

Potomac Valley Association

Newsletter

September 2011

Message from the President:



As I take a look at the Association year in review, I am very proud of all we have accomplished. PVA has been on the podium regionally, nationally and even internationally. We have excelled on all levels.

Our youth have come home with regional and national honors on the track and in the field. Our teams have shown how to win with grace and compete with honor. We should be proud of the way our teams have represented the Association as they have traveled and competed across the country. Many thanks go out to the coaches and volunteers who work with our youth, and to all the families that support our programs.

We have supported our open and masters' athletes as they have represented PVA and USAT&F on the national and international circuit bringing home medals and respect. Our national and international champions have truly made us proud. Our Association has many programs that are respected around the world. We have some of the best officials in the country. This year many were chosen to work in regional, national and international events. To all of our administrators who have been chosen by our national governing body to serve on many national committees, we salute you and thank you for all your time and hard work.

We have done well and now look forward to the upcoming 2012 Olympic year. The Association with our many partners has set the stage for a great Olympic year. With the support of Maryland States' Division of Tourism and Morgan State University, we have been awarded the 2012 Jr. Olympics. The event will be held at Morgan State University next summer. The Potomac Valley Association has also been awarded the 2013 Masters Indoor Championship to be held at the Prince George's Sports and Learning Complex.

This has been a very good year for the Potomac Valley Association. We have shown the nation and the world what we can do. In the upcoming year, we must continue to grow and improve. As we teach our athletes each season they have to work to get better, stronger, faster, and smarter. We as an association can do no less. I encourage each member to tell someone what we have been doing for our young members; how we help them improve as athletes and good citizens. Let everyone know that running truly begins at 40. Just look at our masters! We can reach our goal of six in twelve (6000 members by the year 2012), if we all work together as a team. Remember, during this Olympic year we are a part of Americas' team, USA #1.

I look forward to seeing you at one of our upcoming events.

George Harris

President, Potomac Valley Association

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PVA Annual Meeting

The PVA Annual Meeting for 2011 will be held on September 17, 2011. Visit the PVA website at www.usatf.org/assoc/pva for details. Please plan to attend.

Men's Long Distance Running

By: George Banker
Chairperson, Men's Long Distance Running

WOODROW WILSON BRIDGE HALF MARATHON TO HOST THE POTOMAC VALLEY HALF MARATHON CHAMPIONSHIP

On Sunday, October 2, 2011, the second annual Woodrow Wilson Bridge Half-Marathon will host the Potomac Valley Association (PVA) Half Marathon Championship. To be eligible, runners must be members of PVA and in good standing. There will be \$2,200 in prize money for the top three male and female runners (open and masters). Top three male/female \$300-200-100, top three master male/female \$250-150-100.

To become a member please visit <http://www.usatf.org/assoc/pva/membership.html> to obtain a PVA membership.

The destination half marathon will begin at Mount Vernon in Alexandria, Virginia, travel up the George Washington Memorial Parkway and over the majestic Woodrow Wilson Bridge path. Once in Maryland, the USATF-certified 13.1-mile course will travel clockwise around National Harbor resort with sweeping vistas of the famed Potomac River and the bridge before ending at the river in front of the eclectic Awakening Statue. This event is a must for your marathon training program.

Entries will be limited to 5,000 entrants. Registration can be found at www.wilsonbridgehalf.com. Last year, the race sold out prior to race day with 4,000 entrants.

Michael Wardian, four-time winner of the National Marathon and USA Track & Field 50K/100K National Champion, was top American here last year, seventh overall.

"I thought the level of competition was excellent especially for a first-year event," the world-class ultramarathoner from Arlington told reporter George Banker after the race. "Steve Nearman and Pacers did a great job providing a good course and venue for a first-class race...I would do it again for sure and I am glad it is a part of the fall racing calendar now."

The event once again will benefit at least five charity partners including Autism Speaks, Alice Ferguson Foundation, Child & Family Network Centers of Alexandria, Washington Area Women's Foundation and Back on My Feet - DC. Race organizers donated more than \$25,000 to charity last year. The race also served as the half marathon championship race for the United States Association of Blind Athletes (USABA) and the Potomac Valley Association of USA Track & Field half marathon championship. There was more than \$8,000 in prize money for the top athletes in the open and master's divisions as well as American-only prize money. Prize money for 2011 is being finalized.

