



**LDR Meeting DRAFT
Zoom Virtual Meeting
Wednesday, November 1, 2023
6:30PM**

I. Attendees preregistered for call.

- *All attendees are to preregister for the call*
- Edward Neighbour: LDR Division, Jessica Clark: MUT Chair, Michael Moschitta MUT Vice Chair, Gary Rosenberg: Open Men Chair, Chris Rinaldi, Open Men Vice Chair, Laura Delea: Masters Chair, Debby Hall: Women's Chair,

- Eva Fisher, Annemarie Uebbing, Christine Prorock Rogers, Pam Fales, Terry Mullane, Jennifer Simpson, Chachi Sabatino, Daniel Patrick, Michael Barry, Suzanne LaBert, Scott Linnell, Carl Richco, Walter Skrinski, Joe Compagni, Taylor Rehe, Nirav Shah, Phyllis Smith Livingston, Rita Christopher

II. Minutes from previous LDR Meeting. May 18, 2023

- *Minutes posted on USATF-NJ website. Motion was made and seconded for approval of meeting minutes from May 18, 2023 meeting. Minutes were approved by attendees.*

III. 2023 Championships Discussion Events completed.

- Race Reports prepared by LDR members will be used as a basis of discussion.
 - Ridgewood 10K Open/Masters Men. May 29th
 - Race has been Championship multiple years. No issues, was well organized event.
 - Fitzgerald's Lager Run 5k, Open/Masters Women, June 11th
 - **Report attachment to minutes.**
 - Race was well organized event.
 - Big Bang Mile, All Divisions, July 15th
 - **Report attachment to minutes**
 - The course was changed this year. Basically course reversed start and turn around on the loop road.
 - Finish canopy was down due to overheating. Approach to finish line was not as visible.
 - Discussed finish timing strip with second matt as backup. Discussion raised by Suzanne LaBurt concerning timing results.
 - USATF NJ 5k XC, All Divisions August 27th
 - **Report attachment to minutes.**

- Event was well covered by USATF-NJ officials. Assistance was provided at registration pickup. Good coverage along course. Venue has been utilized multiple times.
- Per the agreement with the park five port-johns were contracted by USATF-NJ. Park's port-o-johns were not very clean.
- Park Rangers organized parking on grass.
- Due o the wet summer portions of the course just after the star were wet.
- By Hook or by Crook 12k, NJ All Divisions, National Masters Championship
 - **Report attachment to minutes.**
 - Race committee added tents this year for packet pickup. Lines moved well.
 - Managing Director and USATF-NJ president worked finish line. Ed Neighbour noted that he saw that following the finish, Jenn Simpson escorted an older SAC female competitor who was a little unsteady to medical for observation. Another runner who had fallen twice before the finish was observed by Jennifer Simpson and she went over to the runner. It was noted by Phyllis Smith Livingston, an official at the event, that the athlete was able to get up both times and cross the finish line of the race without what would be considered receiving assistance as defined in the rules of competition.
 - Three American records were set (pending ratification at USATF Annual Meeting)
 - National Park Service contacted Terry Mullane post-race for an event debriefing. NPS indicated that the race went well and the additional steps put in place for 2023 worked for the event. Weather conditions were better this year and the issues that occurred in 2022 due to the unseasonable heat did not recur.
- Terry Roemer 10k, Open/Masters Women.
 - This was the second time the 10k event was a NJ LDR championship.
 - 377 finishers for 2023 as a championship vs. 246 in 2022 as a 500 point Grand Prix event.
 - There was heightened police presence at the event due to the attacks in Israel earlier in the month.
 - Suzanne LaBurt noted the event did not post prize money on website. Having a place where this is published for our members would be a benefit and may increase participation.
 - Christine Prorock Rogers noted moving the starting line to avoid the early turn
- USATF NJ 8k XC, All Divisions October 29th
 - **Report Attachment to minutes**
 - Race was at Dream Park in Logan Township. This is the second time we used this venue.
 - Attendance was not what we anticipated with other Grand Prix events in Northern part of state drawing away runners.
 - USATF-NJ reached out to try to draw in Mid Atlantic Association athletes. This drew a limited number of runners. If we are to return to this venue again developing an intra-Association challenge for club teams to compete.
 - The officials did a great job and were located at various points on the course. It was noted that the course map looked more confusing than actually running the event.
- The prize money available at the Championships was discussed. It was noted that at the tome a Championship schedule is issued it would be a good idea to list prize money available at the events. This would help our members make more informed decisions on the events as they plan their racing schedule.

- **Post Meeting Upcoming: Ashenfelter 8k, Glen Ridge NJ, All Divisions. Thanksgiving November 23rd**
 - Race registration for the event is on track to be largest field post COVID. This event is typically the best USATF-NJ Championship

IV. 2023 COED Team Championships completed to date.

- *Race Reports by LDR Committee representatives submitted for events will be used as basis of discussion.*
 - Presidents Cup 5k, June 26th
 -
 - Three Bridges 5 Mile, August 12th
 - First year as a COED Team event. The event doubled participation over 2022.
 - Course was hilly but weather was not a big issue for an August race.
 - East Brunswick 12k, October 22nd.
 - The 12k course was a newly certified course for 2023 due to restrictions imposed by the township. Resulted in three loops. The revised course was not considered an improvement by those that attended the event.
 - East Brunswick has placed restrictions on the event over multiple years. The venue has changes as the area has become increasingly developed.
 - It was discussed that the final loop turn in would be less confusing if the runners had been allowed to come in on the right side of the divided driveway.
 - Event will have a new race director in 2024.
- **Post Meeting upcoming COED Team Final event: Giralda Farms 10k, Madison, NJ, November 12th**
 - *This is the sixth and final event. We have had seven clubs regularly competing in the series. Top four of six event club scores count toward final result with top five receiving prize money.*

V. New Business.

- 10k MUT USATF-NJ Championship event was at Chimney Rock, Martinsville NJ. 5k/10k Trail race this year. October 14, 2023. Date was not ideal due to conflict in race schedule with LDR Terry Roemer 10k Women's Championship. It continues to be a Challenge to get Trail runs which are sanctioned. Jessica Clark noted that she is gathering information on possible events so we can advertise and promote MUT events in state.
 - MUT has been something that continues to be a challenge to develop as a program for the NJ Association. More MUT events use alternate insurance: ATRA rather than going through USATF Sanctioning.
- Suzanne LaBurt brought up the Grand Prix scoring. Questioned was raised why it was all participants in event are counted for scoring rather than USATF only. It was noted that scoring used to be done USATF only. The current method evens out the scoring, particularly with the 500 point non championship events. They typically have a smaller participation levels and the old system had wider fluctuations in scoring.
- LDR Championship Membership participation engagement pre/post COVID.
 - *A Spreadsheet of the LDR Championships by Distance from 2014 to present with Team and Participant information was utilized as a basis for discussion.*
 - *Most events were close to the pre COVID (2019) participation levels.*
- Championship Bidding for 2024.

- 2024 Schedule TBD mid-December 2023 by LDR Committee.
- All of the 2023 Championships and COED Team Events were contacted about the submission of the bids for 2024.

