



***USATF***<sup>™</sup>  
*MID-ATLANTIC*

**USATF Mid-Atlantic Annual  
Association Meeting  
October 12, 2022  
Virtual**

# Meeting Agenda

- President's remarks
- Minutes Review
- Election/voting
- Annual Meeting delegates
- Law and Legislation Report
- Budget and Finance Committee Report
- Membership and Sanction Report
- High Performance and Coaching Education Committee Report
- LDR Committee Report
- Youth Committee report
- Officials Committee Report
- Other business (old and new)



# **President's Report**

*Association President Ken Kapner*

## Presidents Remarks

A few 2021 and 2022 Association highlights:

- The HP Committee hosted a last-minute Olympic Qualifier Race Walk in the spring of 2021
- Mid-Atlantic was awarded a \$5,000 Grow to Impact Grant
- The Budget and Finance Committee along with our sports committees completed highly collaborative 2022 budget process
- Several Mid-Atlantic Officials served key officiating spots at the 2022 World Championships in Eugene, OR
- Our Coaches Education Chair hosted one of the first in-person, three-day Level 1 Coaches school two weeks ago

# Executive Elections

**Annual Meeting  
Delegate nominations**

# Annual Meeting Delegate nominations, to date:

	First	Last	Role #1	USATF Role	Essential or Elected	Active Athlete. (4 each)	Active Coach (3 each)
1	Ken	Kapner	Associations, L&L	Associations President	Essential	Active Athlete	No
2	Earl	Edwards	Officials Committee	Mid-Atlantic Officials Chair	Essential	No	No
3	David	Gingras	Youth, Associations, Officials	Mid-Atlantic Treasurer	Essential	No	No
4	Robin	Jefferis	XC Council/Women's LDR	Membership and Sanctions Chair	Essential	Active Athlete 10-year	No
5	Rogers	Gilspy	Coaching Education and Men's Track and Field	National Coaching Committee & MA Coaches Ed Chair	Essential	No	USATF Coach - 3
6	Colin	Leak	Men's LDR, Road Race Tech Council, Coaching Education	West Chester Coach. Road Race Tech Council. Elite Athlete Coordinator. LDR Non-binary discussion	Essential	Active Athlete	USATF Coach - 1
7	Alison	Schwalm	Master's Track and Field/Alt. Men's Track and Field/Masters LDR alt	Mid-Atlantic HP Chair	Essential	Active Athlete	No
8	Ed	Richardson	Race Walk	National Race Walk Committee	Essential	No	USATF Coach - 1
9	Solomyia	Logan	Women's Track and Field/Alt. Race Walk	National Race Walk Committee, former AAC Committee	Elected delegate	No	No
10	Cheryl	Bellaire, MD	Anti-Doping & Substance Abuse, Masters T&F Alt.	Masters T&F, Anti-Doping and Substance Abuse Chair World Masters Athletics (WMA) TUE Subcommittee	Elected delegate	Active Athlete 10-year	No
11	Alexis	Tingan, MD	Coach Education (Sport Science), Masters LDR, Women's LDR Alt	Team USA Medical lead at U20 Worlds 2022/U of Penn Track Team physician/Philly Marathon PDR Medical Dir.	Elected delegate	No	No
12	Edwin	Roberts	USATF Alumni Association/Officials	Mid-Atlantic Official; Alumni Association Treasurer	Elected delegate	No	No
13	Cynthia	Young	Associations +	Former Assoc. President, Nat. Associations Committee	Elected delegate	No	No
14	Annette	White	Youth, Officials	National Youth Committee Coordinator	Elected delegate	No	No
15	Doreen	McCoubrie	Masters LDR	Masters LDR Secretary	Alternate 1	Active Athlete. 10-year	No
16					Alternate 2		
17					Alternate 3		



# **Budget and Finance Committee Report**

*Submitted by Tom Jennings, Financial Secretary*





# **Membership & Sanction Report**

*Submitted by Robin Jefferis, Membership Chair*

# Club/Organizational Membership status:

2022 Club and Organizations members = 63

Historical reporting:

