



# Measurement News

Summer 2006 Issue 132

## ***INSIDE THIS ISSUE***

### **Recent Developments in Tire Pressure Monitoring**

by *Neville Wood*, Validations Chair  
page 12

### **Meet the Regional Certifiers by**

*Kevin P. Lucas*, Editor  
page 16

### **Masters Racer Turned Race Master Faces Ultimate Challenge**

**Tulsan Glen Lafarlette Sets Standard for Race Course Management**

*Jan Nierling*, Freelance Writer  
page 24

### **Report on RRCA "Certification" Seminar - The 49<sup>th</sup> Annual Road Runners Clubs of America (RRCA) Convention was held in Houston, TX, March 8-12, 2006**

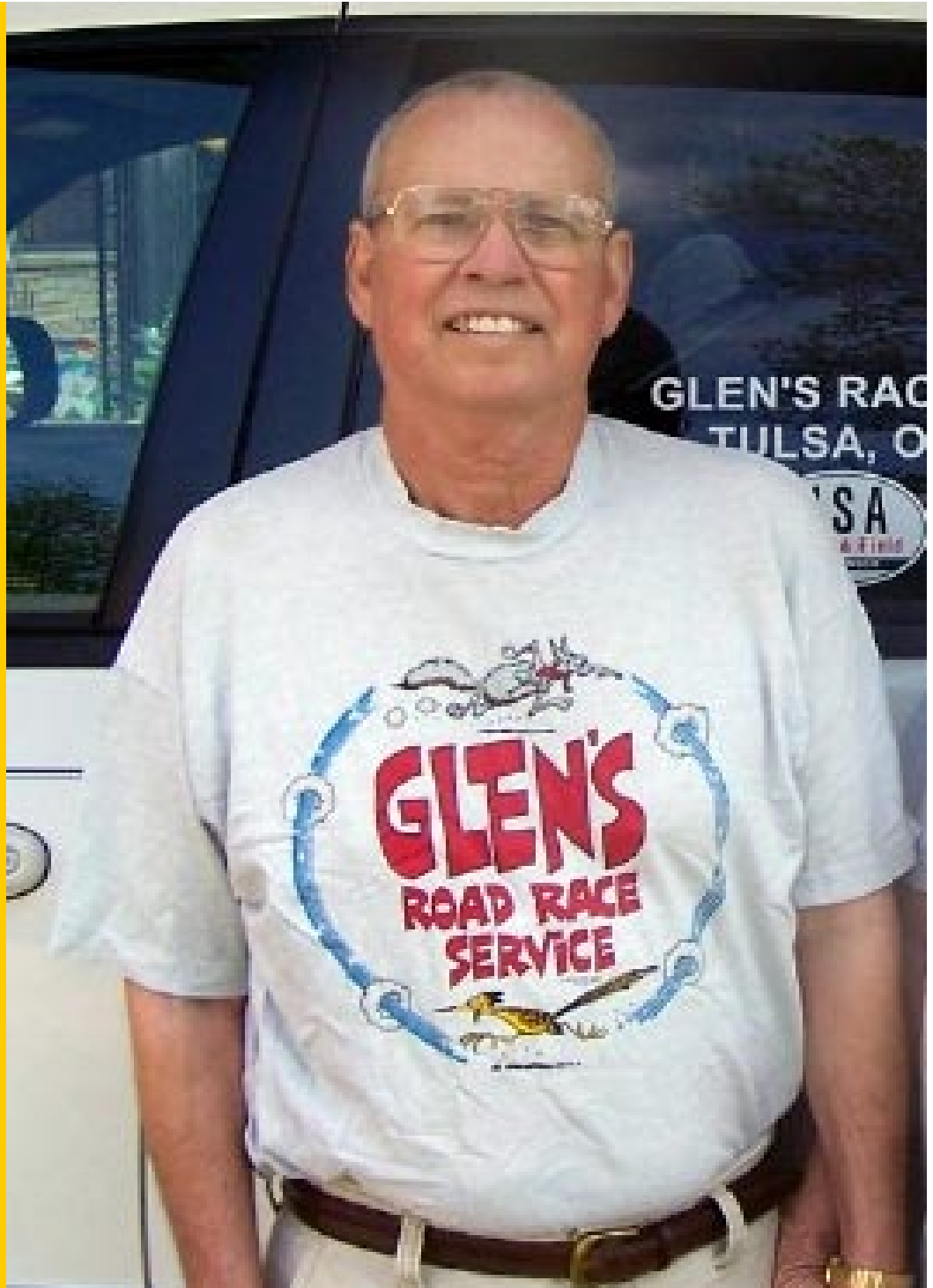
*Tom McBrayer*, Texas Regional Certifier  
page 27

### **AIMS/IAAF Measurers**

by *Bernie Conway*,  
AIMS-IAAF Measurement Administrator for the Americas  
page 28

### **Running Shorts**

by *Scott Hubbard*, Michigan Regional Certifier  
page 30



**Glen Lafarlette, the first recipient of the USATF/RRTC Recognition of Excellence in Course Measurement Award. see story on page 11**

**2006 USATF East Region Open & Club  
Track &Field Championships  
USATF Adirondack Open T&F Championships  
Saturday, July 1, 2006 9:30am  
University at Albany  
1400 Washington Ave  
Albany NY 12222**



**ENTRY FEES AND DEADLINES**

**ON-TIME-ENTRY:** \$10/event, \$30 maximum per athlete. Post marked by June 17  
**LATE-ENTRY:** \$20 first event, \$10ea additional event. Post marked by June 26  
**FINAL-ENTRY:** \$30 first event, \$10ea additional event. Online only by June 29  
**RELAY ENTRIES:** \$20/event, post marked by June 26 only.  
 Declare members at meet.

**NO DAY OF MEET ENTRIES ACCEPTED!**

Please complete the attached meet entry form making your payment to USATF Adirondack. Mail to:

**USATF Adirondack PO Box 1200 Troy NY 12181**  
**QUESTIONS** [info@usatfadir.org](mailto:info@usatfadir.org) or call (518) 273-5552

**SCHEDULE OF EVENTS**

**Implement Inspection and Weigh- in** begins at 8:30 am.

**TRACK EVENTS**

9:30am 5000 RW (M,W)  
 10:20 5000 (W)  
 10:50 5000 (M)  
 11:25 100H (T)  
 11:35 110H (T)  
 11:45 **Welcome/National Anthem**  
 11:55 100H (W)33"  
 12:05pm 110H (M)42" only  
 12:10 3000 Steeple (W)  
 12:25 100 (T) (W)  
 12:35 100 (T) (M)  
 12:45 400H (W) 30"  
 12:55 400H (M) 36"  
 1:15 4x100 (W,M)  
 1:30 1500 (W)  
 1:40 400 (W)  
 1:50 400 (M)  
 2:00 1500 (M)  
 2:10 100 (F) (W)  
 2:15 100 (F) (M)  
 2:20 3000 Steeple (M)  
 2:35 200 (W)  
 2:45 200 (M)  
 2:55 800 (W)  
 3:05 800 (M)  
 3:15 4x400 (W, M)  
 3:25 DMR (W, M)  
 (1200, 400, 800, 1600)  
 3:45 SMR (W, M)  
 (200, 200, 400, 800)

**FIELD EVENTS**

10:00am HJ (M)  
 LJ (W)  
 SP (M)  
 Disc (W)  
 11:00 PV (W)  
 SP (W)  
 Disc (M)  
 11:30 HJ (W)  
 LJ (M)  
 1:00pm PV (M)  
 Hammer (M)  
 TJ (W)  
 Jav (W)  
 2:00 Hammer (W)  
 Jav (M)  
 2:30 TJ (M)  
 HJ (W)

\*STANDARD OPEN WEIGHT IMPLEMENTS TO BE USED

\*FEATURED EVENTS WITH PRIZE MONEY AWARDED TO POST-COLLEGIATE OPEN ATHLETES. TBA

**ELIGIBILITY**

**2006 USATF membership required.** To obtain membership, please visit: [www.usatf.org/membership](http://www.usatf.org/membership). USATF members and clubs from the following Associations are eligible to score in this meet: Adirondack, Connecticut, Long Island, Maine, Metropolitan, Mid-Atlantic, New England, New Jersey, Niagara, Potomac Valley, Three Rivers, and Virginia.

If you are competing for a club at this event, this club must be listed on your USATF membership record. Subject to verification.

**Minimum Ages: Female 14 Male 16**

**INDIVIDUAL AWARDS**

**REGIONAL MEDALS:** Top 3 from region in each event

**ADIRONDACK ASSOCIATION MEDALS:** Top 3 in each event

**CLUB PRIZE MONEY**

**MEN:** 1st: \$300 2nd: \$175 3rd: \$75  
**WOMEN:** 1st: \$300 2nd: \$175 3rd: \$75

**WINNING CLUBS:** (one male, one female) will also earn \$500 in travel stipends for the USATF National Club Track & Field Championship meet. (Scoring 10-8-6-5-4-3-2-1)

**FACILITIES:** University Field, which seats capacity crowds of 10,000 for football games, and has an all-weather, 7 lane, 400-meter track surrounding a natural grass surface and a 9 lane straight away; steeplechase waterpits; 2 long jump runways. [www.albany.edu/sports/facilities-out.htm](http://www.albany.edu/sports/facilities-out.htm)

**DIRECTIONS:** [www.albany.edu/](http://www.albany.edu/)

**HOTEL:** **Holiday Inn Express:** 1442 Western Ave, Albany NY  
 1-888-651-0040 [www.hiexpress.com/albany-western](http://www.hiexpress.com/albany-western)  
 Rate of \$95 for 1 room with 2 queens beds. Continental breakfast included. Reserve by June 9th. Mention USATF East Region Champs.

**WEB SITE:** [www.usatfadir.org/2006\\_USATF\\_EastRegionT&FChamps.htm](http://www.usatfadir.org/2006_USATF_EastRegionT&FChamps.htm)  
 Please visit our web site to access: online registration, entry confirmation & results.

Please enter me in the following East Region Open Events July 1, 2006 University at Albany NY **Checks payable to USATF Adirondack.**  
 (NOTE: Seed times/estimated distances must be included for all events): **Mail to: USATF Adirondack PO Box 1200 Troy NY 12181**

1. \_\_\_\_\_ / \_\_\_\_\_ 2. \_\_\_\_\_ / \_\_\_\_\_ 3. \_\_\_\_\_ / \_\_\_\_\_ 4. \_\_\_\_\_ / \_\_\_\_\_ 5. \_\_\_\_\_ / \_\_\_\_\_  
 event/seed time event/seed time event/seed time event/seed time event/seed time e-mail

\_\_\_\_\_  
 LAST NAME FIRST NAME M F Birth Date Age

\_\_\_\_\_  
 STREET ADDRESS (w/apt no.) 2006 USATF Number Required Phone Number

\_\_\_\_\_  
 CITY STATE ZIP USATF Association Name of USATF Club

RELEASE: IN CONSIDERATION OF THIS ENTRY'S ACCEPTANCE, I, INTENDING TO BE LEGALLY BOUND, HEREBY FOR MYSELF, MY HEIRS, EXECUTORS AND ADMINISTRATORS WAIVE AND DISCHARGE ANY AND ALL RIGHTS, CLAIMS AND DAMAGES WHICH MAY ACCRUE TO ME AGAINST USA TRACK & FIELD, THE ADIRONDACK ASSOCIATION OF USATF, INC. THE STATE OF NEW YORK, UNIVERSITY AT ALBANY, OR ANY OTHER SPONSORS, PARTIES, GROUPS, ORGANIZATIONS, VOLUNTEERS FOR ANY AND ALL INJURIES SUFFERED BY ME IN THIS EVENT. I CERTIFY THAT I AM PHYSICALLY ABLE TO COMPETE IN THIS EVENT.

\_\_\_\_\_  
 SIGNATURE OF ATHLETE

\_\_\_\_\_  
 IF UNDER 18-SIGNATURE OF PARENT

\_\_\_\_\_  
 DATE



# Table of Contents

5	<b>USATF/RRTC Organization Member List with Complete Contact Information</b>
6	<b>Editor's Note</b> <i>Kevin P. Lucas, Measurement News Editor</i>
7	<b>Chairman's Comments</b> <i>Gene Newman, USATF/RRTC Chairman</i>
11	<b>Glen Lafarlette Receives First USATF/RRTC Award</b> <i>Kevin P. Lucas, Measurement News Editor</i>
12	<b>Recent Developments In Pressure Monitoring</b> <i>Neville Wood, USATF/RRTC Validations Chairman</i>
16	<b>Meet the Regional Certifiers</b> <i>Kevin P. Lucas, Editor and Friends</i>
24	<b>Masters Racer Turned Race Master Faces Ultimate Challenge Tulsan Glen Lafarlette Sets Standard for Race Course Management</b> <i>Jan Nierling, Freelance Writer</i>
27	<b>Report on RRCA "Certification" Seminar - The 49<sup>th</sup> Annual Road Runners Clubs of America (RRCA) Convention was held in Houston, TX, March 8-12, 2006</b> <i>Tom McBrayer, Texas Regional Certifier</i>
28	<b>AIMS/IAAF Measurers</b> <i>Bernie Conway, AIMS-IAAF Measurement Administrator for the Americas</i>
30	<b>Running Shorts</b> <i>Scott Hubbard, Michigan Runner and Michigan Regional Certifier</i>
32	<b>Defining Certified Points to Facilitate Validation</b> <i>Neville Wood, USATF/RRTC Validations Chairman</i>
34	<b>Paul Oerth Builds Cable-Driven Counters</b> <i>Laurent Lacroix, AIMS/IAAF Grade A Measurer</i>
35	<b>New Certified Course Entries - USATF Certified Course List</b> <i>Stu Riegel, USATF/RRTC Course Registrar</i>
40	<b>USATF/RRTC Regional Certifier List with Complete Contact Information</b>



USA Track & Field/ Road Running Technical Council

# Measurement News

Summer 2006 Issue 132

**Editor:** Kevin P. Lucas,  
94 South Ridge Trail, Fairport, NY 14450-3843  
585-421-9626, 585-388-9683 fax, [k\\_p\\_lucas@frontiernet.net](mailto:k_p_lucas@frontiernet.net)



## ABOUT MEASUREMENT NEWS:

*Measurement News* (MN) is the journal of the **USA Track & Field/Road Running Technical Council** (USATF/RRTC). *MN* maintains its important role for ALL concerned parties to communicate and discuss matters affecting our sport at all levels, including race walking, road racing, track & field, records, finish line timing, and road course certification.

*MN* continues to assist in the *RRTC's Mission* to make all aspects of road course measurement for *USATF* certification as good as it can be. There is a long standing tradition that “*no cows are sacred*” within the pages of *MN*. All submissions are welcomed, your opinions, ideas, and suggestions will always be given space. All parties are equally invited to contribute and participate in the dialogue.

Electronic or hard copy material and photos are always welcomed.

*MN* is published quarterly, Spring, Summer, Fall, and Winter. *RRTC* Officers, Regional Certifiers, *USATF* Representatives, Course Measurers, and *AIMS/IAAF* Officials and Course Measurers will receive a **free online Subscription**.

**MN Online:** To view or download a current or back issues of *MN*, visit: <http://rrtc.net/mn>

**E-Mail Notification List:** Notification of new issues of *MN* is sent by e-mail.

To **receive** *MN* notification, send an e-mail to [mnlist-request@rrtc.net](mailto:mnlist-request@rrtc.net) with **subscribe** in the subject line.

To **cancel** *MN* notification, send an e-mail to [mnlist-request@rrtc.net](mailto:mnlist-request@rrtc.net) with **unsubscribe** in the subject line.

**MN Hard Copy Subscriptions:** US/PUR @ \$16.00 per 4 consecutive issues, CAN @ \$18.00, GRB/FIN/FRA @ \$32.00, and AUS/NZ/JAP @ \$36.00, e-mail for pricing if country not listed

**MN Deadlines for Submissions and Ads in 2006:** *Spring Issue*, **February 17**, *Summer Issue* is **May 19**, *Fall Issue* is **August 18**, and *Winter Issue* is **November 17**.

**MN Advertising:** *Half Page* @ \$100.00 per 4 consecutive issues or \$30.00 per single issue, *Full Page* @ \$150.00 per year or \$45.00 per single issue, and add 15% for Inside Front Cover/ Back Cover.

Please be sure to support our advertisers and comment on their ads.

If anyone wishes to reproduce or report on material in *MN*, please acknowledge *MN* as your source.  
**All rights reserved © Copyright 2006 by USATF.**





**USATF**  
**Long Distance Running Division**  
**Road Running Technical Council**

**Chair:**.....*Gene Newman* - 920 N Night Heron Drive, Green Valley, AZ 85614  
Phone: 520-648-3353 E-mail: [newmangc@cox.net](mailto:newmangc@cox.net)

**Vice Chair:**.....*Paul Hronjak* - 4413 Pinehurst Drive, Wilson, NC 27896  
Phone: 252-237-8218 E-mail: [phronjak@nc.rr.com](mailto:phronjak@nc.rr.com)

**Vice Chair:**.....*Jim Gerweck* - 156 Fallow Street, Norwalk, CT 06850  
Phone: 203-838-2748 E-mail: [zgerweck@optonline.net](mailto:zgerweck@optonline.net)

**Course Registrar:**.....*Stu Riegel* - 18316 Ponciana Avenue, Cleveland, OH 44135  
Phone: 216-898-5673 E-mail: [stu-riegel@adelphia.net](mailto:stu-riegel@adelphia.net)

**Validations Chair:**.....*Neville Wood* - 5309 Chamisal Place, Raleigh, NC 27613  
Phone: 919-846-6374 E-mail: [nfwood@hotmail.com](mailto:nfwood@hotmail.com)

**Secretary/Webmaster:**.....*Bob Baumel* - 129 Warwick Road, Ponca City, OK 74601  
Phone: 580-765-0050 E-mail: [webmaster@rrtc.net](mailto:webmaster@rrtc.net)

**Bookkeeper/**

**Bulletin Board Monitor:**.....*Pete Riegel* - 3354 Kirkham Road, Columbus, OH 43221-1368  
Phone: 614-451-5617 E-mail: [riegelpete@aol.com](mailto:riegelpete@aol.com)

**Measurement Workshops:** ..*Mike Wickiser* - 93 Geoppert Road, Peninsula, OH 44226-9722  
Phone: 330-592-4417 E-mail: [wick3666@yahoo.com](mailto:wick3666@yahoo.com)

**Finish Line Chair:**.....*David Katz* - PO Box 822, Port Washington, NY 11050  
Phone: 516-883-5599 E-mail: [katz@flrrt.com](mailto:katz@flrrt.com)

**Measurement News Editor:***Kevin P. Lucas* - 94 South Ridge Trail, Fairport, NY 14450-3843  
Phone: 585-421-9226 E-mail: [k\\_p\\_lucas@frontiernet.net](mailto:k_p_lucas@frontiernet.net)

**Road Running**

**Information Center:**.....*Basil Honikman* - 638 Charleston Place, Ventura, CA 93004  
Phone: 805-946-0608 E-mail: [honikman@runningusa.org](mailto:honikman@runningusa.org)

**Founder:** .....*Ted Corbitt* - 150 W 225 Street, Apt 8H Sect 4, New York, NY 10463  
E-mail: [TedCorbitt@aol.com](mailto:TedCorbitt@aol.com)

**RRCA Representative:**.....*Carl Sniffen* - 405 Parkhill Place, Grants Pass, OR 97527  
Phone: 541-955-1525 E-mail: [csniffen@charter.net](mailto:csniffen@charter.net)

**USATF Records Chair:**.....*Justin Kuo* - 39 Oakland Road, Brookline, MA 02445-6700  
Phone: 617-731-9889 E-mail: [jkuo@usatfne.org](mailto:jkuo@usatfne.org)

**USATF Rules Chair:**.....*John Blackburn* -  
Phone: 843-853-8765 E-mail: [john@speedfish.com](mailto:john@speedfish.com)

**Active Athlete Members:**.....*Jennifer Crain* -  
Phone: 414-405-7492 E-mail: [jenny3130@msn.com](mailto:jenny3130@msn.com)

*Kim Keenan-Kirkpatrick* -  
Phone: 908-735-8536 E-mail: [keenan@lafayette.edu](mailto:keenan@lafayette.edu)

**National Office Liaison:**.....*Jim Estes* - LDR Programs Manager  
Phone: 317-713-4661 E-mail: [Jim.Estes@usatf.org](mailto:Jim.Estes@usatf.org)

**USATF Board Liaisons:** ....*Fred Finke* - LDR Division Chair  
Phone: 407-265-6144 E-mail: [finkef@gate.net](mailto:finkef@gate.net)

*Bill Roe* - President and Chair of the Board  
Phone: 360-734-9992 E-mail: [bill.roe@usatf.org](mailto:bill.roe@usatf.org)

Complete information about USATF/RRTC, visit: <http://www.usatf.org/events/courses/certification/>.





