



INSIDE THIS ISSUE

| | |
|----------------------------|------|
| Business Snapshots | 2 |
| Business Members..... | 2, 3 |
| President's Message | 3 |
| OTC Benefits..... | 4 |
| MASTERS NEWSLETTER! | |
| Membership Form..... | 5 |
| OTC Elite Recap..... | 6 |

Eugene Marathon/ Half Marathon Discount Code

One of the many benefits of OTC Membership includes a discounted entry to the Eugene Marathon/Half Marathon. Registration is now open for those events. Members can take advantage of the \$10 discount by using the following code when registering online or in person.

OTC2012EM, Expires 4/1/12

5k discount, OTC2012EM25 (\$5 off), Expires 4/1/12

Phil Johnson's Photos on Display through December

"Faster, Higher, Stronger," an exhibit of photographs by Phil Johnson of TrackTown Photo, will run from Nov. 1 through Dec. 30 at Cooperative Performance & Rehabilitation, 711 Willamette St., Suite 302, Eugene.

The show will feature images Johnson captured of track and field athletes and events at the recent World Championships in Daegu, South Korea.

There will be an artist reception at the clinic on Tuesday, Nov. 1 from 6-8 p.m. Come and meet Johnson, view his work, and enjoy some light refreshments.

Time to Renew Your Membership!

Renew your OTC membership TODAY so you don't miss out on some serious discounts available to OTC members. Plus your membership supports all the OTC community services programs and one of the most exciting track and road racing schedules ever in Eugene/Springfield.

Check out the impressive list of member benefits and community service activities shown on page 4.

The renewal deadline is December 31, 2011.

Your renewal membership is good from Jan-

uary 1 to December 31, 2012.

Two ways to renew your membership NOW:

1. Complete the Membership Application included in this newsletter and mail to: OTC, P.O. Box 11364, Eugene, OR 97440.
2. Go to the OTC website and renew online: www.oregontrackclub.org and select "Become A Member."

More information about renewing your membership or becoming a new OTC member, call 541-343-7247 or email info@oregontrackclub.org.

Board Approves Changes To Membership Fees

The Oregon Track Club Board of Directors recently approved several changes to the Club's membership fees and added two new business membership categories.

The fee changes and business category additions were originally proposed by the OTC Membership Committee and are effective for the 2012 calendar year.

Summary of the membership fees for 2012:

- Annual Individual Regular, \$30
- Annual Individual Masters (age 30+), \$30
- Annual Family Regular, \$40 (no limit on children under 18)
- Annual Family Masters, \$40 (no limit on children under 18)
- Junior/Student, \$20 (18 years and younger and full-time students enrolled at an accredited college or university)
- Basic Business Membership, \$100
- (New) Supporter Business Membership, \$200
- (New) Champion Business Membership, \$500

The new fee schedule applies to new memberships as well as membership renewals.

Continued on Page 4

Board Nominations Being Accepted

The Oregon Track Club welcomes nominations to its board of directors.

The Board of Directors manages the affairs of the Club. They are elected at the Annual Meeting in February and serve one year. Those nominated for a Board seat must be a Club member in good standing.

Board meetings are generally held each month on the first Wednesday from 7-8 a.m. Please submit your nominations to the chair of the nominating committee, Sandy Pashkin at spashkin@q.com or call 541-554-9868.

You can nominate yourself, but if you nominate someone else, please verify that the nominee wishes to serve.

Nominations will be accepted through the middle of December, 2011.