"Going into the race, I knew that the GW parkway was the fastest part of the race and I tried to hammer my pace on it. First 2 miles were fastest of the day in the 5:25 range which is not bad for a master's runner especially with 11 miles to go. I was a little nervous about the impact from the miles of concrete pavement on my old bones, but the Aleve I took before the race probably helped me survive. I was also mentally prepared for the 'rude awakening' uphill on the bridge because I expected it, but the uphill at about mile 12 was completely unexpected and really tough. My legs felt like jello at that late point in the race. I found it a challenging location of such a steep uphill", stated John Snyder of Rockville, Md.



Master's

Track and Field

By: Tom Jones

Chairperson, MASTER'S TRACK & FIELD

The Masters Program has been very successful this year. The masters began the season with the indoor PVA International Championship meet. There was a 60 meter field that ranged from 40 year olds to 60 year olds competing for the area 60 meter bragging right. Lonnie Hooker, 40 year old, won with Oscar Peyton, 57 year old, finishing in a close second. The outdoor season began as usual with a quick drive up to Philly where the Penn relays take place. Maryland master, with a team of Oscar Peyton, Carl Smith, Cliff Quarle and Thomas Jones won the 50 year old 4x100 m relay for the second time in two years. In the 40 year old race Jeff Gold, David Knight, Ricky Irvin, and Lonnie Hooker teamed up to win, while Glenarden's 40 year old team of Lionel Jackson, Gary Crawford, Adrian Harris, and David Caldwell finished third.

At the World Masters Championships held in Sacramento, CA from July 7-17, Lonnie Hooker representing PVA finished third in the 100m and second in the 200m. Oscar Peyton of Maryland Masters and representing PVA finished first in the 100 meters and the 200 meters becoming a double World Masters champion.

Looking forward to upcoming events with the masters, everyone is looking forward to hosting the 2013 National indoor championships to be held at the Prince George's Sports and Learning Complex, scheduled the week of March 22-24, 2013. Look for additional information in the near future.

The master 2011 season culminated with the PVA game held jointly with the Potomac Valley Track club championship during the Labor Day weekend.

POTOMAC VALLEY ASSOCIATION YOUTH REPORT

By: Henry McCallum
Chairperson, YOUTH



The Youth Division has completed a very successful indoor season. They are now off and running (pun intended) for the outdoor season. There will be over 15 developmental meets during the course of the outdoor season and there are over 75 teams who will be participating in the Junior Olympic Championship.

The PVA Junior Olympic Championship will be June 16-19 at the Prince George's Sports and Learning Complex. The USATF Regional Junior Olympic Championship will be July 7-10 in Atlanta, GA. The USATF National Junior Olympic Championship will be July 27-31 in Wichita, KS. PVA expects to be well-represented at each of these events.

UPCOMING ALL COMERS MEETS

By: Victoria C. Adams
Chairperson, WOMEN'S TRACK & FIELD

The dates for the All-Comers Meets have been scheduled for the upcoming Indoor Season. The meets are scheduled at the Prince George's Sports and Learning Complex and are open to all age groups and all sports committees. The dates are:

- Sunday, December 18, 2011
- Sunday, January 8, 2012
- Sunday, January 22, 2012
- Saturday, February 4, 2012 (Breast Cancer Awareness Meet)

Bring your family, friends and neighbors. We look forward to everyone participating in these events.

Upcoming Event for the 2012 Track Season

PVA is looking to host the 1st Annual Charles County Relay Meet at North Point High School in Charles County, MD for the upcoming 2012 season. This will be a sanctioned meet and there will be qualifying times in order to participate. The meet will consist of 4 open events and the remaining events will be relays. The open events will be the 100m, 200m, 400m, and 1600m. The relay events will be the 4x100m, 4x200m, 4x400m, 4x800m, Sprint Medley, and the Distance Medley. Field events will also be conducted in a relay format for the shot put, discus, and long jump.

The ages of participants will range from 11 & up to the masters level runners. Winning teams will receive either a plaque or trophy for 1st through 3rd place and medals for 4th through 6th place. Cost of the meet has not been confirmed yet, but tentatively the amount ranges from \$100 per team or \$10 per event.

For more information, questions, or suggestions, please contact Victoria C. Adams, Chairperson for Women's Track and Field at 443-404-0313.

2011-2012 Officers

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Contact Us

If you have any questions or concerns, feel free to contact us at 301-652-5051. Also, please refer to our website at www.usatf.org/assoc/pva for general information about the Potomac Valley Association, upcoming meets, clubs, and memberships.

Newsletter Layout by Cynthia Nicholls

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