## Editor's Note Kevin P. Lucas

Since the last issue of *Measurement News* in March many exciting developments have taken place. I hope each of you have noticed and used the new **Course Measurer Search** at the **USATF web site**. This new search currently has **377** names of active course measurers from all corners of the country. Each measurer's listing has directory information, mailing address, telephone number, and e-mail address. Users can search a single state to locate and contact a number of course measurers or search for a particular measurer's name. The search results are linked to the courses he or she has measured, which provides a means to evaluate a measurer's work. The creation of the course measurer list was made possible with the help of many *Regional Certifiers* sending me measurer directory information and **Stu Riegel's** providing CDs with newly scanned Measurement Certificates. I will continue to maintain the listings. Please e-mail me with any updates or changes that need to be made.

Another important item, pricing for *MN* hard copy subscriptions, has been developed to provide some with home delivery if they choose. Subscription pricing can be found on *page 4*. *MN* readers now will have two options to get their quarterly fix.

Probably the most important development has been the creation of a **USATF/RRTC Recognition of Excellence in Course Measurement Award**. Through much discussion, **Glen Lafarlette** was decidedly the first choice to receive this new honor. *Glen's* high quality and volume of work far surpasses all course measurers. *Glen* has measured a record number of 770 courses for **USATF Certification**. The **RRTC** has never before recognized any member with an award. It is fitting that *Glen* be the first recipient. Please read my brief write up about *Glen* receiving the award on *page 11*. And, also be sure to turn the pages to *page 23* and read the brilliant story on *Glen* written by freelance writer, **Jan Nierling**.

Who do you think should be the recipient of the next **USATF/RRTC Recognition of Excellence in Course Measurement Award**?

The other very nice development has been the regular stream of contributors to *MN*. **Neville Wood** has again contributed two items to this issue, see *pages 12 and 31*. Six additional *Regional Certifiers* have submitted material for profiles helping us learn about these dedicated people we work with. Begin reading on *page 15* about **Dave Poppers**, **Ron Fitzpatrick**, **John Ferguson**, **Jay Wight**, **Tom McBrayer**, and **Dave Rogers**. **Scott Hubbard** has again allowed *MN* to re-print his regular **Running Shorts** column that appears in *Michigan Runner*. **Bernie Conway** is once more keeping us informed about matters of **AIMS/IAAF**—his column can be found on *page 27*. One of our other Canadian friends, **Laurent Lacroix** has submitted an update on the status of the **Jones/Oerth/Lacroix** and **Jones/Oerth Counters**, see *page 33*. **Stu Riegel** has provided the new certified course listings beginning on *page 34*. Our Chairman, **Gene Newman**, gives us his short update on *page 7*. Finally, after conducting a course measurement clinic at the **RRCA Convention**, **Tom McBrayer** provided a report that can be found on *page 26*.

Please continue to submit your material, suggestions, and ideas.

**Kevin P. Lucas**



## **Chairman's Comments** **Gene Newman**

*Stu Riegel* has done a fine job in his new position as course registrar. Thank you to *Keith Lively, Bob Baumel, Pete Riegel, Paul Hronjak, Jim Gerweck* and others who helped getting the correct format for our maps on the *USATF Certified Course Search* web site. The process of posting a course map in the correct format proved to be very interesting and I now understand what needs to be done.

I would like to announce yet another way to find a certified course, course map, and course measurer! *Kevin Lucas* has done an admirable job of gathering course measurer directory information, which can be found at <http://www.usatf.org/events/courses/measurers>. This new search feature will allow event directors to find a course measurer by name or state and review the course maps each measurer has produced.

At the March *RRCA Convention* a measurement workshop was presented by *Tom McBrayer, Texas Regional Certifier*. Thanks to *Tom McBrayer* for his efforts and providing me with information for next year's *RRCA Convention*. *Mike Wickiser*, our measurement workshop leader, is in the process of organizing the next clinic at *RRCA Convention*. *Mike* has also informed me there are plans for at least three other measurement workshops in various regions of the US.

Had my first experience with a few road race records set in January at the *P.F. Chang's Rock 'N' Roll Arizona Marathon & 1/2 Marathon* in Phoenix. The world half marathon mark was shattered by two-time Olympic Gold Medal winner *Haile Gerbrselassie* of Ethiopia—he ran **58:55**. It was very interesting and at times proved to be difficult to handle. However, I learned from this experience and owe much to *Tom LaBlonde, Utah Regional Certifier*. *Tom* did whatever was asked, he is an asset to the *RRTC*.

Finally, *Kevin Lucas'* first issue of *Measurement News* was marvelous! I am looking forward to many more issues. Thank all who contributed articles and encourage others to contact *Kevin* at [k\\_p\\_lucas@frontiernet.net](mailto:k_p_lucas@frontiernet.net) to submit their offerings to MN.

Best to all,

***Gene Newman***



**The USATF website offers a variety of resources for Event Directors, including:**

- Certified Course Maps
- Course Certification Information
- Course Measurer Contact Information
- Event Sanctioning & Insurance Information
- USATF Championship Bid Information
  - Competition Rules
  - Tips on Organizing Competitions
  - Comprehensive Online Calendar

To access all of this, and more, visit:

[www.usatf.org/groups/EventDirectors/](http://www.usatf.org/groups/EventDirectors/)

And be sure to add your upcoming event to USATF Calendar:

[www.usatf.org/calendars/mgmt/](http://www.usatf.org/calendars/mgmt/)

(this is a free service)







# 2006 EMPIRE STATE GAMES 10 km ROAD RACE SUNDAY, JULY 30, 2006 8:00AM START



Canfieldwoods Shelter at Hundred Acre Pond, Mendon Ponds Park; Pittsford, NY

- Must be a resident of New York State to Enter. Photo ID required at Check-In. No Qualifying is Necessary. **“Free Class Event”**
- **Awards:** ESG medals are given to the top 3 overall in the male and female divisions. NO DUPLICATIONS IN MEDALS. ESG Sweat suits are given to the top 5 overall in male, female, male wheelchair and women wheelchair divisions (unless one has already been issued as open/scholastic qualified athlete or masters participant).
- **T-Shirts to ALL ENTRIES.**
- **10 km Course is Certified to Accurate by the USATF #NY06102KL**
- **Entry Fee:** \$10.00 by check or money order only – Please Do not send cash. NO REFUNDS PROVIDED.
- Bib Number & T-Shirt Check-In, and Awards: Canfieldwoods Shelter at Hundred Acre Pond, Mendon Ponds Park, Pittsford, NY.



**MASTERS DIVISION ENTRIES: DO NOT USE THIS FORM.** If you wish to enter as a Masters Participant, you must complete a Masters Division Entry Form. You may obtain a form by calling 518-474-8889 or visit our website [www.empirestategames.org](http://www.empirestategames.org). Please note that Masters Division entries must be RECEIVED by July 3, 2006.

**HOW TO ENTER:** On the reverse side of this page, complete form, sign & date the waiver, include the **\$10 entry fee** (US Funds only) payable to:

“*Empire State Games*”, and mail to: **Empire State Games  
10 km Road Race Entry  
1 Empire State Plaza  
Albany, NY 12238**

**PLEASE NOTE:** Entries *close* Wednesday, July 19, 2006. If your entry is not *received* by July 19, it will not be accepted. Post entries will NOT be permitted.

# 2006 EMPIRE STATE GAMES 10k ROAD RACE ENTRY FORM

Event Participants must complete below, and return as indicated on reverse.

It is suggested that you make a copy of this form for reference.

Entry must be **received** by July 19, 2006. Post entries will not be accepted.

## Participant Information

--	--

LAST NAME

FIRST NAME

--

STREET ADDRESS

	<b>N</b>	<b>Y</b>	
--	----------	----------	--

CITY

STATE

ZIP CODE

Home Phone Number

--	--	--	--	--	--	--	--	--	--

AREA CODE

<b>CIRCLE</b>	Adirondack	New York City
<b>ESG REGION</b>	Hudson Valley	Central
(if known)	Long Island	Western

**PLEASE CHECK YOUR EVENT:**  
**10K RUN (Road race) SUNDAY, 7/30/06, 8AM**

MEN       MEN WHEELCHAIR  
 WOMEN       WOMEN WHEELCHAIR

**PLEASE CIRCLE T-SHIRT SIZE:** (Adult Sizes)

S       M       L       XL       XXL

**Birthdate:**

<input style="width: 20px; height: 20px;" type="text"/> <input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/> <input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/> <input style="width: 20px; height: 20px;" type="text"/>	<b>AGE AS OF 7/30/06:</b> <input style="width: 20px; height: 20px;" type="text"/> <input style="width: 20px; height: 20px;" type="text"/>
MONTH	DAY	YEAR	

OFFICE USE ONLY

**RUNNER #**

**Please remember to include the \$10 entry fee, check or money order, payable to "Empire State Games", and return to the address indicated on reverse. Please DO NOT send cash. Masters (age group) participants - Must use a different form. Please call 518-474-8889 to have one sent to you or visit the website.**

### ALL ENTRIES MUST BE SIGNED BELOW:

#### WAIVER & MEDICAL RELEASE - READ THIS INFORMATION BEFORE SIGNING

I the undersigned, hereby release and forever discharge any and all rights and claims for damages, including any claims, for loss, damages or injury to my person or property arising out of the performance or failure of performance of the State of New York, the New York State Office of Parks, Recreation, and Historic Preservation, the owner of the site of regional and/or finals competition I may be competition in, or the respective officers, agents, representatives, successors and/or assignees of the parties named above, from any and all claims, demands and liability of every kind and nature, legal or equitable occasioned by or arising out of my participation in the competition know as the Empire State Games.

I recognize the challenges of the event(s) in which I have chosen to participate and I assume all risks of personal injury or death in connection therewith. I attest that I am sufficiently physically fit to participate safely therein, and that I have not been advised otherwise by a qualified medical person. I hereby consent to allow my picture or likeness to appear in any official documentary, sponsor advertisement or exclusive television coverage of the Empire State Games in any manner incidental to my participation in the Empire State Games and without compensation to me.

I hereby authorize any first aid, medication, medical treatment, or surgery deemed necessary in case of emergency. I also authorize the attending medical person to execute on my behalf any permission forms and other appropriate medical documents on my behalf if I am not immediately available to do so. I understand that I am responsible for any charges incurred by me for medical treatment.

I hereby agree that if I am selected to compete at the Finals, I will abide by the code of conduct as stated in the Empire State Games athlete handbook (Games Plan), and if failing to do so, will abide by any penalties as stipulated by such. I hereby state positively that I am a permanent domiciled resident of the State of New York as defined under the eligibility requirements stated in the ESG Eligibility information.

I HAVE READ THIS RELEASE

\_\_\_\_\_

Applicant's Signature

\_\_\_\_\_

Date

#### BELOW TO BE COMPLETED BY PARENT OR GUARDIAN OF PARTICIPANT UNDER 18 YEARS OF AGE.

I have read the foregoing "Release of Liability" by \_\_\_\_\_ (print name of athlete) of whom I am either a parent or guardian, and I agree that I shall be bound by its terms and conditions as if I were signatory thereto. Furthermore, I hereby release the State of New York, the \_\_\_\_\_, the Office of Parks, Recreation, and Historic Preservation, its officers, employees, agents, representatives, from any and all claims which may accrue to me arising out of or in connection with the participation of \_\_\_\_\_ (athlete) in the Empire State Games, and I hereby agree to indemnify and save harmless the State of New York from any damages or costs awarded to \_\_\_\_\_ (athlete) arising out of connection with his or her participation in the Empire State Games. I hereby authorize any first aid, medication, medical treatment, or surgery deemed necessary in case of emergency. I also authorize the attending medical person to execute on my behalf any permission forms and other appropriate medical documents on my behalf if I am not immediately available to do so. I understand that I am responsible for any charges incurred by \_\_\_\_\_ (athlete) for medical treatment.

I HAVE READ THIS RELEASE

\_\_\_\_\_

Signature of Parent or Guardian if applicant is under 18

\_\_\_\_\_

Date



## Glen LaFarlette Receives First USATF/RRTC Award Kevin P. Lucas, Editor

Soon after *Chad Johnson* and *Jessica Tranchina* won their respective divisions at the *Wish Lemon's 5 km Race* at the *United Methodist Church* in Tulsa on Saturday, **April 1, 2006**, *Glen LaFarlette* received the first ever *USATF/RRTC Recognition of Excellence in Road Course Measurement Award*. 700 runners witnessed a very moving award presentation to the most prolific course measurer the world has ever seen, to date *Glen* has measured 770 courses. "*Glen* was very appreciative of the award and could hardly speak he was so emotional.", said *Joe McDaniel*, Oklahoma State Record Keeper.

Appropriately, the *Wish Lemon's 5 km Race* course was measured by *Glen* in **2001**, OK010336BB, and *Glen's* timing service scores the event every year. Oklahoma runners have been the beneficiaries of *Glen's* many years of hard work measuring courses and timing events. *Glen* and wife, *Coneil*, opened *Glen's Road Race Service* in **1982** to better service events in the Tulsa running community and have been a *USATF* organizational member club.



*Glen with his wife Coneil at the Wish Lemon's 5 km Race. Coneil work together in course measurement, you'll see Coneil's name on every course map Glen has measured.*



*Directing runners with megaphone in hand at one of the hundreds of events Glen has stamped his mark on.*

On March 11th, *Glen* was inducted into the *USATF Oklahoma Long Distance Running Wall of Fame* by *Jack Wing*, long time race director of the *Tulsa Run 15 km* and board member of the *Tulsa Sports Commission*, and wife *Coneil*. *Glen* received a special *Wall of Fame* ring, jacket, shirt, and unique trading cards with his photo and statistics.

With 770 courses measured for *USATF Certification*, *Glen* has been measuring courses for many years. *Glen's* work in course measurement has been used as an example by many of us. *USATF/RRTC Course Measurement Procedures Manual* had 28 original contributors, which *Glen* was one of them.

Unfortunately, *Glen* has been struggling with health issues over the last few years, yet he tried to continue measuring courses and directing races. Still fighting, *Glen* is now under a new cancer treatment. Despite being tired a lot of the time and spending too much time in bed, *Glen* still makes it out to visit all the running events he is able to.

*Glen LaFarlette* is a great person to receive the first ever *USATF/RRTC Recognition of Excellence in Course Measurement Award* because of his dedication and contribution to the sport, he is widely loved by the people of Oklahoma, and has measured an astounding 770 courses for *USATF Certification*. Congratulations go out to *Glen* from the *RRTC* and course measurers across the country, you deserve it!

*Please also read the related feature article by Jan Nierling on page 23.*





## Recent Developments In Tire Pressure Monitoring Neville Wood, Validations Chairman

### 1. A Minor Temperature Effect on the Calibration Factor

Evidence so far has suggested that the only major temperature effect on the wheel calibration factor is through its effect on tire pressure. However, recently I decided to look for any minor effect in recent data collected over a month and a temperature range of 50-78 degrees F (**Table I**).

A plot of all the data shown in **Table I** is given in **Figure 1**. The only evidence of a minor temperature effect I can discern from this plot is that the data point from one of the measurements at the highest temperature is furthest below the trend line.

However results obtained from **4/12/06** show those obtained in the morning at an average temperature of 54 degrees gave a linear plot offset vertically by 0.119 rev/km from a similar plot of those obtained in the afternoon at 78 degrees, as shown in **Figure 2**. This is evidence of a minor temperature effect of with a temperature coefficient of  $0.119 / (78-54) = 0.0050$  rev/km/degrees F. Since pressure change can be taken as a measure of temperature change, it can be used to evaluate the effect of this minor temperature effect on the calibration factor. From **4/6/06** in **Table I** we can see that a temperature change from 50 to 83 degrees results in a pressure change from 5.30 to 5.75 bar or  $(5.75-5.30)/(83-50) = 0.014$  bar/degrees F. From **Figure 2** we can see from line slope that 1 bar is equivalent to 1 rev/km so that 0.014 bar/degrees F is equivalent to 0.014 rev/km/degrees F. Thus temperature has a minor effect on calibration factor that is about one third of the major effect exerted through the effect on tire pressure. During the course of the measuring day, it can be taken into account by using a modified pressure coefficient of 1.33 instead of 1 rev/km/bar.

### 2. Accuracy of Calibration Factors Derived from Pressure Readings

In **Table I** I show for the whole of April the percentage difference between calibration factors derived by measurement over a calibration course and corresponding factors derived by pressure readings and using only the calibration performed on the first of the month. The maximum difference is no more than 0.028%. Calculation was done assuming a pressure coefficient of 1 rev/km/bar and allowing for temperature changes using 0.0050 rev/km/degrees F did not seem to improve results significantly.

Of course one would not normally derive the calibration factor from a calibration done weeks earlier, but would use a calibration performed earlier in the day.

From **Table I** it can be seen that the post-calibration for the *Winston-Salem certification* was 479.476 rev/km. The calculated value derived from pressure readings and the pre-calibration is 479.502 and differs by only 0.0050%.

Another post-calibration from the *Winston-Salem certification* was done 4 days later at 50 degrees and 5.30 bar. Later that day temperature rose to 83 degrees and pressure to 5.75 bar. From the calibration performed at the beginning of the day and assuming a modified pressure coefficient of 1.33 rev/km/bar, I found that the calculated calibration factor derived from the pressure reading at the end of day differed from the actual by only 0.0026%.

Similarly I found that the calibration factor from the post-calibration in a *Cary certification* differed from that found by a pressure reading and the pre-calibration by only 0.0007%.

### 3. Operational Pressure

Until recently I was always a high tire-pressure man. When I competed in multi-sports (I got the bronze at the **2002 Duathlon World Championship**) I always pumped my tires to 170 psi. With the pressure monitoring method, I assumed that results would be better if the tire was not close to its operational limit, and have since done measurements at about 80 psi. (In view of **Peter Riegel's** experience described later, my assumption might have not been altogether correct.) Precision seems to have been as good or better than at high pressure and the ride is probably more gentle on the gauge and myself.

#### 4. Application of Pressure Monitoring to Course Measurement

The main purpose of pressure monitoring is to detect a slow leak of air from the tire. It detects changes in the calibration factor, but these are only of a minor nature and have only a small effect on overall accuracy. A measurer willing to accept a small sacrifice in accuracy can use a very simple variant of the procedure and still enjoy many of the advantages. For instance an average pressure change of 10 kPa during a 5-km measurement corresponds to only 1 meter and can be ignored.

The following variant gets maximum accuracy. Two rides are performed using the calibration factor derived from the pre-calibration to get a temporary finish and a second reading on it, exactly as in the traditional method. Using pressure readings and assuming a modified pressure coefficient, adjusted 5-km finish points are calculated from the temporary finish and the one that yields the longest course is adopted.

If the splits are located during the second ride, to get maximum accuracy for these the calibration factor at the beginning of the ride should be used rather than that from the pre-calibration.

#### 5. Field Testing

I have sent out two *Schrader Gauges* and one *Presta Gauge* for evaluation by measurers. Another measurer decided to make his own for testing. Overall though, results have been disappointing.

The measurer wishing to make his own gauge could not *Get-a-Gauge* to supply him the parts, and I have not since been able to contact the company to find out why.

One of the measurers with a *Schrader* did not follow detailed instructions to screw the gauge onto the valve stem the specified number of turns and gave up before he got a reading. Later, after I reminded him he needed to use a pair of pliers to hold the stem for the last two turns, he still was not successful he getting a reading.

The measurer with the *Presta Gauge* rode with the gauge on the wheel quite a lot, but did little more than use it as a check for slow leaks. Rather than use the more accurate outer kPa scale on the gauge he used the inner psi scale.

*Peter Riegel* tested the second *Schrader Gauge* and got many results similar to those of mine. However his results at 32 and 38 degrees F are out of line with his others (mine go down to only 50 degrees) and I have eliminated these from the plot shown in **Figure 3**. Remarkably, despite the fact that he was operating mostly at a much higher pressure than I have been and had a slightly larger wheel (27-in) than mine(700), his pressure coefficient was very close to mine, very slightly below 1 rev/km/bar.

Unfortunately, he rode over a stretch of road that subjected the gauge to high vibration which resulted in the drive mechanism for the pointer skipping some teeth so that it now reads 220 kPa at zero pressure. It is hard to see how this could have happened, but it may have been partly brought about by the fact that *Peter's* tires were close to their operational high limit. I tested the gauge afterwards and found that it is still very accurate if the zero pressure reading is subtracted from pressure readings. Although I have not experienced any failure in over 250 miles of riding with a gauge, fixes for the problem are not difficult. Operational pressure and speed could be kept modest while traversing rough stretches. Also, should failure occur, a spare gauge could be substituted on the spot with only minor inconvenience to the measurement. Finally, the gauge could be taken off while crossing rough stretches.