VI. Adjourn



LDR RACE REPORT **(Completed by Christopher Rinaldi/Open Men's Vice Chair)**

Event: *USATF-NJ 5K XC Championship Race (Natirar Park – Peapack & Gladstone, NJ)*

Distance: *5K*

Type: *LDR (Cross Country)*

Date: *Sunday, August 27, 2023 @ 9:00 AM*

Championship: *Paul Miller Auto Group Grand Prix – All Divisions*

Event Director: *USATF-NJ*

Timing Company: *Compuscore*

Surface: *Trails (Dirt/Grass/Gravel) within Natirar Park*

Weather (Race Day): *66F, 83% Humidity, Real Feel 67F, Wind 5.6 mi/h from N.*

USATF-NJ Board/Committee Members Present: *Christopher Rinaldi, Diane DeOliveira, Luke Falk, Christine Rogers, Terry Mullane, Ed Neighbour, Mike Walters*

I. PRE-RACE COMMUNICATION (Scale of 1 to 10...1 Worst & 10 Best)

- *Timing company logistics – N/A (likely dialogue with our MD?)*
- *Race director – 10 (email communication updates only)*
- *Registration – 10 (email communication updates only)*

II. Day of Race Arrival

- *Parking/ Direction etc. – guidance at Natirar was great. Plenty of parking at race site and park staff to assist*
- *Registration Packet Pickup – extremely well-staffed and no issues on race day*
- *Restrooms/Portable Toilets (Quantity etc.) –Plenty. 2 portables supplied by the Park and 5 rented by USATF-NJ.*

III. The Race

- *Lineup and Start (Start mat, announcements, starter, etc.) – No issues. Well marked and marshalled. The start went off well.*
- *The course (Markings, directions, etc.) – No issues, well-marked with flagging, signs and officials and volunteers.*
- *Water Stations (Quantity, staffing) – No issues.*
- *The Finish (Finish line, post-race water, etc.) – Finish was good with a timing mat. Plenty of water.*
- *Finishers – ~134. There were ~148 registrants. As a comparison, there were ~140 finishers in 2022.*
- *Teams – 8 teams (Bella n Motion, Clifton RC, Essex Fleet Feet, Fellas n Motion, Morris County Striders, North Jersey Masters, RVRR, Shore AC)*

IV. Post race

- *Refreshments – Plenty of Water and food. Hospitality was top notch!*
- *Awards (Announcements, Individual Awards, Team Awards) – Great camaraderie amongst teams. Medals.*

V. Post Event

- *Results – Results posted at Race and on the Compuscore Website.*

VI. Summary – Great race logistics/organization and hospitality was good. Loved seeing all the team tents!

Overall (Scale of 1 to 10...1 Worst & 10 Best) - 8



LDR RACE REPORT (Completed by Christopher Rinaldi/Open Men's Vice Chair)

Event: *By Hook or By Crook 12K Road Race (Gateway National Recreation Area)*

Distance: *12K (7.55M)*

Type: *LDR (Road)*

Date: *Sunday, September 17, 2023 @ 9:00 AM*

Championship: *Paul Miller Auto Group Grand Prix (All Divisions) & USATF Masters Nat'l Champ.*

Event Director: *USATF-NJ*

Timing Company: *Compuscore*

Surface: *Park Roads & Paths – Asphalt*

Weather (Race Day): *63F, 68% Humidity, Sunny, Real Feel 63F, Wind 6.1 mi/h from NW.*

USATF-NJ Board/Committee Members Present: *Christopher Rinaldi, L. DeLea, P. Fales, T. Livingston, K. McKnight, A. Mirza, Ed Neighbour, C. Rogers, T. Mullane, G. Rosenberg, J. Simpson & Amy Berstein (Nat'l)*

I. PRE-RACE COMMUNICATION (Scale of 1 to 10...1 Worst & 10 Best)

- *Timing company logistics – N/A (likely dialogue with our MD?). Compuscore getting back on track!*
- *Race director – 10 (email communication updates and USATF Website)*
- *Registration – 10 (email communication updates only)*

II. Day of Race Arrival

- *Parking/ Direction etc. – guidance on the race website was great. Plenty of parking at race site in parking lot E.*
- *Registration Packet Pickup – extremely well-staffed and no issues on race day or prior day (Off the Hook)*
- *Restrooms/Portable Toilets (Quantity etc.) – No issues. Park Bathrooms open and 5 portable bathrooms rented.*

III. The Race

- *Lineup and Start (Start mat, announcements, starter, etc.) – Well marked with 2 mats and went off well.*
- *The course (Markings, directions, etc.) – No issues, well-marked with signs and dozens of volunteers.*
- *Water Stations (Quantity, staffing) – No issues, well-staffed with 4 water stations around Miles 1.5, 3, 4 & 6.*
- *The Finish (Finish line, post-race water, etc.) – Finish was good with a timing mat, staffing and plenty of water.*
- *Finishers – ~208 (NJ), ~273 (National Masters).*
- *Teams – NJ 7 (Clifton RC, Essex, Freedom-Garmin, GSTC, Morris Cty, NJ Pacers, NJM, RVRR, Shore AC)
National Masters 25 (Ann Arbor, Atlanta, Athletics Boulder, Boulder RRS, Central MA, Clifton, Freedom, GSTC, GVH, Greater Sgfd., Greater Lowell, GPTC, Impala, Liberty, Morris Cty., NJ Pacers, NJM, Pace, Phil. Masters, Potomac, RVRR, Shore AC, Team Red Lizard, West Valley TC, Willow St.)*

IV. Post race

- *Refreshments – Plenty of Water, non-Alcoholic Beer and food (Apples, Bagels, etc.). Hospitality was top notch!*
- *Awards (Announcements, Individual Awards, Team Awards) – USATF medals, beach towels and USATF backdrops for Pics were perfect. People love the swag and pics for social media, etc.*

V. Post Event

- *Results – Results posted at Race and on Website almost instantaneously. Very quick and runners very pleased.*

VI. Summary – *Great race logistics/organization and hospitality was top notch. Runners super happy. Also, the shirts and hats were a big hit. Lastly, we really owe a special thank you to Volunteers (Q. Mullane, A. Marino/Middletown Township School District) and Donors (Athletic Brewing Company, Andy Ball/Culligan Water Conditioning of Sparta, NJ)*

Overall (Scale of 1 to 10...1 Worst & 10 Best) – 10 (Best of all By Hook or By Crook yet!)



LDR RACE REPORT Edward Neighbour

Event: By Hook or by Crook 12k (5th Running)
Distance: 12k
Type: LDR Road
Date: 9: am, Sunday, September 18, 2023
Championship: USATT-NJ Championship All Divisions/ USATF National Masters Championship
Event Director: USATF- NJ
Timing Company: Compuscore

I. PRE RACE COMMUNICATION

- *Timing company logistics:* The two signups for the event were monitored and USATF Masters who registered under runsignup were moved into National Registration database. We has 8 runners to move. Only issue was that they were issued two race numbers which was rectified in results. In the future if this happens we need to remove the duplicate numbers prior to packet pickup
- *Registration:* See above. We will need to keep two registration systems in place (If race is National Championship) in order to register non-USATF runners. Just needs to be monitored. Registration Increases during timeframe should be looked at and possibly have less but more dramatic increases. 55 and over are most likely to register early. Open and 40s tend to register later/last minute.