- **2022 Clubs: 63 YTD**
- 2021 Clubs: 67
- 2020 Clubs: 69
- 2019 Clubs: 125
- 2018 Clubs: 176
- 2017 Clubs: 122

Club Name	Membership #
Unaffiliated members	1117
Nittany Track and Field - Youth	299
Greater Philadelphia TC	153
Trojan Track Club - Youth	131
Philadelphia Masters	92
Godspeed Track & Field - Youth	63
Morris Estate - Youth	62
AOC Ambler Track Club	55
TNT International Racing Club	54
Pike Creek Valley Running Club	52
First State Destroyers T&F Club - Youth	48
Philadelphia Runner Track Club	45
Pineland Striders	43
Hershey Blaze Track Club - Youth	39
F and M Track Club	37
Mt Airy Track Club - Youth	30
Rosemont Running Club	28
Chester Cheetahs Track Club - Youth	24
South Jersey Athletic Club	23
Judah Elite T&F Club - Youth	22
Moore Elite Track & Field	18
Ballistic Response Athletics - Youth	17
Delaware Elite Track Club - Youth	13
Liberty Track Club	13
Garage Strength	11
Nittany Valley Running Club	11
Above Xpectations Track Club - Youth	10
Ambler Area Running Club	10
Team VA - Youth	10

# Individual Membership status:

2022 Individual memberships 2022, YTD:

Individual members: 2,652 (1,033 female / 1,619 male)

- Youth members: 1,346 (621 female / 725 male)
- Open & Masters: 1,306 (open / masters)

Historical reporting:

- 2022 Individual Memberships: 2,652 YTD
- 2021 Individual Memberships: 2,284 (917 youth / 1,367 open/masters)
- 2020 Individual Memberships: 2,305 (Club Champs bump)
- 2019 Individual Memberships: 3,575 (Club Champs bump)

# Sanctions:

Historical reporting:

- **2022 Sanctions 73 YTD** (USATF longer to provides comprehensive sanction reporting capabilities)
- 2021 Sanctions: 108 Sanctions
- 2020 Sanctions: No reporting
- 2019 Sanctions: 185 (140 adult road and XC races)

Barriers to increasing sanctions and sanction revenue:

- Club/Organizational SafeSport (background clearances) requirements
- New SafeSport training requirement for Event Directors
- SafeSport volunteer requirements
- Compelling reporting showing the benefits of USATF sanctions fees vs.
- RRCA insurance or private insurance