#### 6. Conclusions

After my experience with the electronic counter and the pressure gauge, I now feel that methods involving the use of these instruments will not do well because a few written instructions have to be followed. Most measurers like most other individuals loathe the following of written instructions no matter how simple. The only hope is that the pressure monitoring method can be demonstrated in a clinic.

As suggested recently by *Duane Russell*, most measurers probably would do better using an airless tire, which requires no significant instruction and has some of the advantages characteristic of the pressure-monitoring method. Ride is generally agreed to be inferior to that of the pneumatic tire, but an airless tire would be needed only on the front wheel and a wheel could be especially reserved just for measurements. In contrast to the pressure monitoring method, the tire needs to be carefully equilibrated before pre-calibration. Also, the method is not as accurate because the calibration factor is not known during race-course measurement. However, the measurer is free from worry about air leaks and normally does not need to do a post-calibration.

**TABLE I :CALIBRATION AS A FUNCTION OF PRESSURE (50-78 deg F), APRIL 1-28, 06**

Date	Time	Notes	Deg F	Bar	SI 1	SI 2	SI 3	SI 4	Rev/km with SCPF	Calc from Cal, 4/1/06	% Dif
4/1/2006	9:16	Precal WS	60	6.00	22.3	22.6	22.8	22.8	479.502	479.502	0.000
4/2/2006	11:00	Postcal WS	70	6.00	22.1	22.3	22.1	23.0	479.476	479.502	0.005
4/5/2006	10:05	Postcal WS	61	5.60	25.3	27.0	26.0	27.5	479.901	479.902	0.000
4/6/2006	10:15	Postcal WS	50	5.30	30.0	29.9	29.7	31.0	480.287	480.202	-0.018
	16:30	Postcal WS	83	5.75	23.3	25.0	24.3	25.5	479.701	479.752	0.011
4/10/2006	10:28		59	5.80	23.3	24.3	23.3	24.3	479.625	479.702	0.016
			62	5.50	26.5	27.5	26.5	27.8	479.966	480.002	0.007
4/11/2006	10:50		68	5.20	29.8	30.5	30.3	31.8	480.334	480.302	-0.007
	8:30		51	6.15	21.3	22.3	22.3	22.0	479.435	479.352	-0.017
4/12/2006	8:55		59	5.68	26.4	26.8	27.0	27.8	479.959	479.822	-0.028
			61	4.43	38.3	39.9	38.3	39.3	481.205	481.072	-0.028
4/12/2006	9:15		51	5.68	26.3	27.3	26.2	27.3	479.935	479.822	-0.024
			53	5.40	29.3	28.9	28.3	29.3	480.162	480.102	-0.012
		55	5.23	30.4	30.4	30.5	30.6	480.321	480.272	-0.010	
		57	4.93	33.0	34.0	33.1	34.2	480.644	480.572	-0.015	
	14:55		77	5.88	23.0	24.2	23.2	24.4	479.615	479.622	0.002
			78	5.65	24.7	25.8	25.2	26.9	479.818	479.852	0.007
	15:24		78	4.89	31.3	32.2	32.0	32.4	480.477	480.612	0.028
4/28/2006	9:20	Precal Cary	55	5.93	23.3	24.0	24.3	25.0	479.661	479.572	-0.019
	20:07	Postcal Cary	61	5.78	26.0	26.0	26.2	25.9	479.857	479.722	-0.028

C'dale 218.6 lb

WS = Winston-Salem certification

SI = spoke intervals past 143 rev on 300-m calibration course

Hutchinson Carbon Comp 700 x 23

**Figure1: CALIBRATION AS A FUNCTION OF PRESSURE (50-78 DEG F), APRIL 1-28, 06**

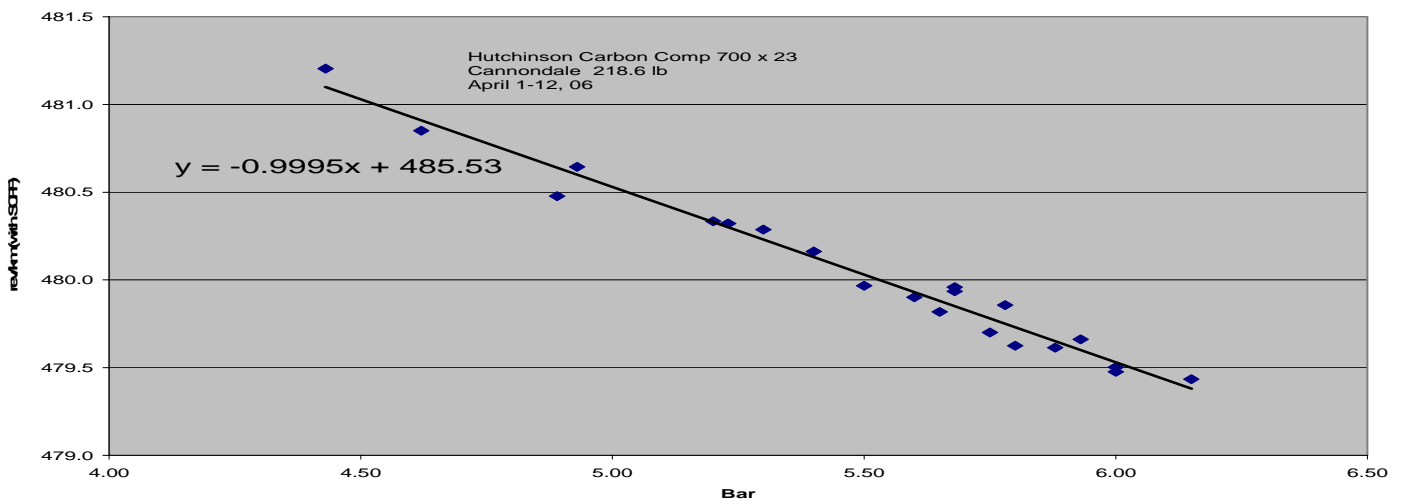


Figure 2: CALIBRATION AS FUNCTION OF TIRE PRESSURE AND TEMPERATURE, 4:12:06

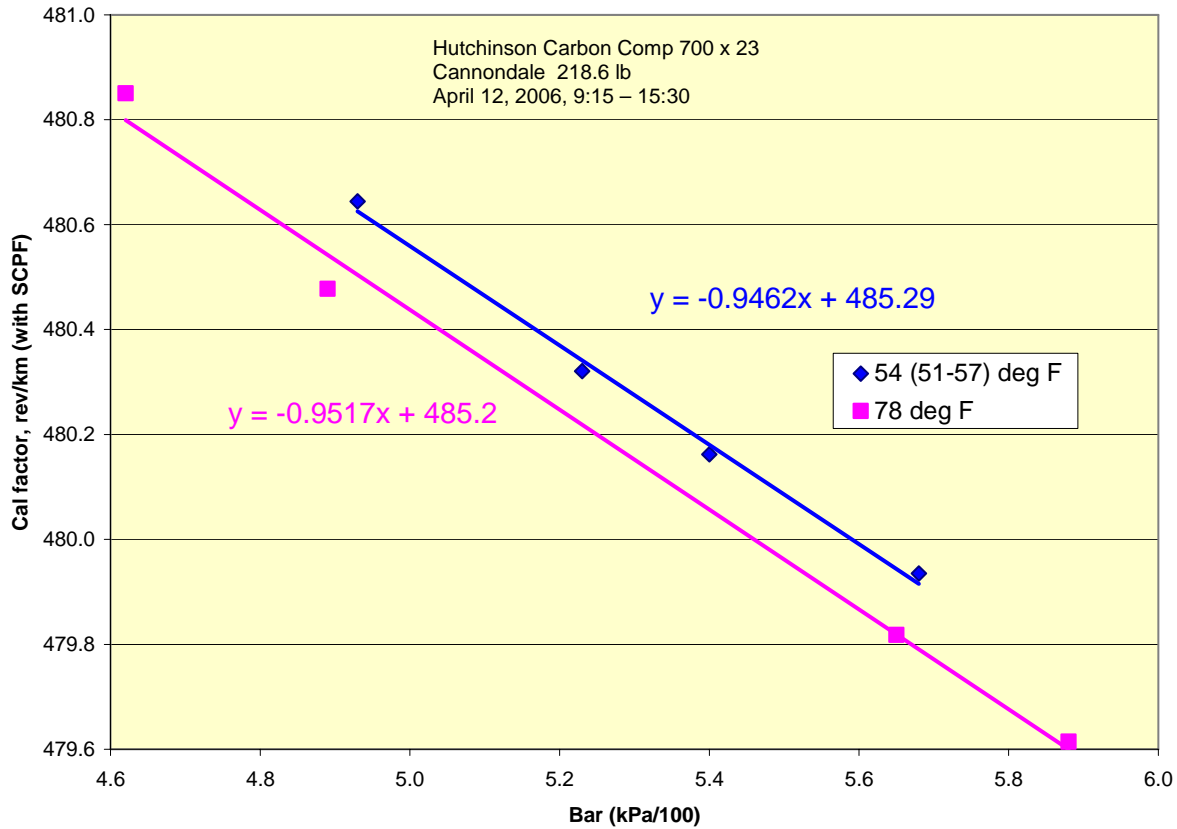
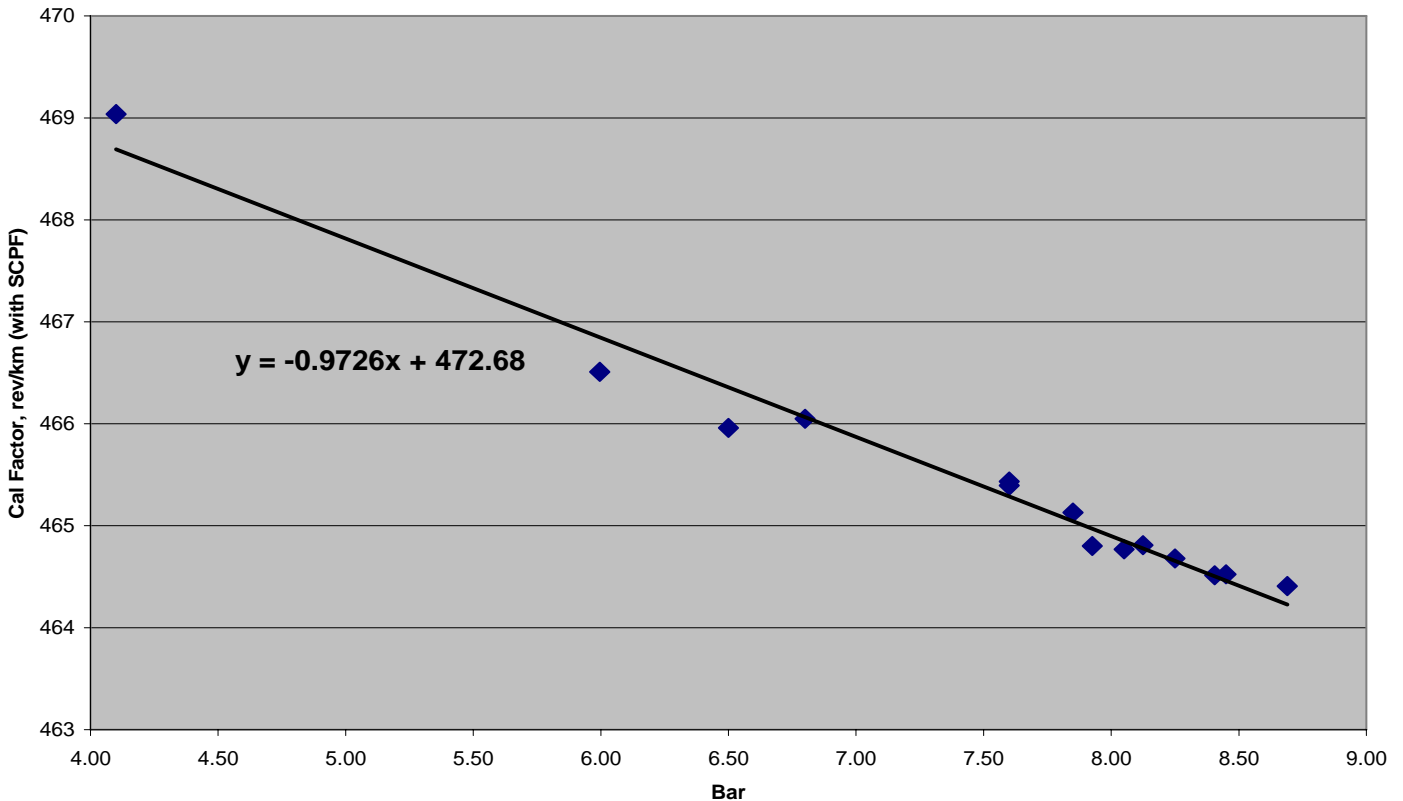


FIGURE 3: CALIBRATION AS A FUNCTION OF PRESSURE (40-80 DEG F) --RIEGEL





## Meet the Regional Certifiers Kevin P. Lucas, Editor

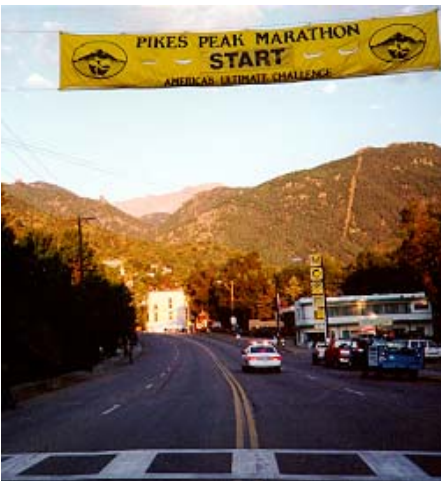
### Dave Poppers, Colorado Regional Certifier:

In early 1982 *Dave* started his measuring career while with Denver's *Rocky Mt Road Runners*, the club has been around since the late 1950's. *Tom Bailey*, a club leader and nationally ranked masters runner, invited *Dave* to participate in a course measurement for a club race. Near the end of 1982 *Dave* was measuring on his own and committed to measure a series of four races, 5 mile, 10 mile, 15 mile, and 20 mile. The completed course measurement applications for certification and course maps were sent off to *Ted Corbitt*. *Dave* says, "I was denied for a number of reasons. I could have said nuts to this activity, but instead decided I'll be damned if I'll let this get the best of me." Later *Dave* picked up more measuring experience and reported to *Tom Knight*. In 1988 *Tom* felt confident in *Dave*'s work and asked him to become the *Colorado Regional Certifier*. "Following an intense apprenticeship under *Bob Baumel*, I was let out on my own in 1989," *Dave* told us about his start into course measuring.

Talking about drawing course maps, *Dave* says, "I started out doing my map work on a drafting board but have graduated to my *Mac* with *PowerPoint*. I find it less stressful as a mistake is no big deal and the result is easily emailed and of high quality."

In 1992 *Dave* was hired to measure the *Denver International Marathon & 5 km*. The first year event was scheduled to take place on **October 3, 1993**. *Dave* tells us an important story of measurer beware, "I was paid for both (measurements) with some of it due at early stages. The police, staffers, athletes and consultants were all stiffed when the organizer left town in the dark of night." *Dave* was one of the few who were paid, about \$400,000 was left unpaid to the countless others who worked so hard and contributed greatly to the event.

Retired since 1999 as an airline pilot, *Dave* got his start flying as a proud *U.S. Navy* pilot while serving in Guam. Before his stint in the *U.S. Navy* *Dave* was a self proclaimed "surf bum" in Santa Barbara, California and attended college. *Dave* went on to fly for the "old" *Frontier Airlines* from 1963 until 1986, when the company went bankrupt. He said, "I got on shortly with *Continental Airlines* and enjoyed the romantic domiciles such as Houston, Cleveland, and Newark."



Running for fitness is behind him, but *Dave* stays fit with hard bike rides and weight workouts at a health club. "The bike became important after I got interested participating in triathlons," *Dave* says. In his forties *Dave* was not just a regular marathon runner, in 1980 he ran the famous *Pikes Peak Marathon - America's Ultimate Challenge*, in 7:29:06 - *Pikes Pike Marathon* climbs 7,700 feet over dirt trails, rocks, and boulders to a summit of 14,110 feet elevation. As a warm up, the prior two years, 1978 and 1979, *Dave* ran the *Pikes Peak Ascent 13.32 Miles* with 7,815 feet of vertical gain.



Pikes Peak Marathon  
finisher's medal



## Ron Fitzpatrick, Maine, New Hampshire, and Vermont Regional Certifier:

Ron has been in his position as Regional Certifier for about three years, and measuring courses for about six. Generally Ron measures 20 courses a year, especially over the last four or years. Ron says, "Most of the work comes in the spring when organizers are trying to get ready for a summer or fall race." The inquiries for new course measurements for the upcoming season begin every March with a flurry after the snow melts. "I'm going to tune up my bike and get my supplies together for the measuring ahead," Ron tells us. Working with running clubs and event timing organizations is always a pleasure for Ron. He says, "They're very knowledgeable and appreciate the importance of an accurate measurement." Ron is a **USATF** member, since he has been measuring courses.



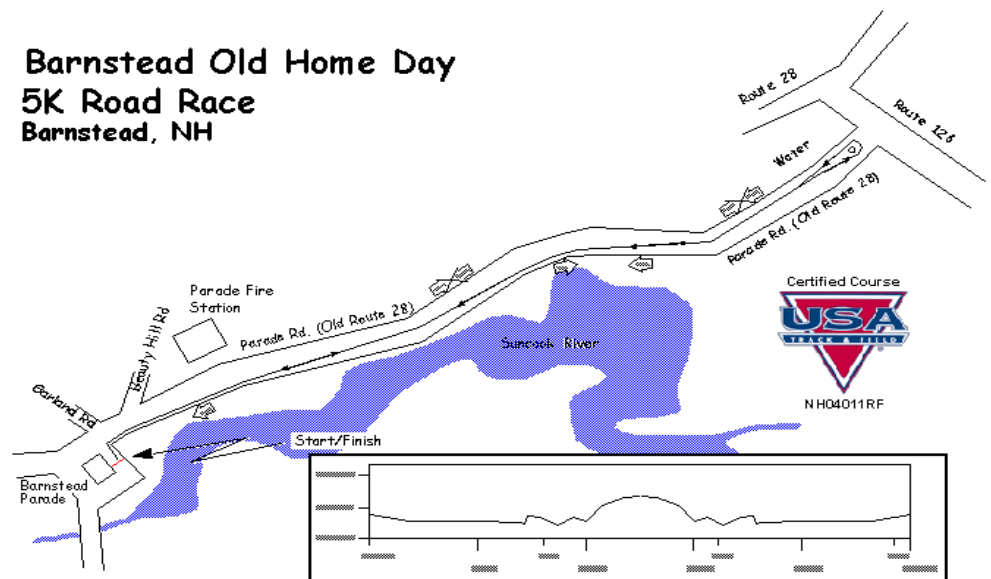
Last minute course measurement applications and maps are the tough part for every Regional Certifier. Ron says, "The most difficult part of the job as Regional Certifier is dealing with applications and measurements that aren't properly done. These are often submitted last minute, delivered by **FedEx** and result in a scramble to get the information correct."

Ron is just 63 years old and lives with his wife **Jane** in Center Barnstead, NH. The Fitzpatrick's moved to New Hampshire from Massachusetts about 20 years ago. Both **Jane** and **Ron** work full time; **Jane** works in human resources and **Ron** is a technical writer in the software industry. After moving to NH, the Fitzpatrick's started a small farm business, growing flowers for drying. Ron says, "Between the weather and the market at the time, the farm didn't prosper and we were soon back to working in the business world again."

As for interests, it might be easier to list the things that Ron doesn't do. Aside from running, Ron's interests include cycling, canoeing, hiking, sailing, iceboating, skiing, and music. Finding the time to do it all is Ron's biggest problem. Ron is also active in his local community serving as a trustee for the **Oscar Foss Memorial Library**.

In addition to Library Trustee, Ron has been involved with the town's celebration of the annual August **Barnstead Old Home Day** for several years. Ron proudly says, "We had been running a 5 km road race for a couple of years as part of the celebration and in 2000, decided to have the course certified. At that time, the **Old Home Day Committee** was on a tight budget, so we looked into measuring the course ourselves and I wound up being nominated for the job. After completing the measurement, which took several tries. I put the application and map together and sent them in to **Wayne Nicoll**, who at that time was our Regional Certifier." In drawing up his course map, Ron used his experience as a technical writer and comfort with graphic arts. His course maps were good enough to impress **Wayne Nicoll** who promptly asked if Ron would consider measuring other courses in the area. Naturally **Wayne Nicoll** played a major influence in the beginning of Ron's course measurement activities. When **Wayne** retired a couple of years ago, he nominated Ron for Regional Certifier.