II. Day of Race Arrival

- *Parking/ Direction etc.:* I arrived around 6:45PM. Sun still just rising. Registration opened at 7:00am Parking directional Signs were placed out at the turn into Parking lot E
- *Registration Packet Pickup:* Added tents this year over registration. Big improvement over last year. Tables and areas were more spread out this year. Need to do this going forward. Had area by DJ with 24x36 print of course Map by results board. Packet pickup line moved well. We distributed T-shirts to line prior to them getting to table. Saturday Pickup was available at Off The Hook restaurant which is just before bridge to Sandy Hook. Close proximity to event so course could be previewed.
- *Restrooms/Portable Toilets (Quantity etc.):* Five (5) Portable toilets this year. Extra TP was on site to restock as needed.
- Pre Race Team Check- in and uniform check handled by National Committee. Started with Mary Rossotto and Pam Fales came to help when line got longer.

III. The Race

- *Lineup and Start (Start mat, announcements, starter, etc.):* Race start was on Road which was a divided road and was closed to traffic on Northbound side. All traffic was handled on other side and managed well by NPS. Announcements were made for runners to stay off active side of the road. Start Finish Line had Compuscore timing van. There was an ambulance setup past the finish line near the turn into the parking lot and a more complete medical setup with triage area just to the North of Start Finish. Announcements were made prior to start about course, water stations etc. Also announce warning no lifeguards on duty and water is rough from hurricane that passed through earlier.
- *The course (Markings, directions, etc.)* Mile Markers posted based on my garmin the locations were accurate. Officials on course with good presence by the loop area to turn around and head back.
- *Water Stations (Quantity, staffing):* Two water stations provided, four (4) opportunities for water. Locations approximate: 1.25M, 3.25M, 4.25M and 6.25M. Water and volunteers well staffed by local HS cross country runners. Extremely courteous with some positioned to yell encouragement in addition to water distribution.
- *The Finish (Finish line, post race water, etc.):* Finish Line had water handed out to finishers. Smaller size water bottles much better for runners. Finish line was also monitored by Terry Mullane (Managing Director) and Jen Simpson (USATF NJ President/trained nurse practitioner) Runners were assessed for signs of trouble. When I was at finish line after race I witnessed Jen Simpson assist SAC W75 runner (Barbara Donalik) to ambulance. Runner was a little wobbly and was walked with assistance out of sun to shade and then to ambulance.

IV. Post race

- *Refreshments (food, water, amenities):* Water, Bagels cut in pieces, NJ apples, pretzels and assorted snacks. Vendor: Athletic Brewing (cold non- alcohol beer)
- I spoke with some out of state clubs. Willow Street women's team from Albany NJ area and Atlanta Track club. Very positive feedback. Was asked about the race moving forward. Noted we put in for a one year extension since this was our third year hosting. They noted we were in a good location from a travel perspective.
- I as approached by an out of state masters runner who wanted who noted that I appeared to be someone that had an official role in the event, I said I was. She wanted to let me or someone know that she had fallen near the finish line, gotten up since she needed to avoid being assisted. She noted there was someone that came to help her. She noted she then fell a second time and got up and was not 100% sure if she was assisted getting up that time but wanted to let me know if there was a protest she understood she could be DQ'd and was fine with that. I asked her if she was all right and she said she was OK now.
- *Awards (Announcements, Individual Awards, Team Awards):* NJ Only Awards were announced around 10:55 prior to National Awards. I announced individual and top three NJ Club teams. Last few finish results were not in so I missed announcing one of the M85 finishers that was not on list. Had assistance handing out award towels to finishers.
- National Masters Committee handed out awards. There were a lot of categories and probably warranted setting up the tables like packet pickup. At the front of the long tent rather than the side to hand out more efficiently.

- Post Race Off the Hook Restaurant. Food and beverage available for purchase. Inside and outside dining.
- Race photos were available for download (Credit: Jason Tomachko) and there were scan codes in lot to access via smart phones.
- Dumpster for post event cleanup well worth price.
- Water station cleanup by XC volunteers at water stations was very thorough.

V. Post Event

- *Results, (Posted promptly?, Issues to correct, Team results, Individual results, etc) :* Compuscore results were texted to those that signed up. Post race there were some NJ team updates required. The double numbers did affect getting results. With the two bib numbers generated for the 8 runners on both lists we had a couple that were listed on the teams with one of the numbers but they were given and ran in the other number. Results were corrected. Updated Monday by end of the business day. NJ needs to get team List numbers updated and reissued for 2024. Start fresh at each year. Would avoid some of the confusion since we have new clubs formed in 2023.

VI. Summary

Over all the race was very positive experience for participants. We adjusted based on 2022 event.and made good improvements that can be carried forward. Race Committee to meet for debrief.



LDR RACE REPORT

Event: Haworth 5k
Distance: 5k
Type: LDR
Date: 9:30 am, Saturday, September 30, 2023
Championship: Open and Masters Men's Championship
Event Director: Race committee included Ed Koch who was liaison with USATF-NJ
Timing Company: *Bestrace*

I. PRE RACE COMMUNICATION

- *Timing company logistics: Reviewed Team process before the event. Team submissions were emailed and asked to add bibs (not a requirement)*
- *Race director*
- *Registration Online.*
- *Website.*
 - *Had previous map on site, not 2019 map.*
 - *Some confusion with Logos listing Men as 700 point/Women 500 point. Think this was due to race originally being a 5k and 10k. Due to championship status event limited this to just 5k.*
- *USATF-NJ Pre-event emails 9-24-23, 9-27-23 and again 9-28-23 Last noting new race course (certified) was done due to rains during the week/wanting to avoid slippery conditions,.Race was proactive in ensuring safe course due to less than ideal conditions.*
- *Haworth sent out emails on 9-29-23 (2) first giving prerace information and second noting course change and why this was changed.*

II. Day of Race Arrival

- *Parking/ Direction etc. Weather Drizzle/light rain*
 - *Had race directions on roads leading to town center.*
 - *Had local volunteers. Providing directions to pick-up from parking*
- *Registration Packet Pickup*
 - *Had tent. Pickup was organized and moved well*
- *Restrooms/Portable Toilets (Quantity etc.*
 - *Had multiple units. Lines stayed short and moved well.*

III. The Race

- *Lineup and Start (Start mat, announcements, starter, etc.*
 - *Announcements were made to direct runnerst to start.*
 - *Linup had projected inish ranges to organize start.*

- *Paul Miller Bentley provided lead vehicle for event. Good USATF-NJ GP sponsor tie into event.*
- *Announcements made. Only criticism is the start could have used USATF Rules of Competition commands, not countdown. Start went off cleanly.*
- *The course (Markings, directions, etc.)*
 - *Course well marked. 1 Mile basically downhill, 1-2 mile gradual uphill. 2-3 downhill and portion of course where I perceived it having most turns.*
 - *Course through residential streets crossing only bridge over RR tracks and finishing in small downtown area. Course could compare to Harrington Park 5k with less hills and 90 degree turns instead of some sharper turns in HP. Streets were closed to traffic, full width available and no real issues with updated certified course.*
- *Water Stations (Quantity, staffing)*
 - *At each mile marker. Well staffed and because of weather probably less utilized than typical.*
- *The Finish (Finish line, post race water, etc.)*
 - *Well marked good straightaway to line. Announced finishers as they approached.*
 - *Water available at finish. Bottled. Could have used area by finish to collect empty bottles.*

IV. Post race

- *Refreshments (food, water, amenities). Post race food (standard post race) available at tent by packet pickup.*
- *Awards (Announcements, Individual Awards, Team Awards)*
 - *Awards were announced and winners were photographed (smartphone) by race volunteers for posting?*

V. Post Event

- *Results, (Posted promptly?, Issues to correct, Team results, Individual results, etc)*
 - *Posted results on Bestrace. No emails sent to LDR concerning corrections of issues (10-2-23)*

VI. Summary

This was their first year as a championship. No issues with event. Nice Course, very active Volunteer group. Well managed and responsive.



