



NEWSLETTER

JANUARY 2026

PRESIDENT'S REPORT (Robin Jefferis - Interim)

I hope everyone had a restful holiday season and is feeling energized as we begin a new year.

The Mid-Atlantic Association accomplished a tremendous amount this past year. We successfully delivered three Youth Championship races, fourteen Long Distance Running (LDR) Grand Prix races, nine Off-Road races, Open and Masters Cross Country Championships, and a joint Open and Masters Track & Field Championship with the New Jersey Association. We also saw continued membership growth, increased revenue and reduced expenses.

These accomplishments position us well for a very busy and successful 2026, and I'm excited to build on this momentum together.

I was recently appointed Interim Association President. While this is my 30th year serving the Association, primarily through the LDR Committee, I have spent the past six years as Membership and Sanctions Chair, working closely with all committees as well as many members, clubs, coaches and event organizers across the region. That experience has given me a deep appreciation for the dedication and collaboration that make our Association strong.

We now head into one of our busiest stretches in more than eight years. Between now and the end of July, we will be hosting two Youth Track & Field meets, the Region II Junior Olympics meet, an Open and Masters meet (local), and at least twelve LDR events. To make all this possible, we will be relying on the continued support of our members: through participation, volunteering (particularly in the Bethlehem/Moravian University area), and engagement at our events.

Thank you for everything you do to support the Mid-Atlantic Association. The Mid-Atlantic Association Officers and I look forward to seeing many of you at our meets and events in the months ahead and to another outstanding year together.

For the latest Association news, updates, and announcements, please follow our Mid-Atlantic [Facebook](#) and [Instagram](#) pages and visit the [Mid-Atlantic website](#).



YOUTH COMMITTEE (Chair: Nelson Berrios)

As noted above, the USATF Mid-Atlantic Youth Committee has a very busy year ahead. We will kick off the season with our **Youth Indoor Track & Field Championships at Alvernia University in Reading, PA, on January 18**. This will be followed by our **Association Junior Olympic Outdoor Championships**, a two-day meet hosted at **Moravian University in Bethlehem, PA, on June 6 and 7**. We will then host the **Region II Junior Olympic Championships**, a four-day meet bringing together athletes from the Mid-Atlantic, New Jersey, Three Rivers, and Niagara Associations, at **Moravian University from July 9 through July 12**.

Registration for all Youth events will be handled through Athletic.net. We anticipate the USATF National Office announces the Junior Olympic National Championship location in a couple weeks.

I would also like to take a moment to congratulate our **2025 Youth Athletes of the Year**. These outstanding athletes advanced from the Association Junior Olympic Championships to the Region II Junior Olympic Championships, where they placed, and went on to finish in the top 10 percent at the USATF National Junior Olympic Championships. Their performances reflect both exceptional talent and the strength of our Youth Clubs and programs. The awards luncheon will be on Sunday, February 15 at the Reading High School. Additional details will be communicated to our coaches and families shortly.

Girl's Track and Field Athlete's Of The Year

8 and Under Girls:

Track and Field - Arionna Berry from **Mt. Airy Track Club** in the 100m, 200m, and long jump
In the Association Meet: 1st place 100m; 1st place 200m; and 1st place long jump
In the Region 2 Meet: 3rd place 100m; 3rd place 200m and 2nd place long jump
In the National Meet: 18th place 100M, 7th place 200m, and 3rd place long jump

9-10 Girls:

Track - Berklee Ascherl - unattached in the 1500m
In the Association Meet: 1st place 1500m
In the Region 2 Meet: 1st place 1500m
In the National Meet: 8th place 1500m

11-12 Girls:

Track - Viviana Tornated from **Godspeed Track & Field Club** in the 800m and 1500m
In the Association Meet: 1st place 800m and 1st place 1500m
In the Region 2 Meet: 1st place 800m and 1st place 1500m
In the National Meet: 15th place 800m and 12th place 1500m

Field - Madison Saltsgiver from **Nittany Track & Field Club** in the Shot Put and Discus
In Association Meet: 2nd place Shot Put and 1st place Discus
In the Region 2 Meet: 1st place Shot Put and 1st place Discus
In the National Meet: 9th place Shot Put and 10th place Discus

13-14 Girls:

Track - Brooklyn Smith from **Judah Elite Track & Field Club** in the 100m
In the Association Meet: 2nd place 100m
In the Region 2 Meet: 1st place 100m
In the National Meet: 15th place 100m

15-16 Girls:

Track & Field - Amarah Crabbe from **Mt. Airy Track Club** in the 100m Hurdles and Long Jump
In Association Meet: 1st place 100m Hurdles and 1st place Long Jump
In Region 2 Meet: 1st place 100m Hurdles and 1st place Long Jump
In National Meet: 2nd place 100m Hurdles and 2nd place Long Jump

Field - Khalise Ali from **First State Destroyers Track & Field Club** in the Pole Vault
In Association Meet: 1st place Pole Vault
In Region 2 Meet: 2nd place Pole Vault
In National Meet: 12th place Pole Vault

17-18 Girls:

Track - Lauriel Morrison from **Ballistic Response Athletics Track Club** in the 800m
In Association Meet: 1st place 800m
In Region 2 Meet: 1st place 800m
In National Meet: 20th place 800m

Field - Eliana Schneider - Unattached in the Javelin
In the Association Meet: 1st place Javelin
In the Region 2 Meet: 1st place Javelin
In the National Meet: 3rd place Javelin

Field - Cara Miller - Unattached in the Pole Vault
In the Association Meet: 1st place Pole Vault
In the Region 2 Meet: 1st place Pole Vault
In the National Meet: 3rd place Pole Vault

Boy's Track and Field Athlete's Of The Year

9-10 Boys:

Field - Alexander Lenda from **Hershey Blaze Track Club** in the Javelin
In Association Meet: 1st place Javelin
In Region 2 Meet: 1st place Javelin
In National Meet: 13th place Javelin

11-12 Boys:

Field - Matthew Williams Jr. from **Morris Estate Track Club** in the Shot Put, Discus, and Javelin
In Association Meet: 1st place Shot Put, 1st place Discus and 2nd place Javelin
In Region 2 Meet: 1st place Shot Put, 1st place Discus and 2nd place Javelin
In National Meet: 2nd place Shot Put, 9th place Discus and 1st place Javelin

Field - Andrew Lenda from **Hershey Blaze Track Club** in the Javelin

In Association Meet: 1st place Javelin
In Region 2 Meet: 1st Javelin
In National Meet: 10th Javelin

13-14 Boys:

Track - Brandt Rogers from **Hershey Blaze Track Club** in the 1500m
In Association Meet: 1st place 1500m
In Region 2 Meet: 2nd place 1500m
In National Meet: 15th place 1500m

Track and Field - Grant Defrehn from **Hershey Blaze Track Club** in the 200m and Long Jump
In Association Meet: 1st place 200 and 1st Place Long Jump
In Region 2 Meet: 3rd place 200 and 3rd place Long Jump
In National Meet: 20th place 200 and 19th place Long Jump

15-16 Boys:

Field - Chance Keithan from **Trojan Track Club** in the Long Jump, Triple Jump, and High Jump
In Association Meet: 1st place Long Jump, 2nd place Triple Jump and 1st place High Jump
In Region 2 Meet: 3rd place Long Jump, 4th place Triple jump and 5th place High Jump
In National Meet: 12th place Long jump 9th place, Triple Jump and 9th place High Jump

Field - Wesley Shippert from **Nittany Track & Field Club** in the Javelin and Hammer
In Association Meet: 2nd Javelin and 1st place Hammer
In Region 2 Meet: 4th place Javelin and 1st place Hammer
In National Meet: 7th place Javelin and 23rd place Hammer

Field - Cole Lane from **Nittany Track & Field Club** in the Long and Triple Jump
In Association Meet: 2nd place Long Jump and 1st place Triple Jump
In Region 2 Meet: 2nd place Long Jump and 2nd place Triple Jump
In National Meet: 15th place Long Jump and 19th place Triple Jump

17-18 Boys:

Track - Jonathan Wert from **Ballistic Response Athletics Track Club** in the 100m and 200m
In Association Meet: 1st place 100m and 1st place 200m
In Region 2 Meet: 1st place 100m and 1st place 200m
In National Meet: 17th place 100m and 28th place 200m

