



USATF™

LONG DISTANCE RUNNING

DIVISION REPORTS DECEMBER 2018 EDITION

Upcoming Events:

Dec 2 USATF Marathon Champs (Sacramento, CA)
Dec 8 USATF National Club Cross Country (Spokane, WA)

From the Desk of the Chair, Mike Scott

Paul Chelimo (13:45) outkicked defending champion Shadrack Kipchirchir (13:45) for the men's win at the USATF 5K Championships, conducted at the Abbot Dash to the Finish Line. While the men's race was tight, Emily Sisson blew open the women's race about 2K in to win by 12 seconds in 15:38. The race featured a \$60,000 prize purse, the largest total purse of any 5K race in the world.

Anthony Costales (2:59:17) and Rachel Drake (3:36:10) won the titles at the USATF Marathon Trail championships in scenic Moab, Utah. Costales edged Andy Wacker by only 22 seconds for the win.

The IAAF announced that qualifying procedures for Doha 2019 IAAF World Outdoor Championships would revert to those used for London 2017.

As of this time, the IAAF still plans to implement the new, world-rankings-based, qualifying procedures previously announced for the Tokyo 2020 Olympic Games. The IAAF is sending a representative to the Annual Meeting to listen to concerns about these new procedures and it's likely that the IAAF will discuss the implementation of these procedures at the IAAF Competition Committee and IAAF Council Meetings in early December following the Annual Meeting.

During the Annual Meeting, Atlanta 2020 plans to unveil the course that athletes will compete on Feb 29, 2020 to qualify for the Tokyo Olympic Team. Atlanta Track Club will present the course and planning updates during the Joint Men's & Women's LDR Meeting at 10:00am on Friday, November 30.

I've attached a "USATF Annual Meeting 2018 Local Guide" from our friends at Columbus Running Company (Located only a kilometer north of the Hyatt). Last years edition was popular among Annual Meeting attendees!

Men's LDR Report None Submitted

Women's LDR Report None Submitted

Masters LDR Report

1. The 2018 **Masters Grand Prix** circuit is in the books. The final event, the 15K Championship, was held in Tulsa on October 27th. Hosted by the Tulsa Federal Credit Union Tulsa Run and organized by the Tulsa Sports Commission's Heath Aucoin, the race was a huge success. Many runners commented that the new course layout is still challenging but showed Tulsa's vibrant neighborhoods and downtown off to great effect. Overall winners were: **Philippe Rolly** in 50: 40 and **Fiona Bayly** in 58:09. Bayly also took the Women's Overall Age-Grading crown with a 90.89% while **Nat Larson** took the Men's title with 91.94%. Age-Division Champions included: 40-44 **Melissa Gacek** **David Angell** 45-49 **Jennifer Malavolta** **Philippe Rolly** 50-54 **Fiona Bayly** **Sean Wade** 55-59 **Doreen McCoubrie** **Nat Larson** 60-64 **Jennifer Teppo** **Roger Sayre** 65-69 **Suzanne Ray** **Tom Bernhard** 70-74 **Irene Terronez** **Lloyd Hansen** 75-79 **Judy Bomer** **Doug Goodhue**.

2. The **Club and Individual Masters Grand Prix Awards for 2018** will be presented at the USATF Club Cross Country Championships in Spokane, Washington on December 8th, 2018. The Schedule of Events in Spokane can be accessed here:

<https://usatf.org/usatf/files/8d/8dcfd6f0-a76c-4101-b3b2-cdc0af478817.pdf>

Complete 2018 Masters Grand Prix standings can be accessed at:

<http://www.usatf.org/Resources-for---/Masters/LDR/Individual-Grand-Prix.aspx.aspx>

and

<http://www.usatf.org/MGPresults.aspx>

Points earned at the USATF Club Cross Country Championships in Spokane will count **only** for the 2019 Masters Grand Prix contests.

3. Tentative **2019 Masters Grand Prix Schedule 2018**

Dec 08 USATF Club **Cross Country** Championships
Spokane, WA

2019

Feb 02 USATF **Cross Country** Championships
Tallahassee, FL

Mar 16 USATF Masters **8 Km** Championships Virginia
Beach, VA Shamrock Marathon/Towne Bank 8K

Apr 28 USATF Masters **10 Km** Championships,
Dedham, MA James Joyce Ramble

Aug 23 USATF Masters **1 Mile** Championships, Flint, MI,
HAP Crim Fitness Festival of Races-Michigan Mile

Oct 26 USATF Masters **15 Km** Championships, Tulsa, OK, Tulsa Federal Credit Union Tulsa Run
The Masters LDR Committee is open to expressions of interest from any race that might be interested in bidding on a Masters National Championship from the 1 Mile to the Marathon. Please contact Mary Rosado, Chair at mvrosadoesq@prodigy.net.