LDR RACE REPORT (completed by Christopher Rinaldi/Open Men's Vice Chair and Laura DeLea/Master's Chair)

Event: Big Bang Mile (Holmdel, NJ)

Distance: Mile

Type: LDR (Road)

Date: Monday, July 15, 2023 @ 8:30-11:30 AM

Championship: Paul Miller Auto Group Grand Prix – All Divisions

Event Director: Shore A.C.

Timing Company: Compuscore

Surface: Road (within Bell Works Corporate Park) – Asphalt. One gradual clockwise turn.

Weather (Race Day): 79F/81%RH/Real Feel 84F @ 9AM and 89F/81%RH/Real Feel 93F @ 11am

USATF-NJ Board/Committee Members Present: Aysha, Chris, Christine, Dianne, Laura, Luke, Mark, Terry

I. PRE-RACE COMMUNICATION (Scale of 1 to 10...1 Worst & 10 Best)

- Timing company logistics – N/A (likely dialogue with our MD?)
- Race director – 10 (email communication updates only)
- Registration – 10 (email communication updates only)

II. Day of Race Arrival

- Parking/ Direction etc. – directions and parking guidance on the race website was great along with signs on site.
- Registration Packet Pickup – Thorough, well-staffed and no issues. Registration included a short sleeve shirt.
- Restrooms/Portable Toilets (Quantity etc.) – 2 and no issues with staggered races and indoor facilities also

III. The Race

- Lineup and Start (Start mat, announcements, starter, etc.) – No issues...great emcee (Aysha Mirza)
- The course (Markings, directions, etc.) – No issues, well-marked, flat, and fast with Clocks at each ¼ Mile!
- Water Stations (Quantity, staffing) – N/A
- The Finish (Finish line, post-race water, etc.) – Water at the Finish Line and well organized with finish line "tape"
- Finishers – ~238 Finishers (~287 Registered in various Waves, including a Community Mile race)
- Teams – 9

IV. Post race

- Refreshments – Water at the Finish Line and Plenty of Water, Food (Bagels, Apples, Protein Bars) & Electrolyte packets within a short walking distance from Start/Finish. Water got warm, consider tubs w/ice for later heats.
- Awards (Announcements, Individual Awards, Team Awards) – Although it was a long wait (for people running in the earlier races), there was a formal Awards presentation in a Tent. The Age Group Awards were tote bags and the overall Top 3 and Age Grading Awards were 361 Shoes. Cash prizes available if course records were broken.
- Some complaints about not having USATF awards/medals available...we need to determine if standard protocol

V. Post Event

- Results – Results were displayed on the side of Tent after completion of races; however, took 2 days for complete team results to be posted online. This is a recurring theme from Compuscore vs. past years. People who Race want to see results real time! This is necessary. We collectively need Compuscore to get better.

VI. Summary – Great race coordination/organization though Awards presentation was a bit disjointed; however, I do understand it is difficult with the plethora of "Waves." Many world class Master's runners participated with >20 from out of state and 3 runners were within 2 seconds of setting national Age Group records. Great music/Photo Booth and photos shared on social media by Shore A.C. The Step & Repeat backdrop was also a very nice touch runners love!

Overall Rating (Scale of 1 to 10...1 Worst & 10 Best) - 8



LDR RACE REPORT

Event: The Lager Run

Distance: 5K

Type: *USATF-NJ LDR Championship*

Date: *Sunday June 11, 2023 5:30PM Start*

Weather: *Mixed Clouds and Sun, humid 78 degrees*

Finishers: *917 Total 5k finishers for 2023*

Teams: *48 Scoring Teams 13T-OW, 17T W40, 11T W50, 6T W60, 1T W70*

Championship: *Open and Masters Women 5k Championship*

Event Director: *Dan Murphy*

Timing Company: *Compuscore*

I. PRE RACE COMMUNICATION

- *Timing company logistics.*
 - Team declaration emails no issues with submissions. May want to provide Club Captains refresher on team scoring by category. USATF Athletes switching into NJ Association has process now solely handled by National Office.
- *Race director*
 - Managing Director reviewed USATF NJ setup requirements tables etc.
- *Registration*
 - *No issues related to registration. Nothing reported to NJ Association with potential issues.*

II. Day of Race Arrival

- *Parking/ Direction etc.*
 - *Road closures parking restrictions for course well marked. Very strong community Police Presence. EMS was stationed right at entrance to track finish.*
- *Registration Packet Pickup.*
 - *Setup in orderly fashion. No issues observed. Appeared to have Plenty of T-Shirts etc. for participants. Line moved well at pickup*
- *Restrooms/Portable Toilets (Quantity etc.)*
 - *Porta John s and Field House restrooms available. Lines looked to move well. Typical lineup 30 minutes prior to start of event.*
- *USATF Table*
 - *Provided table and canopy covering nnear timing Van away from packet pickup. Table was round. Challenge with our rectangular table cloth. Canopy allowed*

for securing pop up Logo to be placed on one corner. This was moved to awards area after event providing opportunity for award winners to have photos after receiving awards..

III. The Race

- *Lineup and Start (Start mat, announcements, starter, etc.)*
 - *Timing Mat at start. Approached starting line from field site from the rear.*
 - *Prerace announcements audible to participants, national anthem played. Directions for start commands provided prior to starting gun.*
 - *Race started promptly at 5:30PM*
- *The course (Markings, directions, etc.)*
 - *Well marked course. Mile clocks did not function.*
- *Water Stations (Quantity, staffing)*
 - *Water stations well staffed at M1 M2*
- *The Finish (Finish line, post race water, etc.)*
 - *Track finish. Plenty of width separate MM/F for mug distribution.*

IV. Post race

- *Refreshments (food, water, amenities)*
- *Awards (Announcements, Individual Awards, Team Awards)*
 - *Award results including teams issued promptly.*
 - *No issues with individual results. Awards announced after notifying 10-15 minutes prior for when they would start.*
 - *Had USATF NJ PMGP Pop up at awards area. Used by our members for photos*
 - *Team awards announced noting number of teams and top 5 teams in category. There were updates needed for missing Clifton teams*
- *Plenty of water available just past finish line.*
- *Food Pretzels/Watermelon available. Had leftover watermelon. Besides water Beer and Prosecco were available for 21 and over.*

V. Post Event

- *Results, text notifications upon finish of event sent out noting finish time.*
- *Posted online by compuscore with corrected team results.*

VI. Summary

Event remains one of the best and most organized championships in our roster.