# High Performance and Coaching Education Committee Report

*Submitted by*

*Alison Schwalm, Committee Chair*

*and*

*Rogers Glispy, Committee Vice Chair*

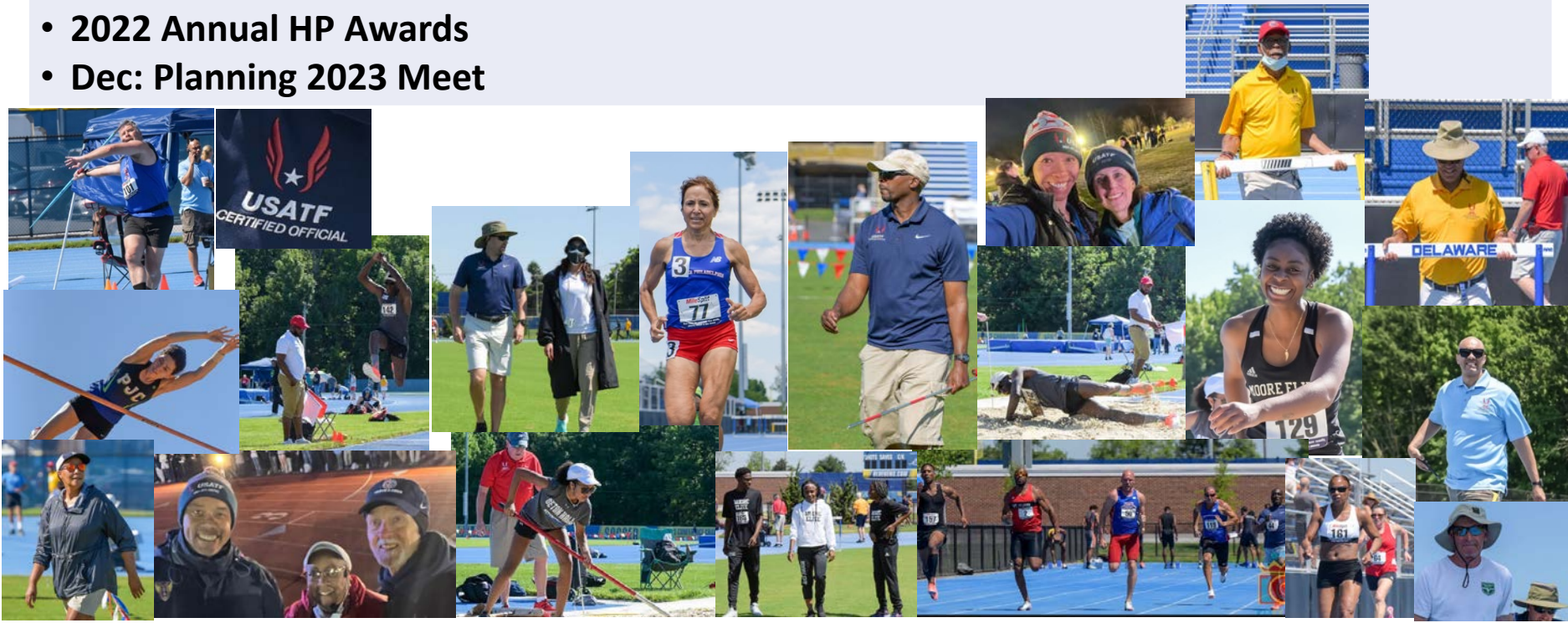
# HP Committee Updates

## 2022 Highlights

- April: Sponsored DE Mile Championship Meet; Tattnall School – historic sub 4 min mile record
- June 4: Open & Masters Outdoor Track Meet @ University of Delaware  
**162 athletes \*\*\* 21 clubs \*\* 22 officials \*\* 15+ Volunteers**
- Committee established Jan '22
- Kudos to committee member resourcefulness to acquire low hurdles

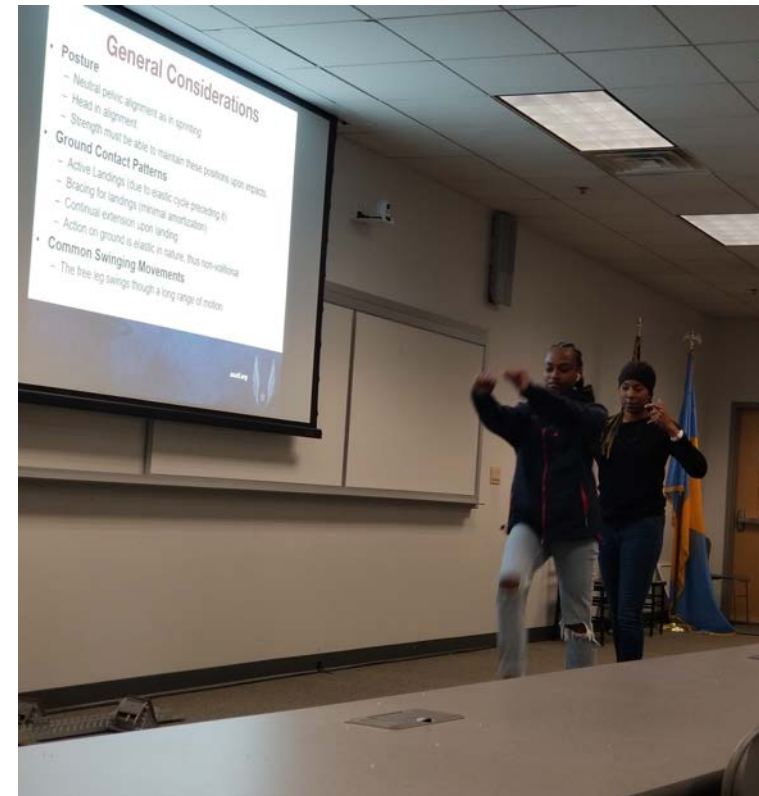
## Next Focus Areas:

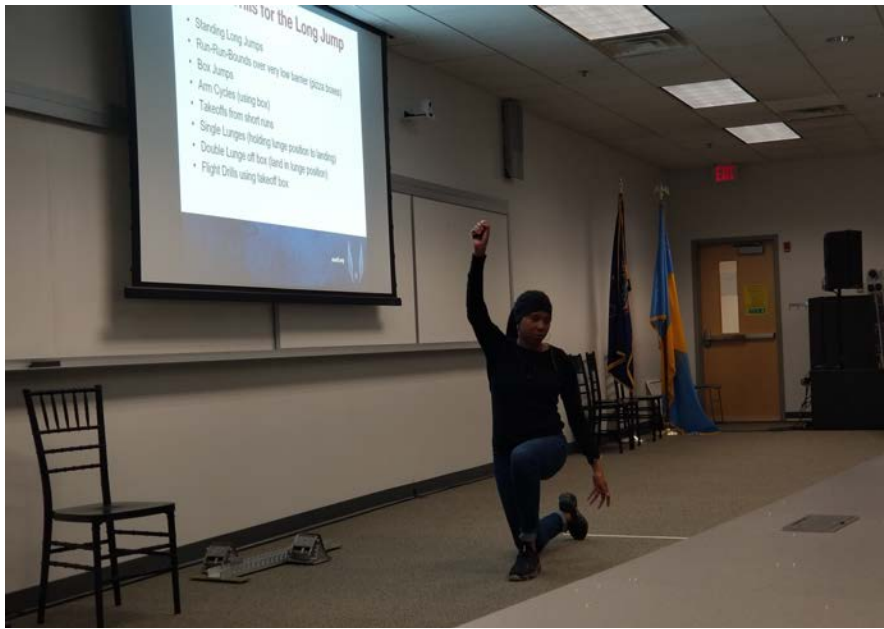
- **2022 Annual HP Awards**
- **Dec: Planning 2023 Meet**



# Level 1 Coaching School

- Mid-Atlantic hosted one of the first In-person Level 1 schools in the U.S. on Friday, Sept. 30 - Sunday, Oct. 2 (21.5 hours of classroom time)
- The school was coordinated by our Education Chair, Rogers Glispy
- 35 USATF members registered for the Philadelphia school









# Long Distance Running Report

*Submitted by  
Tom Steenkamer,  
Long Distance Running Chair*

# Long Distance Running 2022 Grand Prix Series Update

## Spring Events

- 5 races completed
- 1 race cancellation, Haddonfield Adrenaline 5k
  - LDR researched alternatives, unable to secure suitable option
  - Adrenaline Race Director has confirmed the 5k will return 3/18/23

## Fall Season

- 3 races completed, 2 race weekends remain
- Next event, Nov 6, Cooper Norcross Run the Bridge 10k
- Season concludes, 11/19-20, Philadelphia Marathon weekend
  - Philadelphia Half Marathon 11/19
  - Rothman 8k 11/19
  - Philadelphia Marathon 11/20

# Long Distance Running 2022 Off Road Series Update

## Spring Events

- 4 races completed
  - Looney Leprechaun 20k reduced to 10k due to severe weather conditions

## Summer/Fall Events

- 3 races completed, 2 race weekends remain
- Next event, Evansburg Challenge 10 mile, 10/23
- Season concludes 11/26, Delaware Open XC

# Long Distance Running 2022 Cross Country Series Update

## Summer/Fall XC Events

- Masters Championship @ Belmont Plateau, 8/27
- Open Championship @ Belmont Plateau, 10/15

## Other:

### 2022 USATF National 12k Championship Sandy Hook, NJ

- MA USATF participation – 25 Mid Atlantic members
- Notable achievements –
  - Abby Dean 2<sup>nd</sup> Female Master
  - Sarah Girrotto 3<sup>rd</sup> Female Master
  - Darryl Brown 3<sup>rd</sup> Male Master
  - Several age group award winners