Business Members

Adult Living Solutions
 Axis Physical Therapy & Rehab., Inc.
 Baden & Company
 Bayberry Salon
 Best Westerns of Eugene
 Bob Heitstuman Construction
 Brown Contracting, Inc.
 Byrke Beller MD, - Pacific Women's Ctr
 Cameron McCarthy Landscape
 Architects and Planners
 Cascade Dermatology
 Chambers Communication Corp.
 Chambers Construction Company
 Chvatal Orthodontics
 Clinic of Natural Medicine
 Comfort Suites Eugene
 Competition Not Conflict
 Cooperative Performance & Rehab, LLC
 Core Strength Chiropractic
 Curtis Restaurant Equipment
 Custom Orthotics
 D2000 Safety, Inc.
 Dave & Nancy Haverstock
 "Mr. & Mrs. Real Estate"
 Dave Henry Real Estate Services, Inc.
 David E. Carmichael, Attorney
 Dr. W. Gray Grieve Orthodontics
 Dunes Family Health Care
 Eclectic Edge Racing
 Eugene Airport
 Eugene Area Chamber of Commerce
 Eugene City Brewery
 Eugene Hilton Hotel and
 Conference Center
 Eugene Physical Therapy, LLC
 Eugene Running Club
 Eugene Running Company
 Eugene Wellness Center
 European Touch Painting Co
 Evans Elder & Brown, Inc.
 Family Dentistry of Dr. Lon Robertson
 Fiddler's Green Golf Center
 Fitness Link, Inc.
 Franklin R. Lulich, CPA, P.C.
 Garden Way Chiropractic Center
 Geoff & Therese Hughes at
 Wells Fargo Advisors
 Gleaves Swearingen Potter & Scott LLP
 Glenwood Restaurants, Inc.
 Gorilla Capital
 Granary Pizza Co.
 Handy Ed Construction
 Heart and Home Real Estate
 Home Federal Bank
 Hoodoo Recreation
 Hutchinson, Cox, Coons, DuPriest,
 Orr & Sherlock, P.C.
 Imagine Group
 John L. Stringer D.D.S.
 Jones and Roth, CPAs and
 Business Advisors
 Kalen Electric & Machinery Co. Inc.

Business Member Snapshots

Valley River Inn

The Valley River Inn has been a Eugene tradition since 1973. The hotel is a unique resort-style hotel and conference center.

The Inn's 257 rooms and suites are located on the banks of the Willamette River. The facility is close to downtown Eugene, the University of Oregon and is adjacent to the Valley River Center that features 140 stores.

Valley River Inn is a 100% non-smoking hotel and features an allergen filtration system in each room.

The hotel offers 15,000 square feet of meeting space and an on-site restaurant and bar, Sweetwater's. A new addition to the hotel is the RiverWalk Bakery, which prepares desserts, cakes, breakfast breads, scones, muffins, and other pastries.

For more information call 541-743-1000 or 800-543-8266 or visit www.valleyriverinn.com.

KEZI 9 Television

KEZI is an American Broadcasting Company (ABC) affiliate. It is the last locally owned television station in the Eugene market and the station has been serving television viewers and advertisers for more than 50 years.

Some 500,000 people located in 12 Oregon counties watch KEZI each day. The station telecasts the ABC network programming as well as a range of locally produced programs including an award winning news and weather department.

The station is headquartered in the Chamber's Media Center, a technologically advanced, 100,000 square foot production facility that offers clients the latest in full service film and video production.

For many years the KEZI sports department has offered viewers excellent coverage of track and field and road racing events in Lane County and the state.

Visit www.KEZI.com or call the Eugene

office at 541-485-5611. If you have program questions, email: jefflinscott@kezi.com

Dr. Lon Robertson – Family Dentistry

Dr. Robertson's family dental practice is located in Springfield. He and his staff offer a full range of dental services to individuals and families.

Robertson grew up in Creswell and attended Oregon State University and the Oregon Health Sciences Dental School. He is a 30-year-plus member of the American Dental Association.

Robertson is an avid runner and can be spotted on the running trails throughout Lane County.

The Robertson practice is located at 528 Mill Street, Springfield, OR.

For more information, call (541) 746-6517, email info@drlonrobertson.com or visit www.drlonrobertson.com.

Paul Davis Emergency Services

The experienced staff of Paul Davis restoration professionals offers a range of helpful services:

- Water Damage Cleanup and Structural Drying
- Fire & Smoke Damage Cleanup
- Mold Removal
- Contents Cleaning and Restoration
- Odor Removal
- Board up & Tarping
- 24/7 Emergency Services

The Paul Davis crew serves residential, institutional and commercial customers 24 hours, 7 days a week, 365 days a year.

If your property has suffered damage due to water, fire, smoke, mold or other disaster call the Paul Davis company at 541-338-0111 or email esor01@pdes-usa.net. Visit: www.emergencyservicespringfield.com.

President's Perusings: Planning for 2012

by Kari Westlund

Congratulations to Head Men's Coach Vin Lananna, Head Women's Coach Connie Price-Smith and Head Relay Coach Jon Drummond on the success of Team USA at the World Championships in Daegu, Korea last month.