LDR RACE REPORT

Edward Neighbour

Event: USATF-NJ 8K XC
Distance: 8k
Type: LDR Road
Date: 1: am, Sunday, October 29, 2023
Championship: USATT-NJ Championship All Divisions
Event Director: USATF- NJ
Timing Company: *Compuscore*

I. PRE RACE COMMUNICATION

- *Notifications were periodically sent out by USATF NJ for the event. Standard schedule*
- *Registration no issues with online.*
- *Team submittals online. No issues*

II. Day of Race Arrival

- *Parking/ Direction etc.:* Arriving at Park there was USATF NJ sign directing onto road leading to cross country event.
- *Plenty of port-o-johns close to parking 15+ and at the start of the XC race 10+. Facility is set up to host NCAA , HS and Colleges in state so it is permanently set up. EMS on site set up by finish /compuscore van.*
- *Registration Packet Pickup:* One of the officials and Christine Prorock Rodgers worked at pick up thable. This is the first time we used bib number assignment on site day of event. Went smoothly. Will adjust number at table for pickup.
- *Nine USATF NJ Officials were on site.*

III. The Race

- *Lineup and Start (Start line traditional XC. Had boxes maked across line similar to National XC events.*
- *Official Starer gave clear directiona to all runners. Another official counted all participants at line. Runners gcalled to line and race started.*
- *Water Stations at the first loop by finish. No issues:*
- *Couse actually was more confusing on the map. Officials were placed at all major turns. Areas were runners were not to go were coned off ans tape placed where tun into second loop past start was located. Course was almost all grass a couple of bare patches.*

- The Finish (Finish line, post race water, etc.): Finish Line had water handed out to finishers. Smaller size water bottles much better for runners. Finish line was also monitored by Officials.

IV. Post race

- Refreshments (food, water, amenities): Water, breakfast bars and small salty snacks.

V. Post Event

- Results were announced.

VI. Summary

We knew coming back to Dream Park was going to be a challenge for attracting our runners because of the travel distance was away from our core clubs area. If we are to return in the future, creating an Intra Association Challenge with teams from Mid-Atlantic Association possibly with some club prize incentive. A “Delaware River Cup Award” would help attendance.

The USATF NJ officials were attentive, well organized and professional at this event. The attendance was lower than we had planned, but the experience for those that attended was very good.



LDR RACE REPORT **(Completed by Christopher Rinaldi/Open Men's Vice Chair)**

Event: *Three Bridges 5 Mile Road Race*

Distance: *5M*

Type: *LDR*

Date: *Saturday, August 12, 2023 @ 9:00 AM*

Championship: *COED Club Mini Grand Prix*

Event Director: *Three Bridges Volunteer Fire Company (TBVFC)?*

Timing Company: *Best Racing Systems*

Surface: *Road – Asphalt*

Weather (Race Day): *71F, 80% Humidity, Real Feel 72F*

USATF-NJ Board/Committee Members Present: *Christopher Rinaldi, Christine Rogers, Terry M.*

I. PRE-RACE COMMUNICATION (Scale of 1 to 10...1 Worst & 10 Best)

- *Timing company logistics – N/A (likely dialogue with our MD?)*
- *Race director – 10 (email communication updates only)*
- *Registration – 10 (email communication updates only)*

II. Day of Race Arrival

- *Parking/ Direction etc. – guidance on the race website was great. Plenty of parking at race site and across street*
- *Registration Packet Pickup – extremely well-staffed and no issues on race day*
- *Restrooms/Portable Toilets (Quantity etc.) – Only Bathrooms were inside the TBVFC bldg.. which were not quite enough. My suggestion in the future would be to require at least 2 portable bathrooms in the parking lot as well.*

III. The Race

- *Lineup and Start (Start mat, announcements, starter, etc.) – Start location only had a chalk drawn line on the road. I believe we need to provide guidance on the start line requirement in the future to comply with Certification/Sanction requirements. Otherwise, start went off well.*
- *The course (Markings, directions, etc.) – No issues, well-marked with signs and dozens of volunteers.*
- *Water Stations (Quantity, staffing) – No issues, well-staffed with at least 3 water stations around Miles 2, 3 & 4.*
- *The Finish (Finish line, post-race water, etc.) – Finish was good with a timing mat. Plenty of water.*
- *Finishers – ~190 for the 5M Race. There were ~205 registrants for the 5M race and 15 for the 2M Walk.*
- *Teams – 7 (6 complete) - ~90 Participants on 7 Teams (Clifton, CJRRC, Essex, Morris Cty, NJM, RVRR, SAC)*

IV. Post race

- *Refreshments – Plenty of Water and food. Hospitality was top notch!*
- *Awards (Announcements, Individual Awards, Team Awards) – Nice old school trophies in 10-year age groups.*

V. Post Event

- *Results – Results posted at Race and on Website (same day). This is the best and quickest of all races this year.*

VI. Summary – *Great race logistics/organization and hospitality was top notch. TBVFC really appreciated our engagement/presence. They said this was their highest level of participation in the 13-year history of this race. I really like engaging local community races like this that really roll out the red carpet for runners...and it's a good cause as well!*

Overall (Scale of 1 to 10...1 Worst & 10 Best) - 8



LDR RACE REPORT

Event: The Giralda Farms (38th Running)
Distance: 10k
Type: LDR
Date: 9:00 am, Sunday, November 12, 2023
Championship: COED Championship
Event Director: Robert Barwick, The Barwick Group rsu@barwickgroup.com
Timing Company: Compuscore
Weather: 36 degrees/feel 30 degrees Sunny 66% Humidity W6.4 NNE

I. PRE RACE COMMUNICATION

- *Timing company logistics*
 - *MD Email about making list of registered runners viewable for teams. Responded quickly*
- *Race director*
- *Registration:*
 - *On line no issues.*
 - *Banquet winners given access code for free entry with banquet certificate*

II. Day of Race Arrival

- *Parking/ Direction etc.*
 - *No issues arrived paging in underground parking garage well organized and they directed to different entry points to keep flow of cars moving*
- *Registration Packet Pickup*
 - *Day of race number assignment. No issues*
 - *Different booths for stages of registration shirts etc. moved well*
- *Restrooms/Portable Toilets (Quantity etc.)*
 - *Lines did experience backup close to race start. Probably could have used a couple more but lines did move closer time got to starting time.*

III. The Race

- *Lineup and Start (Start mat, announcements, starter, etc.)*
 - *Start down the hill so was front loaded. Full width one side divided road. (Two lanes per side)*
- *The course (Markings, directions, etc.)*
 - *Course is challenging*
 - *Well marked at each mile marked along course. with time clocks.*

- *Two loop course. Big loop small loop. Course Roads and paved path around Giralda Farms.*
- *Water Stations (Quantity, staffing)*
 - *Water stations before two and five*
- *The Finish (Finish line, post race water, etc.)*
 - *Finish slight uphill after long downhill after entering gate. Had gate attendants manage traffic since 5K was 2+ hours after 10k*
 - *Water available just past mat*

IV. Post race

- *Refreshments (food, water, amenities)*
- *Water, Kind bars ban\ nanas after finish at kiosk by registration.*
- *Awards (Announcemnts, Individual Awards, Team Awards)*
 - *Awards table for pickup. No awards ceremony.*
 - *Discontinued giving out mugs to award winners. Medals at awards table.*

Post Event

- *Results, (Posted promptly?, Issues to correct, Team results, Individual results, etc)*
 - *Text email results upon finish of race.*
 - *Results including COED Team posted on compuscore same day.*

V. Summary

Race is well organized and well run event. Evenbt is in 38th year. Has served as a championship in previous years and was a 2023 USATF-NJ COED Team event with 7 club teams submitting. This was the last of six COED Events for 2023.