### Barnstead Old Home Day 5K Road Race Barnstead, NH



Ron calls himself a "recreational runner who once dreamed of running a 6 minute mile, and is now happy to keep his times under 9 minutes." Keeping fit is the main reason Ron continues to run. He credits running in helping to speed up recovery after bypass surgery a couple of years ago.

## John Ferguson, Louisiana Regional Certifier:

John got his course measuring start in **1988** as a race director wanting to get his own course **USATF Certified**. After taking a one day, hands on, course measurement class from **Tom McBrayer**, John was off and measuring. There are now a grand total of 350 courses measured and credited to John. The Austin, Texas area has a very active running scene, John continues to measure 30 courses each year. In **2005** John measured and certified the courses for a few of Austin's largest races, **Freescala Austin Marathon & Half Marathon** with 9,700 combined finishers, **Race for the Cure 5 km**, and **Texas Round-Up 10 km** (900 finishers). Already in **2006** John has measured the **Statesman Capitol 10,000**, which had 13,600 runners in 2006, and the **Texas Round-Up 5 km**



Several years ago **Tom McBrayer** asked if **John** would take over the duties as the **Louisiana Regional Certifier**. "I don't get a lot of action from them but **Chuck George** of the **New Orleans Track Club** does measure some down there," **John** says. **John** really enjoys the work in course measuring and certifying and plans to continue for many years to come.

Austin residents have come to understand that a course measurement is in progress whenever they see **John** out on his vintage **1968 Schwinn 5 Speed**. "I am well known for my "**Pee Wee Herman**" look as I measure. I usually have a police escort and know the local police motorcycle division well," **John** says. He tells us of a memorable moment measuring a half marathon course with a huge hill. The hill "caused the motorcycle to stall and fall over creating quite a scene." The very best measuring moment **John** describes, "being repeatedly flashed by some "ladies" in Killeen as I kept going by their house on a double loop 5 km course."

**John** is a math teacher and track coach at **Jack C. Hays High School** in Buda, Texas - home of the "**Rebels**". **John's** wife, **Vivian**, is also an educator, an elementary librarian. "Both of us graduated from the **University of Texas at Austin** and have lived in Austin "hill country" area for over 30 years."

**John** says, "We love to combine running and travel." After school ended last May, **John** and **Vivian** were off to run the **Great Wall of China Marathon**. When school closes for the summer this year, **John** is doing the **Inca Trail to Machu Picchu 27.5 Mile Marathon** in Peru. **John** boasts running a marathon in all 50 states and a personal best of 2:39:00. "Between teaching, coaching, measuring, and traveling I stay busy!" **John** tells us in closing.



*Great Wall of China*

## Jay Wight, Illinois and Wisconsin Regional Certifier:

As a runner Jay “always wondered how courses were measured.” Attending a course measurement clinic in **Lincoln Park** hosted by the **Chicago Area Runners’ Association** and conducted by **Pete Riegel** in **1986**, really peaked Jay’s interest in course measurement. The opportunity to measure his first course for certification came in **1987**. With a consistent reputation for good measurement documentation Jay was soon asked to fill the vacant **Illinois Regional Certifier** position in **1988**, later in **2000** covering Wisconsin was added. Jay is credited with measuring 288 courses and certifying over 1500. Illinois annually produces over 100 certified course, 116 in **2005** and 130 in **2004**.



**Trek 7500FX Hybrid - City Bike** outfitted with a **Jones-Oerth-Lacroix Counter** is Jay’s only choice of measuring rides since **2002**. Jay says there were two very practical reasons for me to purchase the new bike and **JOL Counter**, “it’s easier to read the counter display at the handlebars.” The second reason has a story behind it. On a Sunday morning doing a pre-validation measurement of the **Chicago Marathon**, Jay was hit by a car near the 18 mile mark. “I wasn’t materially hurt, but it totaled the bike (bent frame, bent fork, front wheel that looked like Pac-man) and wiped out the measurement data as the front tire was blown and the wheel far from round.” On the following Sunday to finish the pre-validation measurement, “it was a bit wet, I had a new bicycle with slick tires, and I tried to ride over a bridge with metal decking. All of a sudden I had no steering or traction, and I hit the deck hard.” Jay said. Talk about dedication to his work, after falling, Jay went on to finish the important measurement for one of the world’s greatest

marathons. From the accidental fall, Jay had skinned himself up pretty bad and broke or cracked a rib. “I was in pain for a month.” he says remembering the story.

The two most frustrating course measurement related experiences for Jay have to be the **2005 Lakeshore Marathon** snafu - the traditional marathon distance of 26.2 miles ending up being 27.2 miles. And, the **1990 Rogaine 5 km**, “which was held the same day as the **Chicago Marathon**, where a world record was set, but the race management mis-marked the course.”

Jay is currently single and a proud father with 3 daughters. The oldest, **Katie**, prior to entering graduate school at **University of Delaware** in the fall, is working on a restoration project at **Philadelphia City Hall**. Next oldest, **Holly**, just graduated from the **University of Kansas**. Jay asks us to keep **Holly** in mind, “If anybody knows of an entry-level job in publishing, let me know.” Jay’s youngest daughter, **Rebecca**, will be finishing 6th grade in June. “**Rebecca** and I share the duties of our four year old **Golden Retriever** named **Scout**.”

Priding himself as a “Midwesterner, dyed in the wool,” Jay was born in Iowa, lived in Wisconsin, and grew up in St. Louis and Chicago. In **1978** Jay earned a degree in Civil Engineering from **Purdue University**, home of the **Boilermakers**. Returning to school Jay graduated in **1994** with a MBA from the **Kellogg Graduate School of Management** at **Northwestern University**. With a watch eye on new opportunities, Jay has used his education as a Real Estate Project Manager. “I now understand why there are so few middle-aged men in large corporations.”

Besides work and course measuring Jay is a **Chicago Cubs** and **Kansas City Royals** fan who manages to “find his way to spring training for a week each March, usually in Arizona.” Despite the **Royals** holding on to last place in the Central Division, Jay remains a loyal fan. In addition to baseball, every summer Jay makes time to continue to restore his **1974 Karmann Ghia Cabriolet** parked “in pieces his garage.” During Chicago winters when there isn’t baseball, Jay says, “I like to ski, both downhill and cross-country, although, contrary to popular belief, there isn’t consistently enough snow in the Chicago area to do much of the latter.” Cooking, listening to country music, and traveling with his daughters rounds out Jay’s full life. “And drink micro-brewed beer. Maybe I should have put that first,” Jay added to his list of interests.



The diehard Kansas City Royals fan

Running cross-country as a sophomore at *Wheaton North High School*, really got it all started for Jay's future involvement in course measurement. Despite over training injuries and not being able to run a 440 under 60 seconds, Jay went on to run a 4:40 mile and 10:08 for 2 mile. Running was a regular part of Jay's life "for a number of years before measurement, family, school, and job responsibilities (not to mention a bad knee) squeezed it out of my schedule. I would like to run again if I can get my body to cooperate.", Jays tells MN.

Memorable moments in measuring for Jay are: the *Chicago Marathon* course was really fun, "it's nice to have two vehicles protecting you along the way." "I'll add my 2002 validation of the *One America "500" Festival Mini-Marathon* in Indianapolis. Riding my bicycle around the *Indianapolis Motor Speedway* was way cool." Working with the measurement team at the *1996 Olympic Marathon* course measurement in Atlanta was an important moment. "Validations of the *LaSalle Bank Chicago Marathon* course when a world record was potentially at stake, and having the record accepted because my measure-

ment showed the course to be long enough." Jay told us. Finally, "helping a race director make his or her course better, not only by getting the distance right, but by redesigning it to take care of potential problems they didn't know about."

Jay finds measuring the lower profile events in the *City of Chicago* difficult. "*Lincoln Park* and the *Lakeshore* are way too crowded, and you go against all of the other sports' etiquette when you follow the SPR on the running and bicycling paths. When you measure on the streets, the drivers don't pay attention to you." Jay proclaims. Like all of us who have been regularly measuring for years say, "people drove much smaller vehicles and weren't talking on cell phones."

**Ron Piro**, girls cross-country head coach at *Wheaton North High School* and former teammate, has Jay as the technical director for his program. "I measure his course and handle the scoring for big invitational and state-series meets.", Jay says. Jay continues to analyze and improve *Wheaton North's* cross-country course at *Northside Park*.

With the high number of certification applications Jay receives every year, he has outfitted his home with some good technology, a *Macintosh* computer with a G4 processor, *HP 1200 Laser Printer*, and a *HP 6110 All-In-One*. "The all-in-one gives me a scanner, color inkjet printer, copier, and fax machine." Jay regularly receives course certification applications by fax and e-mail. "If the measurer wants, I can fax the certificates back to them or the race contact, and can scan certificates and send them back to the measurers even before I take them to get copied." Jay said. Additional technology, Jay has *Documents To Go Office Software*, which allows him to download word and excel documents to his *Palm PDA*.

The Chicago area used to have 3 really good and very active measurers. **Chuck Hinde**, who has measured over 600 courses - he has recently decided to retire from course measurement. **Jim Knoedel**, a measurer with more than 300 courses measured, has also elected to cut back in the number of courses he measures. Jay says, "That leaves me, but we've had new people show interest and most of the slack is being picked up." In 2005 there were 16 active measurers in Illinois, "which is the most we've had in a long time, and that's healthy." It is Jay's vision to "convince some of the downstate clubs that certification is a good thing as well."

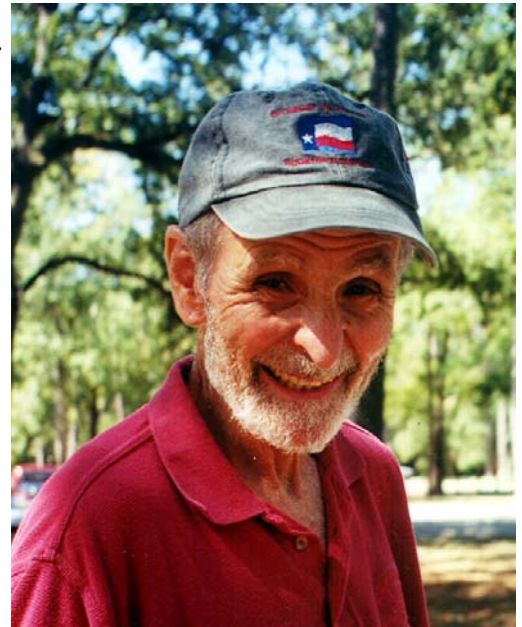
"I'd really like to work with the running clubs in Illinois to develop measurers, especially outside the Chicago area.", Jays says. Jay strongly believes running clubs with trained measurers would naturally measure courses for **USATF Certification**.

## Tom McBrayer, Texas Regional Certifier:

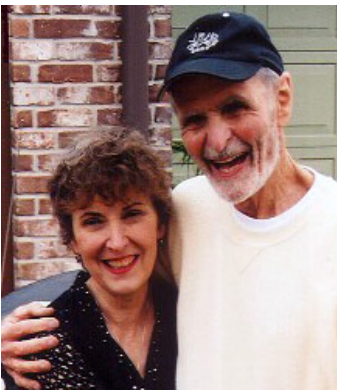
Tom was born in Kentucky, but Houston has been his home since moving there in 1942. In 1954 Tom graduated from *University of Missouri School of Mines* with a BS in Metallurgical Engineering. "I returned to Houston for a job with a steel company and, except for a two-year military stint, I spent my entire working career there." You can catch Tom you see him reading a book about the Civil War or WWII while listening to some "straight ahead" jazz.

Tom has been a card carrying member of the *USATF* since there has been an organization called *USA Track & Field*. "And before that, I was a member of *TAC, The Athletic Congress*, and *AAU, Amateur Athletic Union*, before that. My membership dates back to the early 1970's when you had to have an *AAU Card* to run in a sanctioned race.", Tom says proudly.

The Houston running scene has been the beneficiary of Tom's ongoing steadfast involvement since the 1960's. At the first *Houston Marathon* in 1972, Tom ran the five loop course and made time to volunteer before and after the race. Tom remained a regular fixture on the *Houston Marathon Organizing Committee* through 1998.



Since the very first meeting of the *Houston Masters Sports Association*, which was formed in 1975, Tom has been a dynamic member - even held the president's office for a two-year term. Tom and wife, *Mary Anne*, married for almost 48 years, were founding members of *HMSA* and have collectively written and published *HMSA News* monthly newsletter since 1976. They both continue as firm anchors on the *HMSA Advisory Board*. Even with the many hours volunteering, Tom and *Mary Anne*, made time to have five children - nowadays they are very proud grandparents.



Tom and Mary Anne

Through the end of 2005, an astounding 483 courses have been measured by Tom since he first got into measuring courses for *USATF Certification* in 1984. Before 1984, Tom served his measurer's apprenticeship under *George Kleeman*, the *Houston Marathon* director, learning to measure using the "count the spokes" method. Like most early course measurers, Tom's paperwork and documentation was always submitted to *Ted Corbitt* for his final stamp of approval.

In 1988 Tom was appointed as *Texas Regional Certifier*. Since that time, and through 2005, Tom has approved and certified 2026 courses. The lion's share of courses Tom has certified to be accurate have come from the big state of Texas, annually approximately 120 per year. For 10 years Tom also acted as the *Louisiana Regional Certifier* from (1990 until 2000) when he passed the reins over to fellow Texan, *John Ferguson*. Course measurers in Texas and Louisiana have come to expect Tom's *Measure Up* newsletter in their mail boxes 3 times a year. In 1992 Tom would take on the added role of *RRTC Vice Chair West* position, which he held until 2004.

In 1989, Tom, *Mary Anne*, and the company of other volunteers took on the idea to create a "how-to" course measurement video. At the 1992 *USATF Annual Meeting* the finished video was distributed. With a grand idea to demonstrate course measurement techniques, some experience with the video camera, and access to a film studio, Tom and *Mary Anne* wrote the script and went off to the park to film. Tom says the video "first sold \$7.50, postage included. The second version came out in 2001, still on video and sells for \$10. The next version, if there is one, should be on CD."

Measuring courses isn't always all seriousness. Tom tells us "he had just finished measuring a course in downtown Houston around 5 am (most of my measuring is done at night because of traffic considerations) when I noticed a lot of activity in the *Theater District*. All the boom trucks, vans, lights, sound systems were involved in the filming of movie, likewise being done at night because of traffic. The movie turned out to be *Robo Cop II*. Dressed in my bike helmet, glasses, gloves, reflective vest, I was an interested spectator. That was when someone came up and asked, "Are you a stunt man?"

**Dave Rogers, Mississippi and Tennessee Regional Certifier:**



**2006 Covenant Health Knoxville Half Marathon, March 26th — 63rd place finish and 4th in age group — 1:33:56**

Dave and friend, **Al Dausman**, began learning the procedures of course measurement under **Ben Chaney**. Ben did most of the course measuring in the Tri-Cities, Tennessee, and Virginia area. Al would later replace Ben as the area resident expert measurer when Ben retired. Dave says, “I helped Al out from time to time.” When Al moved because of work, Dave became the “area course measuring expert”. After some time as the primary course measurer around the Kingsport, Tennessee area, **Bob Harrison**, started to take serious notice of Dave’s consistent high quality paperwork and course maps. In **2003**, Bob would finally asked Dave to step in for him as the new *Tennessee Regional Certifier*.

Tennessee generally produces about 45 new course certifications each year. Dave says, “There are a select few measurers in the major metro areas of the state and these guys can usually be counted on for reliable work submitted with sufficient lead time to not put me in a big rush.” On the other hand, Dave continues, “There are one or two measurers who only occasionally submit work. Their work tends to leave a little to be desired and requires a fair amount of communications to finally get the paperwork and map into acceptable form.” Passing off this kind of work crosses Dave’s mind, “but without fail, a day or two later I’ll receive a good piece of work from a regular and get me going again.”

Currently while still actively reviewing and approving course certifications, Dave has just about retired from “actual measurement, only taking a few jobs a year to keep my skill set current.” Dave sends most of the work for course measurement to **Matthew Studholme**, “who does an outstanding job.”

“I recently also took Mississippi when **Bob Harrison** decided to get completely out of the business.” Since becoming the *Mississippi Regional Certifier*, “I haven’t received any inquiries, let alone submissions”, Dave says.

**Crazy 8's 8K Run**  
Kingsport, TN  
Measured on 3/19/06 by Dave & Carla Rogers  
TN 06009 DJR

**Location of Start, Finish, and Splits**

**Start**  
On Ft. Henry Drive across from DB High School, 1/4" north of sewer pole # 332, 134' 8" north of sewer grate

**Mile 1**  
On Pinakle, in front of drive at 1412, 72" 11" south of sewer grate

**Mile 2**  
On E. Center Street, in front of Mayor Methodist, 495' east of sewer grate

**Halfway (4 km)**  
On Ft. Henry Drive across from DB High School, 182" north of ASP pole #334

**Mile 3**  
On Ft. Henry Drive, in turn lane, in front of Papa John's, 327' NE of water meter

**Mile 4**  
On Memorial Blvd., in front of Sprint bldg, 72' 8" east of ASP pole #1123-2411

**Finish**  
In J. Fred Johnson stadium, near east stands, 17' 7" south of sewer grate, 23' 8" EW of eastern end of fence gate

**Restrictions**  
Runners have full use of the road except as follows:  
On Wilson Drive, runners are restricted to the easternmost northbound lane.  
On Center Street, runners are restricted to the easternmost eastbound lane.  
On Ft. Henry Drive between Memorial Blvd. and Wierpath, runners are restricted to the two eastbound lanes and the center turn lane. Runners cannot turn left onto Wierpath until they reach the first cone before the intersection (see detail).  
On Memorial Blvd., runners are restricted to the westernmost southbound lanes. When turning onto Memorial Blvd. from Wierpath, runners must stay to the north of the southernmost traffic island (see detail).

An important course measurement highlight for Dave was in August of **2003**, when he had the opportunity to assist in the pre-validation of the **2004 U.S. Olympic Team Trials Men’s Marathon** course in Birmingham, Alabama - **Carla** was also apart of the measurement team. Helping to validate a women's 8 km world Masters record in Virginia Beach was equally a standout moment. Ukraine’s **Tatyana Pozdnyakova**, 48 years old, ran 25:56 at the **31st Shamrock Sportsfest 8 km**. “I also recently measured the new **Crazy 8’s 8K** course in Kingsport - the old course has the distinction of owning both the men's and women's open world records.” Dave is looking forward to the day when the new **Crazy 8’s** course is validated again for new records, he welcomes the future visit from his course measurement colleagues.

*Newest Crazy 8’s 8 km Run course measured March 19, 2006*

Classical guitar lessons are now an added part of the long list of many interests *Dave* has, which include running, biking, photography, scuba, and golf. “I have just recently "rejoined" *USATF*, having been a member from time to time in the past if required for a particular race.” *Dave* needs to be a *USATF* member because he wants to jump into masters track and field competitions.

*Dave* holds a B. S. in Chemical Engineering with divided schooling between the *U.S. Military Academy at West Point* and *University of South Carolina*, graduating in **1980** with Cum Laude Latin Honors. In **1977**, three years before graduating, *Dave* married *Carla*. “We met shortly before leaving the academy, while shooting skeet near her home in Connecticut.” *Dave* told us. *Dave* and *Carla* share “two very loving Siamese cats, *Nappy* and *Josie*.”

With his degree in Chemical Engineering, *Dave* went on to work for *Eastman Chemical Company*, a 1990’s spin off of the *Eastman Kodak Company* and headquartered in Kingsport. “I have held a variety of staff and management positions, and am currently doing some capital project work as well as environmental compliance duties.”, *Dave* says.



*Dave’s enjoying his new hobby, classical guitar*



**Taking a break from biking in California wine country last September - holding a glass of red**

In closing *Dave* would like to thank all those who have taught him and helped him in course measurement. *Dave* wants to be sure to recommend good friend, *Al Dausman*, as a good candidate to share the course measurement paperwork review and approval workload. As a good Civil Engineer, *Al* would make a fine course certifier, says *Dave*.