Field - Dominic Santamaria from **Trojan Track Club** in the Javelin, Discus, and Shot Put
In Association Meet: 1st place Javelin, 2nd place Discus and 1st Shot Put
In Region 2 Meet: 3rd place Javelin, 3rd Place Discus, and 4th Shot Put
In National Meet: 21st place Javelin, 46th Place Discus and Shot Put DNS

Cross Country Athlete Of The Year

17-18 Boys

Cross Country - Samuel Ulrich from **Hershey Blaze Track Club**
In the Association Meet: 2nd place
In the Region 2 Meet: 1st place
In the National Meet: 2nd place

LONG DISTANCE RUNNING COMMITTEE (Chair: Tom Steenkamer)

Long Distance Running Committee 2025 Season Recap

The Mid-Atlantic LDR committee sends out a year end thank you and congratulations to our members who contributed to making the 2025 Grand Prix, Off-Road and Cross County series successful.

Season statistics:

- Grand Prix – 1312 participants in the 14-race season. This was our highest participation level in the past 3 years and a 30% increase from 2024.
- Off-Road – 259 participants in the 9-race season.
- Cross Country – 68 participants across the 2 Championship events
- Complete end of year club and individual results:
 - Grand Prix
 - Off-Road
 - Cross Country

We're looking forward to another year of strong individual and club competition in 2026. The Grand Prix and Off-Road events remain unchanged from last year. We will publish our race calendars for the coming year once confirmation is received from the respective race directors. In the meantime, early registration is open for the first events:

- Frostbite (Road race) - Saturday, February 21, 2026 **2025 Awards distribution**
- Looney Leprechaun (Off-Road race) - March 2026

Please refer to our Mid-Atlantic LDR web pages for the most current information for races, dates, and registration information.

2025 Club Challenge Awards

2025 Grand Prix - 14 Events (Top 10 clubs)		Points	Cash Award
1st	Greater Philadelphia Track Club	3488	\$ 1,200.00
2nd	Philadelphia Runner Track Club	3326	\$ 900.00
3rd	Pike Creek Valley Running Club	3280	\$ 675.00
4th	Pineland Striders	3066	\$ 500.00
5th	South Jersey Athletic Club	2824	\$ 350.00
6th	Liberty Track Club	2258	\$ 200.00
7th	Red Rose Track Club	1914	\$ 150.00
8th	Ambler Area Running Club	1428	\$ 125.00
9th	Philadelphia Masters	888	\$ 100.00
10th	AOC Ambler Track Club	666	\$ 75.00

2025 Off-Road Series - 9 Events (Top 5 clubs)		Points	Cash Award
1st	Greater Philadelphia Track Club	2,056	\$ 650.00
2nd	Rosemont Running Club	2,016	\$ 500.00
3rd	Pike Creek Valley Running Club	1,982	\$ 400.00
4th	Pineland Striders	1,748	\$ 300.00
5th	South Jersey Athletic Club	556	\$ 200.00

2025 Grand Prix: Top 10 Overall Athletes

Top 10 Female Athletes		
1st Place	McCoubrie	Doreen
2nd Place	Emmons	Allison
3rd Place	Dean	Abby
4th Place	Gurka	Mary Ann
5th Place	Giroto	Sara
6th Place	Broadbent	Anabelle
7th Place	McHugh	Siobhan
8th Place	Swierzbinski	Elizabeth
9th Place	Antinucci	Laura
10th Place	Siegel	Lauren

Top 10 Male Athletes		
1st Place	Harte	Tim
2nd Place	McKelvey	Frank
3rd Place	Reitinger	Eric
4th Place	Mazo	Daniel
5th Place	Gagliardi	John
6th Place	Bodels	Colin
7th Place	Morrison	Don
8th Place	Myers	Luke
9th Place	Mason	Robert
10th Place	Swierzbinski	Anthony