2021 Results (10K M/W Championship) 400-10k/217-5k

2022 Results 202 -10k/162-5k

2023 Results 328-10k/178 5k

2023 also had Princeton Half Marathon on same day which is not typical. USATF-NJ runners last chance for Category 3 Grand Prix with PHM which probably impacted race registration/attendance. Race participation as a COED was improved 162% of 2022 10k participants. 2023 was 81% of the 2021 race participation which served as an Open Mens / Women's 10k Championship.

	2014		2015		2016		2017		2018		2019		2020 COVID	2021		2022		2023	
Road Mile All	College avenue	299 Fin	College Avenue	296 fin	Midland Mile	467rFin	Midland Mile	492 Fin	Midland Mile	567 Fin	Midland Mile	591 Fin			Big Bang Mile	241 Fin	Big Bang Mile	206 Fin	Big Bang Mile
Category	2014 Teams	2014 Participant	2015 Teams	2015 Team participant	2016 Teams	2016 Team participant	2017 Teams	2017	2018 Teams	2018	2019 Teams	2019		2021 Teams	2021	2022 Teams	2022	2023 Teams	2023
Open M	15	97	13	78	7	43	13	80	13	78	11	67		5	32	6	34	6	41
Open W	10	57	9	56	6	39	9	55	7	50	7	52		2	16	4	23	4	24
40M	10	69	6	42	5	36	7	47	9	53	7	48		5	31	5	32	8	41
40W	9	34	9	35	12	42	11	36	12	43	14	50		5	23	5	20	4	16
50M	8	49	5	32	9	55	9	51	6	35	7	48		4	26	3	19	6	35
50W	5	18	4	15	7	28	7	23	10	35	5	22		6	22	7	25	7	27
60M	4	20	5	16	12	46	10	35	11	41	7	32		6	25	6	24	7	30
60W	0	2	0	0	3	12	2	6	2	6	3	12		4	14	3	12	3	11
70M	3	11	2	6	2	10	3	12	4	14	2	10		4	13	2	7	3	12
70W	0	0	0	0	2	6	1	4	2	6	2	6		0	0	0	0	0	0
80M											0	0		1	4	0	0	1	4
80W	0	0	0	0	1	3	1	3	1	3	1	4		0	0	0	0	0	0
total	64	357	31	146	66	320	73	352	77	364	66	351		42	206	41	196	49	241
5k MM	Lager	1,034	Belmar MM	1,147 BC	New Milford	660 race participants	Giralda 5k	529Participants	Little Silver	800 participant	New Milford	763 race participants		Asbury Park 5k	1031 TF	Harrington Park 5k	508 F	Haworth	347 Fin.
Category	2014	2014	2015 Teams	2015 Team participant	2016 Teams	2016 Team participant	2017 Teams	2017 T part	2018 Teams	2018 T part	2019 Teams	2019 Team participants		2021 Teams	2021 TP	2022 Teams	2022 T part	2023 Teams	2023 T part
40M	18	136	13	85	10	66	13	84	10	62	13	93		10	66	5	29	5	30
50M	18	130	15	81	10	65	12	72	8	40	10	80		9	65	4	24	3	19
60M	11	63	10	42	13	50	16	55	12	44	17	65		9	40	4	16	7	16
70M	5	17	5	18	4	14	5	16	4	12	5	21		4	13	1	3	3	10
80M									1	3	0	0		0	0	0	0	0	0
total	52	210	43	226	37	195	46	227	35	161	45	259		32	184	14	72	18	75
5k M.W	Jimmy D	791	Lager MW/	1,061 LR	New Milford	660 race participants	New Milford	631 Participants	Harrington Park	568	Little Silver	667 race participants		Asbury Park 5k	1031 TF	Redbank 5k	917	Lager Run	917 306U 163MU 143FU
Category			2015 Teams	2015 Team participant	2016 Teams	2016 Team participant	2017 Teams	2017 T part	2018 Teams	2018 T part	2019 Teams	2016 Team participants		20212 Teams	2021 T P	2022 Teams	2022 T part	23 Teams	2023 T part
40W	13	60	19	83	19	71	20	75	12	34	14	47		9	36	11	41	19	71
50W	8	37	12	54	15	62	15	55	10	38	15	49		8	35	9	34	13	46
60W	2	7	5	20	7	24	8	28	7	23	7	22		3	11	6	19	6	23
70W	1	3	1	5	1	3	3	11	2	7	1	3		0	0	0	0	1	3
80W							1	3	1	3	0	0		0	0	0	0	0	0
total	24	107	37	162	42	160	47	172	32	105	37	121		20	82	26	94	39	143

	2014		2015		2016		2017		2018		2019		2020 COVID	2021		2022		2023	
5k M	Presidents Cup	1,243 Fin	Presidents Cup	1,242 Fin	Lager Run	1,157 Fin	Lager	1,160 Fin	Lager	1,165 Fin	Presidents	502 Fin		Lager 5k	855 Fin	Lager 5k	979 Fin	Haworth 5k	347 Fin
Category	2014 Teams	Team participants	2015 Teams	Team participants	2016 Teams	Team participants	2017 Teams	2017 T Part	2018 Teams	2018 T Part	2019 Teams	2019 T Part		2021 Teams	2021 T Part	2022 Teams	2022 T Part	2023 Teams	2023 T Part
Open Men	30	195	23	178	24	156	36	221	34	219	19	129		24	161	30	149	9	51
total	30	195	23	178	24	156	36	221	34	219	19	129	24	161	30	149	9	51	
5k W	Stomp the Monster	1,397 Fin	Harrington Park 5k	706 Fin	Little Silver 5k	685 Fin	Little Silver 5k	685 Fin	Lager	1,165 Fin	Lager	1,133 Fin	Little Silver	574 Fin	Little Silver 5k	388 Fin	Lager	917 Fin 306U 163MU 143FU	
Category	2014 Teams	14 participants	2015 Teams	Team participants	2016 Teams	Team participants	2017 Teams	2017 T Part	2018 Teams	2018 T Part	2019 Teams	2019 T Part	2021 Teams	2021 T P	2023 Teams	2023 T Part	2023 Teams	2023 T Part	
Open W	14	91	10	65	12	74	13	79	23	167	21	138	12	70	8	53	15	94	
total	14	91	10	65	12	74	13	79	23	167	21	138	12	70	8	53	15	94	
5k XC	Deer Path	286 Fin	Natirar P-G	330 Fin	Thompson Park Monroe	288 Fin	Natirar	268 Fin	Natirar	239 Fin	Natirar	233 Fin			Natirar	140 Fin	Natirar	134 Fin	
Category	2014 Teams	2014 Team Participants	2015 Teams	2015 Team participants	2016 Teams	2016 Team participants	2017 Teams	2017 Team Part	2018 Teams	2018 Team Part	2019 Teams	2019 Team Part			2022 Teams	2022 Team Part	2023 Teams	2023 TP	
Open M	11	81	14	76	16	90	13	81	12	76	12	78			3	20	5	32	
Open W	9	57	12	67	9	52	10	58	7	49	7	39			4	23	4	25	
40M	12	73	11	63	10	61	8	52	6	43	8	50			5	22	4	24	
40W	8	30	17	60	8	30	11	45	9	32	6	26			3	13	6	22	
50M	9	60	9	52	14	78	10	60	8	53	10	60			6	36	4	27	
50W	6	23	10	39	9	30	7	27	8	30	8	29			3	11	6	23	
60M	7	33	9	36	12	47	14	53	12	47	15	52			8	32	7	24	
60W	2	8	4	16	4	13	3	9	5	17	4	12			0	0	3	11	
70M	3	11	4	14	5	18	6	20	6	20	4	13			3	11	3	9	
70W	1	3	2	6	1	3	0	0	1	3	0	0			0	0	0	0	
80M	1	3	0	0	1	3	0	0	0	0	0	0			1	3	1	2	
80W	0	0	1	4	0	0	0	0	0	0	0	0			0	0	0	0	
total	69	382	67	290	89	425	82	405	74	370	74	359			36	171	43	199	
	2014		2015		2016		2017		2018		2019		2020 COVID	2021		2022		2023	