**Out in front of a winery in the world famous Napa Valley.**





## **Masters Racer Turned Race Master Faces Ultimate Challenge Tulsan Glen Lafarlette Sets Standard for Race Course Management**

### **Jan Nierling**

Jan Nierling is a freelance writer whose articles have appeared in *Sports Source Magazine* in Oklahoma, *Runner Triathlete News* and *CitySports Texas* in Texas, and *Runner's World*. She has run 16 marathons, more than a dozen half marathons, and a bunch of shorter distance races.

If you've run almost any road race in Oklahoma in the past 22 years, you have Glen Lafarlette to thank for everything from the American and Oklahoma flags at the start line to an accurate course to well-organized chutes at the finish line. Glen's Road Race Service is Chapter Two of the story of a man who's been an integral part of Oklahoma running for more than a quarter of a century. Runners who've been around awhile know Chapter One: Glen as a competitive masters racer. Not all know Chapter Three: Glen's battle with cancer. Combined, they tell the story of a man's dedication, successes, and ultimate challenge.

### **Chapter One**

Like many late-blooming runners, Lafarlette was overweight and a smoker when he took up running in the late '70s. He did well: In a few short years, he clocked times good enough to make the Oklahoma record books. "I've always been pretty physical," he says, "and I've always liked to run. It's always been important to me to be able to cover long distances on foot."

He covered a lot of long distances after high school – aboard ships in the U.S. Navy. Lafarlette came home after four years intending to go back into the Navy, but rather unintentionally landed a job at the National Tank Co. He didn't plan to stay, but the work was interesting and easy, and the promotions frequent.

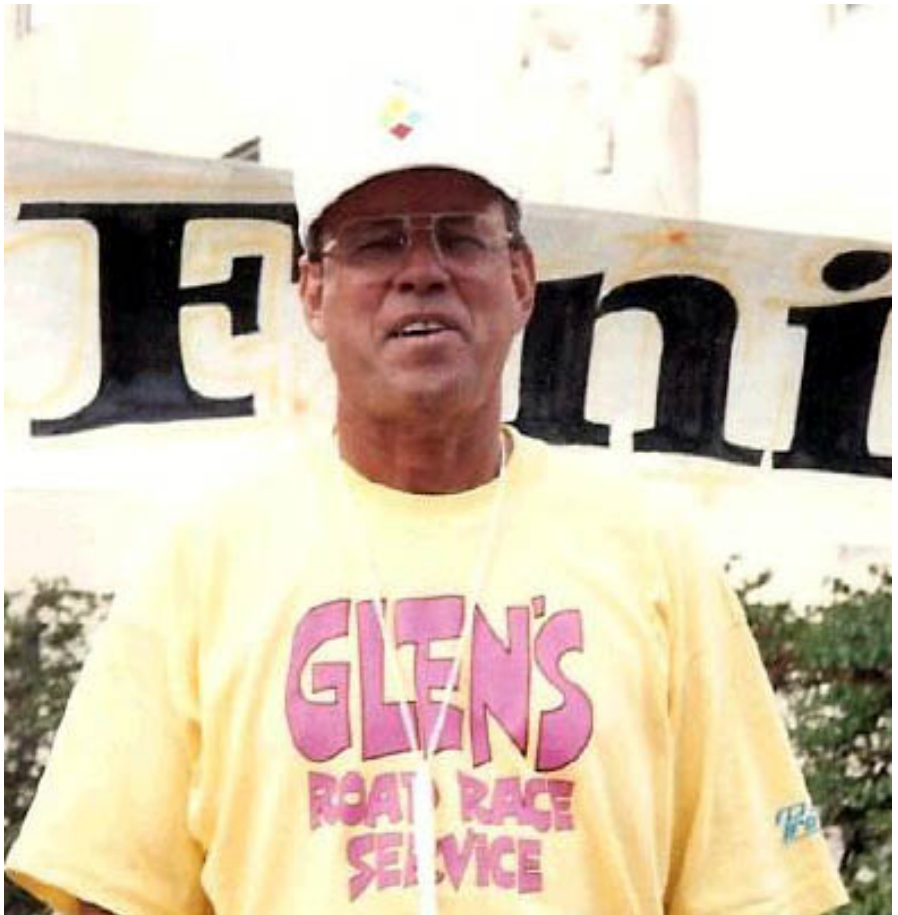
Lafarlette climbed the ladder to become a senior foreman – an out-of-shape senior foreman carrying excess baggage. At age 42, he decided to do something about it. Like run.

And so he did. He ran hills and he ran into the wind, and on weekends he ran speed work at road races. Some weeks, he ran 70 or 80 miles. At 43 and 40 pounds lighter, he ran fast enough to beat his 3-hour, 10-minute qualifying time for the Boston Marathon, which he ran five times. His Beantown best, a 2:50, he ran 62 minutes faster than his first marathon.

Lafarlette's racing earned him more than a dozen spots in the USA Track and Field Oklahoma Long Distance Running record books at distances from the five-kilometer to the marathon, including a PR of 2:43:04 at age 45. He also became a member of the Sub-11 Club at 45, when he clocked 10:54 for two miles. (See sidebar.)

"I wasn't trying to do that. I was just trying to keep Jim McFadden from lapping me," Lafarlette says, laughing. "He lapped me anyway. It was so bad. My lungs hurt for a week."

"I miss those days."





## Chapter Two

Lafarlette was still a foreman at National Tank when changes at the company meant a forced relocation. He said no thanks.

“I needed to be running and enjoying life,” he says. “I just quit. I told Coneil (his wife) we’re going out to celebrate – it’s the first time in 25 years I haven’t had a job. It scared her to death.”

Her fears were unfounded. Lafarlette had run several poorly staged races and those, combined with friend Joe McDaniel’s suggestion that Lafarlette start measuring road race courses, led to a second unintentional career: the race management and timing business.



“The courses would be long or short, or they would start the race at 8:30 (instead of 9:00) because it was hot, or they would start late,” Lafarlette says of the races. “There would be no water on the course, the timing was awful...it was really sort of rinky dink. The gun wouldn’t fire so they’d just yell, ‘Go!’ or the bullhorn wouldn’t work.”

Lafarlette measured his first course, an eight-kilometer in Muskogee, in 1983. Then, tired of the verbal “Go!” at some races, he bought a starter pistol. Next came a bullhorn and soon, he was hauling water to races. He bought more equipment and before long, race directors were offering to pay him for his services.

By the early 1990s, Lafarlette was so busy that Coneil quit her job as a nurse to help in the race business. Measuring and submitting the paperwork for certification of a five-kilometer course can take up to 15 hours, says Lafarlette, and that doesn’t include race day, which starts with marking the course at 3 or 4 a.m.

“There was a time we would do six races in one weekend,” says Lafarlette, 69. “A couple of years ago, we just decided we’re not going to do that anymore. Now we’ll do two on a Saturday.” The business is a team, he says. Players include hundreds of volunteers; Coneil, who handles the books, awards, refreshments, T-shirts, mail-in registrations and the volunteers; his daughter Tommi Inkelaar; and McDaniel, stats keeper for Oklahoma Long Distance Running records.

“Glen was one who helped make the sport highly professional and respected by administering the highest quality races week in and week out,” says McDaniel. He calls his friend a jack-of-all-trades –

plumber, carpenter, welder, repairman, mechanic and a stickler for detail, all of which comes in handy in the race business.

“Glen was the first to do computer scoring on site at just about all his races,” McDaniel adds. “He was one who always had a great-looking race with start/finish banners, registration signs, splits called or marked at every kilometer and a very well organized registration system.”

Jack Wing, Tulsa Run race director, lauds Lafarlette’s mechanical abilities and creativity, but says he’s made so many contributions to running in Oklahoma that it’s difficult to single out the most important.

“We know when we run a course in Oklahoma ... it’s going to be perfect,” he says. Several years ago when an American record was set at the Tulsa Run, USATF officials came to verify the course. “And it was right on the money,” says Wing. “He’s made all these races run so easy, so smooth. It’s an incredible experience working with him. And Coneil’s been there every step of the way.”

Lafarlette has measured courses and timed races in Texas, Arkansas, Nebraska, Kansas and Missouri, but he established the standard at hundreds of races in Oklahoma.

“That’s all we ever really intended to do – to set the (race) standards a little bit higher,” he says. “I had no idea (it would turn into this). I never intended on going this way. It’s something we just really love to do and have a knack for.”

His “knack” has landed him another record: In 22 years, he has measured 765 courses (of varying distances), more than any person or group in the U.S., according to industry publication *Course Measurement News*. Total distance: 3,000+ miles, or the equivalent of more than 1,000 five-kilometer courses.

### Chapter Three

Lafarlette still measures courses, still times races, but doesn't run anymore. It's not the race business that prevents it. (He ran his half marathon PR, 1:25:54, after shooting the starter pistol for the race).

It's the cancer.

"I ran up to about last July, with Coneil. We'd do about three miles," he says. "But it's really hard on my shoulder. Now I go walk; I'll walk two or three miles. The doctors have told me not to run."

Lafarlette was diagnosed with prostate cancer three years ago and underwent treatment that included prostate implants and radiation. More than a year ago, after his right shoulder had been bothering for a long time with what he thought was arthritis, a bone scan revealed more cancer. Radiation knocked it out, but earlier this year, it was back – in both shoulders, his spine, rib cage: "It had pretty much spread all over."

He has chemotherapy treatments every three weeks, and will for the rest of his life.

"All we can do is slow it down, keep the pain away and stop it from spreading," he says, quoting his doctors.

"We're all terminal," he adds. "But I know that if something else (doesn't) get me, this will."

Lafarlette says the last few years have been an emotional roller coaster, but he tries to think positive.

"I want to be an inspiration, to stay positive, and just keep kicking." He likens himself to a gazelle on the Serengeti.

"There's a big cheetah after me. This guy's tough, but I'm not going to sit down and quit. When you start quitting, when do you quit quitting?"



### Epilogue

Lafarlette was honored at the Tulsa Run in October, was "roasted" by friends in November, and will be added to the Oklahoma Wall of Fame in 2006. He will be the only member honored for both his racing and his contributions to the sport.

When Lafarlette talks about his training and racing, he mentions one quality that helped him clock those record times – a quality that also helps him as he faces this ultimate challenge.

"I seem to have a mental toughness to stay in it for quite a while," he says. ... "I think it's going well. I plan on being around awhile."

### For the Record

Glen Lafarlette's name pops up in the USA Track and Field Oklahoma Long Distance Running record books more than a dozen times. Among the listings:

**5km, 17:50**, age 46, 1/83, Mohawk Park, 67<sup>th</sup>/45-49 age group

**8km, 29:18**, age 45, 10/81, Woolaroc, 37<sup>th</sup>/45-49 age group

**10km, 35:44**, age 46, 9/82, Bartlesville, 20<sup>th</sup>/45-49 age group

**15km, 54:34**, age 45, 10/81, Tulsa Run, 26<sup>th</sup>/45-49 age group

**20km, 1:16:15**, age 45, 12/81, Mohawk Park, 9<sup>th</sup>/45-49 age group

**25km, 1:35:39**, age 45, 3/82, Mohawk Park, 7<sup>th</sup>/45-49 age group

**Half Marathon, 1:25:54**, age 47, 10/83, Catoosa/Owasso, 58<sup>th</sup>/45-49 age group

**Marathon, 2:47:49**, age 45, 12/81, Woolaroc, 2<sup>nd</sup>/45-49 age group

**Marathon, 2:47:49/2:37:03** age graded, Best Performances, 32<sup>nd</sup>

**Marathon, 2:47:49**, Marathon Masters, 15<sup>th</sup>

**Marathon, 2:43:04**, age 45, 11/81, Omaha, Neb., 2<sup>nd</sup>/All-Time Masters\*

\*All-Time Masters denotes marathon on ANY certified course

**Masters Sub-11 Club: 2 mi, 10:54**, age 45, 1/82, ORU, Tulsa, 48<sup>th</sup>

For a complete list: [www.usatf.org/assoc/ok/okstrec.html](http://www.usatf.org/assoc/ok/okstrec.html)





**Report on RRCA “Certification” Seminar**  
**49<sup>th</sup> Annual Road Runners Clubs of America**  
**Convention - Houston, TX, March 8-12, 2006**  
**Tom McBrayer, Texas Regional Certifier**

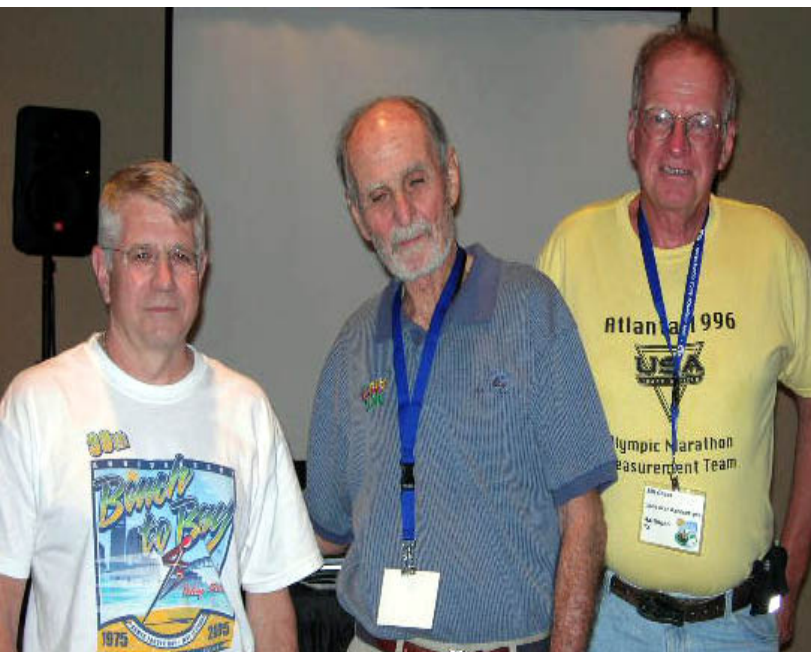
As is their usual format, the *Road Runners Clubs of America* held a number of 75-minute how-to seminars, 16 in all, including one on course certification. Approximately 15 people were in attendance. **Bill Grass**, former Wisconsin certifier now living in Texas, and **Bob Barnhill**, a 19-year veteran measurer in Houston, came along to assist.

Following a welcome and introductions, we viewed *The Measurement Video*, a 15-minute overview of measuring. It starts with viewing the bicycle, counter and other equipment needed, then covered calibration rides plus both rides of the course itself. It also shows a number of tips on riding techniques.



*Tom McBrayer presenting the finer points of course measurement.*

We demonstrated with two hand wheels, made from old bicycles. One had a *Jones Counter* mounted; the other was equipped with a cyclocomputer. We also had four *Jones-Oerth Counters* thanks to **Paul Oerth**, that were passed around so all could see how they operated. **Bill Grass** gave his *Power Point* presentation working from printed handouts. *Bill’s* program is based on the seven steps of measurement, from layout of a calibration course to map drawing.



*Houston measurer, Bob Barnhill, Tom McBrayer, and Bill Grass*

We then opened up to questions and comments from the group. That’s when we realized that we were talking to race directors and current measurers, not potential measurers. The questions focused on certification, e.g., life of the cert and renewal, race day course changes, cost, etc., but nothing about measurement tips or techniques. We had totally misjudged our audience in preparing our presentation materials.

For next year — Chicago, get ready; it’s your turn in **2007** — whoever conducts the seminar should 1) make certain the organizing committee understands the difference between measurement and certification; 2) what’s expected and 3) how much time will you have.

One thing you can count on: Delegates attending a *Road Runners Clubs of America Convention* are a dedicated bunch. You’ll have an attentive audience.



**AIMS/IAAF Measurers**  
**Bernie Conway, AIMS-IAAF Measurement**  
**Administrator for the Americas**

There are three distinct levels of measurers for *AIMS/IAAF*. These levels are *Grade A, B, and C*; *C* is the new beginning measurer. The usual method of becoming a *Grade C Measurer* is to attend a measurement seminar conducted by an *IAAF/AIMS Grade A Measurer*. Individuals who attend these seminars, hosted by *AIMS/IAAF, USATF/RRTC, Athletics Canada/Run Canada*, are given the designation of *AIMS & IAAF Grade C Measurer*. Although many individuals have attended these seminars, we are lucky to get even one from each group to actually go on to pursue our road course measurement avocation.

Following is a list of *AIMS/IAAF Grade A Measurers* in the United States:

*Bob Baumel*, Ponca City, Oklahoma  
*Dan Brannen*, Morristown, New Jersey  
*Paul Hronjak*, Wilson, North Carolina  
*Scott Hubbard*, Flint, Michigan  
*David Katz*, Port Washington, New York  
*Tom Knight*, San Carlos, California  
*Doug Loeffler*, Boca Raton, Florida  
*Tom McBrayer*, Houston, Texas  
*Gene Newman*, Green Valley, Arizona  
*Wayne Nicoll*, *Measurer Emeritus*, Potter Place, New Hampshire  
*Pete Riegel*, Columbus Ohio  
*Ron Scardera*, Los Angeles, California  
*Allan Steinfeld*, *Measurer Emeritus*, New York, New York  
*Robert Thurston*, Washington, DC  
*Mike Wickiser*, Peninsula, Ohio  
*Jay Wight*, Hoffman Estates, Illinois

There are a few individuals who are at present *Grade B Measurers* who will be appointed as *Grade A Measurers* at the next joint *AIMS-IAAF Meeting* in October of **2006**.

For Canada the following are *AIMS/IAAF Grade A Measurers*:

*Bernard Conway*, London, Ontario  
*Paul Adams*, Port Coquitlam, British Columbia  
*Laurent Lacroix*, Winnipeg, Manitoba  
*Dave Yaeger*, Toronto, Ontario  
*Laurie Upton*, Victoria, British Columbia

For South America there is one *AIMS/IAAF Grade A Measurer*:

*Rodolfo Eichler*, São Paulo, Brasil

The steps needed to move from a *Grade C* to *Grade B Measurer* requires that the measurer demonstrate a good grasp of the measurement procedures, calculations are consistently correct, and maps show enough detail information (course, start/finish/turnarounds, and road constraints). To jump from *Grade C* to *B* may require the measurement of less than a half dozen courses or could take many more measurements before they are judged at a *Grade B* level. Only great measurement work is rewarded with an appointment as an *AIMS/IAAF Grade B Measurer*.

*Grade C Measurer* can measure local courses.

*Grade B Measurer* can measure local courses, state/provincial courses, national and international courses.

*Grade A Measurer* can measure local courses, state/provincial courses, national and international courses, *IAAF Championship* courses, and *Olympic* courses.

As you can see, there is very little difference between what types of event courses a *Grade B* or *Grade A* can actually measure. Many *Grade A Measures* may never get an opportunity to measure one of the *IAAF Championship* or *Olympic* courses even though they are considered *Grade A Measurers*.

Most of the U.S. measurers who are *AIMS/IAAF Measurers* were appointed because they were asked to measure a U.S. event course that was also a member event of *AIMS (Association of International Marathons and Road Races)*. The quality of these measurers work was established by contacting *USATF/RRTC Regional Certifiers*. If a favorable statement was forthcoming from the *Regional Certifier*, then the appointment was made. Many good measurers in the U.S. never got an opportunity to measure an *AIMS* event and so many deserving measurers have never appointed as *AIMS/IAAF Measurers*. If you are interested in becoming an *AIMS/IAAF Measurer* please send me copies of the forms/ measurement data and map (s) that you have sent to your state certifier. Upon receipt I would know that you are interested in becoming an *AIMS/IAAF Measurer* and will have the chance to review your work. My contact information is:

**Bernie Conway,**  
**67 Southwood Crescent,**  
**London, Ontario, Canada, N6J 1S8**  
**[measurer@rogers.com](mailto:measurer@rogers.com)**  
**(519)641-6889**

Until the next issue,

***Bernie Conway***



## Running Shorts

### Scott Hubbard, Michigan Runner

Scott Hubbard is the Regional Certifier for Michigan and columnist for *Michigan Runner* magazine. The only racing he does these days is on a bike in the relative cocoon of the peloton.  
Photo by John Brabbs, RunMichigan.com

**Trivia: What is the US high school record for girls in the marathon?**

#### **PROLONG PLAN.**

"You're onto something," I said and pointed at friend *Matt Assenmacher* for emphasis. *Matt's* a long-time owner of a couple bicycle stores in the Flint area and, like so many specialty store owners, is active promoting and sponsoring cycling in the community. I had briefly described my expanding transition into biking and *Matt* replied, "You know *Scott*, more runners could prolong their careers if they started sports like cycling when they're younger. They wouldn't run into the overuse problems that seem to reduce or end the running they've done so long."