Team USA led the country medal count with 25 total, including 12 golds and eight silvers which also led all nations. Team USA had the most medals of any men's team totaling 13 compared to seven by runner-up Kenya. The 12 medals, including six gold, won by the USA women's team were the most ever at the World Outdoor Championships.

OTC is very proud of the entire Team USA, and especially the many OTC Elite and Oregon Project athletes who made it to the World Championships, and their coaches. Congratulations and thank you for representing Track Town, and the USA so well.

Now the anticipation for next year's US Olympic Team Trials – Track & Field, also known as TrackTown12, starts to build. The Local Organizing Committee is working on producing the best track and field meet ever experienced. You want to be there.

If you are able to enjoy the event from the stands, your tickets should be purchased. Seats remain available at TrackTown12.com – don't delay! If you are planning on working the event as a volunteer, you should be signed in to the volunteer database, also at TrackTown12.com.

If you have the capacity to support the event financially, that support is needed and will be a significant and real investment in the community and the sport. Please contact Mike Kollas at 503-721-7477 x15. Partners receive tickets and oppor-

tunities to be visibly affiliated with what promises to be the greatest sporting event in Oregon's history.

Less than a year away, TrackTown12 is the next milestone in the legacy that together we are all creating.

We are all part of the team, so get your tickets, pledge your partnership, sign up to volunteer, and make your plans to participate to the fullest extent possible.

TrackTown12 will be the Best Time Ever.

Buy Your Ad Today

No one reaches the local Track & Field and Road Racing audiences like the Oregon Track Club.

OTC is now offering paid advertising space in our monthly newsletter. The newsletter is distributed to more than 1800 individuals, families and businesses. 180 households choose to have theirs distributed electronically. Our newsletter is viewed online by out-of-town and out-of-state website visitors each month.

Currently OTC is offering two advertising options. The advertiser supplies the artwork:

- Eighth of a page (1 ¾ x 4 ½) for \$35.
- Quarter of a page (3 ½ x 4 ½) for \$65.

Your ad will be published in both the digital and print versions of the newsletter.

The digital version is posted on the OTC website and is available for viewing or download by members and non-members.

Contact the OTC office for submission details: otceugene@gmail.com or call 541-343-7247.



Business Members

- Kathleen Dugan LMT
- Kernutt Stokes LLP
- KEZI 9 News
- Lane Regional Air Protection Agency
- Let's Move Fitness, LCC
- Lile/Eugene Moving & Storage
- Locklear Leatherworks LLC
- Mike Fanelli
- National CineMedia
- National Fire Fighter
- Neurospine Institute
- Newman's Fish Company
- Oakway Catering
- On Track
- Oregon Research Institute
- Oslund Design
- Pacific Continental Bank
- Paul Davis Emergency Services
- Pepsi-Cola Bottling Company of Eugene
- Postal Pharmacy
- Prichard Partners, Inc.
- Random Lengths
- RBC Wealth Management,
Todd G. Bosworth
- RedWood TCM
- Rexius
- Ron K. Ewert, DDS, PC
- Rogue Valley Fitness Training
- Run Momma Run
- Runnin' Wild
- Sapient Private Wealth
Management Company
- Sightline Property Inspections
- Slocum Orthopedics, PC
- SportHill
- SportsOne, Inc.
- Springfield Area Chamber of Commerce
- The Carpet Company
- The Eugene Marathon
- The Long Run Picture Company
- The Nike Store
- The Original Pancake House
- Timbers Motel
- Track City Track Club
- Track Town Massage Therapy
- Tracktown Photo
- Tracktownsoftware.com
- Travel Lane County - Eugene,
Cascades & Coast
- Trips, Inc.
- Trisha Kluge, LMT
- Tyree Oil, Inc.
- Univera, Molly England
- University of Oregon Bookstore/
The Duck Store
- Valley River Inn
- Vox Public Relations Public Affairs
- W. Michael Keller Realty of Spokane, WA
- West Eugene Heated Storage
- Wildish Land Company
- William P. Maier, MD PC
- World Wheelchair Sports

OTC Membership Benefits Are Extensive

The Oregon Track Club once again is offering an impressive lineup of benefits and community service activities for its members in 2012.