2025 Grand Prix: Age Group Awards

Grand Prix Age Group Awards - Female			
Kayhan	Zarah	20-24	1st Place
Chau	Jocelyn	20-24	2nd Place
Vlasic	Melanie	25-29	1st Place
Condell	Alyssa	25-29	2nd Place
Estes	Elaine	25-29	3rd Place Tie
Ramirez	Roxanne	25-29	3rd Place Tie
Antinucci	Laura	30-34	1st Place
Seykora	Maria	30-34	2nd Place
Dooley	Emily	30-34	3rd Place Tie
Dorey-Stein	Caroline	30-34	3rd Place Tie
Peck	Angelica	30-34	3rd Place Tie
Swierzbinski	Elizabeth	35-39	1st Place
Smith	Jessica	35-39	2nd Place
Neubauer	Diane	35-39	3rd Place
Novick	Kristina	40-44	1st Place
Gagliardi	Theresa	40-44	2nd Place
Hewitt	Claire	40-44	3rd Place
Emmons	Allison	45-49	1st Place
Girotto	Sara	45-49	2nd Place
Delfidio	Susan	45-49	3rd Place
Dean	Abby	50-54	1st Place
McHugh	Siobhan	50-54	2nd Place
Dietrick	Kimberly	50-54	3rd Place
Broadbent	Anabelle	55-59	1st Place
Pasquella	Linda	55-59	2nd Place
Harvey	Michelle	55-59	3rd Place
McCoubrie	Doreen	60-64	1st Place
Summers	Jan	60-64	2nd Place
Dixon	Crystal	60-64	3rd Place
Siegel	Lauren	65-69	1st Place
McGowan	Karen	65-69	2nd Place
Wolf	Ann	65-69	3rd Place
Gurka	Mary Ann	70-74	1st Place
Brynko	Barbara	70-74	2nd Place
Olmstead	Betty	75-79	1st Place
Folzer	Sandra	85-89	1st Place

Grand Prix Age Group Awards - Male			
Hermann	Ethan	20-24	1st Place
Coffey	Matthew	20-24	2nd Place
Beaubrun	Judex	20-24	3rd Place
Myers	Luke	25-29	1st Place
Forry	Daniel	25-29	2nd Place
Fisher	Ciaran	25-29	3rd Place
Amengual	Cody	30-34	1st Place
Creekmore	Joseph	30-34	2nd Place
Choi	David	30-34	3rd Place
Swierzbinski	Anthony	35-39	1st Place
Matuszak	Paul	35-39	2nd Place
MacFarlane	Colin	35-39	3rd Place
Reitinger	Eric	40-44	1st Place
Abdelhamid	Omar	40-44	2nd Place
Alcorn	Joshua	40-44	3rd Place
Gagliardi	John	45-49	1st Place
Becker	John	45-49	2nd Place
Goldblum	Ryan	45-49	3rd Place
Cutrona	Matthew	50-54	1st Place
Padilla	Michael	50-54	2nd Place
Downey	James	50-54	3rd Place
Harte	Tim	55-59	1st Place
Bodels	Colin	55-59	2nd Place
Lombardi	James	55-59	3rd Place Tie
Wenger	Mark	55-59	3rd Place Tie
McKelvey	Frank	60-64	1st Place
Mazo	Daniel	60-64	2nd Place
Wiechecki	David	60-64	3rd Place
Painter	Jeffrey	65-69	1st Place
Cauller	Gregory	65-69	2nd Place
Boland	Robert	65-69	3rd Place
Mason	Robert	70-74	1st Place
Moura	Fernando	70-74	2nd Place
Pellechio	Thomas	70-74	3rd Place
Morrison	Don	75-79	1st Place
Broadbent	Dave	75-79	2nd Place
Bell	James	75-79	3rd Place
Jennings	Thomas	80-84	1st Place

2025 Off-Road Series: Age Group Awards

Open Female (39 & Under)		
Wise	Rachel	1st Place
Reilly	Caitlin	2nd Place
Master Female (40-49)		
Zegestowsky	Jody	1st Place
Murdock	Kelly Frances	2nd Place
McElroy	Meaghan	3rd Place
Grand Masters Female (50-59)		
Regan	Cecelia	1st Place
Mroz	Denise	2nd Place
Orchard	Nicole	3rd Place
Senior Masters Female (60-69)		
Western	Jean	1st Place
Summers	Jan	2nd Place
Queen Masters Female (70+)		
Gurka	Mary Ann	1st Place

