



**USATF™**

**LONG DISTANCE RUNNING**

**DIVISION REPORTS  
NOVEMBER 2018 EDITION**

**Upcoming Events:**

Nov 3 USATF 5K Champs (NYC)  
Nov 3 USATF Marathon Trail Champs (Moab, UT)  
Dec 2 USATF Marathon Champs (Sacramento, CA)  
Dec 8 USATF National Club Cross Country (Spokane, WA)

**From the Desk of the Chair, Mike Scott**

Zack Ornelas (5:55:13) and Keely Henninger (6:37:14) won the 2018 USATF 50 Mile Road National Championships on Oct 9 at the Tussey Mountainback 50-miler.

Sara Hall (52:47) and Shadrack Kipchirchir (46:32) successfully defended their titles at the USA 10 Mile Championships hosted by the Medtronic Twin Cities 10-Mile. Hall narrowly edged Molly Huddle (52:48) for the women's title, while Kipchirchir held off Leonard Korir (46:35) for the win and walked away with an extra \$10,000 for winning the equalizer bonus.

Hall now leads the women's USA Running Circuit standings by 8 points over Emma Bates, while Korir has a commanding lead in the men's standings.

**Men's LDR Report**

None Submitted

**Women's LDR Report**

Heading in to the last month of Championship races our Grand Prix series will come down to the last race to crown a champion. Unlike other years, we will not know the winner until after the USATF convention so it will be announced at a different time. We look forward to Sacramento hosting the Marathon Championships the first weekend in December.

We also look forward to getting all of our groups together at the convention and working the best we can to continue to promote distance running and support our athletes.

Lastly, we encourage all races to apply to host a National Championship in the future. We hope to fill the calendar for our athletes as we amp up the series offering for our athletes. In particular, we need a marathon for the 2019

championship calendar. Please contact Kim Keenan-Kirkpatrick or Darren De Reuck immediately if you would like your event to be considered.

**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. A race recap will be provided in the December issue of this newsletter. The 2018 Grand Prix Awards will be presented at a ceremony to be held at the Club Cross Country Championships in Spokane WA the weekend of December 8, 2018.

Complete 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>

2. **World Masters Athletics (WMA)** conducted a stand-alone **World Masters Marathon Championship** at the Scotiabank Toronto Waterfront Marathon on **Sunday, October 21<sup>st</sup>, 2018**. The WMA entrants were lined up immediately behind the Open Elite athletes at the starting line for a 39-degree morning start. Most newsworthy was that Pennsylvania's **Gene Dykes**, 70, in winning the M70 Gold Medal, nearly broke the legendary Ed Whitlock's World Best mark by running 2:55:22. That performance lowered his own pending M70 American Record from Rotterdam earlier this year. **Olivier Vrambout**, from Minnesota, was the first WMA athlete to cross the finish line as he took gold in the M40 Age Division in 2:34:28. Other Medal winners from the USA included—**GOLD Makie Ohler** W55 3:15:01, **Wanda Gozdz** W65 5:48:26, and **Robert Hendrick** M75 3:42:05 **SILVER John Ouweleen** M75 3:50:55 **BRONZE Alan Evans** M55 2:44:50.

3. 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 8<sup>th</sup>, 2018.

Points earned at Spokane will count **only** for the 2019 Masters Grand Prix contests.

**4. Tentative 2019 Masters Grand Prix Schedule**

2019

Dec 08 Masters Club **Cross Country** Championships, Spokane WA  
Feb 02 USATF **Cross Country** National Championships, Tallahassee FL  
Mar 16 Shamrock Marathon/Towne Bank **8K**, Virginia Beach VA  
Apr 28 James Joyce Ramble **10K**, Dedham MA  
Aug 23 HAP Crim Fitness Festival of Races-Michigan **Mile**, Flint MI  
Oct 26 Tulsa Federal Credit Union *Tulsa Run* **15K**, Tulsa OK

The Masters LDR Committee is open to expressions of interest from any race that might be interested in bidding on a Masters National Championship for the 5K and the Marathon. Please contact Mary Rosado, Chair at [mvrosadoesq@prodigy.net](mailto:mvrosadoesq@prodigy.net).

### ***Mountain/Ultra/Trail (MUT) Report***

Posted are the selection criteria for the 2019 USATF 50K Road Team - <http://www.usaultrarunning.com/u-s-50k-road-national-team-selection-criteria-qualifiers/>

Results from the USATF 50 Mile Road Championships - <http://www.usatf.org/News/Zack-Ornelas-and-Keely-Henninger-2018-USATF-50-Mil.aspx>

Upcoming Championship - USATF Trail Marathon championships in Moab, November 3, 2018. Lin Gentling will be the liaison and Nancy Hobbs will attend as well to support the event. Event details: <http://www.moabtrailmarathon.com/>

Results from the WMRA World Cup series of races is available here: <http://wmra.ch/world-cup>

### ***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>

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.

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

### ***Road Running Technical Council Report***

None Submitted

### ***Athletes Report***

None Submitted

### ***From the Board***

None Submitted