Oregon Track Club membership discounts (with estimated values):

- \$5 savings at 12 monthly races (\$60)
 - \$5 off Butte to Butte and Eugene 5K entry fee (\$5)
 - \$10 off Eugene Marathon or Half Marathon entry fee (\$10)
 - Minimum \$2 discount at 5 OTC All-Comers Meets (\$10)
 - 10% off all purchases at Eugene Running Company (\$20+) and The Nike Store (\$20+)
 - OTC membership gift bag (\$25)
 - OTC member event at the Pepsi meet (\$20)
 - Annual OTC dinner, no charge (\$20)
 - OTC Masters social events, presentations and weekly coached practices (\$65)
 - Numerous discounts via OTC business members (fill in your savings!)
 - Duck Store 20% discount coupon (you save a bunch!)
 - Nike Employee Store access pass (put a big \$\$ number here!)
 - 1-year subscription to the OTC newsletter (Priceless!)
- You save \$235 and more.

Your membership will support these 2012 events/activities:

- Butte to Butte 10K
- Prefontaine Classic Track Meet
- OTC All Comers' Meets
- Pre's Trail X Country Challenge
- Maintaining/Improving Pre's Trail
- Oregon Track and Field volunteer officials program
- OTC Youth Programs
- OTC Grassroots Grants to schools and organizations
- U.S. Olympic Team Trials – Track & Field (June/July), hosted by OTC
- The first Pac-12 Track and Field Championships (May)
- UO Track Meets (March –May)

Membership Fees

Continued from Page 1

The regular individual and regular family fees have been increased by \$5 per year. The masters family fees have been reduced \$5 per year. All other fees remain unchanged.

"As OTC increased member benefits and community programs over the past year, we realized dues needed a small adjustment," Kari Westlund, president, commented. "These changes will help cover costs and also simplify our fee schedule by having our regular and masters all at the same level."

These proposed changes to the OTC membership fees are effective through 2012. Changes apply to new and renewing memberships.

For complete information about each category, please visit www.oregontrackclub.org and select "Become a Member."

Editor's note: see the list of OTC membership benefits on this page.



www.eugenerunningcompany.com

Weekly Fun Runs

Monday @ 6pm – Monday Night Group Run

Tuesday @ 6pm – Beginner's Group

Wednesday @ 6pm - Fitness Walking

Thursday @ 6pm – Speed Group

Sunday @ 9am – Bagel Run

All Fun Runs are free and all paces are welcome. Call the store for more details.

Our Marathon Training Groups meet on weekend mornings in preparation for the Eugene Marathon in April and the Portland Marathon in October.

EUGENE-RUNNING-COMPANY

RUNNING WORKS!
116 OAKWAY CENTER



WALKING WORKS!
541.344.6399



OTC Masters

Oregon Track Club Masters

October 2011

To Train or Not to Train with Pain?

by **Matt Weigel, Doctor of Physical Therapy**
Thursday, Oct. 27th Presentation & Social

Matt Weigel, Clinic Director
Therapeutic Associates – Gateway



Matt Weigel PT, DPT

Hailing from South Dakota where he earned his Bachelors degree in Athletic Training, his Masters in Physical Therapy and his Doctoral degree in Physical Therapy (DPT), Matt became a Board Certified Orthopedic Clinical Specialist in 2011.

Matt counts mountain biking and triathlons among a variety of outdoor activities he enjoys.

The combination of his professional training and his outdoor sports has motivated his interest in preventing and treating injuries related to outdoor and endurance sports.

Matt has made presentations to long-distance runners and triathletes.

Where:

Eugene's Washington Park Fieldhouse
near 21st and Washington St.

When:

Thursday, Oct. 27th

7:00 PM Social

7:30 PM Talk by Matt Weigel

Who?

Open to all, free of charge

Open to OTC Masters members? Yes!

Open to OTC members? Yes!

Open to others? Yes!

Topic:

To train or not to train with pain?

Matt's background as both an active participant in outdoor activities, including triathlons, and as a trained physical therapist, gives him some insights he will share with us relating to coping with pain.

Decide what to do when in pain:

How do I decide whether to get professional help for pain or use self treatment?

How do I decide whether or not to continue training with pain?