Open Male (39 & Under)		
Tambasov	Yury	1st Place
Milks	Brett	2nd Place
Waniak	Stephen	3rd Place
Masters Male (40-49)		
Fries	Charles	1st Place
Castner	Keith	2nd Place
Polakoff	Craig	3rd Place
Grand Masters Male (50-59)		
Schouten	Ian	1st Place
Flanagan	Michael	2nd Place
Templin	Steve	3rd Place
Sr. Masters Male (60-69)		
Hatch	Stanley	1st Place
Wiechecki	David	2nd Place
Rose	William	3rd Place
King Masters Male (70+)		
Frazza	Mark	1st Place
Hellman	Jerry	2nd Place
Morrison	Don	3rd Place

2025 Cross Country Awards

Women's Senior (Open) Cross Country Championships			
1st	Arroyo	Anna Sophia	Liberty Track Club
2nd	Benko	Steph	PRTC
3rd	Hesler	Madeleine	Liberty Track Club
4th	Seykora	Maria	PRTC
5th	Estes	Elaine	PRTC
6th	Hesler	Katie	Liberty Track Club
7th	Antinucci	Laura	PRTC
8th	Doley	Emily	PRTC
9th	Chau	Jocelyn	Liberty Track Club
10th	Hewitt	Claire	Liberty Track Club
Women's Teams			
1st	Philadelphia Runner Track Club		
2nd	Liberty Track Club		

Men's Senior (Open) Cross Country Championships			
1st	Steinsberger	Marc	PRTC
2nd	Matuszak	Paul	PRTC
3rd	Coffey	Matthew	PRTC
4th	Musselman	Zack	PRTC
5th	Dorsey	David	PRTC
6th	Klein	Dave	Rainbow Rabbits
7th	Cardie	Joe	PRTC
8th	Amengual	Cody	PRTC
9th	Cardamone	Nick	Rainbow Rabbits
10th	Stevenson	James	Rainbow Rabbits
Men's Teams			
1st	Philadelphia Runner Track Club		
2nd	Rainbow Rabbits		

Women's Masters Cross Country Championships			
1st	Rusk	Sarah	Pike Creek
2nd	Dean	Abb	GPTC
3rd	Jasper	Lorraine	GPTC
4th	McElroy	Meaghan	Pineland Striders
5th	Regan	Cecelia	GPTC
6th	Cone	Beth	Pineland Striders
7th	Stoeckl	Bonnie	Rosemont
8th	Jordan	Margaret	Pike Creek
9th	Boyer	Linda	GPTC
10th	Mroz	Denise	Pineland Striders
Women's Master's Teams			
1st	Greater Philadelphia Track Club		
2nd	Pineland Striders		
3rd	Pike Creek Valley Running Club		

Men's Masters Cross Country Championships			
1st	Harte	Tim	GPTC
2nd	Schouten	Ian	Rosemont
3rd	Flanagan	Mike	GPTC
4th	McKelvey	Frank	Pike Creek
5th	Tung	Eugene	GPTC
6th	Castner	Keith	Rosemont
7th	Cutrona	Matt	GPTC
8th	Davies	Keith	GPTC
9th	Shields	Chuck	GPTC
10th	Armstrong	Scott	GPTC
Men's Master's Teams			
1st	Greater Philadelphia Track Club		
2nd	Pike Creek Valley Running Club		
3rd	Pineland Striders		

HIGH PERFORMANCE COMMITTEE (Chair: Alison Schwalm)

High Performance Committee, 2025 Recap

The USATF Mid-Atlantic Open & Masters Track & Field community delivered a standout 2025 season marked by growth, strong competition, and meaningful partnerships across the Association Championship pathway.

2025 Highlights

- 216 athletes, 335 events at the Outdoor Open & Masters Championships (+133% vs. 2024)
- Successful partnership with USATF New Jersey to deliver a high-quality championship meet
- Congratulations to the Greater Philadelphia Track Club - who won both Masters and Open division team awards
- Expanded visibility through sponsored and partnered local PA meets, strengthening the regional competitive pipeline

These results reflect a growing, connected Masters & Open community across the Mid-Atlantic Association.

High Performance Athlete of the Year: Michelle Rohl (W60)

We are proud to recognize **Michelle Rohl (Greater Philadelphia Track Club)** as our **2025 High Performance Athlete of the Year!!**

Michelle delivered an extraordinary season - winning World Championship titles indoors (800m, 1500m, 3000m), setting three American Records, and earning U.S. indoor titles across those events. Outdoors, she added a national championship and world-best mile (5:09.7) and a 10,000m world record (36:32.32).