Mountain/Ultra/Trail (MUT) Report

Nancy Hobbs attended the Road Race Management meetings in St. Petersburg, FL November 8-11, and visited with attendees to spread the good work of USATF.

Post race story on the USATF Marathon Trail Championships - <https://trailrunner.com/trail-news/drake-and-costales-win-the-usatf-marathon-trail-championships/>

Drug testing has been held for the first time in 2018 with tests at the USATF Mountain Championships and USATF Marathon Trail Championships. We are hoping that our testing request for 2019 will be nearly double, but will await outcome from USATF Annual Meeting and board of directors final budget approval.

Richard Bolt attended the Skyrunning/ISF meetings in Italy last month so that we can keep our finger on the pulse of this international sport which has ties to USATF through the American Trail Running Association (ATRA covered the costs of Richard's trip). ATRA has added the USA Skyrunning contact Ryan Kerrigan (who coordinates the youth program among others) to its advisory board.

In light of The North Face 50's cancellation due to poor air quality in California, our selection committee for the US Trail Team has opted to add a second auto berth at the USATF 50km Trail Championships in Auburn, CA, on February 16. <http://singletrackrunning.com/fourmidable/>

Cross Country Report

National Championships

The Club Cross Country National Championships will be held on Saturday, December 8 in Spokane, WA.

Registration is currently open at

<http://www.usatf.org/Events---Calendar/2018/USATF-National-Club-Cross-Country/Entry-Info.aspx> All meet

information can also be found on the event web site. On-time registration for this event is open until 11/23/18 at 11:59 pm PDT with a \$40.00 registration fee. Sign up by this date to avoid late fees during late registration. Late registration will be open until 11/30/18 at 11:59 pm PDT with an increased registration fee of \$65.00.

The USA National Cross Country Championships will be held on Saturday, February 2 in Tallahassee, FL.

Registration and meet information will be available soon at <http://www.usatf.org/Events---Calendar/2019/USATF-Cross-Country-Championships.aspx>

National Teams

The USA National Cross Country team will once again be participating in the Great Stirling (formerly Edinburgh) Cross Country Challenge on January 12, 2019. The meet consists of teams from Great Britain, Europe and the United States. The meet features senior teams with men running 8k and women running 6k. In addition, there are also 4 x 1500 meter relay teams for both seniors and juniors. Team selection procedures are available at www.usatf.org Because of the short time period for team processing, it is required that anyone who wishes to be selected for Team USA at this championship for the available team roster positions, bring their passport or passport information to team processing in Spokane. The relay teams will be selected based on the posted criteria.

The NACAC Cross Country Championships will be held in Port of Spain, Trinidad and Tobago on Saturday, February 16, 2019. The meet has championships for senior men (8k), senior women (6k), junior men (6k), and junior women (4k). The USA team will be selected at the USA Cross Country Championships in Tallahassee, FL. Because of the short time period for team processing, it is required that anyone who wishes to compete for Team USA at this championship bring their passport or passport information to team processing in Tallahassee. Selections procedures will be up soon at www.usatf.org

The IAAF World Cross Country Championships will be held on Saturday, March 30, 2019 in Aarhus, Denmark. The USA will send teams in the senior men's (10k), senior women's (10k), junior men's (8k) and junior women's (6k) championships. These four teams will be selected at the USA National Cross Country Championships in Tallahassee, FL. Team selection procedures will be available soon at www.usatf.org Because of the short time period for team processing, it is required that anyone who wishes to be selected for Team USA at this championship for the available team roster positions, bring their passport or passport information to team processing in Tallahassee. In addition, there will be a senior co-ed relay (2 men and 2 women) with athletes running legs of 2000 meters. The procedures for selection to this relay team will be posted soon at www.usatf.org

The 2019 Masters 5k Cross Country Championship has been awarded to San Diego, CA. The meet will be held on Saturday, October 12, 2019 at Mission Bay Park. This site was used for both the 2008 and 2011 USA National Cross Country Championships.

Road Running Technical Council Report

None Submitted

Athletes Report

None Submitted

From the Board

None Submitted