in supporting coaches include the appointment of a director of coaching, Terry Crawford, whose duties include support for coaches recognition programs and overseeing education programs.

Coaches Registry

Another advance is the launching of a coaches registry to better identify

COACHES ADVISORY COMMITTEE

Ronn Thomas

coaches in good standing and help assure that we protect the sport from risky individuals.

New Award

A coach of the year award was developed for outstanding boys and girls high school coaches.

Richardson Named To National Staff

Ed Richardson, president of the Southeastern Pennsylvania Athletic Club, was selected as a member of the national team staff that will coach and manage the U.S. team at the 2011 Pan American Cup in March in Colombia. Coaching selections are based on technical knowledge of the sport, successes of their athletes, leadership over time, understanding of international rules, personal skills with other leaders and athletes, and contributions to the sport.



2010 USATF ANNUAL MEETING

Associations Divided Into Seven Regions

Karen Krsak, chair of the Association Committee, highlighted the plan to move from four zones to seven regions. The Mid-Atlantic Association is in the Eastern Region, and our regional representative is Pam Fales, from the New Jersey Association.

Member Benefits

The committee is looking to enhance member benefits that would help in member recruitment. Many associations are enhancing their web pages to better inform the region and nation.

Memberships

Andy Martin, director of grass roots programs, made a presentation on one association's use of \$10 memberships in September and October to help generate future sales. They retained/gained at least 50 percent of the discounted

ASSOCIATIONS COMMITTEE / ATHLETICS FOR DISABLED

Ronn Thomas

membership purchasers.

One suggestion from the committee was that we can gain members by working with meet directors to add USATF memberships to their meet fees and set up a table pushing memberships at events.

Athletics for the Disabled

This committee is concerned about the growth and inclusion of disabled athletes. Its current initiative is to have USATF become the governing body over all athletes and to begin a dialog with other disabled sports organizations.

Registration Going Online For Youth Meets

The USATF Youth Division has gone green and will no longer accept paper registration for national meets.

All registration will be handled by Coach O; athletes will not be able to complete registration without having their age verified prior to logging on.

Also, the committee is working to overcome the final barrier to going totally green by creating an online signature form for parents.

Health News

USATF has partnered with Out Run the Sun to help athletes protect themselves while competing. A growing number of people are getting skin cancer, and a representative from the company, Dave Morton, stated that skin cancer can be prevented with a little care and caution.

YOUTH ATHLETICS

Cynthia Young

Also in the news are head concussions. The topic is receiving national headlines in other sports, and it has become an issue for track and field. Look for new guidelines in the future.

2012 Event Sites

The following sites were awarded National Championships events for the 2012 season:

Junior Olympics Cross Country – Albuquerque, N.M.

Junior Olympics – Baltimore, Md., at Morgan State University.

Youth Athletics Championship – Arlington, Texas.

Coaching School Scheduled At Villanova

A Level 1 coaching school for USATF members will be presented by Gill Athletics at Villanova University from March 18 to 20.

The Level 1 program is the starting point for track and field coaches and emphasizes fundamentals, rules, safety and risk management and instruction techniques. Level 1 prepares individuals to coach junior high school, high school, club, and age group athletes.

The program includes classroom and hands-on training. Participants who pass an online exam on event-related and sport science subjects will be issued a Level 1 Certificate of Completion.

Andrew Allden will be the school director and endurance instructor. The staff

includes throws instructor Kevin McGill, sprints/hurdles instructor Loren Seagrave and jumps instructor Mike Young.

The schedule is 6-10 p.m. Friday, 8 a.m. to 9 p.m. Saturday and 8 a.m. to 4 p.m. Sunday. The program will follow the Day of Distance Coaching Clinic on March 18 at Villanova University, and it will be possible for a coach to attend both events.

Pre-registration fee is \$125 if received by March 4. Late and on-site registration is \$150. To register online, or to obtain lodging and other information, go to www.usatf.org/groups/coaches/education/schools/.

More information on coaching education is available at www.usatf.org/groups/coaches/education/.

Throwing Clinic To Be Held in March In Media

Javelin USA will offer an "All Throwers Clinic" on Sunday March 6, at Penncrest High School, 134 Barren Road, Media, Pa.

The instructors will be Dr. Robert Sing, Brian Chaput and John Taylor for the javelin; Mark Mirabelli and George Reynolds for the discus; and Brian Wethey and Gene Stickley for the shot put.

Registration begins at 8 a.m. Instruction for the javelin and discus begins at 9

a.m. For dual athletes, shot put will follow at 1 p.m. Javelin will be all day. The clinic fee is \$50. Javelin USA is a 501C3, and donations are appreciated.

To register, fill out the form below and send it with a check payable to: Javelin USA, c/o John Taylor, 454 Leedom Street, Jenkintown, PA 19046. If you have questions, call John Taylor, president of Javelin USA, at 215-884-0286, or send an email to javelinjt@aol.com.



Name _____ **Age** _____

Male/Female (Circle) _____ **Coach or Athlete (Circle)** _____

School _____ **Events** _____

Address _____

City _____ **State** _____ **ZIP** _____

Phone _____ **E-mail** _____

2010 USATF ANNUAL MEETING

Chair Honors White and Yerger

Chair Awards were presented to A. Monique White and Ken Yerger of Mid-Atlantic for their work with the UK Exchange Program. White, the association's president, and Yerger, the secretary, are co-chairs of the USATF Officials Training Subcommittee's Outreach Training Group. The group organizes international exchanges for certified officials.



Officials' Certification Reviews Simplified

The Officials Committee report on certification noted that the rules reviews (tests) for certification were being somewhat simplified and will no longer require the use of the IAAF rulebook.

OFFICIALS COMMITTEE

Ken Yerger

Training Webinars

The committee's training subcommittee has produced three webinars on Throws Safety, Five Alive and the 2009 UK Exchange Program. The webinars are available on the USATF website.

Uniforms

The Uniform/Merchandise subcommittee reported that there is some interest in a long-sleeved version of the national uniform shirt, and it is seeking opinions whether to offer that as well as the short-sleeved version.

About the USATF Mid-Atlantic Association

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.

USATF Mid-Atlantic Executive Committee

A. Monique White – President
Mike Hemsley – Vice president
Mary Braverman – Financial secretary
Ken Yerger – Officials
Norman Green – Treasurer
Ed Callahan – Past president

Mike Hemsley – Law/legislation
Bob Delambily – Budget/finance
Doreen McCoubrie – Membership
Celeste Battle – Youth
Ray Feick – High performance
Robin Jefferis – Long-distance running

USATF Mid-Atlantic

P.O. Box 662

Southeastern, PA19399-0662