October Birthdays

| | | | | | |
|----|--------------------|-------|----|-------------------|-------|
| 2 | Monica Thorne | 35-39 | 17 | Therese Hughes | 65-69 |
| 3 | Helen Jackson | 60-64 | 17 | Debbie Heaton | 60-64 |
| 4 | Bill Eltz | 65-69 | 17 | Greg Haider | 55-59 |
| 4 | Judy Bachman | 65-69 | 17 | Brian Kau | 45-49 |
| 4 | Kirsten Bartlett | 50-54 | 17 | Bob Heitstuman | 45-49 |
| 5 | Mary Sherman | 55-59 | 18 | Penny Jackson | 65-69 |
| 6 | Brooks Esser | 50-54 | 18 | Eliza Drummond | 50-54 |
| 6 | Steve Bean | 50-54 | 19 | Cindy Heitstuman | 45-49 |
| 8 | Brett Johnson | 35-39 | 21 | Terry Falkenstern | 55-59 |
| 10 | Bob Peters | 80-84 | 22 | Neal Benson | 60-64 |
| 10 | Debbie Ahearn | 50-54 | 22 | Joe Schwarte | 45-49 |
| 10 | Laura LaMena-Coll | 45-49 | 22 | Lisa Powell | 45-49 |
| 10 | Linda Mitts | 35-39 | 23 | Anna Houpt | 55-59 |
| 11 | Berneice Lewellen | 80-84 | 24 | Bettina Huber | 50-54 |
| 11 | Jane Gardner | 55-59 | 26 | Riley McHugh | 60-64 |
| 12 | Gregory Richterich | 65-69 | 26 | Carol Mosman | 55-59 |
| 12 | Doug McLucas | 40-44 | 26 | Tim Scott | 45-49 |
| 13 | Richard Diedrich | 60-64 | 27 | James Coons | 60-64 |
| 13 | Laura Hubbard | 40-44 | 27 | Rebecca Bailey | 35-39 |
| 14 | Anne O'Brien | 65-69 | 28 | Carol McLatchie | 60-64 |
| 14 | Gary Bricher | 65-69 | 29 | Don Zimmerman | 65-69 |
| 14 | Beverly Lulich | 60-64 | 29 | Warren Helfman | 50-54 |
| 14 | Mary Van Orden | 45-49 | 29 | Pat Walsh | 50-54 |
| 17 | Wendie Vermillion | 65-69 | 31 | Katie McLaughlin | 50-54 |

USATF Nationals Cross Country - Dec 10th

National Cross Country Championships are coming to Seattle on Saturday December 10th.

The Women's Masters 6K runs at 10:45 AM and the Men's Masters 10K runs at 11:45 AM.

To participate you must be a member (or join) USATF. For team credit, note that you are a member of the OTCM.

OTCM Board member Ken Vendley has agreed to act as an informal point of contact to encourage participation in this event. Contact Ken by email kvendley@farmersagent.com, or by phone at 541-461-6904.

This is a great opportunity to have some fun running while "showing the flag" of OTC Masters to clubs across the country.

Age-Grading results

The birthday list reminds us of time marching on. Unfortunately, we usually peak in fitness in our twenties, with gradual declines after that.

Age-grading uses a table of event-by-event, year-by-year factors to account for that decline. A male, aged 67, has an age-graded factor of 0.7550 for a 10K run. Here's how it gets used:

Convert his event time into seconds, multiply by .755 and convert back to minutes and seconds and you find how fast he could have done the event if he were in his twenties.

Some web sites will do this for you: <http://www.runnersworld.com/cda/agegradingcalculator> or <http://www.howardgrubb.co.uk/athletics/wmalookup06.html>

OREGON TRACK CLUB

2012 Membership Application

Renewal New

Note: All Junior Memberships purchased at the 2011 All-Comer Meets are valid through May 31, 2012. For any other membership category, if you join the club after October 1, 2011, **your membership is valid through 12/31/2012**

First Name* _____ Last Name* _____

Mailing Address* _____

City* _____ State* _____ Zip* _____

Day Phone* (_____-_____-_____) Evening Phone (_____-_____-_____) - _____

Email* _____ Birthdate _____

***REQUIRED**

Regular Masters
(30 yrs plus)

- Individual (\$30) Couple/Family with children 18 & under (\$40)
 Individual (\$30) Couple/Family with children 18 & under (\$40)

Open to persons age 19 and over and their families. See member benefits listed on this form.

Juniors & Students

- Individual (\$20)

Open to persons ages 18 and under or full time students enrolled in college or a university. See member benefits listed on this form. Includes free entry to the All-Comers Meets. Individuals 18 and younger also receive a free t-shirt (while supplies last).