		2014		2015		2016		2017		2018		2019		2021		2022		2023										
4 Miler																		4 Miler	Our House 4M Summit	322 TF							Our House Mountainside	305 TF 186U 111/75
Category																		Category	2018 Team	2018 Participants						2023 Participants	2023 Team	
Open M																		Open M	11	69							9	60
Open W																		Open W	9	52							5	34
40M																		40M	9	58							7	45
40W																		40W	13	46							10	33
50M																		50M	7	51							7	46
50W																		50W	11	38							9	34
60M																		60M	10	43							9	39
60W																		60W	4	14							6	22
70M																		70M	3	12							4	12
70W																		70W	1	4							1	3
80M																		80M	0	0							0	0
80W																		80W	1	3							0	0
total																		total	79	390							67	328
8K All		A8K/Sunset	2,456/611 runners	A8K	3,101 total runners	A8K	2,912 race runners	A8K	3,045 runners	A8K	2,500 runners	A8K	2,993 runners	2020 COVID		A8K	2,372	A8K	2,530	A8K	2,666 fin.							
Category		2014 Team	Participant	2015 Teams	participant	2016 Teams	participant	2017 Teams	Participant	2018 Teams	Participants	2019 Teams	Participants			2021 Teams	2021 TP	2022 Teams	2022 TP	2023 Teams	2023 TP							
Open Men		16	118	18	109	16	112	19	127	11	74	13	139							11	79							
Open W		9	64	14	102	14	95	14	104	10	68	14	100			13	82	14	94	14	94							
40M		15	109	13	97	11	89	14	99	10	81	14	96			11	74	9	68	10	64							
40W		10	51	16	65	21	84	19	74	18	72	21	85			16	66	19	82	19	86							
50M		12	85	16	115	12	93	14	95	12	83	14	90			9	56	12	83	9	59							
50W		6	26	11	44	17	67	16	56	15	55	16	70			12	54	13	51	16	62							
60M		8	50	14	60	16	61	16	70	17	67	18	72			13	54	13	50	14	54							
60W		2	8	6	23	6	27	8	27	5	21	8	30			6	23	6	24	8	29							
70M		4	16	4	14	4	15	3	14	4	17	4	17			3	14	5	15	7	25							
70W		0	0	0	2	0	2	1	4	1	4	1	3			1	3	1	3	1	2							
80M		0	0	0	0	0	0	0	0	0	0	0	0			1	3	0	0	1	2							
80W		0	0	0	2	1	3	1	3	0	0	0	0			0	0	0	0	0	0							
total		82	527	112	633	118	648	125	673	103	542	123	702			98	511	107	567	110	556							
		2014		2015		2016		2017		2018		2019		2021		2022		2023										

	2014		2015		2016		2017		2018		2019		2020	2021		2022		2023	
8K XC All	Natirar	294	Deer Path Pa 242 total participant		Natirar 8k 269 total participant		2017 Deer Path	258 Participant	2018 Deer Path	219 Participants	2019 Dream Park	165 Finishers	2020 COVID		New Brunswick M8k/W6k	124 (100 noted on false SR)	2023 Dream Park	60 Finishers	
Category	2014 Teams	2014 Team Participant	2015 Teams	2015 Team participant	2016 Teams	2016 Team participant	2017 Teams	2017 Team Participant	2018 Teams	2018 Team Participants	2019 Teams	2019 Team Participants		2022 Teams	2022 Part	2023 Teams	2023 T Part		
Open M	14	82	9	56	12	73	11	67	13	85	10	68		7	42	2	13		
Open W	11	62	9	54	10	52	10	57	4	26	4	24		3	20	2	12		
40M	9	58	8	59	9	59	7	57	10	62	6	32		3	19	1	6		
40W	10	38	10	38	12	44	12	44	9	34	4	16		4	20	3	12		
50M	10	58	9	52	10	61	8	57	7	43	3	17		2	10	1	4		
50W	7	24	8	29	9	29	9	31	3	11	5	18		5	18	2	7		
60M	8	36	11	42	13	53	12	47	12	45	8	24		1	3	3	9		
60W	1	3	3	10	3	10	3	9	4	12	2	6		2	6	2	7		
70M	4	13	4	17	5	20	4	12	5	18	3	9		1	3	0	0		
70W	1	3	1	3	1	5	1	4	0	0	1	3		0	0	0	0		
80M	0	0	1	4	0	0	0	3	0	0	0	0		0	0	0	0		
80W	1	3	1	4	1	4	0	0	0	0	0	0		0	0	0	0		
total	76	380	74	368	85	410	77	388	67	336	46	217		28	141	16	70		
M.M. 10k	Giralda 10k	568 participant	Ridgewood 10k 1,054 race participant		Giralda Farms 10k 501 total race		Ridgewood 10k	833 Participant	Ridgewood 10k	845 Participant	2019 Giralda Farms 10k O+MM 385		2020 COVID	Giralda Farms 10k	400 total race	Steeplechase 10k	181	Ridgewood 10k	RW-626 200U 140MU 60FU
Category	2014 Teams	2014 Team Participants	2015 Teams	2015 Team participants	2016 Teams	2016 Team participants	2017 Teams	2017 Participants	2018 Teams	2018 Participants	2019 Teams	2019 Team participants		2021 Teams	2021 TP	2022 Teams	2022 Participant	2023 Team	2023 P
Open Men											12	73		0	0	0	0	8	62
40M	12	81	14	97	11	75	12	85	14	100	9	60		7	39	5	28	9	57
50M	9	67	12	78	12	79	12	80	10	71	9	60		6	35	4	20	9	58
60M	6	28	12	51	14	55	16	96	13	48	12	47		9	40	4	13	9	37
70M	2	8	3	10	4	18	4	17	3	13	3	12		1	4	1	3	4	13
80M	0	0	0	0	0	0	0	0	0	0	0	0		0	0	0	0	0	0
total	29	184	41	236	41	227	44	278	40	232	33	179		23	118	14	64	39	227
	2014		2015		2016		2017		2018		2019			2021		2022		2023	