*Matt* did a fair amount of running in high school and college and has finished a marathon so he's not talking out of school. Uncooperative feet as a result of his running could be interpreted as reason for him to be a cynic or, my take, smarter for the experience. He's seen his share of runners turn to cycling for their aerobic fix. He's also seen the attrition of aging runners and rightly figures they'd do themselves a favor by mixing up their exercise program to include activities like cycling that use and won't overuse body parts that running regularly strains.

"I'd never suggest a runner stop running. I know that doesn't work anyway. As you know, " *Matt* continued, "cycling is a non-weight bearing exercise." My experience after about half of a dozen years backs *Matt* up; nearly the only self-inflicted injury a cyclist can get is from a crash. Of course it's possible to overdo it in some way or another on the bike, grow ill as a result, achy or unable to ride for various reasons but the worst I've felt after 20,000 bike miles the past 4 years is the rare hamstring or calf cramp (due to dehydration). And that, for me, is in marked contrast to any stretch of 20,000 miles I've run which features this malady and that period of down time due to pain.

Using the past 4 years as a point of reference, I've also run 3500 miles. It was due to foot arthritis that I started to cycle more seriously in the late **90's**. With each passing year I've done as much running as my foot will allow while gradually shifting the focus of the aerobic picture to include more and faster bike miles. It's been a balancing act that's yielded a 4:03 101 mile bike race last July which is the most satisfying endurance experience I've had in 25 years. But, as another certain cyclist from Texas has said, it's not (entirely) about the bike. I'm sure my running and cycling are better off for each other.

Advocates of exercises to supplement running have been preaching the benefits for years so you probably aren't hearing it here for the first time. Prior to 'specializing' in running for 30 years, I'd grown up in San Diego playing a wide variety of sports which prepared me very nicely for the physical and mental demands of high school cross-country (my first organized running). Kids don't cross train on purpose; that's just what kids do. Those that participate in two or more sports equip themselves to be more well-rounded athletes later. And the same holds for adults; whether they do yoga, cross-country ski, lift weights, kayak or any other sport of their choice, all complement running.

Extending my running career is what appeals to me most about the cycling I'm doing. Over 30 years of running have taken their toll, arthritis isn't going away, I'm 53 and appreciate the refreshing break, strengthening and stretching another exercise provides. The uncertainty of my running is one thing, winter cycling another so I'll keep my eyes open to add a new exercise to the mix.

Want to leave you with a few cycling tips from *Matt*:

- Get a bike that's the right size and have it properly fitted.
- Develop saddle (seat) conditioning over a period of time.
- Ride with more experienced riders.
- Wear a helmet. Always.



## BEHIND THE NUMBERS.

I'm sure there are some, if not many out there that know exactly how many races they've run and their career mileage total but I'm not one of them. I can rattle off a number of important and minor personal stats but a few remain beyond my grasp. For example, I wonder sometimes how many names I announce at races like *Frankenmuth*, *Crim* and *Free Press* or how many columns I've written for *Michigan Runner*. I'm smart not to read into whatever the answers might be. Yes, I'm mildly curious about the answers but define myself less with the numbers and more with the experiences they represent.

I've been measuring courses for certification since **1981** and have been blissfully unaware how many I've measured until receiving a *Road Running Technical Council (RRTC)* set of lists recently. I've also been in charge of certification in Michigan since, umm, I couldn't remember until I looked at the list. Seems I sit 11th overall in the US among measurers since '79 with 352 courses certified. Ah, that total explains why I've grown weary of the task and welcome new measurers. I've been the MI certification chair since '86 and have put my 'certification stamp' on 643 courses.

With the 24th best total of certified courses at 226 is retired Grand Rapids police officer *Ralph Dewey*. My friend has handled the measuring needs of races in western Michigan with care and expertise since **1985**. As I said about numbers, the best part isn't how many or how long but what we've experienced on the job. Both of us have worked with scores of hard-working race directors and had too many odd, funny, humbling, frustrating and rewarding things occur.

Since it's not done race day, measuring is a 'behind-the-scenes' activity charged with the not unimportant task of getting the race distance accurate. I think I can speak for *Ralph* and say we've been motivated at each of hundreds of measurements by the simple goal to get the distance right. Pride we feel is for enhancing the quality of a race and not how many times we've been called on to lend a hand.

We do need more good people to measure courses in Michigan. If you're interested, please contact me at: [runningshorts@aol.com](mailto:runningshorts@aol.com). You can check out measuring info on the web at: [rrtc.net](http://rrtc.net).

Cheers,

**Scott H**

**Answer: Cathy O'Brien was only 16 when she ran 2:34:24 in the 1984 US Olympic Trials Marathon in Olympia, WA. O'Brien made the '88 & '92 Olympic team in the marathon.**



## Defining Certified Points to Facilitate Validation Neville Wood, Validations Chairman

### 1. Introduction

When I took over the job of *Validations Chairman* late in **2005** I found that no validations had been done up to that point in the year. There was a pressing need to complete several validations because many wanted to see their pending records recognized before the end of the year, otherwise they would have to wait another full year for ratification at the *USATF Annual Meeting*. Moreover the entire amount of budgeted money for 2005 validation was still available, but could not be carried over into the following year. Therefore I decided to tackle five pending validations myself in one trip up to the North East this past December.

Normally a validator insists on one or two race personnel to assist him with the validation so that they can show him the start and finish and lead him around the course. Unfortunately, because of short notice, the holiday season, and the many validations involved, I only managed to get help on one course. I tried to compensate by talking over the telephone with the course measurers and plotting courses on *MS Streets & Trips*, but nevertheless I had a difficult time locating important points.

For instance for the validation of the *New Alliance New Haven Road Race 20 km*, I started measurement at about the halfway point, but when I got to where the start was supposed to be I was most disconcerted to find that all traces of it and its reference points had been erased by repaving. I then tried to resume measurement at the finish, and although I found the referenced manhole and sewer, I could not make sense of their stated distances from the finish. Much later I realized that although the measured points were both depicted on the course map as north of the finish, the manhole was actual south.

The start of the *Randall's Island 8 km* is described on the course map as "even with end of lane 3 4x100m second exchange zone". Not being a track man I could not locate this point with confidence, so I had to take measurements from all likely points. When I got home I located a track map on the internet.

In the light of my experience I should like to make the recommendations below for defining certified points for courses on which national or world records are a possibility.



*Randall's Island 8 km USA Men's Start at Icahn Track and Field Stadium  
Photo by PhotoRun*

### 2. Digital Photographs

With the cheapness and ready availability of digital cameras there is no excuse for not defining certified points with digital photographs. (With such photographs I would not have had the problems described above.) Using *MS Paint* I put marks and notations on the photographs to make things even clearer and place them on the certificate map. (*USATF* now places them on their web site in color.) *Jim Young*, of *Young & Associates*, a sports management firm in Raleigh, NC, is an eminent race and finish-line director with nearly thirty years of experience and he thinks the photographs are the best thing since sliced bread.



### 3. Distance to the Nearest Cross Street

Course lengths can now be quite accurately checked using *MS Streets & Trips* or *Google Earth*, but of course one has to be able to locate the start and finish accurately on the map. A good way of doing this is to have the distance to the nearest cross street.

In the recent January 15th *P.F. Chang's WR Challenge Race* a national all-comer's 15 km record was disallowed because the finish was found to be 47 meters short after the race. This error could have been detected before the race with a quick check on *MS Streets & Trips* had the measurer determined cross-street distances.



*Magellan Explorer 400*

### 4. GPS Coordinates

GPS coordinates can easily be used to define certified points to within five feet. Not only does this allow quick location of points in the field, but it exactly defines location on the map in *MS Streets & Trips* and enables course lengths to be checked with this software.

I recently purchased a handheld *Magellan Explorer 400* for \$200 and it came with detailed topographical map software. Mastering all the software I find quite challenging, but just learning to take GPS coordinates is very simple.

### 5. Video

During the making of the race video maximum opportunity should be taken to define the start and finish and all intermediate splits where records might be set.

During the recent *P.F. Chang's WR Challenge Race* a pending male world record was set at the half marathon, but unfortunately the video camera was trained on the record maker throughout the race and no opportunity was taken to show the certified splits at 15 km, 10 miles, and 20 km.



*Ethiopian Haile Gebrselassie breaks the world record for the half marathon*



## **Paul Oerth Builds Cable-Driven Counters** **Laurent Lacroix, AIMS/IAAF Grade A Measurer**

The *Jones/Oerth/Lacroix (JOL)* cable-driven counter celebrates its sixth birthday in July of this year. I had thought about mounting the *Veeder-Root Counter* to the handlebars many years before that, but it wasn't until the axle drives on my two old *Jones Counters* disintegrated within a couple of months of each other that I was motivated to tinker with them. After a brief search I found a distributor who carried the drives and accompanying cable, and ordered a couple sets. *Paul Oerth's* plastic connector and some glue provided a reliable alternative to the electrical tape that held the first prototype together. A partnership was born, and *Paul's* connectors have been an integral part of every *JOL* produced. *Paul* and I agreed early on that the limited market for *Jones Counters* was too small for two counter manufacturers; so as long as we both had our own niche, things would work out. The *JOL Counter* was introduced to the measuring world in May of **2001** when I attended the measurement of the **2001 World Championships** courses in Edmonton. There was sufficient interest in the counters to keep always keep a few of them around, which I've sold for \$120 US.



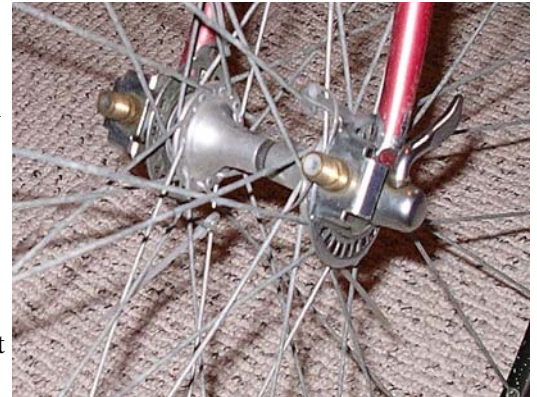
*Jones/Oerth/Lacroix (JOL) Cable-Driven Counter*

Fast-forward to **2006**... The axle drive that *Paul* has been importing for years is no longer available and its replacement comes with a cable and speedometer. The time is right for *Paul* to get into the cable-driven counter business. *Paul* phoned me to personally inform me of his decision. Being only too happy to reciprocate the support and encouragement that *Paul* has provided to me over the years, I sent him photos of my construction techniques and a *JOL Counter*.

*Paul* will now distribute *Jones/Oerth* and *JOL Counters* (cable-driven) world-wide while I will distribute *Jones/Oerth* and *JOL Counters* in Canada. I have done a number of counter repairs and conversions in the past, and both *Paul* and I will continue to do so in the future.

**Paul Oerth**  
 2455 Union Street, Apt. 412  
 San Francisco, CA 94123  
 Phone: (415) 346-4165  
 Fax: (415) 346-0621  
 Email: [poerth@aol.com](mailto:poerth@aol.com)

**Laurent Lacroix**  
 131 Sunnyside Boulevard  
 Winnipeg, MB, Canada, R3J 3M1  
 Phone: (204) 832-2301  
 Email: [llacroix@mts.net](mailto:llacroix@mts.net)



*dual axle drives*

### **Cable-driven Counter Tips and Tricks**

The main advantage of the cable-driven counter is, of course, its visibility due to the position on the handlebars. The ability to disconnect and reconnect the counter from the drive also presents a couple of important advantages:

1. Selecting a start number for the measurement before arriving at the start line, even if you have to ride there from the calibration course; and doing the calculations ahead of time.
2. Disconnecting the counter when you get to a gate, riding around it and reconnecting when you get to the other side.

Mounting dual axle drives on either side of the axle (the left side counts up while the right counts down) is useful when finding alternate routes from a certain point. Take a reading from a point where two possible routes diverge. Switch the counter to the right drive after measuring the first route and follow the precisely the same path back to the point where the possible routes split. You'll be quite close to the original counts at that location; rotate the wheel until you obtain the necessary reading and switch the counter back to the left side. Resume measurement of the second possible route without having to recalculate.



# New Certified Course Entries

## USATF Certified Course List

### Stu Riegel, Course Registrar

#### 2006 Courses Received to May 11, 2006

Distance	Units	CourseID	Stat- us	City	Course Name	drop m/km	Sep Pct	First Meas	Last Measurer	replacesID
10 km		AL06001JD	A	Mobile	The Azalea Trail Run 10k	0.0	6	L	Mattics	AL86007WN
5 km		AL06002JD	A	Birmingham	BE&K 5K	2.4	2	R	Melanson	AL05002JD
5 km		AL06003JD	A	Daphne	SEEDS 5K	1.1	6	J	Bowie	
1 mi		AL06004JD	A	Daphne	SEEDS 1 Mile Fun Run	10.0	97	J	Bowie	
42.195 km		AL06005JD	A	Birmingham	Mercedes Marathon	0.0	0	R	Melanson	AL05003JD
21.0975 km		AL06006JD	A	Birmingham	Mercedes Half Marathon	0.0	1	R	Melanson	AL05004JD
5 km		AL06007JD	A	Huntsville	YMCA Healthy Kid's Day 5K	0.0	2	R	Melanson	
5 km		AL06008JD	A	Gulf Shores	Sweetheart Run	0.0	2	J	Bowie	
5 km		AL06009JD	A	Decatur	Senior Cup 5K	0.0	0	D	Michael	
5 km		AL06010JD	A	Cullman	The CRMC Spring Break 5K	0.1	2	Rick	Melanson	AL05035JD
5 km		AL06011JD	A	Aliceville	Dogwood Festival 5K	0.3	4	Richard	Carroll	AL05011JD
5 km		AL06012JD	A	Guntersville	Laranda Nichols Memorial Run For Hope	0.0	0	Rick	Melanson	
5 km		AL06013JD	A	Anniston	Anniston Lion 5K Run For Sight	0.0	0	Rick	Melanson	
5 km		AL06014JD	A	Birmingham	Race To The Courthouse	-0.3	8	Rick	Melanson	AL05021JD
2 mi		AR06001DLP	A	Conway	Chase Race	0.0	0	D	Potter	
5 km		AZ06001GAN	A	Sedona	Sedona Marathon 5k	-0.6	17	A	Siefert	
21.0975 km		AZ06002GAN	A	Sedona	Sedona Marathon Half Marthon	-0.2	4	A	Siefert	
42.195 km		AZ06003GAN	A	Sedona	Sedona Marathon	-0.1	2	A	Siefert	
15 km		AZ06004GAN	A	Phoenix/Tempe	PF Changs 15k WR Challenge	0.9	52	J	Galope	
10 mi		AZ06005GAN	A	Phoenix/Tempe	PF Changs 10 Mile WR Challenge	0.9	48	J	Galope	
20 km		AZ06006GAN	A	Phoenix/Tempe	PF Chang's 20k WR Challenge	0.6	39	T	LaBlonde	AZ05020GAN
21.0975 km		AZ06007GAN	A	Phoenix/Tempe	PF Changs Half-Marathon WR Challenge	0.6	39	T	LaBlonde	AZ05019GAN
5 km		AZ06008GAN	A	Glendale	AZ Heart Assn 5k	0.0	0	D	Russell	
2 km		CA06001RS	A	Chula Vista	Marina Parkway 2km Loop	0.0	0	R	Scardera	CA02008RS
42.195 km		CA06002RS	A	Huntington Beach	2006 Pacific Shoreline Marathon Temp Course	0.0	0	R	Scardera	CA05005RS
Cal		CA06003RS	A	Long Beach	Long Beach Towne Center Calibration Course	0.0	100	J	Anderson	
5 km		CA06004RS	A	Cerritos	Orange Curtain 5km Loop	0.0	100	J	Anderson	
5 km		CA06005RS	A	Agoura Hilla	2006 Great Race of Agoura 5km	5.2	10	R	Scardera	CA00052RS
5 km		CA06006RS	A	Laguna Hilla	2006 Saddleback Memorial 5km	4.0	40	R	Scardera	
5 km		CA06007RS	A	West Sacramento	Shamrock'n 5k	-0.4	6	D	Thurston	CA05010RS
21.0975 km		CA06008RS	A	West Sacramento	Shamrock'n Half Marathon	-0.1	1	D	Thurston	CA05009RS
5 km		CA06009RS	A	Encinitas	Encinitas Day 5km	0.7	2	R	Grayson	
21.0975 km		CA06012RS	A	Del Mar to La Jolla	La Jolla Half Marathon	0.0	7	Gerry	Rahill	
5 km		CA06013RS	A	Anaheim	Angels Baseball Foundation 5km	0.0	2	Ron	Scardera	
5 km		CA06014RS	A	Santa Monica	Carpe Diem Santa Monica Classic 5km	-3.5	43	Ron	Scardera	
10 km		CA06015RS	A	Santa Monica	Carpe Diem Santa Monica Classic 10km	-1.8	21	Ron	Scardera	
12 km		CA06001TK	A	Sausalito to San Fran	Emerald Across the Bay 12K	2.3	48	T	Knight	CA01001TK
8 km		CA06002TK	A	Stanford	Paul Spangler 8K Run	0.0	1	T	Knight	CA04005TK
5 km		CA06003TK	A	Mountain View	The Human Race of Silicon Valley 5K	0.0	1	T	Knight	CA04003TK
10 km		CA06004TK	A	Mountain View	The Human Race of Silicon Valley 10K	0.0	1	T	Knight	CA04002TK
8 km		CA06005TK	A	Stanford	Paul Spangler 8K Run Alternate	0.0	3	T	Knight	
21.0975 km		CO06001DP	A	Denver	Platte River Trail	1.8	76	A	Lind	CO05003DP
5 km		CO06002DP	A	Denver	Iron Girl 5k	0.0	1	D	Russell	
5 mi		CO06003DP	A	Denver	Iron Girl 5 mile	0.0	1	D	Russell	
5 km		CO06004DP	A	Denver	Pathways Run/Walk	-2.4	6	D	Poppers	
5 km		CO06005DP	A	Highlands Ranch	Highlands Ranch St Pattys	-0.4	3	D	Russell	
5 km		CO06006DP	A	Westminster	Run With The Warriors	-0.6	1	D	Poppers	
21.0975 km		CO06007DP	A	Cherry Creek State P	Make A Wish Half Marathon	1.2	3	Duane	Russell	CO05004DP
5 km		CO06008DP	A	Denver	Red Thread Run	0.6	3	Duane	Russell	
5 km		CO06009DP	A	Cherry Creek State P	Bellevue Chiropractic	0.4	2	Duane	Russell	
5 km		CO06010DP	A	Golden	Fairmount 5000	0.0	0	Duane	Russell	
5 km		CT06001JHP	A	Woodbury	Go Dog Go 5K	0.0	0	Bob	Stephenson	
5 km		CT06002JHP	A	Milford	Walnut Beach 5K	0.0	0	Bob	Stephenson	
Cal		CT06003JHP	A	New Milford	Aldrich Rd. Calibration Course	0.0	100	Guido	Brothers	
5 km		CT06004JHP	A	New Milford	New Balance Moonlight Run 5K	0.0	2	Guido	Brothers	
5 km		DC06001JS	A	District of Columbia	Anacostia Annex 5K	0.0	0	J	Sissala	
10 km		DC06002JS	A	Washington	CB10K	0.0	0	John	Sissala	
8 km		DC06003JS	A	Washington	CB8K	0.0	0	John	Sissala	
8 km		DC06001RT	A	Washington	Stop the Silence 8k	0.0	0	R	Thurston	
21.0975 km		DC06003RT	A	Washington	National Half Marathon	0.1	0	Robert	Thurston	
5 km		DE06001WB	A	Newark	Buddy Run 5k	0.0	1	Bill	Belleville	
5 km		FL06001DL	A	Pensacola	Pensacola Seafood Festival 5K	0.0	6	Michael	Bowen	
5 km		FL06002DL	A	Pensacola & Gulf Bre	Pensacola Double Bridge 5K	0.0	81	Michael	Bowen	
15 km		FL06003DL	A	Pensacola & Gulf Bre	Pensacola Double Bridge 15K	0.1	75	Michael	Bowen	
5 km		FL06004DL	A	Tampa	May Classic 5K	0.0	0	Joe	Fernandez	
21.0975 km		FL06005DL	A	Lake Buena Vista	Walt Disney World Half Marathon	0.0	7	Tom	Ward	
5 km		FL06006DL	A	Daytona Beach	Paint the Towne 5K	0.0	9	Jerry	Hiatt	FL98038DL
15 km		FL06007DL	A	Palmetto Bay	Holiday Run 15K	0.0	3	Don	Matuszak	
5 km		FL06008DL	A	Parkland	Scholarship Run 5K	0.0	1	Gene	Witkowski	FL04067DL