# Long Distance Running 2022 Participation report

Event	MAUSATF Clubs	MAUSATF Members	Men	Women
Frostbite 5 mile	10	113	64	49
Valley Forge 5 mile	5	48	26	22
Broad Street Run 10 mile	14	158	94	64
Memorial Main St. Mile	8	58	31	27
Scott Coffee 8k	8	61	35	26
Main Line 5k	9	47	29	18
PHL Distance Run Half	12	72	45	27
DE Distance Classic 15k	8	37	24	13
Looney Lepreachaun 10k	6	27	17	10
Big Woods Half Marathon	5	21	13	8
Tyler Arboretum 10k	7	37	22	15
Coventry Woods 10k	6	31	21	10
Run for the Ages 10k	6	30	18	12
Double Trouble 15k	6	34	22	12
Camp Innabah 5 mile	5	24	13	11
XC Belmont HOF 5k	5	26	16	10
<b>Season totals to date</b>		<b>824</b>	<b>490</b>	<b>334</b>



# Youth Committee Report October 12, 2022



## **2022 USATF Mid-Atlantic Association Junior Olympic Cross-Country Championships**

Sunday, October 30, 2022 - Germantown Academy, Fort Washington, PA, 19034

- Race starts at 10 AM
- Volunteers arrive by 7:30 AM
- Course walks and registration start at 9 AM

### **Date and Site selection process and considerations:**

1. Date was originally selected because NJ was to host the Region 2 meet on Nov. 13
2. Mid-Atlantic wouldn't have access to the number of volunteers necessary on Nov. 6, therefore the Oct. 30<sup>th</sup> was the next option.
3. I reached out to the western MA clubs to secure feedback on a Oct. 30 date.
4. There was interest in trying a new venue. GA had the date open
5. Region 2 meet was moved back to Three Rivers early-Sept. They elected to host the meet in Ohio on Nov. 19<sup>th</sup>
6. On Thursday, Oct. 6<sup>th</sup>, the Region 2 committee canceled the meet and applied Rule 306 (auto advance athletes to the JO Championship meet in Texas)

# Youth News:

## **2022 Mid-Atlantic Youth T&F Championship:**

- We auto advanced our youth the Region 2 meet at Slippery Rock
- Approx. 40 youth attended Slippery Rock
- Less than 10 youth attended the JO meet in Sacramento

## **2023 Youth T&F**

- Region 2 T&F Championships will be hosted by Three Rivers again
- The Region 2 Committee will review the Association rotation schedule and may eliminate the Regional 2 XC meet for the next couple years. Thus, eliminating Mid-Atlantic's Hosting requirement in 2023.

## **2023 Youth Calendar**

March 17-19	USATF National Youth Indoor Championships - Louisville, KY
June 28-July 1	USATF National Youth Outdoor Championships - Geneva, OH
July 24-30	USATF Nat. JO T&F Championships. Hayward Field - Eugene, OR
December 9	USATF Nat. JO XC Championships - Louisville, KY





# **Officials Committee Report**

*Submitted by Earl Edwards,  
Officials Committee Chair*

# Officials News:

- 92 Officials YTD

# World Athletics Championships 2022, Eugene OR



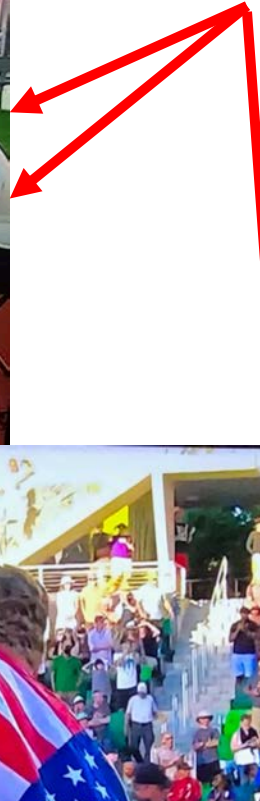


WORLD ATHLETICS  
CHAMPIONSHIPS  
OREGON 22





Earl



Ryan Crouser's  
World Record throw



# Other:

Old business:

New Business:

Meeting adjournment