Reflecting on her 2025 Masters experience, Michelle shared:

"New goals every year keep me motivated, but it's the community that makes it special. Masters Track & Field proves the team atmosphere doesn't end after school - we support and encourage one another at every level, even when we don't train together every day."

Congratulations, Michelle!

Why Masters Track & Field?

Masters Track & Field offers structured, age-group-based competition for adult athletes seeking health, performance, personal bests, and lifelong athletic development—along with lasting friendships. Whether returning after a 40-year hiatus or competing at a championship level, athletes find challenge, community, and purpose.

New to Masters or Open Track & Field?

To find meets, clubs, and championship opportunities, we recommend the following resources:

- USATF Mid-Atlantic Association: mausatf.org
- Masters Track & Field Meets (Facebook)
- USATF Masters (Facebook)
- USATF Mid-Atlantic Association (Facebook) - This is often where local association meets, clinics, and Masters-friendly events are shared.
- ChuckXC calendar: <http://www.chuckxc.com/>

SAVE THE DATES:

Saturday, March 7, 2025 - Mid-Atlantic is proud to sponsor the **PRTC Indoor Classic** at the Ott Center. Sign up [here](#).

Sunday, June 28, 2026 - 2026 Mid-Atlantic Outdoor Open & Masters Association Championships at Gwynedd Mercy University (pending contract)

This beautiful, collegiate venue offers:

- Fast, athlete-centered track with throws adjacent
- On campus lodging for traveling athletes
- Location away from major regional congestion during our regions 250th Anniversary and FIFA festivities during the summer 2026
- More details and entry information coming soon

Athletes: Lock it in and build your 2026 season around June 28.

Club Leaders: Please share with your teams—strong championships depend on clubs showing up together.

Let's set the tone for a strong 2026 season! See you on the track and on the fields!

OFFICIALS COMMITTEE (Chair: Earl Edwards)

The Mid-Atlantic Officials Committee extends its congratulations and thanks to all officials who proudly represented our Association at major Track & Field events throughout 2025. We would like to recognize the following Mid-Atlantic Officials for their national-level meet selections:

- **Paul Poiesz** – Selected as Head Starter for the Senior Outdoor Championships
- **Cynthia Young** – Selected as Head Official for the Horizontal Jumps at the Senior Indoor Championships
- **Annette White** – Selected for the Team Starter Indoor
- **Monique White** – Selected for the CE Coordinator Indoor/Outdoor
- **Earl Edwards** – Selected for the Senior Outdoor Championships
- **Philip Monastras** – Selected for the Senior Outdoor Championships
- **Angela Miller** – Selected for the Senior Indoor Championships
- **Joseph Rycek** – Selected for the Senior Indoor Championships
- **Ed Richardson** – Selected for the Senior Indoor Championships
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USATF National - Outstanding Service Awards

The Mid-Atlantic Officials Committee also congratulates our following officials for being selected to receive the USATF National Officials Committee Outstanding Service Award. Each will be recognized for their well-deserved service and dedication:

- **Fernando Ventura**
- **James Falatek**
- **Michelle Getchell**
- **Nelson Berrios**

Lights, Camera, Action!

In 2025, the Mid-Atlantic Association was selected by the USATF National Officials Committee—alongside New York Association Hall of Fame Official Lloyd Cornelius—to be featured in a national training video for race starters.

The video offers a behind-the-scenes look from the starter's point of view, highlighting the decision-making process and thought perspective involved in interpreting and applying the rulebook in real time.

The training video will be posted on YouTube shortly and will also be added to the USATF Officials Zoom training seminar library. But here's a sneak peak below.

This project would not have been possible without the generous assistance of these Mid-Atlantic athletes who volunteered their time and talents:

Hershey Blaze Track Club: Jackson Horn, Binya Hitchcock, Grant DeFrehn and Ella Futrel

Greater Philadelphia Track Club: Guy DeLillio

Unattached Athletes: Sophia Downey, Christopher Reynolds, DeMont Barber

Be sure to check the training video out and see if you can recognize some familiar Mid-Atlantic stars on the big screen!



On behalf of the Mid-Atlantic Officials Committee, thank you all for an outstanding 2025 season. We look forward to an even greater 2026 indoor and outdoor season ahead.

As the kids say... LET'S GO!