Distance	Units	CourseID	Sta- tus	City	Course Name	drop m/km	Sep Pct	First Meas	Last Measurer	replacesID
10 km		FL06009DL	A	Parkland	Scholarship Run 10K	0.0	2	Gene	Witkowski	FL04070DL
5 km		FL06010DL	A	Hollywood	YMCA 5K	0.0	3	Gene	Witkowski	
42.195 km		FL06011DL	A	Gainesville	Five Points of Life Marathon	0.0	1	Chuck	Savage	
21.0975 km		FL06012DL	A	Gainesville	Five Points of Life Half Marathon	0.0	1	Chuck	Savage	
30 km		FL06013DL	A	Tallahassee	Gulf Winds Track Club 30K	0.0	0	Bill	McGuire	
15 km		FL06014DL	A	Tallahassee	Gulf Winds Track Club 15K	0.0	0	Bill	McGuire	
5 km		FL06015DL	A	Tallahassee	AMSA 5K	0.0	2	Bill	McGuire	
5 km		FL06016DL	A	Melbourne	Calvary Chapel 5K	0.0	1	Don	Piercy	
5 km		FL06017DL	A	Daytona Beach	Meals on Wheels 5K	0.0	3	Jacob	Smith	
5 km		FL06018DL	A	Boca Raton	Town Center 5K	0.0	3	Gene	Witkowski	FL03001DL
42.195 km		FL06019DL	A	Tampa	Bank of America Marathon 2006	0.0	2	Tom	Ward	FL05009DL
42.195 km		FL06020DL	A	Tallahassee	Tallahassee Marathon 2006	0.0	0	Bill	McGuire	
21.0975 km		FL06021DL	A	Tallahassee	Tallahassee Half Marathon 2006	0.0	0	Bill	McGuire	
10 km		GA06001WC	A	Morrow	Freedom Run	0.8	4	S	Daniel	
5 km		GA06002WC	A	Ringgold	Gateway Bank 5K	0.0	0	W	Cornwell	GA05010WC
5 km		GA06003WC	A	Macon	Cherry Blossom Festival 5K	0.0	1	W	Cornwell	
21.0975 km		GA06004WC	A	Macon	Cherry Blossom Festival Half Marathon	-0.1	1	W	Cornwell	
42.195 km		GA06005WC	A	Macon	Cherry Blossom Festival Marathon	0.0	0	W	Cornwell	GA02003WC
Cal		GA06006WC	A	Dublin	Airport Rd 1000' Calibration Course	0.0	100	Ken	Carr	
10 km		GA06007WC	A	Dublin	The Leprechaun 10K Road Race	0.2	3	Ken	Carr	GA90027WN
Cal		GA06008WC	A	Douglasville	Industrial Access Rd 1000'	0.0	100	Woody	Cornwell	GA91024WN
5 km		GA06009WC	A	Douglasville	Halloween Moonlight Run	-0.4	2	Woody	Cornwell	GA91023WN
5 km		GA06010WC	A	Ft. Oglethorpe	Chickamauga Chase 5K	0.0	2	David	Presley	GA05008WC
15 km		GA06011WC	A	Ft. Oglethorpe	Chickamauga Chase 15K	0.0	1	David	Presley	GA01003WC
5 km		GA06012WC	A	Atlanta	Sprint For Cancer @ Atlantic Station	0.0	4	Woody	Cornwell	
10 km		GA06013WC	A	Atlanta	Sprint For Cancer @ Atlantic Station	0.0	2	Woody	Cornwell	
1 mi		GA06014WC	A	Thomasville	Rose City Run 1 Mile	0.0	9	Bill	McGuire	GA85012WN
5 km		HI06001MS	A	Honolulu	Passion for Perfection 5 km	0.0	1	R	Pate	
5 km		IA06001KU	A	Davenport	St. Patrick's Day 5K	0.0	2	Karl	Ungrean	
5 km		IL06001JW	A	Elburn	Elburn Library 5K	-0.1	1	W	Rasmussen	
5 km		IL06003JW	A	Downers Grove	Casa Cares 5K	0.0	2	P	Basbagill	
5 km		IL06005JW	A	Chicago	Race To Wrigley	0.0	3	S	LeMay	IL05046JW
5 km		IL06006JW	A	Machesney Park	Army Johnson 5K	0.0	0	N	Yarger	IL00006JW
10 mi		IL06007JW	A	Machesney Park	Army Johnson 10 mile	0.0	0	N	Yarger	IL00007JW
5 km		IL06008JW	A	Lombard	St. Pius Shuffle 5K	0.0	4	P	Basbagill	
5 km		IL06009JW	A	Chicago	Brain Tumor Path To Progress	0.0	2	Susan	LeMay	
10 km		IL06011JW	A	Huntley	Huntley 10K	0.0	1	Paul	Basbagill	
5 km		IL06012JW	A	St. Charles	AquaFest 5K	0.0	6	Winston	Rasmussen	
5 km		IL06013JW	A	Zion	JILG- Zion 5K	0.0	1	Paul	Basbagill	
5 km		IN06001MW	A	Indianapolis	Cardinal 5k	0.0	0	J	Sauer	
5 km		IN06002MW	A	Columbus	Caring Parents 5k #2	0.0	3	Randy	Stafford	IN05004MW
5 km		IN06003MW	A	Columbus	Tour de Trails II	0.0	0	Randy	Stafford	IN05013MW
12 km		KS06004BG	A	Lawrence	Dam Run	0.0	0	E	Payne	
Cal		KY06001MS	A	Louisville	Southern Parkway Bridle Path 1000' Calibration	0.0	100	M	Studholme	
21.0975 km		KY06002MS	A	Louisville	Kentucky Derby Festival MiniMarathon	0.2	45	Matthew	Studholme	
42.195 km		KY06003MS	A	Louisville	Kentucky Derby Festival Marathon	0.1	22	Matthew	Studholme	
5 km		KY06009PR	A	Newport	River Run 5k	0.9	6	Don	Connolly	
30 km		LA06001JF	A	Destrehan	Louisiana 30K	0.0	0	C	George	LA00001ETM
42.196 km		LA06002JF	A	New Orleans	Mardi Gras Marathon	0.0	1	C	Wolverton	LA03001JF
5 km		LA06003JF	A	Baton Rouge	Race for the Cure	0.0	0	Chuck	George	LA99003ETM
5 km		LA06004JF	A	New Orleans	Run Through History	0.0	0	Chuck	George	
4 mi		MA06001JK	A	Lawrence	Claddagh Pub 4-miler	0.5	3	J	Kuo	MA95001RN
5 mi		MA06001RN	A	Boston	Boston's Run to Remember	0.0	2	Ray	Nelson	MA05001RN
21.0975 km		MA06002RN	A	Boston	Boston's Run to Remember	0.0	1	Ray	Nelson	MA05002RN
5 km		MD06001JS	A	Greenbelt	NPC-50 Relay Race	0.0	2	J	Sissala	MD02003JS
7 mi		MD06002JS	A	Baltimore	Survivor Harbor 7	0.0	13	J	Sissala	MD04004JS
5 mi		MD06003JS	A	Salisbury	Tim Kennard 5 Mile Run	0.0	0	Phil	Quinn	
21.0975 km		MD06004JS	A	Frederick	Frederick Half Marathon	3.3	8	John	Capoccia	
42.195 km		MD06005JS	A	Ocean City	Ocean City Maryland Marathon	0.0	3	Mark	Shaw	MD04018JS
42.195 km		MI06001SH	A	Dearborn Heights	Martian Marathon	0.0	0	K	Medelis	
5 km		MO06001BG	A	Lee's Summit	Legacy Park 2006 5K	0.0	1	B	Taylor	
5 km		MO06002BG	A	St. Louis	2006 Eat-N-Run	0.0	0	J	Neuschwander	MO05020BG
10 km		MO06003BG	A	St. Louis	2006 Eat-N-Run	0.0	0	J	Neuschwander	MO05021BG
5 km		MO06005BG	A	Joplin	Kapstone House 5K	0.0	0	Bill	Hoover	
5 km		MO06007BG	A	Brownbranch	Bradleyville 5k	0.0	0	Leon	Combs	
5 km		MO06008BG	A	Mountain View	Rotary 5k Race	0.0	2	Bill	Hoover	
5 km		NC06101NW	A	Carthage	Run for the Buddies 5K	0.4	1	Neville	Wood	
10 km		NC06102NW	A	Carthage	Run for the Buddies 10K	0.2	1	Neville	Wood	



Distance	Units	CourseID	Sta- tus	City	Course Name	drop m/km	Sep Pct	First Meas	Last Measurer	replacesID
8 km		NC06103NW	A	Kinston	The Kinston 8000: Run for the River	-0.5	11	Neville	Wood	
5 km		NC06104NW	A	Fuquay-Varina	Tiger Trot 5K	-0.3	4	Neville	Wood	NC04034PH
5 km		NC06106NW	A	Sanford	President's Day Freedom Run	1.0	6	Neville	Wood	NC05004PH
5 km		NC06107NW	A	Raleigh	St. Timothy's School Spring Sprint	0.0	0	Neville	Wood	
5 km		NC06108NW	A	Raleigh	North Raleigh Rat Race	0.0	4	Neville	Wood	NC05019PH
5 km		NC06109NW	A	Winston-Salem	Winston-Salem Race for the Cure	0.6	11	Neville	Wood	NC05030PH
5 km		NC06001PH	A	Gatesville	APEX CLUB SPRING FLING	0.0	1	P	Hronjak	
10 km		NC06002PH	A	White Lake	White Lake Water Festival 10K	-0.2	6	H	Dykes	NC90019ACL
1 mi		NC06003PH	A	White Lake	White Lake Water Festival 1 Mile	-0.4	62	H	Dykes	NC90020ACL
5 km		NC06004PH	A	Durham	GREAT HUMAN RACE 2006	0.6	2	Paul	Hronjak	
5 km		NC06005PH	A	Durham	ANGELS AMONG US 5K	1.7	6	Paul	Hronjak	NC01007PH
5 km		NC06006PH	A	Dunn	DUNN 5K	0.2	1	Paul	Hronjak	
5 km		NC06007PH	A	Knightdale	KNIGHTDALE 5K	0.0	0	Paul	Hronjak	
5 km		NC06008PH	A	Winston-Salem	KERNERSVILLE PARKS & REC 5K	0.5	2	Paul	Hronjak	
5 km		NC06009PH	A	Chapel Hill	HOME RUN FOR HABITAT	-0.5	5	Paul	Hronjak	
5 km		NC06010PH	A	Concord	Afton Village 5K	0.0	0	Tim	Rhodes	
5 km		NC06011PH	A	Charlotte	CPCC Skyline 5K	-1.5	5	Tim	Rhodes	NC00014PH
4 mi		NC06012PH	A	Charlotte	Shamrock 4 Mile Run	0.0	1	Tim	Rhodes	NC04024PH
7 mi		NH06001RF	A	Enfield	Shaker 7 Road Race	0.0	2	Partick	Buccellato	
5 km		NJ06501JHP	A	Newark	WPA/Olmstead 5K Run	-0.3	6	J	Parks	
4 mi		NJ06502JHP	A	Cranford	Run for Lupus	0.0	3	J	Parks	
5 km		NJ06503JHP	A	Maywood	Maywood 5K	0.0	2	J	Parks	NJ94012DB
10 km		NJ06504JHP	A	Jersey City	Newport 10000 - 2006	0.3	2	Jane	Parks	
5 km		NJ06505JHP	A	Hackettstown	Hackettstown 5K	0.0	2	Jane	Parks	NJ05007LMB
5 km		NJ06506JHP	A	New Providence	New Providence 5K	0.0	1	Jane	Parks	
5 km		NJ06507JHP	A	Montclair	Egan and Sons Lager Run 5K	0.0	4	Jane	Parks	
5 km		NJ06508JHP	A	Livingston	West Essex 5K	0.0	4	Jane	Parks	
5 km		NJ06509JHP	A	Oradell	Oradell 5K	-0.3	4	Jane	Parks	
15 km		NJ06510JHP	A	Ridgewood	Gilda's Run 15K	0.0	1	Jane	Parks	
5 km		NJ06001LMB	A	Trenton	Cadwalader Park 5K	-0.6	2	L	Baldasari	
5 km		NJ06002LMB	A	Warren	Mountain Top 5K	1.2	3	L	Baldasari	
5 km		NJ06003LMB	A	Basking Ridge	Somerset Hills YMCA 5K	0.6	2	L	Baldasari	NJ95022DB
5 km		NJ06004LMB	A	Stone Harbor	The Stone Harbor Lions Classic 5K	0.0	3	G	Hoopes	
10 km		NJ06005LMB	A	Stone Harbor	The Stone Harbor Lions Classic 10K	0.0	0	G	Hoopes	NJ02009LMB
5 km		NJ06006LMB	A	Eastampton	Eastampton 5K	0.0	0	Larry	Baldasari	
26.2188 mi		NJ06007LMB	A	Cape May to Sea Isle	Ocean Drive Marathon	0.0	71	Gene	Newman	
10 mi		NJ06008LMB	A	Cape May to Wildwo	Ocean Drive 10 Miler	0.0	75	Gene	Newman	
5 km		NJ06001WB	A	Haddonfield	Haddonfield Adrenaline 5K	0.0	2	B	Belleville	
42.195 km		NM06001DS	A	Albuquerque	Fiesta de Albuquerque Marathon	0.8	31	Tim	Newell	
50 km		NY06001AM	A	Lloyd Neck	Caumsett Park 50k	0.0	1	G	Westerfield	
Cal		NY06002AM	A	Middletown	Waywayanda Calibration Course	0.0	100	W	Norton	
5 km		NY06003AM	A	Pine City	Burgert Van Kuren Memorial 5k Run	0.3	3	S	Nichols	
15 km		NY06001JG	A	New York	NYCRR 15K Marathon Finish	0.2	4	P	Hess	
5 km		NY06002JG	A	Buffalo	Botanical Gardens 5k Run & Fun Walk	2.4	10	B	Laskowski	
50 km		NY06006JG	A	Lloyd Neck	Caumsett Park	0.0	2	Gary	Westerfield	
Cal		NY06007JG	A	Albany	Empire State Plaza 1020' Calibration	0.0	100	Jim	Gilmer	NY05117KL
10 km		NY06008JG	A	Middletown	The Classic 10K Road Race	-0.9	6	William	Norton	NY02068AM
5 km		NY06009JG	A	Great Neck	L.I. Gold Coast 5 km	-2.4	6	Gary	Westerfield	
5 km		NY06010JG	A	Jamaica	New Hope 5 Km Run	0.0	6	Gary	Westerfield	
5 km		NY06011JG	A	Williamsville	NCCC Alumni Assoc.'s 5K	0.0	3	John	Grandits	
5 km		NY06012JG	A	Marilla	Marilla Miles for Smiles 5K	-1.7	4	John	Felix	
Cal		NY06013JG	A	Rochester	RIT Campus 1000'	0.0	100	Greg	Brooks	
5 km		NY06014JG	A	Rochester	Karen's Walk and 5K Run	0.4	5	Greg	Brooks	
5 km		NY06501JHP	A	New York City- River	Melissa Fund Sun Run	0.0	5	Jane	Parks	
5 km		NY06100KL	A	Perinton	Parkinson's Canal Run 5k	-1.5	9	K	Lucas	
Cal		NY06101KL	A	Geneva	Lucas Lake Road 1000 Feet	0.0	100	Kevin	Lucas	
10 km		NY06102KL	A	Pittsford	Empire State Games 10 km Road Race	0.0	0	Kevin	Lucas	
8 km		NY06103KL	A	Pittsford	Empire State Games 8 km Split	1.0	25	Kevin	Lucas	
3 mi		NY06104KL	A	Geneva	Wine Rack 3 Mile	-0.1	1	Kevin	Lucas	
246.64 m		NY06105KL	A	Geneva	Wine Rack Kids Run 246.64 Meters	0.0	0	Kevin	Lucas	
5 mi		OH06001PR	A	Upper Arlington	Upper Arlington 5 Mile	0.0	0	P	Riegel	OH84011PR
21.0975 km		OH06002PR	A	Cincinnati	Cincinnati Flying Pig Half Marathon	-0.1	5	D	Connolly	
4 mi		OH06003PR	A	Belpre	Belpre Four Mile Run	0.0	3	J	Corra	
5 km		OH06004PR	A	Columbus	Fisher College of Business 5k	0.0	0	P	Riegel	
21.0975 km		OH06005PR	A	Columbus	LaSalle Bank Columbus Distance Classic	0.0	0	P	Riegel	
5 km		OH06006PR	A	Marietta	Shamrock Classic 5k Race	0.2	1	Joe	Corra	
10 km		OH06007PR	A	New Albany	New Albany 10k Walking Classic	0.0	0	Pete	Riegel	OH05020PR
10 mi		OH06008PR	A	Loveland	Loveland 10 Mile Challenge	0.0	1	Jeff	Glaze	
10 km		OH06010PR	A	Westerville	Hoover Dam 10k	0.0	2	Pete	Riegel	OH05008PR
21.0975 km		OK06001BB	A	Jenks	Aquarium Half Marathon	0.1	3	G	Lafarlette	
5 km		OK06002BB	A	Tulsa	Get Fit Tulsa 5 km	0.0	0	G	Lafarlette	
8 km		OK06003BB	A	Oklahoma City	Run for Your Life	0.0	0	D	Garrett	
1 mi		OK06004DG	A	Muskogee	Muskogee Mile	1.9	25	G	Lafarlette	
5 mi		OK06005DG	A	Edmond	Frigid Five	0.3	5	D	Garrett	
8 km		OK06006DG	A	Oklahoma City	St. Paddy's Day Run	0.0	4	Don	Garrett	