FOR COUPLE/FAMILY MEMBERSHIPS, LIST OTHERS INCLUDED IN YOUR MEMBERSHIP:

Spouse's/Partner's Name _____ Birthdate _____

Child's Name _____ Birthdate _____

Child's Name _____ Birthdate _____

Child's Name _____ Birthdate _____

Child's Name _____ Birthdate _____

Basic Business (\$100)

Benefits include: free family membership, Business listing in the Prefontaine Classic Program, the OTC Newsletters, Membership Directory and on the OTC website with a link to your business.

Supporter Business (\$200)

Basic benefits **plus free 1/8 page ad** in an issue of the newsletter, enhanced listing in the Pre Classic Program and Membership Directory. Two listings on the OTC website.

Champion Business (\$500)

Basic benefits **plus 2 free 1/4 page ads** in the newsletter, enhanced listing in the Pre Classic Program and Membership Directory. Two listings on the OTC website.

Business Name _____

Contact Name _____ Phone (_____-_____-_____) _____

Street Address _____

Mailing Address _____

City _____ State _____ Zip _____

Email _____ Website _____



MEMBER BENEFITS

Nike Employee Store Pass, discounts on local road races such as Butte to Butte and Eugene Marathon/Half, discounts at local businesses such as Nike, The Duck Store and Eugene Running Company, free Monthly Run/Walk event entries, membership bag with coupons (while supplies last), monthly newsletter, annual dinner. Additional **Masters Member benefits** include: coached practices, presentations and socials

Full list of benefits:
www.oregontrackclub.org

OTC MERCHANDISE

Club merchandise available. See our website for details.
www.oregontrackclub.org

DONATIONS

- I would like to make a donation in the amount of \$ _____

VOLUNTEER OPPORTUNITIES

- Butte to Butte
- Pre's Trail Maintenance
- All-Comer Meets
- Track & Field Officiating
- Monthly OTC Runs
- Membership Tables
- Committees

NEWSLETTER PREFERENCE

- Email/Online (GO GREEN!)
- Hard Copy Mailed

The Club publishes an annual member roster. Please circle the information which you want **omitted**:

Name Address Day Phone Evening Phone Email

Questions? E-mail: Info@OregonTrackClub.org

MAIL FORM: Oregon Track Club P.O. Box 11364, Eugene, OR 97440



P.O. Box 11364
Eugene, OR 97440

Non-Profit Organization
US Postage Paid
Eugene, OR
Permit No. 259

OTC Elite IAAF World Championships Recap

Oregon Track Club Elite had a contingent of eight athletes compete at the IAAF World Championships in Daegu, South Korea and three of those athletes left Asia as medalists.

Jesse Williams led the charge in the high jump, winning the first Team USA gold medal in the high jump at a World Championship in 20 years. His jump of 2.35 meters (7 feet, 8 ½ inches) was just off his world-leading mark of 2.37 (7-9 ¼). A week later, Williams went on to win the Diamond League title in Zurich, Switzerland, capping off an incredible year for the 27-year old jumper.

In the decathlon, University of Oregon grad Ashton Eaton backed up his USA title with a silver medal in the two-day event at Worlds. Eaton needed a personal best in the final event – the 1,500 meters – to take silver and he did just that. Eaton finished with a total score of 8,505, only four points ahead of bronze medalist Leo Suarez.

Sally Kipyego, who was competing for the Kenyan team in Korea, helped the Kenyans complete a 1-4 sweep in the 10,000 meters, with a second-place showing. The silver medal was won in a time of 30:50.04. The very next week, Kipyego went

on to set her personal best in the Zurich 5,000 with another second-place finish in 14:30.42.

In the 800 meters, OTC Elite veteran Nick Symmonds placed fifth in 1:45.12. And in the women's 5,000, Lauren Fleshman turned around an injury-affected season, in which she finished eighth at the USA Championships at the end of June, by taking seventh at the World Championships. Her time was 15:09.25.

Also competing in Daegu but failing to advance out of the first round were Andrew Wheating in the 1,500, and Ben Bruce and Bridget Franek in the 3,000 steeplechase.

Thank you, Jerry!

The All Comers' Committee would like to recognize the efforts of Jerry Jackson, All Comers' Starter and Meet Official Extraordinaire! Jerry's services to the All Comers' meets over the years include starting gun duties, rules and regulations authority, hurdle crew leader, and supportive friend. Thank you, Jerry!