2014			2015		2016		2017		2018		2019		2020 COVID	2021		2022		2023	
M.W 10k	Cherry Blossom	876 Fin.	Giralda Farms 10k	558 total Fin.	Cherry Blossom 10k	1,047 Fin.	Ridgewood 10k	833 Fin.	Ridgewood 10k	845 Fin.	Cherry Blossom 10k	1236 Fin 679w/557m Runners			Giralda Farms 10k	400 Fin.	Steeplechase 10k	181 Fin.	Terri Roemer Paramus
Category	2014 Teams	2014 Team Participant	2015 Teams	2015 Team participant	2016 Teams	2016 Team participants	2017 team	2017 Team part.	2018 team	2018 Team participant	2019 team	Runners		2021 Teams	2021 TP	2022 team	2022 participant	2023 T	2023
OW											12	72						7	38
40W	13	62	15	57	20	77	18	75	19	82	19	76		6	21	5	22	8	29
50W	8	37	12	45	15	58	15	60	15	53	14	55		8	30	6	25	6	20
60W	3	10	5	17	7	25	5	17	5	23	6	21		3	9	4	13	4	13
70W	0	0	0	0	1	4	1	3	1	3	0	0		1	3	0	0	0	0
total	24	109	32	119	43	164	39	155	40	161	51	224		18	63	15	60	25	100
10k O.M/W	Newport 10k	1259 part.	Newport 10k	1,330 race part.	Newport 10K	1862 race part.	Newport 10k	1578 race	Newport 10k	1631 race	10k Cherry Blossom W G.F. 10k M	1237 Cherry Blossom 385 G.F		Giralda Farms 10k	400 TF	Cherry Blossom 10k	1058	Rwd. M/ Paramus W	RW-626 200U 140/60
Category	2014 Teams	2014 Team Participant	2015 Teams	2015 Team participant	2016 Teams	2016 Team participant	2017 Teams	2017 T participant	2018 Teams	2018 T participants	2019 Teams	2019 Team Participant		2021 Team	2021 Team	2022 team	2022 team part	2023Teams	2023 T part
Open M	16	114	15	113	23	146	21	135	17	105	12	73		8	52	15	102	8	65
Open W	8	68	12	82	15	84	15	75	13	76	12	72		5	28	15	94	7	38
total	24	182	27	195	38	230	36	210	30	181	24	145		13	80	30	196	15	103
12k All							12k All	By Hook or by Crook 184 Fin.		By Hook or by Crook 238 Fin.					279F	By Hook or by Crook 184 Fin.	324 Fin. 192 NJ F. 300 UM	By Hook or by Crook Finishers	348reg 304 Fin. 208NJ 273 UM
Category							Category	2018 Team	2018 Part.	2019 Team	2019 Part.			2021 Team	2021 P	2022Team	2022 T P	2023 Team	2023 P
Open M							Open M	8	52	12	75			5	29	9	59	6	34
Open W							Open W	7	39	8	48			3	26	3	20	5	28
40M							40M	5	36	9	59			9	57	10	65	8	55
40W							40W	7	24	11	37			9	34	7	23	6	27
50M							50M	4	22	9	54			6	43	8	59	10	60
50W							50W	3	10	9	31			6	25	8	30	9	34
60M							60M	7	23	10	35			9	35	8	37	9	37
60W							60W	4	12	6	18			4	14	6	20	6	23
70M							70M	2	8	3	9			4	13	3	12	2	6
70W							70W	0	0	1	3			1	3	0	0	2	5
80M							80M							1	4	1	4	1	2
80W							80W							0	0	0	0	0	0
total							total	47	226	78	369			56	279	62	325	63	309

	2014		2015		2016		2017		2018		2019	
15k All	Clinton 15K	377 Fin.	Clinton 15k	412 Fin.	Clinton 15k	418 Fin.	clinton 15k	362 Fin.	clinton 15k	373 Fin.	Clinton 15k	322 Fin
Category	2014 Teams	2014 Team P	2015 Teams	Team partici	2016 Teams	Team partici	2017 Teams	7 T Participa	2018 Teams	2018 part.	2019 Teams	2019 part
Open M	8	54	10	79	8	57	10	67	13	79	10	57
Open W	5	40	11	67	7	48	9	55	9	61	6	42
40M	10	62	9	66	12	76	8	62	10	62	8	49
40W	8	35	12	52	12	43	12	41	12	48	11	39
50M	9	62	9	59	13	76	9	67	11	70	8	54
50W	6	29	6	29	11	38	10	32	10	40	10	40
60M	9	41	10	44	14	55	12	51	14	54	13	51
60W	3	15	2	9	3	13	3	14	5	17	3	12
70M	1	4	0	4	3	12	3	14	4	13	3	10
70W	0	0	0	0	0	0	0	0	0	0	0	0
total	59	342	69	409	83	418	76	403	88	444	72	354
20k All	Miles for Music 20k	437 F	Miles for Music 20k	417 F	Miles for Music 20k	327 F	Indian Trails 20k 355		Indian Trails 20k 229			
Category	2014 Teams	2014 Team Part.	2015 Teams	2015 Team part.	2016 Teams	2016 Team part.	2017 Team	2017 Part.	2018 Team	2018 Part.		
Open M	14	78	14	83	10	68	11	71	8	53		
Open W	6	38	11	73	9	52	9	63	5	31		
40M	15	97	13	82	12	79	7	49	6	36		
40W	11	47	10	44	11	40	9	34	7	26		
50M	11	69	9	53	8	50	8	53	4	22		
50W	8	29	8	34	5	18	7	28	3	10		
60M	5	24	6	27	6	24	11	38	4	12		
60W	2	8	3	12	0	0	2	6	0	0		
70M	1	3	1	5	2	7	2	8	1	4		
70W	0	0	0	0	0	0	0	0	0	0		
total	73	393	75	413	63	338	66	350	38	194		

2020 COVID

	2021		2022		2023	
			Spring Distance Classic 15k	389 Fin.	Spring Distance Classic 15k	634 F/209U 127/82
			2022 Team	2022 part.	2023 Team	
			6	39	8	55
			6	45	6	34
			7	41	8	51
			9	35	8	30
			8	48	7	44
			9	31	9	33
			8	32	10	39
			5	17	5	17
			2	7	3	10
			0	0	0	0
			60	295	64	313

2020 COVID

2014			2015		2016		2017		2018		2019		2020 COVID	2021		2022		2023	
HM All	Newport HM	2,782 fin	Newport HM	2087 total finishers	Newport HM	2,549 total 2016	Newport HM	2,514 total 2017	Newport HM	2,355 total 2018	Shade HM	317 finish		Halloween HM	827 finish	Super-hero HM	556 finish	2023 not contested	
Category	2014 Teams	part.	2015 Teams	part.	2016 Teams	part.	2017 teams	part.	2018 teams	part.	2019 teams	part.	2021 teams	2021 TP	2022 teams	part.			
Open M	11	92	12	78	17	114	11	81	11	80	9	52	3	16	4	22			
Open W	12	82	11	76	10	61	10	60	7	60	7	41	2	16	4	26			
40M	11	87	11	73	11	70	9	68	5	49	8	49	4	26	5	28			
40W	10	46	11	40	10	46	10	37	9	34	8	30	5	16	7	25			
50M	10	71	10	65	8	61	9	54	5	29	4	26	4	22	3	17			
50W	7	27	9	35	9	33	8	27	7	27	3	13	1	5	3	12			
60M	6	34	8	33	9	39	8	33	5	20	6	21	3	10	4	12			
60W	2	7	3	12	5	16	4	12	3	12	2	6	1	3	2	6			
70M	2	8	2	7	2	8	3	12	2	7	1	3	0	0	0	0			
70W	0	0					0	0	0	0	0	0	0	0	0	0			
80M	1	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0			
total	72	457	77	419	81	448	72	384	54	318	48	241	23	114	32	148			