Distance	Units	CourseID	Sta- tus	City	Course Name	drop m/km	Sep Pct	First Meas	Last Measurer	replacesID
5	km	OK06007DG	A	Norman	Frensley Five 5K	0.0	0	Don	Garrett	
21.0975	km	OK06008DG	A	Oklahoma City	Red Bud Half Marathon	-0.1	1	Don	Garrett	OK05011BB
5	mi	OR06001LB	A	Lake Oswego	Red Lizard Five Miler	4.5	5	T	Lindbo	
5	km	PA06001LMB	A	Doylestown	Central Bucks Family YMCA 5K	0.0	6	L	Baldasari	
5	km	PA06002LMB	A	New Hope	New Hope-Solebury Spirit Run 5K	0.0	1	Larry	Baldasari	
5	km	PA06003LMB	A	Warrington	Fitness Center 5K	-0.3	1	Larry	Baldasari	
5	mi	PA06001WB	A	Valley Forge	Valley Forge Revolutionary	3.3	5	W	Belleville	
8	km	PA06002WB	A	Philadelphia	Fighting Irish 5k	0.0	0	W	Belleville	
5	km	PA06003WB	A	Whitemarsh Twp	Whitemarsh 5k Run	0.0	0	B	Belleville	PA05003WB
5	km	PA06004WB	A	Philadelphia	Race for the Cure	-0.1	2	B	Belleville	PA02003WB
26.2188	mi	PA06005WB	A	Tobyhanna/Stroudsb	Pocono Mountain 'Run For The Red' Marathon	10.8	56	Bill	Belleville	
5	km	PA06006WB	A	Philadelphia	Amy's Fund 5K	-0.1	1	Bill	Belleville	
5	mi	PA06007WB	A	Media	Media 5 Mile Race	0.0	1	Bill	Belleville	
5	km	RI06001RN	A	East Providence	Bradley Hospital 5K	0.6	3	R	Nelson	
5	km	RI06002RN	A	Narragansett	Rhode Island State Police 5K Foot Pursuit	0.0	0	R	Nelson	RI97001RN
5	km	RI06003RN	A	Narragansett	Super 5K	0.0	3	R	Nelson	
42.195	km	SC06001BS	A	Myrtle Beach	Myrtle Beach Marathon	0.0	1	D	White	SC05005BS
21.0975	km	SC06002BS	A	Myrtle Beach	Myrtle Beach Half Marathon	0.0	2	D	White	SC03003BS
5	km	SC06003BS	A	Greer	Run The Verne 5k	-0.4	5	J	Roberts	
5	km	SC06006BS	A	Clemson	Clemson 5K	0.0	0	J	Davis	
21.0975	km	SC06007BS	A	Clemson	Clemson Half Marathon	0.0	0	J	Davis	
21.0975	km	SC06008BS	A	Hilton Head	Hilton Head Half Marathon	0.0	1	C	Magera	SC04006BS
8	km	SC06009BS	A	Laurens	Little River Bridge Run	0.8	5	D	White	SC04001BS
5	km	SC06010BS	A	Greenwood	The Medicine Chase	0.0	0	W	Terry	
5	km	SC06011BS	A	Murrell's Inlet	Murrell's Inlet 5K	0.0	0	Danny	White	
Cal		SC06012BS	A	Mauldin	Mauldin Millennium Calibration Course	0.0	100	Jeremy	Davis	
Cal		SC06013BS	A	Spartanburg	Otis Blvd. Calibration Course	0.0	100	Willie	Lowe	
5	km	SC06014BS	A	Spartanburg	Converse Heights 5K	0.0	0	Willie	Lowe	
5	km	SC06015BS	A	Mauldin	Mauldin to Millennium 5K	0.0	0	Jeremy	Davis	
5	km	SC06016BS	A	Clemson	Clemson Take Back the Night	1.2	9	Wayne	Terry	
5	km	SC06017BS	A	Columbia	Healthy Falcon Club 5K	0.0	0	Selwyn	Blake	
5	km	TN06001DJR	A	Murfreesboro	Springfest 2006 5k	0.0	0	T	de Paulis	
5	km	TN06002DJR	A	Columbia	YMCA Mule Day Kick 5K	0.6	4	T	de Paulis	
21.0975	km	TN06003DJR	A	Chattanooga	Chattanooga Half Marathon	-0.2	0	P	Hagan	
10	km	TN06004DJR	A	Nashville	Race Judicata 10k	0.3	2	J	Ziegler	
5	km	TN06005DJR	A	Germantown	Mayor's Cup 5K	-0.2	3	R	McCrarey	
5	km	TN06006DJR	A	Gladeville	Checkeder Flag 5K	0.0	0	Tomas	dePaulis	
1	mi	TN06007DJR	A	Chattanooga	Market Street Mile	0.0	4	David	Presley	
5	km	TX06001ETM	A	Addison	Rotary Resolution Run 5 K	0.0	1	K	Ashby	
10	km	TX06002ETM	A	Addison	Rotary Resolution Run 10 K	0.0	1	K	Ashby	
5	km	TX06003ETM	A	Houston	Run for the Rose 2006	2.2	7	E	McBrayer	TX05030ETM
5	km	TX06004ETM	A	Houston	Lookin' Good 2006	0.0	2	E	McBrayer	TX96040ETM
10	km	TX06005ETM	A	Houston	Lookin' Good 2006	0.0	1	E	McBrayer	
5	km	TX06006ETM	A	El Paso	Race for the Cure Biggs Field	0.0	3	K	Uecker	TX98007ETM
Cal		TX06007ETM	A	El Paso	Biggs Field Cal Course	0.0	100	K	Uecker	
5	km	TX06008ETM	A	Pearland	Pearland Young Life 5K	-0.1	24	R	Barnhill	
5	km	TX06009ETM	A	Waco	Best Dam Run in Texas II	0.0	0	K	Vierzba	
5	km	TX06010ETM	A	Carrollton	Mustang Challenge 5K	0.0	0	K	Ashby	
1	mi	TX06011ETM	A	Carrollton	Mustang Challenge Mile	0.0	3	K	Ashby	
5	km	TX06019ETM	A	Fort Worth	Victory Over Violence 5K	0.0	0	Charles	Clines	TX03003ETM
Cal		TX06020ETM	A	Duncanville	West Ridge Calibration	0.0	100	Patrick	Cheshier	
5	km	TX06021ETM	A	Plano	Children's Charities 5K	0.0	1	Ken	Ashby	
1	km	TX06022ETM	A	Plano	Children's Charities 1K	0.0	3	Ken	Ashby	
5	km	TX06023ETM	A	Cedar Hill	Kids In Action 5K	0.0	0	Ken	Ashby	
42.195	km	TX06024ETM	A	Dallas	Big D Texas Marathon 2006	0.0	1	Ken	Ashby	
21.0975	km	TX06025ETM	A	Dallas	Big D Texas Half Marathon 2006	0.0	2	Ken	Ashby	
5	km	TX06026ETM	A	Dallas	Big D Texas Marathon 5K 2006	0.0	6	Ken	Ashby	
5	km	TX06027ETM	A	Houston	Stepping Stones 5K	0.0	1	E.T.	McBrayer	
10	km	TX06028ETM	A	Houston	Stepping Stones 10K	0.0	1	E.T.	McBrayer	
5	km	TX06029ETM	A	Dallas	Rise N Shine 5K	0.0	0	Patrick	Cheshier	
5	km	TX06030ETM	A	Dallas	Reverchon 5K	0.0	0	Patrick	Cheshier	
5	km	TX06031ETM	A	Fort Worth	MayFest 5K	0.0	0	Charles	Clines	TX05038ETM
5	km	TX06032ETM	A	Tomball	Trot for Tomagwa 5K	0.0	0	Robert	Barnhill	
5	km	TX06033ETM	A	Carrollton	Torch Run 5K	0.0	1	Ken	Ashby	
5	km	TX06035ETM	A	Keller	Run in the Dark 5K	0.0	0	Michael	Polansky	TX05048ETM
10	km	TX06036ETM	A	Dallas	Dino Dash 10K	0.0	0	Charles	Clines	
5	km	TX06037ETM	A	Dallas	Dino Dash 5K	0.0	2	Charles	Clines	TX05010ETM
5	km	TX06001JF	A	Austin	Ash Dash 5K	0.0	0	J	Ferguson	TX05010JF
10	km	TX06002JF	A	Austin	Capitol 10K	0.4	10	J	Ferguson	TX04009JF
1	mi	TX06003JF	A	Austin	Junior Dillo 1 Mile	0.0	0	J	Ferguson	TX05009JF
21.0975	km	TX06004JF	A	Austin	Austin Invitational Half Marathon	4.1	71	J	Ferguson	
10	mi	TX06005JF	A	Austin	River City Ten Miler	5.0	81	J	Ferguson	TX92063ETM
21.0975	km	TX06006JF	A	Waco	Bearathon	0.0	0	J	Ferguson	TX05006JF
5	km	TX06009JF	D	Austin	Texas Round-Up 5K	-1.0	1	John	Ferguson	
5	km	TX06010JF	A	Austin	Texas Round-Up 5K	0.0	0	John	Ferguson	TX06009JF



Distance	Units	CourseID	Sta- tus	City	Course Name	drop m/km	Sep Pct	First Meas	Last Measurer	replacesID
5	km	TX06011JF	A	Austin	Moonlight Margarita	0.0	0	John	Ferguson	
3.8	mi	TX06012JF	A	Austin	Town Lake Trail PV-IH35	0.0	0	John	Ferguson	
6.26	mi	TX06013JF	A	Austin	Town Lake Trail PV-Congress	0.0	0	John	Ferguson	
3.07	mi	TX06014JF	A	Austin	Town Lake Trail IH35-Congress	0.0	0	John	Ferguson	
5	km	VA06001JS	A	Vienna	Navy Federal 5K Run/Walk	0.0	0	J	Sissala	VA04005JS
42.195	km	VA06001MS	A	Virginia Beach	2006 Shamrock Sportsfest Marathon	0.0	3	M	Studholme	
21.0975	km	VA06002MS	A	Virginia Beach	2006 Shamrock Sportsfest Half Marathon III	0.0	1	M	Studholme	
8	km	VA06003MS	A	Virginia Beach	2006 Shamrock Sportsfest 8K	0.0	4	M	Studholme	
1	mi	VA06004MS	A	Virginia Beach	Shorebreak Final Mile	0.0	18	M	Studholme	
5	km	VA06001RT	A	Middletown	Lord Fairfax Community College 5K	0.0	0	N	Riemenschneider	
8	km	VA06004RT	A	Fredericksburg	Pratt Clinic 8 km	0.0	1	Vic	Culp	VA95013RT
5	km	VA06005RT	A	Richmond	University of Richmond 5K	0.0	1	Rob	Astrop	
Cal		WA06001BL	A	Birch Bay	Salish Road 360 Meter Cal Course	0.0	100	J	Hoskins	
42.195	km	WA06002BL	A	Birch Bay	Birch Bay International Marathon	0.0	0	J	Hoskins	
Cal		WA06003BL	A	Spokane	Spokane College Ave 999.83 foot Cal Course	0.0	100	A	Dausman	WA95001DL
5	km	WA06004BL	A	Spokane	Komen Race for Cure, E. WA Affiliate 5 k	0.0	1	A	Dausman	
50	mi	WA06005BL	A	Seattle	Green Lake 50 Mile	0.0	1	T	Cotner	
100	km	WA06006BL	A	Seattle	Green Lake 100 km	0.0	1	T	Cotner	
12	km	WA06007BL	A	Kirkland	The 12 K's of Christmas	0.0	0	T	Cotner	WA03011BL
12	km	WA06009BL	A	Spokane	Bloomsday 12k Riverside Start, Monroe Finish	0.3	5	Al	Dausman	
Cal		WA06010BL	A	Olympia	Nort St/McCormick 304m Cal Course	0.0	100	David	Mora	
42.195	km	WA06011BL	A	Olympia	Capital City Marathon 2006	0.0	0	David	Mora	
15	km	WI06002JW	A	Milwaukee	Lakefront Discovery Run	0.6	7	K	Gilgenbach	
42.195	km	WI06004JW	A	Menasha	Community First Fox Cities Marathon	-0.3	15	D	Moore	WI05092JW
21.0975	km	WI06010JW	A	Neenah to Menasha	Fox Cities Half Marathon	-0.6	30	David	Moore	WI05091JW

#### Renewed

10	km	AL95018JD	A06	Robertsdale	Leprechaun Chase	0.0	0	H	Dykes	
10	km	AL96008JD	A06	Birmingham	Vulcan Run 10 km	0.2	8	R	Melanson	AL95013JD
Cal		FL89035BH	A06	Ormond Beach	Ormonds Tomb 1 Mile Cal	0.0	100	P	Surveying	
5	km	GA90028WVN	A06	Dublin	Leprechaun 5k Road Race	0.0	2	K	Kramp	
10	km	GA92011WN	A06	Thomasville	Rose City Run	0.0	1	B	McGuire	
10	km	GA94009WC	A06	Savannah	Forsyth Park 10k	0.0	2	C	Stratton	
5	mi	NH95003WVN	A06	Bethlehem	Ammonoosuc Amble	0.5	2	E	Martin	
10	km	NJ91023DB	A06	Lawrenceville	Lawrenceville Community	0.0	1	L	Baldasari	
5	km	NY92013AM	A06	Camillus	D.A.R.E. 5k	0.6	52	D	Fish	
Cal		NY93002AM	A06	Kingston	Manor Avenue 1000 ft	0.0	100		GuidoBros	
5	km	NY93011AM	A06	Stony Brook	West Meadow Beach Sprint	0.0	1	B	Giambalvo	
Cal		NY94004WVN	A06	Guilderland	Depot Road 1000 feet	0.0	100	W	Nicoll	
2	km	NY94017AM	A06P	New York	Central Park 2 km Run/RW	0.0	0	G	Westerfiel	
Cal		NY95004WVN	A06	Schenectady	Central Parkway 1000 feet	0.0	100	W	Nicoll	
5	km	NY95029AM	A06	Webster	Heritage Christian Home 5K	0.0	0	G	Tillson	
5	km	OH89043PR	A06	Portsmouth	Run For Your Life	0.0	0	P	Riegel	
10	km	OH89044PR	A06	Portsmouth	Run For Your Life	0.0	0	P	Riegel	
21.0975	km	OH91001RE	A06	Youngstown (Millcreek)	Millcreek Distance Classic	0.0	0	M	Courtney	
4	mi	OH95040PR	A06		Over the Dam 4 Miler	0.0	0	P	Riegel	
4	mi	OH95040PR	A06	Alum Creek StPk	Over the Dam 4 Miler	0.0	0	P	Riegel	
5	km	VA87043RT	A06	Colonial Hts	Women's Distance Festival	0.0	1	N	Wilson	
5	km	VA93003RT	A06	Hopewell	John Randolph Hospital	0.0	6	N	Wilson	
5	mi	VA96042RT	A06	Colonial Heights	White Bank Classic 5 Miler	0.8	2	E	Weston	VA87020RT





# USA TRACK & FIELD ROAD RUNNING TECHNICAL COUNCIL REGIONAL CERTIFIERS

**REGIONAL CERTIFIERS** - Contact the following people for USATF Road Course Certification Information. Certifiers for each state provide referrals to experienced measurers for hire in your local area or expert guidance on how to measure a course for USATF certification.

<b>AK</b> - Frederic Wilson - 2420 Glenwood Street - Anchorage, AK 99508	907-279-2773	uphere@alaska.net
<b>AL</b> - John DeHaye - 824 Annlau Avenue SE - Huntsville, AL 35802-2607	256-881-9326	jdehaye@yahoo.com
<b>AR</b> - Don Potter - 3165 Robert Ott Circle - Conway, AR 72034	501-514-4370	donp@tcworks.net
<b>AZ</b> - Gene Newman - 920 N Night Heron Drive - Green Valley, AZ 85614-6104	520-648-3353	newmangc@cox.net
<b>CA</b> - Ron Scardera - 5660 Valley Oak Drive - Los Angeles, CA 90068	323-467-7750	rscar@pacbell.net
<b>CO</b> - Dave Poppers - 5938 S Franklin Street - Centennial, CO 80121-2426	303-795-9743	d.pop@comcast.net
<b>CT</b> - Jane Parks - 5 W Lake Boulevard - Morristown, NJ 07960-5073	973-644-0084	janehp3@msn.com
<b>DC</b> - Robert Thurston - 13 Kennedy Street NE - Washington, DC 20011-2423	202-726-1518	Thurret@aol.com
<b>DE</b> - Larry Baldasari - 3448 Nottingham Way - Hamilton Square, NJ 08690-2614	609-890-8343	larsurf@aol.com
<b>FL</b> - Doug Loeffler - 1399 W Royal Palm Road - Boca Raton, FL 33486-4417	561-391-2880	doug@rail-tech.net
<b>GA</b> - Woody Cornwell - 1724 Brighton Way - Dalton, GA 30721-8387	706-226-5207	wecornwell@cs.com
<b>HI</b> - Matthew Studholme - 452 Brookhill Drive - Abington, VA 24210-2202	276-492-1181	studies@earthlink.net
<b>IA</b> - Michael Franke - 3824 51st Street - Des Moines, IA 50310-1811	515-276-3140	Mfranke@worldnet.att.net
<b>ID</b> - Len Anderson - 3592 E Congressional Drive - Meridan, ID 83642	208-340-0472	information@spondoro.com
<b>IL</b> - Jay Wight - 4556 Opal Drive - Hoffman Estates, IL 60195-1185	847-359-4598	Jaywight@earthlink.net
<b>IN</b> - Mike Wickiser - 93 Geoppert Road - Peninsula, OH 44264-9722	330-592-4417	wick3666@yahoo.com
<b>KS</b> - Bill Glauz - 2704 W. 137th Street - Leawood, KS 66224-4529	913-402-1501	wglauz@kcnet.com
<b>KY</b> - Matthew Studholme - 452 Brookhill Drive - Abington, VA 24210-2202	276-492-1181	studies@earthlink.net
<b>LA</b> - John Ferguson - 3026 Sesbania Drive - Austin, TX 78748-1912	512-282-4175	fletcherrun@aol.com
<b>MA</b> - Justin Kuo - 39 Oakland Road - Brookline, MA 02445-6700	617-731-9889	jkuo@usatfne.org
<b>MD</b> - John Sissala - 120 Evans Street - Rockville, MD 20850-2817	301-340-8107	jsissala@comcast.net
<b>ME</b> - Ron Fitzpatrick - 33 Rand Road - Center Barnstead, NH 03225-3959	603-776-1999	rjfitz@worldpath.net
<b>MI</b> - Scott Hubbard - 200 Trealout Drive, #11 - Fenton, MI 48430-3280	810-629-8963	RunningShorts@aol.com
<b>MN</b> - Rick Recker - 19 S First Street, #2203 - Minneapolis, MN 55401-1843	612-375-0805	rick_recker@hotmail.com
<b>MO</b> - Bill Glauz - 2704 W. 137th Street - Leawood, KS 66224-4529	913-402-1501	wglauz@kcnet.com
<b>MS</b> - Dave Rogers - 275 Grandview Court - Kingsport, TN 37664-5065	423-323-0501	dave_carla@chartertn.net
<b>MT</b> - Michael Franke - 3824 51st Street- Des Moines, IA 50310-1811	515-276-3140	Mfranke@worldnet.att.net
<b>NC</b> - Paul Hronjak - 4413 Pinehurst Drive N, Wilson, NC 27896-9001	252-237-8218	phronjak@nc.rr.com
<b>ND</b> - Matthew Studholme - 452 Brookhill Drive - Abington, VA 24210-2202	276-492-1181	studies@earthlink.net
<b>NE</b> - Karl Ungurean - 203 E Denison Avenue- Davenport, IA 52803-2622	563-324-2250	UngureanK@aol.com
<b>NH</b> - Ron Fitzpatrick - 33 Rand Road - Center Barnstead, NH 03225-3959	603-776-1999	rjfitz@worldpath.net
<b>NJ</b> - Larry Baldasari - 3448 Nottingham Way - Hamilton Square, NJ 08690-2614	609-890-8343	larsurf@aol.com
<b>NM</b> - Don Shepan - 3007 Ronna Drive - Las Cruces, NM 88001-7531	505-524-7824	Drshapan@aol.com
<b>NV</b> - Bill Callanan - 5209 Copper River Avenue - Las Vegas, NV 89130	702-656-3741	bill_callanan@cox.net
<b>NY</b> - Jim Gilmer - 232 Van Wies Point Road - Glenmont, NY 12077-4222	518-427-9374	jagilmer@nycap.rr.com
<b>OH</b> - Peter Riegel - 3354 Kirkham Road - Columbus, OH 43221-1368	614-451-5617	Riegelpete@aol.com
<b>OK</b> - Don Garrett - 12120 Hickory Creek Blvd - Oklahoma City, OK 73170-4519	405-759-2580	garrettok@aol.com
<b>OR</b> - Lee Barrett - 3027 NE 20th Avenue - Portland, OR 97212	503-284-2809	cuadpdx@comcast.net
<b>PA</b> - Bill Belleville - 2902 Morris Road - Ardmore, PA 19003-1809	610-649-4278	Wjbellevil@aol.com
<b>RI</b> - Ray Nelson - 49 Weber Avenue - Warwick, RI 02886-4519	401-737-2416	ride6887@ride.ri.net
<b>SC</b> - Brian N. Smith - 1827 Falling Creek Circle - Mount Pleasant, SC 29464-7415	843-881-5566	clocker@charleston.net
<b>SD</b> - Matthew Studholme - 452 Brookhill Drive - Abington, VA 24210-2202	276-492-1181	studies@earthlink.net
<b>TN</b> - Dave Rogers - 275 Grandview Court - Kingsport, TN 37664-5065	423-323-0501	dave_carla@chartertn.net
<b>TX</b> - E. T. McBrayer - 4021 Montrose Boulevard - Houston, TX 77006-4956	713-523-5679	mametm@sbcglobal.net
<b>UT</b> - Tom LaBlonde - 28070 N 96th Place - Scottsdale, AZ 85262-8449	602-721-5934	klablonde2@cox.net
<b>VA</b> - Robert Thurston - 13 Kennedy Street NE - Washington, DC 20011-2423	202-726-1518	Thurret@aol.com
<b>VT</b> - Ron Fitzpatrick - 33 Rand Road - Center Barnstead, NH 03225-3959	603-776-1999	rjfitz@worldpath.net
<b>WA</b> - Bob Langenbach - 4261 South 184th Street - SeaTac, WA 98188-4569	206-433-8868	boblang@wolfenet.com
<b>WI</b> - Jay Wight - 4556 Opal Drive - Hoffman Estates, IL 60195-1185	847-359-4598	Jaywight@earthlink.net
<b>WV</b> - Matthew Studholme - 452 Brookhill Drive - Abington, VA 24210-2202	276-492-1181	studies@earthlink.net
<b>WY</b> - Tom Knight - 307 Dartmouth Avenue - San Carlos, CA 94070-1701	650-594-9406	Tdk@stanford.edu
<b>PUR</b> - Pedro Zapata - PO Box 2780 - Carolina, Puerto Rico 00984-2780	787-767-9191	pzapata@puentetmoscoso.com
<b>FOREIGN</b> - Peter Riegel - 3354 Kirkham Road - Columbus, OH 43221-1368	614-451-5617	Riegelpete@aol.com

**CERTIFIERS** - Please check this listing to be sure we have your correct contact data, send any updates to Kevin P. Lucas.





# See It. Feel It. Experience It.



Support the World's #1 Team



Join  
Today!

**Merchandise Discounts  
Fast Forward Subscription  
Member's-Only Promotions  
and Much More!**

# [www.usatf.org](http://www.usatf.org)